

# ATHLETIC HANDBOOK



## **FORWARD**

The primary purpose of this handbook is to acquaint you with the philosophy and policies of the Kerrville Athletic program. Kerrville athletics is a vehicle by which thousands of people can learn more about our school and community. Kerrville athletics should be the model athletic program by which all others are measured. Our program should be one which prepares its athletes for life, both in winning and losing, and does it with class and integrity.

This handbook is not intended to disrupt the line of communication between the parents, the athletes, and the coaches but encourage it. It is designed to ensure that we are all headed in the same direction and this can only be accomplished when we know what is expected. I believe that we can reach our goals. The Kerrville administration and all members of the Kerrville family should have high expectations and should settle for nothing less.

**Mark W. Smith**  
**Athletic Director**

# EXPLANATION OF ATHLETICS

- I. Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to children. As parents, when your children become involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of the child's program.

*Communication you should expect from your child's coach:*

1. Philosophy of the coach
2. Locations and times of practices and contests
3. Team requirements, e.g., practices, special equipment, out-of-season conditioning

*Communication coaches expect from parents:*

1. Concerns expressed directly to the coach
2. Notification of any schedule conflicts well in advance

- II. As your children become involved in the programs at Kerrville, they will experience some of the most rewarding and difficult moments of their lives. It is important to understand that there may be times when things do not go the way you or your child wish. At these times, discussion with the coach is encouraged. Examples of these situations include the treatment of your child, ways to help your child improve, concerns about your child's attitude, or academic support.

It is very difficult to accept your child's not playing as much, when, or where you may desire. It will be the coach's discretion to make all decisions about playing time or position for individual student-athletes, regardless of the score of the game or the personal feelings of the student-athlete's parents.

Coaches are professionals. They make judgments based on what they believe to be best for all students involved. As you have seen from the list above, certain things can be and should be discussed with your child's coach. Other things should be left to the discretion of the coach. Examples include team strategy, other student-athletes, etc.

- III. There are situations that may require a conference between the coach and the parent. It is important that both parties involved have a clear understanding of the other's position.

When these conferences are necessary, the following procedures should be followed to help promote resolution:

1. Call the coach to set up an appointment.
2. If the coach cannot be reached, call the Athletic Office. A meeting will be set up for you.
3. Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution.

If the meeting with the coach does not provide a satisfactory resolution, the next step is to set up an appointment with the Athletic Director.

- IV. Since research indicates that a student involved in extracurricular activities has a greater chance for success during adulthood, these athletic programs have been established. Many of the character traits required to be a successful participant are exactly those that will promote a successful life after high school.

# PHILOSOPHY OF ATHLETICS

The total Athletic Program should maintain a broad scope that will offer all students with athletic interest the opportunity for safe, wholesome, beneficial participation in the sport(s) of their choice. This philosophy is based on the concept that there is a need for physical development and fitness for every student, as well as a variance of interest, abilities, and desires. The emphasis will be placed on total effort with winning secondary. When we develop attitudes of total effort, we win, regardless of the outcome. Personal satisfaction of giving total effort makes us all winners.

## ANTLER ATHLETICS

According to University Interscholastic League rules, **being in athletics is a privilege and not a right.** Only those students who abide by school and athletic policies will be allowed to represent Kerrville I.S.D.

When young men and young women sign up for athletics and become a member of a team, they make a commitment. They are obligated to follow the rules and regulations of the program. They are not forced to participate. It is voluntary; therefore, they are expected to follow rules of order.

Parents should strive to help their son or daughter to achieve success in athletics. Success is defined as participating at 100% of the individual's ability. We can never expect athletes to do more than they are capable; however, we do want them to obtain their fullest potential. Supportive parents can instill this desire in student athletes long after their playing days are over by seeing that the student is on time, attends practices and games, and follows the rules and regulations.

