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ATHLETICS

HANDBOOK

REVISED 2023



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**Dear Parents and Student-Athletes,**

Welcome to San Antonio Patriots Athletics! Thank you for choosing San Antonio Patriots to partner with you on your homeschool athletic journey!

San Antonio Patriots Athletics believes that interscholastic athletics provides the opportunity for participants to demonstrate values, such as humility, compassion, and respect – even under the stress of competitive play. Our student-athletes are taught how to control their emotions and actions in a manner that will carry over into everyday life, as well as learn sportsmanship which is more than mere self-control.

Sportsmanship is being thoughtful, kind, generous, and courteous while also being intensely competitive. They learn to refine skills, improve physical fitness, demonstrate self-discipline, and reap the benefits of hard work. Our athletes have the privilege of being a part of a team and in doing so learn their responsibilities to their teammates, their coach, the spectators, and their opponents. Being a part of a team teaches the important life lesson of placing the goals of the group before personal ones. It also demonstrates personal contributions impact the welfare of the team. Interscholastic athletics teach how to both win and lose with grace and dignity.

San Antonio Patriot student-athletes have a genuine love for their sport and the confidence to represent San Antonio Patriots Athletics on and off the field or the court. Our San Antonio Patriots commissioners and coaches have a genuine love for sport, for the Lord, and for the student-athletes entrusted to them. They work hard to improve team skills, and model both leadership and humility to everyone they meet. The parents and families also support our leadership team, commissioners, coaches, and our athletes, and volunteer their time and energies toward the improvement of the athletic program. These supporters understand that athletic programs are an appropriate and necessary part of a complete, well-rounded educational program. The hope of San Antonio Patriots Athletics is that all who participate in our program will be better people because of their participation.

San Antonio Patriots Athletics is a faith-based program and therefore will promote and further the kingdom of God in all we do. While we never ask our student-athletes or their families/guardians to sign a statement of faith, we do ask that they are supportive of that philosophy and make the overall experience at San Antonio Patriots positive for all families involved in the program.

May the Lord bless your student-athletes as they use their God-given abilities and their desire to serve both Him through athletics and your family!

***GO PATRIOTS!***

INTRODUCTION

Formally known as FEAST Athletics, our program had a humble beginning in the mid 1980’s when the FEAST Board began sports for their own children. They began with track and field as the track team was comprised of a large age span. They added girls’ softball and then basketball, which exploded into local, state, and national tournaments. As interest in homeschool athletics grew, FEAST added cross country, volleyball, baseball, tennis, soccer, and football. This growth represented years of negotiation with schools and leagues, coupled with coaches and student-athletes of integrity to build relationships.

After all of these years, FEAST came to the decision to go back to its roots of being a resource for homeschool families, because of this, San Antonio Patriots was formed.

FEAST policies are the result of building a strong and honorable reputation, and the desire to maintain that reputation. When you join the San Antonio Patriots family, you benefit from those same standards set by FEAST over the years and have an obligation to continue to support and build upon it in positive ways for future families, coaches, and commissioners.

This handbook is a reference guide for student-athletes and their families concerning the policies, procedures, rules, and regulations that govern interscholastic sports at San Antonio Patriots.

All policies, procedures, rules, and regulations will be followed as written.

Sound reasoning, good judgement, and adherence to San Antonio Patriots Athletics core values will be the standard in which situations outside of these stated policies, procedures, rules, and regulations are determined and evaluated.

San Antonio Patriots Athletics is a voluntary program. *Your* p*articipation is a privilege and not a right.* Accompanying this privilege is the responsibility to adhere to the standards established by San Antonio Patriots for its athletic program. This privilege may be removed if a student-athlete, or their family, fails or refuses to comply with the policies, procedures, rules, or regulations laid out in this handbook.

We look to and depend on God to lead our athletics programs and He has been faithful to do so for more than 25 years. God’s provision of leaders, athletes, and coaches is a clear signal to San Antonio Patriots leadership that now is the time for that sport to flourish. We believe the same is true for your family. If now is the time for your student-athlete to engage and participate, He will make that clear and provide all the needs for your family to participate.

*Participating student-athletes and their families are responsible for knowing the information contained in this handbook. Registration for a San Antonio Patriots team indicates that the policies stated in this handbook have been read and that the registering student-athletes and their parents/guardians agree to adhere to these policies in their entirety.*

**FEAST ATHLETICS MISSION STATEMENT**

San Antonio Patriots ATHLETICS MISSION STATEMENT

Our mission is to provide successful and sustainable athletic programs for homeschooling families in and around the San Antonio, Texas area.

**FEAST PROGRAM GOALS**

OUR PROGRAM GOALS

San Antonio Patriots Athletics present limitless education and learning opportunities. Athletics encourage ongoing education in sport skills as well as personal and relational development. Student-athletes learn to perform better individually and as teammates.

OUR CORE VALUES

**FEAST ATHLETICS CORE VALUES**

San Antonio Patriots is dedicated to helping student-athletes to realize their highest potential physically, mentally, and spiritually.

