

HSAA Football Player Contract



It is the goal of HSAA Football to set a Christ-like example in the athletic arena, displaying good sportsmanship at all times. We desire that our athletes act as ambassadors for HSAA by reflecting the goals and ideals of the organization.

I _____, HSAA Football player, agree to abide by the following guidelines:

1. Be courteous to opposing teams and treat all players and coaches with respect.
2. Be humble in victory and gracious in defeat.
3. Demonstrate good sportsmanship before, during, and after games.
4. Show respect for authority to all officials, whether they agree with a call.
5. Avoid profanity or demeaning speech on all occasions.
6. Do NOT engage in altercations of any kind (Verbal or Physical, including “Trash Talking”) with another team member, opponent, official, or spectator during any practice or competition.
7. In regards to Social Media (including multi-media, blogs, texting, etc) comments should reflect the guidelines set forth by HSAA i.e. be courteous, humble and gracious, use good sportsmanship, avoid profanity, etc.
8. Respect the privilege of using playing facilities by cleaning up benches, locker-rooms, stands, and grounds after a practice or game.
9. Show up for practice and games on time, with proper equipment and ready to play.
10. Refrain from the use of alcohol, tobacco, and illegal drugs.
11. Make reasonable efforts in advance to be excused from any scheduled classes or activities that conflict with playing in tournaments.
12. Communicate to the coach ahead of time when they will miss a practice or game.
13. Dress in a manner that could not be considered offensive or morally suggestive at all HSAA events.
14. Tell the coach of their concerns or problems instead of talking to others about them.
15. Seek to resolve personal conflicts with teammates. Speak to them first and seek reconciliation.
16. Fully participate in all fundraising efforts.

AS an HSAA athlete, I recognize that there are high expectations for my conduct on, and off the field. I agree to adhere to the above guidelines, and understand that failure to live up to the terms of this contract may result in restricted participation and or termination from the team. I further understand that should this occur I forfeit any fees paid to HSAA.

Athlete Signature

Date

Parent Signature

Date

Commissioner Signature

Date

HSAA Athletic Release and Medical Authorization

School Year: 2015-2016

Athlete Name: _____ Date of Birth: _____ Grade: _____

Parents Names: _____

Address: _____

City: _____ Zip _____

Phones: Home (____) _____ Work (____) _____ Mobile (____) _____

Other Phone(s): _____

Primary e-mail: _____ Other e-mail: _____

Incorporated in 1997 as a non-profit organization, the Home School Athletic Association desires to provide homeschooled children with the benefits of participation in organized team sports in a setting which honors the God who created them.

EMERGENCY MEDICAL AUTHORIZATION AND AGREEMENT TO CHRISTIAN DISPUTE RESOLUTION

Emergency contacts other than parent or guardian:

1. Name _____ Hm phone _____ Other phone _____

2. Name _____ Hm phone _____ Other phone _____

Permission and Release: I give permission for my child to participate in this activity. I understand that there are risks associated with competitive sports. In the event he/she is injured, I waive and release all rights to any claim for damages against HSAA and its representatives. I further agree that any claim or dispute arising from or related to this agreement shall be settled by mediation and, if necessary, legally binding arbitration in accordance with the *Rules of Procedure for Christian Conciliation* of the Institute for Christian Conciliation, a division of Peacemaker® Ministries (complete text of the Rules is available at www.Peacemaker.net). Judgment upon an arbitration decision may be entered in any court otherwise having jurisdiction. The parties understand that these methods shall be the sole remedy for any controversy or claim arising out of this agreement and expressly waive their right to file a lawsuit in any civil court against one another for such disputes, except to enforce an arbitration decision.

Medical Release: In the event my child suffers sudden illness, accident, or injury and neither parents nor guardians can be contacted, I give permission for any emergency treatment that is deemed necessary by a licensed physician.

Family physician _____ Phone _____

Pertinent medical information (diabetes, allergies, etc.): _____

Parent Signature _____ Date _____

HSAA Expectations

“So whether you eat or drink, or whatever you do, do it all to the glory of God.”