## ATHLETIC GOALS AND OBJECTIVES

**Our goal:** The student-athlete shall become a more effective citizen and productive member of society.

**Our specific objectives:** The student-athlete shall learn:

1. **To work with others** - In a democratic society, a person must develop self-discipline, respect for authority, and the spirit of hard work and sacrifice. The team and its objectives must be placed higher than personal desires.
2. **To be successful** - Our society is very competitive. We do not always win, but we succeed when we continuously strive to do so. You can learn to accept defeat only by striving to win with earnest dedication. A successful person has a desire to excel and a "never quit" attitude.
3. **To develop sportsmanship** - To accept any defeat or victory like a true sportsman and to know one has done his/her best are the signs of a good sportsman. We need to develop desirable social traits, including emotional control, honesty, cooperation, and dependability. We need to respect opposing players, coaches, officials, spectators, and support groups. Treat them as you would want to be treated. Who better than they can understand all the hard work and team effort that is required?
4. **To improve** - Continual improvement is essential. As an athlete, you must establish a goal and you must constantly try to reach that goal. An athlete should better him/herself in the skills and characteristics set forth as being desirable.
5. **To enjoy athletics** - It is necessary for athletes to enjoy participation, to acknowledge all of the personal rewards to be derived from athletics, and to give sufficiently of themselves in order to preserve and improve the program.
6. **To strive for excellence in all they do** - To be an active, contributing citizen, it is important for a person to strive to be the very best at what they are doing. When a person has a commitment to excellence, they will never settle for not doing their very best.

# REQUIREMENTS TO PARTICIPATE

**The following items must be turned in to the Athletic Department before participating in any practice or game in any extracurricular athletic activity.**

A. Physical Examination

A physical examination is required every year beginning in the 7th grade. The physical form is available from the athletic trainer or the coaches. Use only the approved UIL form to record physical examinations. Club or organization forms will not be accepted. The physical covers all sports for the year. A group physical will be scheduled by the athletic trainer during May of the preceding school year for all athletes.

B. Athletic Department Forms Packet

This packet includes (1) UIL Acknowledgment of Rules, (2) consent to emergency medical treatment, (3) personal student and parent information, (4) a medical history and (5) UIL Steroid Notification. The packet should be filled out completely!! Do not leave any requested information blank.

C. Acknowledgment of KISD Athletic Handbook

The last page of this handbook should be signed by the student-athlete and the parent/guardian. It should then be returned to the Athletic Department. This shows receipt of the Athletic Handbook and acknowledges that the student-athlete and parent/guardian will comply with the rules and policies contained in the Athletic Handbook.

D. Academic Eligibility

A student in grades 9-12 may participate in extracurricular activities on or off campus at the beginning of the school year only if the student has earned the cumulative number of credits in state-approved courses:

- a. Beginning the ninth grade year - must have been promoted from the eighth to the ninth.
- b. Beginning the tenth grade year - must have at least 5 credits towards graduation.
- c. Beginning the eleventh grade year - must have at least 10 credits toward graduation or during the preceding 12 months, he/she must have earned 5 credits.
- d. Beginning the twelfth grade year - must have 15 credits toward graduation or during the preceding 12 months, he/she must have earned 5 credits.

A student participating in UIL activities will be suspended from participation in games after a grading period in which the student received a grade lower than a 70 on a scale of 100 in any academic class (other than an identified honors or advanced class). This suspension continues for three weeks. The grades will be reviewed at the end of each three-week period; the suspension will be removed if the student is passing all classes with a grade equal to or greater than a 70.

# ATHLETIC CODE OF CONDUCT

A firm and fair policy of enforcement is necessary to uphold the regulations and standards of the athletic department. The school administrators and coaching staff feel strongly that high standards of conduct and citizenship are essential to maintaining a sound program of athletics. The welfare of the student is the major consideration and transcends any other consideration.

Athletics is a privilege in the Kerrville ISD, and students choose to be part of the program. Since student-athletes represent their school and, in many instances, their community, student athletes are held to higher standards of behavior than those specified in the Student Code of Conduct. Violations of the athletic policy that are also violations of the Student Code of Conduct may result in independent disciplinary actions by the Athletic Department.

## ATHLETIC DEPARTMENT POLICIES

1. **COACHES' RULES**

Coaches may establish additional rules and regulations with the approval of the Athletic Director for their respective sports. These rules pertaining to a particular sport must be explained, in writing, by the coach at the start of the season. Penalties for violation of team rules shall be administered by the coach.
2. **DISCIPLINE TECHNIQUES**

**Discipline yourself, so others won't have to!!!**

Each situation may require a different type of discipline. Whatever type of discipline is required, the purpose is to help athletes improve themselves, and to become better persons. Failure to accept this on the part of the athlete or parent/guardian may result in dismissal from the team and/or athletic program. The different discipline techniques listed below may be used alone or with one or more of the disciplinary techniques in the Student Code of Conduct. The listing is not intended to be a list of progressive sanctions.