There are ten core values within San Antonio Patriots Athletics. Each coach strives to instill the following core values in every athlete:

1. ***Diligence****… they are hard workers; they keep to the task and finish it.*
2. ***Discipline****… they conduct themselves in an orderly and obedient fashion.*
3. ***Humility****… they are free from pride and arrogance; their achievements are a biproduct.*
4. ***Integrity****… they are what they claim to be and demonstrate this by consistently do what is right.*
5. ***Self-control****… they use wise self-restraint in all aspects of life.*
6. ***Responsibility****… they are dependable; they know what they need to do, and they do it.*
7. ***Submissiveness****… they are willing to yield to leaderships’ authority, judgment, or decision.*
8. ***Attentiveness****… they demonstrate interest in the words, actions, and feelings of someone else.*
9. ***Supportiveness****… they help others in words and actions.*
10. ***Contentment****… they are happy and satisfied with what they have.*

**In addition, each coach teaches and exemplifies the following characteristics:**

1. ***Safety****… we always maintain the highest safety standards.*
2. ***Character****… we focus on developing character traits in our athletes.*
3. ***Skill Development****… we teach fundamental sport skills.*
4. ***Participation****… we provide opportunity for maximum participation.*
5. ***Mentoring Relationship****s …we establish coaches as mentors to our student-athletes.*
6. ***Competence****… we build competent teams.*
7. ***Competition****… we build competitive teams.*
8. ***Peer Relationships****… we strengthen peer relationships.*
9. ***Fun****… we make the athletic experience enjoyable for the athlete.*

San Antonio Patriots STATEMENT OF FAITH

**FEAST STATEMENT OF FAITH**

* We believe the Holy Bible, both Old and New Testaments, to be the inspired Word of God, without error, the complete revelation of His will for the salvation of man, and the Divine and final authority for all Christian faith and life.
* We believe in one infinite, triune God: Father, Son, and Holy Spirit.
* We believe Jesus Christ is the true God and the true man, having been conceived by the Holy Spirit and born of the virgin Mary. Having lived sinlessly, He truly died and was resurrected in His own body for our atonement and resurrection.
* We believe that only through His death by the shedding of His blood and His resurrection are we provided justification and salvation.
* We believe in the bodily resurrection of all mankind, of the believer to an everlasting dwelling with God, of the unbeliever to an everlasting, conscious hell without God.
* We believe that the ministry of the Holy Spirit is to glorify the Lord Jesus Christ, to convict men of sin, regenerate the believing sinner, indwell, guide, instruct, and empower the believer for godly living and service.
* We believe in the imminent, bodily return of the Lord Jesus Christ.

**San Antonio Patriots Athletics does not require our student-athletes or their families to sign the statement of faith.** We do require that all who partner with San Antonio Patriots Athletics to be aware that we are a faith-based program and therefore will promote and further the kingdom of God in all we do. We do ask that you are supportive of that philosophy and make the overall experience at San Antonio Patriots positive for all families involved in the sport.

FAMILY EXPECTATIONS

**EXPECTATIONS OF STUDENT-ATHLETES**

San Antonio Patriots Athletics expects that:

* Student-athletes will demonstrate respect for opponents with the highest standards of character and sportsmanship
* Student-athletes will display excellence and integrity in their schoolwork, and that education will take precedence over athletic endeavors.
* Student-athletes will seek to win the right way – with honor, sportsmanship, and discipline.
* Student-athletes will believe in something bigger than themselves – TEAM – and will hold each other accountable.
* Student-athletes and their families will always conduct themselves with grace, humility, and high character.
* Student-athletes will realize that participation in athletics will prepare them to make a positive contribution to society in the years to come.
* Student-athletes and their families will understand that conflict will be managed constructively and in such a way that facilitates a positive outcome and reconciliation.
* Student-athletes and their families will understand that participating on a San Antonio Patriots Athletics team can be demanding and requires a substantial commitment throughout the season for the program to be successful.

**EXPECTATIONS OF PARENT/GUARDIANS**

Parents/guardians are vital to the success of San Antonio Patriots Athletics. We are so very appreciative of the assistance parents/guardians provide for their San Antonio Patriots student-athletes, whether it is driving them to practice or to an athletic event or sacrificing family time to accommodate athletic schedules. Because San Antonio Patriots is a non-profit organization, comprised mainly of volunteers, we need the participation of ALL our families to make it a successful organization. Please expect to be involved in the sport and to assist as needed.

San Antonio Patriots Athletics parents/guardians are needed and expected to play a supporting role in this organization and are required to volunteer throughout the season:

* Scorekeeper/timeclock
* Team mom/dad
* Team photographer/videographer
* Fundraiser coordinator
* Fellowship/devotions coordinator
* Travel coordinator
* Admissions/concessions
* Setup/cleanup
* Needs according to the sport

San Antonio Patriots ATHLETICS PROGRAM ROLES

**FEAST ATHLETICS PROGRAM ROLES**

**San Antonio Patriots Executive Board of Directors**

The Executive Board of Directors are responsible for all policies, procedures, rules, and regulations related to San Antonio Patriots Athletics activities and operations.

**San Antonio Patriots General Board of Directors**

The Athletic Committee serves at the pleasure of the Board and will be composed of such Board Members and other advisors as are appointed each year. They are charged with providing oversight of the Athletics program, keeping the Board informed on athletic activities, operations and advising the board on such athletics-related matters as the Board shall determine. The following is the skeleton of this committee:

* President
* Vice President
* Treasurer
* Secretary
* Athletics Director
* Communications Director
* All current Commissioners
* Additional members and advisors can be added at the recommendation of the Athletics’ Committee Chairman

**San Antonio Patriots Athletic Director**

The San Antonio Patriots Athletic Director is responsible for administering the San Antonio Patriots Athletics. The Athletics Director is expected to provide appropriate guidance and support to families and student-athletes. This includes advising and communicating any changes in policies, procedures, rules, and regulations to the San Antonio Patriots Athletics program.

**San Antonio Patriots Athletics Commissioners**

The Athletic Commissioner works to maintain, organize, and administer their specific sport. They are responsible for the overall management and direction of their specific sport. This includes ensuring compliance with all league and San Antonio Patriots Athletics policies, procedures, rules, and regulations.