HSAA expects its Coaches to:

1. Be responsible for their own behavior and also the behavior of their team members, their parents, and fans.
2. Lead by example in being respectful of other players, coaches, fans, and officials at all times.
3. Provide a sports environment for their team that is free of drugs, tobacco, alcohol, and abusive language at all HSAA events.
4. Place the emotional and physical well being of their players ahead of a personal desire or external pressure to win.
5. Never publicly demean a player, official, opposing coach, or parent.
6. Ensure that their players are supervised by a coach or another designated adult and never allow their players to be left unattended or unsupervised at a game or practice.
7. Never knowingly permit an injured player to play or return to the game.
8. Take reasonable steps to see that all equipment used by their players is safe and conforms to standards.
9. Take the initiative in resolving any known or suspected conflict relating to a player or family.
10. Accept positive and negative feedback graciously as from the Lord.
11. Communicate expectations—including these HSAA expectations—clearly to players and parents.

HSAA expects its Players to:

1. Be courteous to opposing teams and treat all players, officials, and coaches with the utmost respect.
2. Be modest in victory and gracious in defeat.
3. Demonstrate good sportsmanship before, during, and after games. Stay composed and exercise “self-control.”
4. Show respect for authority to all officials, whether or not they agree with a call.

5. Respect the privilege of using playing facilities by cleaning up benches, locker-rooms, stands, and grounds after a practice or game.
6. Refrain from use of alcohol, tobacco, and illegal drugs.
7. Avoid profanity or demeaning speech on all occasions, even in the “heat of competition.”
8. Be an Encourager.
9. Understand that the TEAM comes before the welfare of an individual player.
10. Be willing to serve in any role to build TEAM success.
11. Show up for practice on time, with proper equipment and ready to play.
12. Make reasonable efforts in advance to be excused from any scheduled classes or activities that conflict with practices, games, or team functions.
13. Communicate to the coach ahead of time when they will miss a practice or game.
14. Dress in a manner that could not be considered offensive or morally suggestive at all HSAA events.
15. Tell the coach of their concerns or problems instead of talking to others about them.
16. Seek to resolve personal conflicts with teammates. Speak to them first and seek reconciliation.

HSAA expects Parents to:

1. Trust the coach to coach the team.
2. Volunteer to help with team needs whenever possible.
3. Let the officials and umpires call the game, remembering that they too are only human and that rarely is the outcome of a game determined by a “bad call.”
4. Demonstrate exemplary sportsmanship at games by using only positive cheers and never laughing at errors or jeering an opponent.
5. Advocate a sports environment that is free of drugs, tobacco, alcohol, and abusive language, including profanity, and refrain from their use during any HSAA event.
6. Assist their athletes to show up to practice and games on time, with proper equipment, and ready to play.

7. Direct their athletes to communicate to the coach in advance of any anticipated missed practices or games.
8. Speak to the coach privately (and not to others) about any issues concerning any aspect of their family or athlete's participation on an HSAA team.
9. Speak to the particular HSAA Commissioner about any issue not adequately resolved with a coach.
10. Be familiar with the HSAA Rules of Eligibility and to notify the coach of any reason their athlete might not qualify to play with HSAA.
11. Fill out the post-season evaluations with truth and love.

Adopted this 4th day of August, 2010, by the HSAA Board of Directors.

I agree to abide by the expectations as set forth above:

Player Signature

Date _____

HSAA Physical Evaluation

2015-2016

PREPARTICIPATION PHYSICAL EVALUATION -- MEDICAL HISTORY REVISED 1-11-06

This **MEDICAL HISTORY FORM** must be completed **annually** by parent (or guardian) and student in order for the student to participate in athletic activities. These questions are designed to determine if the student has developed any condition which would make it hazardous to participate in an athletic event.

Student's Name: _____ Sex _____ Age _____

Date of Birth _____

Address _____

Phone _____

Grade _____

Phone _____

In case of emergency, contact:

Name _____ Relationship _____ Phone (H) _____

(W) _____

1. Have you had a medical illness or injury since your last check up or sports physical? **Yes** ☐ **No** ☐

2. Have you been hospitalized overnight in the past year? **Yes** ☐ **No** ☐

Have you ever had surgery? **Yes** ☐ **No** ☐ Please list:

3. Are you currently taking any prescription or non-prescription (over-the-counter) medication or pills or using an inhaler? **Yes** ☐ **No** ☐ Please list:

4. Do you have any allergies (for example, to pollen, medicine, food, or stinging insects)? **Yes** ☐ **No** ☐

5. Have you ever passed out during or after exercise? **Yes** ☐ **No** ☐

Have you ever been dizzy during or after exercise? **Yes** ☐ **No** ☐

Have you ever had chest pain during or after exercise? **Yes** ☐ **No** ☐

Do you get tired more quickly than your friends do during exercise? **Yes** ☐ **No** ☐

Have you ever had racing of your heart or skipped heartbeats? **Yes** ☐ **No** ☐

Have you had high blood pressure or high cholesterol? **Yes** ☐ **No** ☐

Have you ever been told you have a heart murmur? **Yes** ☐ **No** ☐

Has any family member or relative died of heart problems or of sudden unexpected death before age 50? **Yes** ☐ **No** ☐

Has any family member been diagnosed with enlarged heart, hypertrophic cardiomyopathy, long QT syndrome, Marfan's syndrome, or abnormal heart rhythm? **Yes** ☐ **No** ☐

Have you had a severe viral infection (for example, myocarditis or mononucleosis) within the last month?

Yes ☐ **No** ☐

Has a physician ever denied or restricted your participation in sports for any heart problems? **Yes** ☐ **No** ☐

6. Do you have any current skin problems (for example, itching, rashes, acne, warts, fungus, or blisters)? **Yes** ☐ **No** ☐

7. Have you ever had a head injury or concussion? **Yes** ☐ **No** ☐

Have you ever been knocked out, become unconscious, or lost your memory? **Yes** ☐ **No** ☐

If yes, how many times? When was the last concussion?

How severe was each one? (Explain below)

Have you ever had a seizure? **Yes** ☐ **No** ☐

Do you have frequent or severe headaches? **Yes** ☐ **No** ☐

Have you ever had numbness or tingling in your arms, hands, legs, or feet? **Yes** ☐ **No** ☐

Have you ever had a stinger, burner, or pinched nerve? **Yes** ☐ **No** ☐

8. Have you ever become ill from exercising in the heat? **Yes** ☐ **No** ☐

9. Have you ever gotten unexpectedly short of breath with exercise? **Yes** ☐ **No** ☐

Do you cough, wheeze, or have trouble breathing during or after activity? **Yes** ☐ **No** ☐

Do you have asthma? **Yes** ☐ **No** ☐

Do you have seasonal allergies that require medical treatment? **Yes** ☐ **No** ☐

10. Have you had any problems with your eyes or vision? **Yes** ☐ **No** ☐

11. Are you missing any paired organs? **Yes** ☐ **No** ☐

12. Do you use any special protective or corrective equipment or devices that aren't usually used for your sport or position (for example, knee brace, special neck roll, foot orthotics, retainer on your teeth, hearing aid)? **Yes** ☐ **No** ☐

13. Have you ever had a sprain, strain, or swelling after injury? **Yes** ☐ **No** ☐

Have you broken or fractured any bones or dislocated any joints? **Yes** ☐ **No** ☐

Have you had any other problems with pain or swelling in muscles, tendons, bones, or joints? **Yes** ☐ **No** ☐

If yes, check appropriate box and explain below.

☐ Head ☐ Elbow ☐ Hip

☐ Neck ☐ Forearm ☐ Thigh

☐ Back ☐ Wrist ☐ Knee

☐ Chest ☐ Hand ☐ Shin/Calf

☐ Shoulder ☐ Finger ☐ Ankle

☐ Upper Arm ☐ Foot

14. Do you want to weigh more or less than you do now? ☐ ☐

15. Do you feel stressed out? ☐ ☐

16. Record the dates of your most recent immunizations (shots) for:

Tetanus Measles

Hepatitis B Chickenpox

17. Are you under a doctor's care? ☐ ☐

Females Only

18. When was your first menstrual period?

When was your most recent menstrual period?

How much time do you usually have from the start of one period to the start of another?

How many periods have you had in the last year?

What was the longest time between periods in the last year?

An individual answering in the affirmative to any question relating to a possible cardiovascular health issue (question five above), as identified on the form, should be restricted from further participation until the individual is examined and cleared by a physician, physician assistant, chiropractor, or nurse practitioner.