  - \* Oral Correction
  - \* Cooling-off time or "time-out"
  - \* Counseling by coaches
  - \* Home-visits
  - \* Parent-coach conference
  - \* Behavioral contracts
  - \* Withdraw of privileges, such as participation
  - \* Techniques or penalties identified by individual coach of sport
  - \* Dismissal from team or program
3. **GAME CONDUCT**

Any student-athlete who engages in a fight before or during a competition will be suspended for the remainder of that competition. Any student-athlete who engages in unsportsmanlike conduct, as deemed by the head coach or any KISD official, before or during a competition will be suspended for the remainder of that competition. Any student-athlete who verbally or physically abuses an official before or during a competition will be suspended for the remainder of that competition. Any student-athlete who engages in any of the above activities after a contest will be subject to disciplinary action for the next contest(s). Depending on the seriousness of the above incident(s), the student-athlete could face further suspension from future contests or removal from the team or athletic program.

4. **ACADEMICS** All students are required to remain academically eligible to participate. Remember, No Pass-No Play! Repeated academic suspensions may result in dismissal from the team. (Refer to page 3, Academic Eligibility)
5. **ATTENDANCE** Be in class. Be on time. If you must miss an athletic period or practice, be sure that it can't be avoided. If you must be absent, call and talk to one of the coaches before athletic period or practice. You may be required to make up work missed. Repeated absences may result in dismissal from the team.
6. **SQUAD SELECTION** In accordance with our philosophy of athletics and our desire to see as many students as possible participate in the athletic program, we encourage coaches to keep as many students as they can without unbalancing the integrity of their sport. Time, space, facilities, equipment, personal preference, and other factors will place limitations on the most effective squad size for any particular sport.
7. **CUTTING** Choosing the members of athletic squads is the sole responsibility of the coaches of those squads. Prior to trying out, the coach shall provide the following information to all candidates for the team:
1. Extent of tryout period
  2. Criteria used to select the team
  3. Number to be selected
  4. Practice commitment if they make the team
  5. Game commitments
8. **INJURY OR ILLNESS** We have two athletic trainers who know their business. If you have an injury, see one of them. They will either treat you or refer you to a physician. If you must leave school because of illness, contact or come by the coaches' office or training room. If you are ill or injured, we don't expect you to work out, but if you are at school, we expect you to wear the uniform of the day and accompany your group or team unless given special permission by your head coach or the trainer.
9. **RESPECT FOR OTHERS** Coaches should receive "Yes Sir/Ma'am", "No Sir/Ma'am" responses from players when talking to them. Players in return will be treated with respect by their coaches. Show respect for the opposing players, coaches, officials, spectators and support groups. Treat others as you would want to be treated.
10. **PROMPTNESS** Always be on time. On trips, the bus will not wait. After the final bell rings, you do not have time to waste; go directly to the field house. Tardiness may result in disciplinary action.
11. **REPRESENTATION** **Extra curricular activities are a privilege.** All players must realize the responsibilities that are theirs. Remember, you are representing your school, coaches, parents and Kerrville every day. This would include summer, as well as, the school year. Any non-school related criminal activity or unsportsmanlike or disrespectful behavior by an athlete, as deemed by any K.I.S.D. official or law enforcement, will not be tolerated. Conduct of this nature will result in disciplinary action. Serious or repeated offenses may result in removal from the team or athletic program.
12. **DISCIPLINARY REMOVAL** If it becomes necessary to consider removing a student from a team or the athletic program, the coach of that team will notify the Athletic Director. The student will have an opportunity to confer with the coach and the Athletic Director. Parents will receive notification and be invited to attend the conference.

13. **DRESS  
AND  
APPEARANCE**

You should be very professional in uniform and out. Your appearance away from the field house or gym, especially at school, should reflect the same class and pride that you show in our program. Everyone will wear his/her uniform in the same manner. **No one will be different.** Men and women will wear attire requested by the head coach.

For male athletes:

- earrings will not be tolerated at any time on or around any athletic facilities.
- if the length of your hair becomes too long, you will be asked to get it cut. Hair in the back will not come down any farther than the middle of a regular collar. The hair in the front will not come down any farther than the bottom of the eyebrows. Hair may not be tied in the back in any form or fashion. Hair that is shaved on the side may not be shaved more than 1 inch above where the ear attaches to the head, nor will tails of any kind be acceptable.
- facial hair will not be allowed.