**San Antonio Patriots Athletics Coaches**

San Antonio Patriots Athletic Coaches are responsible for creating a fun, safe, and challenging environment in which student-athletes will receive a high level of instruction and competition. They always have the responsibility to model Christ-like behavior and attitude and will take very seriously the opportunity to mold young lives for Christ.

**PARTICIPATION**

PARTICIPATION

Student-athletes may participate in San Antonio Patriots Athletics provided they are currently home schooled in accordance with the laws of the State of Texas. San Antonio Patriots follows the [Texas Home School Coalition (THSC) definition](https://thsc.org/glossary/) of a homeschooled student (<https://thsc.org/glossary>):

*The definition of a homeschooled student (or home school student) predominantly receives instruction in a general, elementary, or secondary education program that is provided by the parent – or a person standing in parental authority – in or through the child’s home [*[*Texas Education Code 29.916 (a)*](https://statutes.capitol.texas.gov/Docs/ED/htm/ED.29.htm)*].*

*The parent or person standing in parental authority might contract with outside sources in order that the student receives additional instruction. For example, a private tutor, co-op class, or a college class. However, this source or these sources do not circumvent the parent’s role in determining the overall success or failure of the homeschooled student.*

Homeschooled students may not be enrolled or in attendance full-time at a public or private school outside the home. “Full-time” is defined as completing more than 50% of instruction, or attending 4 or more classes at a primary or secondary school level. This allows for earning 6 credit hours per semester (12 credit hours per year) on campus at a college, university, trade school, etc.

No person who has participated in senior activities (such as being honored during a sport’s senior night) graduated from high school (homeschool, public, or private), or who has received a high school diploma (homeschool, public or private) or who has walked a graduation stage, or who has received a GED certificate may participate as an athlete in San Antonio Patriots Athletics.

ELIGIBILITY

**ELIGIBILITY**

There are several governing boards for athletics in the State of Texas. For high school, there is **UIL** – University Interscholastic League, **TAPPS** – Texas Association of Private and Parochial Schools, and **TAIAO** – Texas Association of Independent Athletic Organization (football only). For middle school, there is **ISAL** – Independent Schools Athletic League and **STFC** – South Texas Football Conference (football only). While San Antonio Patriots Athletics is not a member of either UIL or TAPPS, we align our eligibility standards, rules, and regulations with both. This allows San Antonio Patriots Athletic teams to schedule and compete against both public and private/parochial schools in the region as they recognize and respect our eligibility requirements to be very similar to their requirements. As per UIL and TAPPS, San Antonio Patriots agrees to follow the eligibility guidelines listed below, to be followed, however San Antonio Patriots Athletics policies and participation requirements may supersede these organizations, resulting in stricter compliance:

* No player who has attained the age of 19 years old or older on or before the date of September 1st of the current school year may participate.
* No player who has graduated from high school (homeschool, public, or private) or who has received a GED certificate may participate in San Antonio Patriots Athletics.
* A student-athlete must be homeschooled and live with, and under the care of, a parent or legal guardian.
* A student-athlete must be registered by the parent/legal guardian (players may not register themselves).
* An age-eligible player is allowed 4 years of consecutive high school participation in San Antonio Patriots Athletics.
* No high school player may participate on a middle school-level team.
* An age-eligible student-athlete is allowed 4 years of consecutive middle school participation in SAP Athletics.
* No player who has attained the age of 14 on or before the date of September 1st of the current school year may participate in ISAL middle school athletics.
* No player who has attained the age of 14 on or before the date of September 1st of the current school year may participate in TAIAO middle school football.
* San Antonio Patriots reserves the right to form middle school teams outside of the leagues listed above. The exception will be football which will be 3 years of consecutive middle school participation per STFC.
* No pre-high school student-athlete may participate on a high school level team. An exception may be granted by the Athletics’ Committee in certain sports, in certain circumstances where a team is being formed.
* The student-athlete and his/her family must be in “good standing” with San Antonio Patriots.
* The student-athlete’s date of birth is declared by the parent/legal guardian.
* The current grade level is declared by the parent/legal guardian. Declared grade levels may not be changed during the year.
* San Antonio Patriots encourages a “no pass, no play” academic standard. In the event a student’s grade level changes at the end of an academic year, their registered years of athletic competition will remain as completed on their San Antonio Patriots Athletic record.
* The student-athlete must be registered according to the gender on his or her birth certificate.

San Antonio Patriots ATHLETIC PROGRAMS BY GENDER

**FEAST ATHLETIC PROGRAMS BY GENDER**

Teams and levels may change each year due to provision: availability of commissioner, coaches, and players. This model shows the teams formed in 2023. We may have different variations of levels each season. (See also page 3.)

|  |  |
| --- | --- |
| **GIRLS PROGRAMS** | **BOYS PROGRAMS** |
| Basketball—V, JV, MS | Basketball—V, JV, F, MS |
| Cheerleading—V, JV, MS, ES | Cross Country—V, JV, MS |
| Cross Country—V, JV, MS | Football—V, JV, MS |
| Soccer (co-ed)—V, MS | Soccer (co-ed)—V, MS |
| Softball—V, MS | Track & Field—V, JV, MS |
| Track & Field—V, JV, MS | Volleyball—V, JV, MS |
| Volleyball – V, JV, MS |  |

V--Varsity JV--Junior Varsity F--Freshman MS--Middle School ES--Elementary School