It is understood that even though protective equipment is worn by the athlete, whenever needed, the possibility of an accident still remains. Neither the Home School Athletic Association nor the high school assumes any responsibility in case an accident occurs.

If, in the judgment of any representative of the school, the above student should need immediate care and treatment as a result of any injury or sickness, I do hereby request, authorize, and consent to such care and treatment as may be given said student by any physician, athletic trainer, nurse or school representative. I do hereby agree to indemnify and save harmless the school and any school or hospital representative from any claim by any person on account of such care and treatment of said student.

If, between this date and the beginning of athletic competition, any illness or injury should occur that may limit this student's participation, I agree to notify the school authorities of such illness or injury.

I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct.

Failure to provide truthful responses could

subject the student in question to penalties determined by the UIL

Student Signature: _____

Parent/Guardian Signature: _____ Date: _____

THIS FORM MUST BE ON FILE PRIOR TO PARTICIPATION IN ANY PRACTICE, SCRIMMAGE OR CONTEST BEFORE, DURING OR AFTER SCHOOL.

Physician's Form

(to be completed by athlete's Doctor)

PREPARTICIPATION PHYSICAL EVALUATION -- PHYSICAL EXAMINATION

Student's

Name _____ Sex _____ Age _____ DOB _____
Height _____ Weight _____ % Body fat (optional) _____ Pulse _____ BP _____/_____
Vision Corrected: Y N Pupils: Equal _____ Unequal _____

NORMAL / ABNORMAL FINDINGS INITIALS*

MEDICAL

Appearance
Eyes/Ears/Nose/Throat
Lymph Nodes
Heart-Auscultation of the heart in
the supine position.
Heart-Auscultation of the heart in
the standing position.
Heart-Lower extremity pulses
Pulses
Lungs
Abdomen
Skin

MUSCULOSKELETAL

Neck
Back
Shoulder/Arm
Elbow/Forearm
Wrist/Hand
Hip/Thigh
Knee
Leg/Ankle
Foot

*station-based examination only

CLEARANCE

- ☐ Cleared
☐ Cleared after completing evaluation/rehabilitation

for: _____

☐ Not cleared for: _____

Reason: _____

Recommendations: _____

Physician's Name (print/type) _____

Date of Examination: _____

Address: _____

Phone

Number: _____

Physician's Signature: _____

APPEARANCE GUIDELINES

The most valuable asset belonging to HSAA is its reputation. Our reputation among the schools we play is determined by not only our competitive play, but our behavior and our appearance. "You only get one chance to make a first impression." Most schools have dress codes that limit individual expression in appearance during school activities. HSAA desires to put forth a positive statement with our appearance and, most of all, our character. In our appearance, we want to refrain from drawing attention to ourselves or from detracting from the TEAM.

All HSAA Athletes, Commissioners, Coaches, Board Members, and all others who represent HSAA are encouraged to dress in a manner that could not be considered offensive or morally suggestive but would, in every way, glorify our Lord Jesus Christ and would represent HSAA without reproach.

All HSAA Athletes will be expected to abide by the following guidelines when attending all HSAA functions, sporting events, fundraisers, or whenever representing HSAA.

Commissioners and Coaches are encouraged to provide guidance to student-athletes with regard to dress and appearance for all HSAA sporting events, practices, traveling for sporting events, fundraisers, and whenever representing HSAA.

The HSAA Board reserves the right to make final determination of what appearance is considered unsatisfactory, whether addressed in these guidelines or not.

Male Athletes

- Uniform shirt-tails must remain tucked /untucked while in uniform, consistent with the requirements of the sport.
- When taking the court/field "warming up" for a game, all team members should be consistent with the uniform.
- Team members must not remove any part of their uniform until they leave the court/field unless receiving treatment for injury.
- Hair must be maintained in a "clean cut" look. (Each commissioner will set hair guidelines for his/her own sport.)
- Sideburns must be no longer than ear lobes; same width throughout.
- Face must be clean-shaven at practices, games, and HSAA-sponsored events.
- No visible tattoos or piercings.
- No visible undergarments.
- Caps to be worn front and centered.