For all athletes:

- no streaks or lines cut in the hair of any kind (e.g. names, #'s, etc.) will be allowed.
- do not do anything with your hair or dress that will call attention to you, or anything that is not reasonable, or that would cause embarrassment to you, your teammates, your coaches or your school.

14. **QUITTING**

Anyone quitting a sport after a trial period (usually after the first contest ) will not be allowed to participate in another sport until the season of the sport quit is completed or unless the head coaches of both sports agree that the student would be better off in the other sport. The Athletic Director may at his discretion make an exception to this rule when an event outside the control of the athlete or his/her family causes the athlete to drop a sport. A clear understanding is to be reached by the Athletic Director and the athlete at the time the sport is dropped. **No one respects a quitter.** Anyone walking off the field or gym floor during a practice or game will be considered by the coach to have quit that team.

15. **CONFLICT IN  
ACTIVITIES**

An individual student who attempts to participate in several extracurricular activities will, undoubtedly, be in a position of a conflict of obligations. The Athletic Department recognizes that each student should have the opportunity for a broad range of experiences in the area of extracurricular activities, and to this end, will attempt to schedule events in a manner to minimize conflicts. Students have a responsibility to do everything they can to avoid continuous conflicts. This would include being cautious about participation in too many activities where conflicts are bound to happen. It also means immediately notifying the faculty sponsors and coaches involved when a conflict does arise. When a conflict arises, the sponsors and coaches will work out a solution so the student does not feel caught in the middle. If a solution cannot be found, the principal and athletic director will make the decision based on the following:

1. The relative importance of each event.
2. The importance of each event to the student.
3. The relative contribution the student can make.
4. How long each event has been scheduled.
5. Talk with parents.

Once the decision has been made and the student has followed the decision, he/she will not be penalized in any way by either faculty sponsor or coach. If it becomes obvious that a student cannot fulfill the obligation of a school activity, he/she should withdraw from that activity.

16. **MULTIPLE SPORTS** Athletes are encouraged to participate in more than one sport; however, eligibility to participate in a particular sport will not be based upon participation in a second sport. Student athletes who attempt to participate in multiple sports whose seasons overlap may create schedule conflicts. When and if conflicts arise, the coaches of the sports will work out a solution. If a solution cannot be found, then the Athletic Director will make a decision.
17. **CARE OF EQUIPMENT** You are to hang up your equipment in your locker and clean it. Do not track mud and dirt into the dressing rooms. Therefore, take off cleated shoes before entering the dressing rooms. When you change into workout gear, hang up your clothes in your locker and lock up all of your valuables. Latrines and toilets are to be flushed and showers and faucets turned off completely. All trash should be thrown in a trash can, especially soda cans. Clean up in and around your locker each day.
18. **COLLEGE RECRUITMENT** In the event an athlete should be contacted personally by a college recruiter, he/she has an obligation to work through his/her coach and the Athletic Department. Inform your coach of such a contact as soon as possible. NCAA standards are available in the Athletic Department office or counseling center.
19. **TRAVEL** All athletes represent the community, school and coaches. Therefore, it is expected that all will dress in an acceptable manner on trips and conduct themselves in a proper manner. When missing classes because of an athletic event, it is the responsibility of the athlete to see his/her teacher the day before the missed classes. All work shall be made up at the convenience of the teacher. All athletes making a trip on the bus will return on the bus unless in an emergency situation or when parents are present and there is good reason for returning with them. This must be cleared with the head coach prior to the trip. Athletes should **never** return with anyone other than on the bus or with their own parents.
20. **VACATIONS** Vacations by athletic team members during a sport season are discouraged and while family values will always take precedence over program requirements, parents and athletes in conflict between vacations and program requirements may wish to reassess their commitment to being involved in athletics. We urge parents not to plan their vacations during times when there will be conflicts. In the event of an absence due to a vacation that is unavoidable, an athlete must:
1. Contact the head coach prior to the vacation.
  2. Be willing to assume the consequences related to their status on the squad as a starter, 2nd string, 3rd string, etc.
21. **CLUB SPORTS** A club is a sports program outside of the school that is not affiliated with UIL athletics. We are very fortunate to live in a community where the high school can be the main focus. We feel our athletes' obligations are to their school team first. We will not excuse our athletes to miss a school contest or practice for a club event.