PROGRAM LEVELS

**PROGRAM LEVELS**

**Elementary School-**

Elementary school athletics are designed to offer student-athletes in grades 1st-4th grades the chance to participate in a learning environment. These emphasis at this level is learning basic skills, leadership, self-control, taking directions, learning to work together, and start dev

**Middle School –** 10-, 11-, 12-, 13- and program-eligible 14-year-olds

Middle school athletics are designed to offer student-athletes in grades 5th -8th the chance to participate in a more competitive experience than intramural or recreation programs typically offer. The emphasis at this level is developing skills and habits. It is important that players at this level learn the fundamentals correctly from the beginning. San Antonio Patriots Athletics believes that the level of success found at the high school level has a direct correlation to the skills that are developed through the middle school program. The middle school program will mirror the high school program in skill development to allow for continuity throughout the program. San Antonio Patriots Athletics believes that winning is a by-product of Colossians 3:23 “And whatsoever ye do, do it heartily, as to the Lord, and not unto men,” but winning games is not the typical priority or the emphasis.

Typically, 12 and under student-athletes will be placed on a younger level (B team or 12u) team based on their skill level. Typically, 13- and program-eligible 14-year-olds will be placed on an older level (A team or 14u) team. Student-athletes who are younger than 13-years old may be placed on this older level team, providing there is evidence of advanced levels of physical development and athletic skill.

**Playing time is not a right; it is a privilege earned by attendance at practices and games, hard work, a good attitude, being a team player, skill level, etc. It is also affected by other reasonable requirements set by individual coaches.**

San Antonio Patriots Athletics Guidelines for middle school playing time are as follows:

* *Players on younger level teams are expected to receive almost equal playing time. This occurs irrespective of the outcome of the game.*
* *Players on older level teams should expect to play in every game but it may not be equal. The outcome of the game does factor into the playing time.*

**Freshman –** 14- and 15-year-olds

At this level, the focus is on continued learning of various skills and game rules, an expansion of the fundamentals of team play, continued social and emotional growth, and an emphasis on healthy competition. Freshmen teams are an excellent way for 9th graders to learn how to practice and compete in a high school setting, e.g., a longer season, higher level skill learning, more travel. San Antonio Patriots Athletics believes that winning is a by-product of Colossians 3:23 “And whatsoever ye do, do it heartily, as to the Lord, and not unto men,” but winning games is not the priority or the emphasis.

**Playing time is not a right; it is a privilege earned by attendance at practices and games, hard work, a good attitude, being a team player, skill level, etc. It is also affected by other reasonable requirements set by individual coaches.**

San Antonio Patriots Athletics Guidelines for Freshman play time are as follows:

* *Players should prepare and expect to play in every game, but that playing time may not be equal.*

**Junior Varsity –** 17-year old and under (junior and under)

The Junior Varsity level is intended for those who display the potential of continued development into productive Varsity level performers. Sophomores occupy most roster positions, however, freshmen may be included on the roster, depending on their skill level and if space is available. Developing juniors may also play on JV provided their skill level is at the beginner or intermediate level, and their participation is appropriate (e.g. a highly skilled junior should play on the varsity level team and not on the JV level team, provided there is room on the Varsity roster). Seniors are not allowed to play on a JV level team or in a JV competition without written permission from San Antonio Patriots Board and with the acknowledgment and support of the coach of the opposing team.

There is an increased emphasis on physical conditioning, refinement of fundamental skills, elements, and strategies of team play. The JV team works toward achieving a balance between continued team and player development and striving for victory. The outcome of the contest becomes a consideration at this level but winning is still not the priority or the emphasis.

JV players play JV games. Any player may “need” to be called up to Varsity level of play temporarily or for the remainder of the season to keep the Varsity team/experience whole. San Antonio Patriots does prioritize the season for seniors and Varsity team if required. This decision is made by the coach of the team and is considered part of what is best for the team with the support of the Commissioner.

**Playing time is not a right; it is a privilege earned by attendance at practices and games, hard work, a good attitude, being a team player, skill level, etc. It is also affected by other reasonable requirements set by individual coaches.**

San Antonio Patriots Athletics Guidelines for Junior Varsity play time are as follows:

* *Players should expect to play in most games, but that playing time likely will not be equal.*

**Varsity –** 18 and under

Varsity competition is the highest level of competition. The goal is to be competitive. The Varsity team is a culmination of the JV and Freshman programs moving up through the program. Normally, seniors and juniors make up most of the roster. Occasionally, sophomore student-athletes and at times freshman student-athletes may be selected to be on the team providing there is evidence of advanced levels of physical development, athletic skill, and appropriate social and emotional development, or when sub-varsity teams do not exist. More emphasis is placed on winning and competing at the highest level. Varsity team participation will always take precedence over all sub-varsity teams. From season to season the number of athletes participating may not allow for a full Varsity team and a full JV team. The number of athletes participating in a season may not allow for a full Varsity team and a full JV team. As the season develops injuries, illness and other unforeseen changes in circumstances may cause San Antonio Patriots to choose to have a single team in place of two teams. In this situation, the choice will be to have a Varsity team to honor the last remaining year of eligibility of the senior(s) in the program.

Varsity players play Varsity games as is typical in UIL and TAPPS. The primary rotation of players (starters and those getting many of the playing minutes) are not allowed to play in sub-varsity games. Varsity players who are juniors and primarily play limited minute subs for Varsity games AND are underclassmen would qualify to “play down” to support a sub-varsity team/game if “needed.” This may vary by sport.