Female Athletes

- Uniform shirt-tails must remain tucked /untucked while in uniform, consistent with the requirements of the sport.
- When taking the court/field "warming up" for a game, all team members should be consistent with the uniform.
- Team members must not remove any part of their uniform until they leave the court/field unless receiving treatment for injury.
- Hair must be maintained neatly.
- No visible tattoos or piercings (with the exception of pierced ear lobes for female athletes).
- No earrings or jewelry at practices or games.
- No visible undergarments.

I have read and agree to the HSAA Appearance Guidelines. (Circle One) Yes No

Player Signature: _____

Date: _____

Parent Signature: _____

Date: _____

Home School Athletic Association

Serving Dallas / North Texas Areas Since 1995

Hydration Protocol

High school athletes train hard, play to win, and sweat through it all. Unfortunately, most student athletes generally underestimate their sweat loss, and therefore don't voluntarily drink sufficient amounts of water to prevent dehydration during extended physical activity. Fluids are probably the most neglected aspect of an athlete's diet. Effective hydration before, during and after intense exercise is critical to healthy and successful athletics.

When exercising in conditions where the environmental temperature exceeds the body temperature, sweating is the primary method for cooling the body. This works through the evaporation of sweat, from the skin's surface. As humidity (*lots of moisture in the air*) increases, the rate of evaporation is much lower as the air is already saturated with water vapor. This greatly decreases the beneficial effects of sweat production. Exercise in extreme conditions can cause significant dehydration in as little as 30 minutes.

When the signs and symptoms of dehydration are overlooked or ignored, athletes can quickly fall victim to heat exhaustion. Because of a large loss of body fluid, the circulatory system can collapse, causing a sudden drop in blood pressure, which can lead to unconsciousness. Most athletes are oblivious to the subtle effects of dehydration and heat injury (*muscle cramps, nausea, dizziness, thirst, growing fatigue, irritability, inability to mentally focus*), in large part because they are so accustomed to experiencing these symptoms. There are many warning signs leading up to heat exhaustion which will, when heeded, allow you the opportunity to prevent this serious medical situation.

Our bodies are constantly fluctuating between stages of hydration. Athletes need to drink regularly because thirst is not a reliable indicator of either dehydration or fluid needs. Thirst mechanisms don't kick in until an athlete has lost 2% of body weight as sweat—at this level physiological function and sports performance is already impaired.

Nearly all the bio-chemical reactions that occur in body cells depend on water and electrolyte (sodium, potassium, calcium, chloride, phosphates, magnesium, etc.) balance. These balances are not only vital to maintaining life but also affect physical and mental performance. Our sweat contains a variety of these electrolytes.

The amount of fluid required for any athlete is dependent on how much sweat will be lost during exercise. During intense activity, athletes can lose up to two cups (one pound) of sweat for every 300 calories burned, depending on the weather conditions. Athletes with high body fat percentages can dehydrate faster under the same conditions. Body fat deters heat loss so these athletes have more trouble cooling the body. It can take up to 60 minutes for 20 ounces of fluid to empty from the stomach and be absorbed by the intestine and blood stream, thus drinking before exercise is a good practice.

Sports Drinks

Athletes should begin all sports activities well hydrated. While water is by far the most popular fluid choice during exercise, sports drinks can actually do a better job of hydration, while also providing other benefits that water does not. Plain water, although a good thirst quencher, is a poor rehydrator. The four primary benefits to consuming a properly formulated sports drink are:

- Encourage voluntary fluid intake
- Stimulate fast absorption
- Promote rapid and complete rehydration
- Improve performance

Thirst is driven by two key physiological changes: a rise in the concentration of sodium level and a drop in blood volume. Whenever we sweat, part of that sweat comes from blood. And by virtue of the fact that we lose more water molecules from the blood than we do electrolytes, plasma-sodium concentration – the saltiness of the blood – rises, which stimulates thirst. But if sweat is replaced by plain water, the plasma sodium concentration falls, which reduces thirst.

Fluids are absorbed through the stomach and into the bloodstream faster when their osmolality closely matches that of body fluids such as blood. Sports drinks contain electrolytes and carbohydrates, whereas water doesn't, so water doesn't reach the bloodstream as quickly.

Another advantage of sports drinks over water with respect to hydration is that the sodium content of sports drinks stimulates thirst, so athletes usually drink more fluid. Also, the calories in sports drinks have been shown to increase energy and endurance, limit the immune system suppression that sometimes follows hard workouts, reduce exercise-induced muscle damage, and promote faster recovery.