22. **DRUGS  
AND  
ALCOHOL**

Exemplary behavior is expected of athletes under the jurisdiction and sponsorship of KISD schools and the KISD athletic department. There is no acceptable reason for alcohol or illegal substances to be used by any student-athlete in our athletic programs at any time *during the calendar year*, nor are there acceptable reasons for KISD student-athletes to be present where illegal or controlled substance activities occur at any time *during the calendar year*. Any athlete found to be involved with controlled or illegal substances, through confession, legal or disciplinary chargeable events, will adhere to the following consequence progression (in addition to disciplinary or legal consequences that may apply)

**FIRST OFFENSE -**

Suspension from participation and/or punishment, as determined by the head coach and athletic director. The student will remain in the program, but may not participate in any contest during the suspension.

**SECOND OFFENSE -**

Immediate dismissal from the athletic program for one calendar year from the time of removal.

**THIRD OFFENSE -**

Immediate dismissal from the athletic program for the remainder of the student's KISD athletic career. After two years, the student-athlete may seek reinstatement by approval of the athletic director, principal and head coach of the sport(s).

**NOTE:**

*If a student-athlete is subsequently cleared of charges and no action (disciplinary or legal) results, the student-athlete may be reinstated immediately into the athletic program if the KISD administration determines there were no violation of rules.*

23. **STEALING**

Taking things that do not belong to you, especially from your teammates will not be tolerated. An athlete caught stealing may be suspended and/or punished at the discretion of the coach, Athletic Director and Principal. Depending on the seriousness of the offense, an athlete may also be prosecuted by the law. This also involves school equipment not returned after the season is complete.

# WEIGHT ROOM RULES

1. Workout shirt, shorts, and proper shoes are required in the weight room. No jeans, dress shoes, halter tops or uncovered sports bras allowed.
2. Have a **spotter** present when doing heavy free bar exercises.
3. Do not move weight equipment from its designated area.
4. No weights on the floor at any time. All weights have a rack. Put them back on the proper rack after each lift.
5. Do not bring footballs, basketballs, soccer balls, bookbags, or other foreign objects into the weight room area.
6. You are in the weight room to lift, not to socialize or visit. Do not distract someone else from their workout.
7. Absolutely **NO** food or drink of any kind allowed in the weight room area. **This includes gum!!**
8. No horseplay of any kind.
9. Weight room equipment must stay in weight room at all times.
10. No spitting on the floor.
11. For safety concerns, no jewelry may be worn while in the weight room area.

# TRAINING ROOM RULES

1. If you are not injured, **STAY OUT!** Only those needing treatment or rehabilitation are allowed in the Training Room.
2. Clean up after practice before seeing the trainer. Wear shorts and shirt into the Training Room.
3. Cleated or muddy shoes are not allowed. Leave them in your locker or the front room.
4. All equipment must stay outside the Training Room unless it is already worn prior to entering.
5. After getting taped, leave the Training Room. Finish suiting up outside.
6. Don't waste time in the field house after leaving the Training Room. **Be at practice on time!**
7. Ice is for injuries only!
8. **Loud talking, excessive noise, horseplay, visitation or loitering will not be allowed.**
9. Absolutely **No** food or drink of any kind is allowed in the Training Room.
10. Stay off the tables and equipment unless receiving treatment or rehabilitation.
11. Do not handle any equipment on your own.
12. Off-season sports and conditioning sports will receive treatment and rehabilitation before and/or after school only.
13. In-season sports may receive treatment and rehabilitation during athletics by appointment with the trainer only.
14. No student should be allowed to leave another class to receive treatment from the trainer.
15. Do not enter the Training Room to cut off tape after practice or games. Tape cutters are provided in the dressing room.

# BANQUET POLICY AND ATHLETIC AWARDS

## BANQUET POLICY

The Kerrville Athletic Booster Club will sponsor one Recognition Banquet for each sport. Varsity athletes are given a ticket for themselves. No one should plan parties, etc. for any team because this could violate UIL regulations.