**Playing time is not a right; it is privilege earned by attendance at practices and games, hard work, a good attitude, being a team player, skill level, etc. It is also affected by other reasonable requirements set by individual coaches.**

San Antonio Patriots Athletics Guidelines for Varsity play time are as follows:

* *Playing time is not guaranteed at this level.*

HOMESCHOOL COMPETITIONS & TOURNAMENTS

**HOMESCHOOL COMPETITIONS AND TOURNAMENTS**

In some sports there are exclusive homeschool competitions where only homeschool organizations are participating. In these competitions the teams formed are based upon age such as 18 and under, 16 and under, 14 and under, etc. For these specific homeschool competitions, San Antonio Patriots will follow the rules set forth by the hosting organization. Many times, at these competitions the terms “Varsity” and “Junior Varsity” are not the appropriate description of the teams as they are replaced with terms such as the 18 and under team or the 16 and under team.

ATHLETIC SKILLS EVALUATIONS/ASSESSMENTS

**FEAST ATHLETICS** **SKILLS EVALUATIONS/ASSESSMENTS**

It is the desire of San Antonio Patriots Athletics to see many homeschool student-athletes involved in athletics each season. Provided San Antonio Patriots Athletics has a coach for every level, it is our desire for every student-athlete to have a place in the athletic program. Skills evaluations/assessments and team assignments will be handled by the commissioners and coaches.

Skill evaluations/assessment dates and times will be announced on the website and/or social media pages and on the specific sports web page as soon as they are scheduled. Both new and returning players are strongly encouraged to attend each year. These assessments are usually held prior to the first official week of practice in each sport but may be held earlier. Every student-athlete is evaluated in a fair and impartial manner. Commissioners and coaches will evaluate skill level, athleticism, physical conditioning, positional play, trainability, punctuality, sport-specific skill, and various other attributes.

Student-athletes should not attend skills assessments for a sport unless they are willing and able to make the emotional, physical, financial and time commitments necessary.

Placing each student-athlete at the level they can contribute physically and gain positive feelings for their efforts is important to San Antonio Patriots Athletics. We believe in the people we have chosen to be commissioners and coaches and trust their ability to evaluate and assign student-athletes for teams.

Parents/guardians must understand and agree that San Antonio Patriots Athletics is a program and as such, the needs of the program will be prioritized. It is up to program leadership (commissioners and coaches) to place players where they will best suit the needs of the program. While San Antonio Patriots Athletics respects the authority of parents/guardians regarding their student-athletes, placement of players will be at the sole discretion of the commissioner and coaches of each sport.

QUITTING A SPORT

**QUITTING A SPORT**

San Antonio Athletics is of the position that once a student athlete is assigned to a team and has made a commitment (registration and payment) to that team, their commitment should be honored through to the end of the season. Character is not built by quitting, nor does it teach our student-athletes to persevere through adversity. If the desire to quit is due to injuries or academic ineligibility, San Antonio Patriots Athletics desires that the student-athlete still see themselves as part of the team.

It is understood that there will be times that a student-athlete and/or his family make the decision to leave a sport during the season, although it is highly discouraged. Whatever the reason may be, a student-athlete must follow the procedures listed below:

* An injured player is expected to attend all practices and games if they are physically able.
* A student-athlete and their parent/guardian, who are considering quitting a team, must schedule a face-to-face meeting with the coach and commissioner to seek a solution.
* It is highly recommended that a conference be scheduled with the parents/guardian, the student-athlete, the commissioner, and the Athletic Director prior to the final decision of a player to quit.
* Should the final decision be to quit, the student-athlete and his family are responsible for the immediate return of all SAP Athletics equipment and/or uniforms - clean and undamaged. Any equipment or uniforms not returned or that may be damaged must be paid to San Antonio Patriots at the replacement costs.
* A player that quits a team may not attend skills assessments for another team that same season, unless permission is gained from both commissioners, both coaches, and the Athletic Director.
* The San Antonio Patriots Board will decide any exceptions to these policies. Exceptions must be submitted in writing to the Athletic Director and should ***not*** be based upon personality clashes, insufficient playing time, or a change of heart. To be considered an exception, the situation must be serious and must have unusual consequences for those involved.

**There is a one-week grace period at the start of the specific sport’s season that a student-athlete can use to decide that a certain sport is not for them. This one-week grace period is during the first week of practices.**

ATHLETIC PROGRAM FAMILY MEETINGS

**PARENT/GUARDIAN AND STUDENT-ATHLETE MEETING**

The commissioner of each sport will hold a meeting (occasionally two) for parents/guardians and student-athletes. Athletic meetings are held prior to season registration, with online registration typically launching within one week of the meeting. Meeting attendance is mandatory by at least one parent/guardian and the student-athlete. The meetings are announced on the sport’s team page on the website and on the sport’s social media pages as soon as they are scheduled. They are held at a location deemed safe and appropriate per San Antonio Patriots standards.

The purpose of these meetings is to distribute important season information, including schedule, team communication, team policies, the collection of necessary paperwork, team goals and expectations, uniform sizing etc. If a meeting is not held due to extenuating circumstances, commissioners are expected to provide a sport specific handout (electronic form is acceptable) with all pertinent information to each participating family.