The key to rapid and complete rehydration is to provide enough electrolytes in the rehydration beverage to serve as an osmotic impetus to restore and maintain extra-cellular fluid volume, including blood volume. And this depends upon ingesting both the fluid as well as the electrolytes that are lost in sweat.

Ingesting a sports drink during intense exercise maintains blood glucose levels and promotes the uptake of carbohydrate into muscle cells. This in turn increases the use of carbohydrates as fuel by muscle and brain. Sustaining carbohydrate oxidation benefits performance in a wide variety of tasks, including maintaining motor skills in the latter portions of practice and games.

NOTE: Be careful to avoid any drinks that contain such supplements as caffeine, ephedrine or other stimulants.

Monitoring Hydration

Of course, it is important that athletes have a good idea of just how much sweat they lose during a typical practice or game so that they can judge how much fluid to ingest. This is most easily accomplished by having athletes record a nude body weight before and after practice. Any weight deficit represents a failure to drink adequately. For example, if an athlete weighs 178 lb before practice and 176 lb after practice, the 2-lb difference reflects the need to drink an additional 32 oz of fluid in future practices.

Your best bet is to monitor urine color and frequency of urination. Pale yellow urine without a strong smell is a good sign that plenty of fluid is on board for waste excretion. *(But don't judge your urine color within a few hours after taking vitamin supplements, since the unused vitamins, particularly the B vitamin riboflavin, turn your urine a bright yellow.)* Frequent urination (*at least every 3 hours*) is another good sign that you're getting enough fluid.

A urine color chart can be accessed at <http://at.uwa.edu/admin/UM/urinecolorchart.doc>

NATA - Hydration Recommendations

- Drink about 20 ounces of cool water (50-59°F) 1 to 2 hours before you exercise.
- Drink about 7-10 oz. of cool water or a sports drink 15 minutes before you exercise.
- Drink about 7-10 oz. of cool water or sports drink every 10-20 minutes during exercise.
- Drink about 20-24 oz. of cool or a sports drink within 2 hours after exercise.
- Avoid soft drinks, juices or beverages with carb concentrates greater than 8% before and during exercise.

Conclusion

Dehydration is a common condition that can affect the health and performance of athletes. Having coaches and parents encourage, and athletes follow an individualized hydration program, is one of the most effective ways to prevent dehydration to help keep athletes safe and performing at their best. The simple truth is that no other nutritional intervention comes close to providing the performance-enhancing effects of staying well hydrated. The most important point is to drink fluid, whether it's water or a sports drink. All athletes can learn to become better drinkers, and procedures should be put in place to assure that they do.

References:

- ♦ National Athletic Trainers' Association - www.nata.org.
- ♦ University Interscholastic League –<http://www.uil.utexas.edu/athletics/health/>
- ♦ American College of Sports Medicine - www.acsm.org
- ♦ Fundamentals of Athletic Training, 2nd Ed.– Lorin Cartwright/William Pitney
- ♦ The Anatomy of Sports Injuries – Brad Walker

HSAA STATEMENT OF FAITH

1. The Bible is the only inspired, authoritative, infallible, and inerrant word of God. Its very words are God-breathed. It is both necessary and sufficient to teach not only about our salvation but also about the conduct of our life.

2. There is only one living and true God. He is an intelligent, spiritual, and personal Being, the Creator, Redeemer, Preserver, and Ruler of the universe. He is one Being who eternally exists in three persons: Father, Son, and Holy Spirit, without division of His nature, essence, or being.

3. Jesus Christ is the Son of God, the second Person of the Trinity. He is both fully God and fully man. By His perfect obedience and sacrifice of Himself on the cross, He has fully satisfied the justice of His Father, and purchased not only reconciliation, but an everlasting inheritance in heaven for believers. He was visibly and bodily resurrected from the dead.

4. All people are born in sin due to the effects of Adam's rebellion. They are forgiven of their sins when they trust in the Lord Jesus alone for their salvation. Salvation is by God's grace, through the means of human faith, apart from good works. Believers are enabled by the Holy Spirit to obey God's commandments

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I have read the statement of Faith.

Player Signature

Date _____