## ATHLETIC AWARDS

Athletic awards are awarded by the coaches, subject to approval by the Athletic Director, according to policy. A student may qualify for an award in a sport only if he/she has met all of the following criteria:

1. The student-athlete must complete the entire season in good standing.
2. The student must participate in all workouts, excluding illness, emergencies, or participation in another school-sponsored function. All missed workouts may be made up. (See Athletic Department Policies #5.)
3. For varsity letter awards, the student-athlete must meet the specific guideline for the sport, which are listed on page 11.

**EXCEPTION:** At his/her discretion, the coach of any sport may recommend for an award, an athlete who has not met the guidelines. There are instances when an athlete contributes greatly to the team through personal effort, loyalty, attitude, etc., or suffered an injury which prevented him/her from competing, but he/she continued to contribute to the team. If deemed worthy, at the coaches' discretion and with the approval of the Athletic Director, they may receive an award.

The specific athletic awards given by the Athletic Department are:

1. A letter jacket will be awarded to a student-athlete once in their high school years of competition. This jacket may be for academics, band, choir, drill team, cheerleading, or athletics. The athletic jacket is given for competition on the varsity level.

The specific guidelines used for lettering are:

**FOOTBALL -**

The student must participate on the Varsity level and play a minimum of 75% of the quarters the team plays or be recommended by the coach.

**BASKETBALL -**

The student must participate on the Varsity level in a minimum of 75% of the quarters the team plays or demonstrate outstanding performance as a specialist, which in the judgment of the coach, contributes markedly to the team's success throughout the season or be recommended by the coach.

**VOLLEYBALL -**

The student must participate on the Varsity level in 75% of the matches played or demonstrate outstanding performance as a specialist, which in the judgment of the coach, contributes markedly to the team's success or be recommended by the coach.

**SOCCER -**

The student must participate on the Varsity level in 75% of the halves played during the season or be recommended by the coach.

**CROSS-COUNTRY -**

The student must participate on the Varsity level in three or more meets, or advance to the Regional meet either as an individual or a team member or be recommended by the coach.

**TRACK -**

The student must participate on the Varsity level scoring twelve points in major meets during the season, or place in the district meet as an individual or as a member of a relay team, or is the number one athlete in an individual event in the school or be recommended by the coach.

**BASEBALL and SOFTBALL -**

The student must participate on the Varsity level in a minimum of 75% of the innings the team plays, or demonstrate outstanding performance as a specialist, which in the judgment of the coach, contributes markedly to the team's success throughout the season or be recommended by the coach.

**TENNIS -**

The student must participate on a Varsity singles or doubles team in 75% of the matches played or qualify for regional competition or be recommended by the coach.

**GOLF -**

The student must participate on the Varsity level in a minimum of 75% of the tournaments or qualify for regional competition or be recommended by the coach.

**STUDENT trainer -**

The student must complete a minimum of two years service and three complete Varsity seasons or be recommended by the trainer.

**STUDENT MANAGERS -**

The student must complete two years service and remain in the sport throughout the school year or be recommended by the coach.

**SENIOR AWARD -**

The student has not met the minimum requirements to receive an award, but has been in the program and contributed greatly with effort and loyalty and is a senior.

## TIPS FROM THE TRAINER

Your son/daughter may periodically come home after practice or a game complaining of aches or pains. This is normal as the level of competition increases throughout his/her development in the athletic program. The district does employ two athletic trainers who are trained to manage and treat injuries that occur during athletic practices and competitions. If you have any questions about the health of your son/daughter, please contact one of the trainers at 257-5589 or by calling the Athletic Office.

Here are some basic tips to keep in mind when your son/daughter may complain of an ache or pain:

1. Never apply heat to a suspected injury. Always apply ice for 15-20 minutes to help reduce swelling and pain.
2. Bumps and bruises are normal and should be treated with the RICE method. This stands for Rest (get off of the injured limb), Ice (apply ice 3-4 times a day for 15-20 minutes each), Compression (apply an Ace wrap snugly to reduce swelling) and Elevation (rest the limb even or above the level of the heart).
3. It is recommended that students see the trainer before going to the doctor.
4. The trainer is in the Training Room every morning at 7 a.m. to evaluate and treat any athlete who may have gone home with an ache or pain.
5. Anyone who does go to the doctor should bring a note from that doctor to the trainer which states their practice or game status, recommended treatments, or special instructions to the trainer.
6. The district consulting team physician will see any injured athlete if the athlete does not have a regular family doctor or the parents want to go directly to an orthopedic specialist. Contact the trainer for more information.