FEES & REGISTRATIONS

**FEES AND REGISTRATION**

* San Antonio Patriots Athletics requires the purchase of an Associated Student Body (ASB) pass to participate in any San Antonio Patriots Athletics sport. The ASB is $50 per household, per academic year. We never wish the ASB to become an economic burden to anyone so if it is for your family, contact the Treasurer to determine an alternate arrangement.
* All San Antonio Patriots Athletics registrations and athletic agreements (including the San Antonio Patriots Athletic Handbook, waivers, medical and media releases) are completed online during the registration process. See Appendix for detail of all ***Athletics Agreements***.
* All athletics registrations must be completed by the parent/guardian. (Student-athletes, even if over 18 years of age, may not register themselves or their siblings.)
* A fully completed online registration must be submitted to FEAST prior to participation in any sport. Each student-athlete must have a completed registration for each sport in which they are registering.
* Registration fees are due at registration. Payment is available during online registration or paid to the office by cash (in-person only) or check (in-person or by mail).
* Registration fees for each sport are based on estimates including, but not limited to: number of anticipated players on the team, field/court/facility rental, uniforms, team equipment, competition/meet/tournament fees, insurance, league fees, officiating costs, and administrative fees etc. All fees are calculated and distributed evenly among the team based on those estimated numbers. For that reason, seasonal registration fees differ for each sport as well as by level – a varsity-level sport will have higher fees than a middle school-level sport.
  + ***Note:*** ***All fees and monies are paid directly to SAP and not to commissioners, coaches, or other leaders***. San Antonio Patriots is a 501©3 organization and is audited for federal tax-exempt purposes and must maintain appropriate bookkeeping and accounting of all registration fees and monies associated with each sport.
* Registrations offer a payment plan but will require a down payment. Payment plans will have an automatic charge each month on a set day until registration is paid in full.
* All registration fees must be paid in full prior to the first competition of the season. Student-athletes may not participate in a sport for which they have not paid their registration fees or made payment arrangements.
* Families in a household may not complete any other registrations for another sport until the household’s past due registration fees are paid in full.
* Once practices have begun, no registration fees may be refunded after the first week of participation. The SAP Executive Board may approve an exception and refund in whole or part, based on a case-by-case basis. Families requesting a refund in whole, or part, must present that request with an explanation for the exception in writing to the San Antonio Patriots Executive Board.
* Registration fees may not be pro-rated at any time during the season. No exceptions will be granted to this request.

ATTENDANCE

**ATTENDANCE**

A team can only effectively function when all participants are present. A student-athlete who misses practice not only hurts themselves but their team. Players have an obligation to their team and their coach. This obligation includes consistent attendance at practices and competitions/games. Student-athletes and their families are provided a schedule of both practices and competitions/games by the first week of practice. It is recommended that student-athletes and their families use those schedules to plan accordingly.

*No student under the age of 16 may be left at an athletic event without the approval of the coach. If parents/guardians are unable to attend the entire practice or game, they should be prompt in picking up their student-athlete* ***before*** *the practice or game is over. Coaches and sport leadership are volunteers with other commitments after athletic events. Failure to comply with this procedure may result in a disciplinary action*.

Emergency situations do arise, (doctor’s appointment, illness, death of a family member, etc.) that make it impossible for the student-athlete to attend a practice or an athletic competition. However, absences should be few and far between.

Student-athletes should make every effort to notify the coach at least 24 hours prior to the day of the missed practice or competition. Repeated absences and/or unexcused absences can result in decreased playing time.

**Excused Absences**

* Personal illness or accident – either the parents/guardians or the student-athletes ​must​ call or email the coach 24 hours before the scheduled activity to notify them of their absence. Failure to do so will result in an unexcused absence.
* Doctor or dentist appointments – when possible, schedule appointments so that they will not conflict with athletic activities.
* Funeral or death in family.
* Special educational/school activities ​approved​ in advance by the coach.
* Weddings in immediate family.
* Pre-approved church activities.
* Special, unavoidable circumstances ​approved​ by the coach.

INTERACTIONS

**INTERACTIONS**

We believe that it is possible to have healthy social interaction and mature Christian relationships. For the protection of our families, our Christian fellowship, and our testimony within the community, it is vital that we always exercise ourselves with godliness and adhere to moral purity.

San Antonio Patriots Athletics is not a forum for dating. Therefore, we ask that in all San Antonio Patriots Athletic activities, the behavior between singles be above reproach by avoiding the appearance of improper behavior or action.

Flirtations or suggestive communications are discouraged. The San Antonio Patriots Board reserves the right to make the determination of what interaction is not considered satisfactory.

It is strongly suggested that while being a part of the San Antonio Patriots Athletic program the student-athletes do not have/entertain significant others while participating in San Antonio Patriots Athletic related activities such as practices, games, travel, meals, etc. This is not to say they cannot attend a game, a practice, or a team-building event but that the student-athletes focus needs to be on the game, the practice, or the team-building and not on the significant other. Each family approaches this subject and territory differently. Feel free to choose the path that is best for your student-athlete and family.

Ephesians 4:29-32, Psalm 133:1-3

CODES OF CONDUCT

By virtue of participation in San Antonio Patriots Athletics, student-athletes and their families voluntarily accept the following codes of conduct as stated by San Antonio Patriots Athletics. All participants are expected and encouraged to exercise personal self-discipline, restraint, and genuine kindness toward others.

*Note: individual athletics programs may have sport-specific disciplinary consequences and/or codes of conduct that are in alignment with the FEAST Athletic Handbook.*

**STUDENT-ATHLETE CODE OF CONDUCT**

The actions of a student-athlete are a direct reflection of themselves, their parents/guardians, their team, and their community, including San Antonio Patriots. A student-athlete’s involvement in San Antonio Patriots Athletics provides opportunities and experiences that are important to the development of a well-rounded student-athlete. Because participation in San Antonio Patriots Athletics is a privilege, a high standard of conduct will be expected both on and off the field or court.

Student-athletes shall follow this code and avoid any actions which may lead to an unfavorable view of the student-athlete, teammates, coaches, family, San Antonio Patriots Athletics, or the community. Any alleged violations will be subject to review by the coaches, commissioners, Athletic Director, and San Antonio Patriots Board and may result in subsequent action. This listing is not intended to be all-inclusive, as San Antonio Patriots Athletics reserves the right to make a final determination of what conduct is considered unsatisfactory.

* Bullying (physical, emotional, or electronic), hazing, or harassment
* Disorderly or destructive actions
* Unsportsmanlike conduct
* Profanity, vulgarity, obscenity, offensive speech and/or gestures
* Any posting or communication via social networks or media outlets (Facebook, Twitter, Snapchat, Instagram, WhatsApp, TeamApp, blogs, etc.) which advocates the violation of any San Antonio Patriots Athletics policy and/or team policy would be considered unacceptable and inappropriate.
* Dishonesty in any form, including lying, theft, or cheating
* Gambling
* Defiance of authority, including flagrant disrespect, disobedience, and/or rebellious or disrespectful attitude.
* Possession and/or distribution of literature, pictures, posters, or recordings presenting an indecent or immoral activity or ungodly belief or philosophy. This includes distribution of sexually suggestive material via cell phones, cameras, computers, or “sexting” of any kind. The definition of sexting is the sending, receiving, or forwarding sexually explicit or suggestive messages, photos, or images via cell phone, computer or other digital or electronic devices.
* Sale, possession, and/or use of tobacco (this includes electronic cigarettes and vapor products), alcohol or illegal drugs (including any prescription drugs not prescribed to the student-athlete), marijuana, or other controlled substances, or the implied the use of these.
* Attending or hosting a party, gathering, or event that involves alcohol, illegal drugs, marijuana, or other controlled substances. It is the obligation of the student-athlete to immediately leave the premises once they learn a gathering or party, gathering, or event involves alcohol, drugs, etc.
* The use of, possession of, or the distribution of anabolic/androgenic steroids or other performance enhancing substances.
* Immoral conduct, immodesty and conduct implying immorality
* Use or possession of weapons and/or dangerous items at any athletic event to include guns, knives, explosive devices, etc.
* Any violations of the law

**PARENT/GUARDIAN CODE OF CONDUCT**

It is important that you understand the important role you play as a parent/guardian of a San Antonio Patriots Athletics student-athlete. You and your student-athlete represent your family and our program.

Parents/Guardians shall follow this code and avoid any actions which may lead to an unfavorable view of themselves, coaches, family, San Antonio Patriots Athletics, or the community. Any alleged violations will be subject to review by the coaches, commissioners, Athletic Director and San Antonio Patriots Board and may result in subsequent action. This listing is not intended to be all-inclusive, as San Antonio Patriots Athletics reserves the right to make final determination of what conduct is considered unsatisfactory.

As the parent/guardian of a San Antonio Patriots Athletics student-athlete, I agree with the following:

* **Be positive and encouraging​.** ​ Uplift student-athletes, coaches, teams, commissioners, and San Antonio Patriots.
* **Teach your students/athletes to abide by the rules of the game in letter and spirit**​**.** ​Tactics promoting unfairness will not be tolerated. Ensure that your student-athlete is being homeschooled in accordance with the laws of the State of Texas and qualifies as a homeschooled student (see page 8 – **Participation**).
* **Develop good relationships with your student-athlete and their teammates.** ​Your student-athlete has been placed on this team for a purpose. Use this opportunity to minister and encourage others. You never know who is hurting and needs your show of love in their life.
* **Develop good relationships with other parents/guardians.** You need their support as much as they need yours!
* **Develop good relationships with the coaches.** Get to know them. Communicate with them with an open heart and mind. Set appointments to meet with them rather than approaching them before or after games or practices (see page 20 – **Conflict Resolution**). Be open, honest, and use respectful words. Inform the coach and/or commissioner if your student-athlete does not maintain a satisfactory academic level. San Antonio Patriots encourages a “no pass, no play” academic standard (see page 8 – **Eligibility**).
* **Help your student-athlete develop unity within their team.** ​ Teach them to respect the seriousness of their commitment by making sure they attend all practices, meetings, games, and team-building opportunities.
* **Do not use profanity, questionable slang or “trash talk.” ​** Anything that can be construed as negative or insulting must be avoided.
* **Never criticize coaches or officials.** ​ Officials and coaches represent authority and obedience to their authority is not predicated on whether one agrees with it or not. If you “bad mouth” your student-athlete’s coaches or officials, you cannot expect them to play for or respect these individuals.
* **Never be involved in negative cheering.** ​ Booing officials or opponents or getting into negative chants sets a bad example for your student-athletes and is counter to all we say and believe at San Antonio Patriots Athletics. Examples might include chanting “Air Ball” when the other team misses a shot or screaming while an opponent is on the free throw line.
* **Never speak negatively around student-athletes or other parents/guardians about:**
* **San Antonio Patriots Athletics:** a negative atmosphere is contagious. Instead, create a positive atmosphere of gratitude.
* **Other student-athletes or parents/guardians:** ​speak to parents/guardian only about you and your student-athlete(s). Speak to student-athletes only in an encouraging manner.
* **Your student-athlete’s teammates​:** ​ this only allows your student-athlete to make excuses for their own performance. Do not offer excuses for your student-athlete if they are not playing. Encourage them to do their best and to keep striving for worthwhile goals.
* **Always resolve differences with coaches privately. ​​**Call to make an appointment to speak with the coach privately, honoring the “24 Hour Rule” and following the Matthew 18 principle. Think about what you will say and what is motivating your discussion (see page 20– **Conflict Resolution**).
* **Maintain class and character.** ​ Your actions reflect upon you, your family, and San Antonio Patriots Athletics. You set the example for your student-athlete. Refrain from the use of tobacco products, alcoholic beverages, and illegal drugs before and during all San Antonio Patriots Athletics activities.
* **Be an example and a guard. ​** Set the standard high for behavior and appearance. Do not be afraid to speak in love to those whose behavior might undermine San Antonio Patriots Athletics’ reputation.
* **Always dress appropriately.** ​ Modest attire that does not attract attention to you and away from your student-athlete should be worn.
* **Be modest in victory and gracious in defeat.** ​ Both parents/guardians and spectators need to be strong in this area. Smile and shake hands with visitors before and after games regardless of the outcome.
* **Recognize the success of your opponent.** ​ Compliment good play of student-athletes from the opposing team. Congratulate their coaches on a well-coached game.
* **Insist that your student-athlete follow instructions.** ​​Coaches depend upon a player’s ability to follow orders immediately and without question. Questions may be raised at an appropriate time such as at practice or after games when there is time for explanation. This builds respect for authority and trust between student-athletes and coaches.
* **Work ​with​ the officials...do not ​“work”​ the officials.** ​​Badgering officials works against our teams and comes at the price of our testimony and ability to influence others. There is never a time at any contest where a parent/guardian is afforded an opportunity to say anything to an official other than, “Thank you.” Without these men and women and their willingness to officiate, there would be no game.
* **Remain in the stands.** ​ Never attempt to approach the field, court, bench, press box, score table or officials before, during or after a game. Socially visiting with coaches briefly after the game is encouraged. ***Game officials are always off-limits.***
* ***THIS IS A GAME! Have fun, touch lives, and grow yourself!*** *​* You can be a positive influence, like no one else, in the lives of your student-athletes and their peers. Enjoy this time in their lives and help them to enjoy it as well. Games, plays and officials will all be forgotten, but your behavior and attitude will stay with your student-athlete forever.

DISCIPLINARY MEASURES

**DISCIPLINARY MEASURES FOR STUDENT-ATHLETES AND PARENTS/GUARDIANS**

It is the goal of San Antonio Patriots Athletics to work in conjunction with parents/guardians within the process of discipline, guide in the restoration of relationships with those the offense is against, use relational influence to produce growth, correction, and right choices, and finally, do so in the context that seeks the best interest of both parties involved and the program as a whole.

Disciplinary measures apply to both student-athletes and parent/guardians. They may include fines, compensation for damages, work assignments, probation, suspension, and/or dismissal. Work assignments and probation may be levied by the coach, suspensions must be approved by the commissioner, fines and dismissals must be approved by the commissioner in coordination with the Executive Board of San Antonio Patriots Athletics.

* Work assignments are to be completed exactly as requested within a specified time limit.
* Probation may involve loss of privileges and exclusions from sports activities.
* Compensation for damage will not exceed the cost to repair or replace property damaged by the individual and may include any unexpected expense that may be incurred.
* Suspension is a removal from the roster with an option to reapply after a specified period. This normally requires an individual to leave the facility immediately and they may not participate (practices or competitions with the team until permission is granted to return by San Antonio Patriots Athletics.
* Dismissal is the last resort and means permanent removal from the program. A dismissed individual may not be present in any facilities or at any functions related to San Antonio Patriots Athletics without the written permission of San Antonio Patriots Athletics.
* Any appeals to disciplinary measures for student-athletes or parent/guardians must be submitted in writing to San Antonio Patriots Athletics within five (5) business days.

INCIDENT REPORTS

**INCIDENT REPORT**

When an individual violates policy or rules, or a significant event has taken place (e.g. a player injury during a game), a parent/guardian, coach, or anyone involved may submit an incident report. The incident report must be reported within five (5) business days of the incident. It is submitted online and is the official “call to action” for San Antonio Patriots. It is used as documentation and for possible investigation and subsequent disciplinary measures that may need to be carried out by the administration.

The online incident report is found on our website: [www.sapatriots.org](http://www.sapatriots.org) on the *Contact Us* page. This form is an essential part of resolution to an issue when the issue is not able to be resolved on an individual level.

BEHAVIOR AT San Antonio Patriots ATHLETICS EVENTS

**BEHAVIOR AT FEAST ATHLETIC EVENTS**

For the sake of our young people, it is important that we all rise above the typical competitive sports atmosphere that tends to stir up and encourage negative responses toward opponents. Let us all put aside these negative responses and encourage one another in love; may our desire be to build up EVERY person. This applies to the players and coaching staff as well as spectators. The following apply to all athletic events:

* Student-athletes must remain in designated areas for that event.
* When cheering for a San Antonio Patriots Athletics team, cheer only FOR the Patriots. There is NEVER any reason to cheer against the other team.
* Ridicule, manipulative intimidation (e.g., making noises during an opponent’s free throws), boastful chanting, jeering, booing, and belittling, angry or hurtful gestures are not admirable and are therefore prohibited.
* Student-athletes participating in San Antonio Patriots Athletics should never start or contribute in any way to a fight on or off the field or court. No San Antonio Patriots player should ever leave the bench during a fight.
* Banners, posters, signs, etc. containing positive, encouraging, and supportive messages are allowed. Negative or insulting messages in any form are never allowed.
* Never abuse or misuse the facilities of another organization. Remember San Antonio Patriots Athletics is a guest.

***Thank you for being honorable and respectful Patriots to all opponents, facilities, officials, and spectators!***

DRESS CODE & UNIFORMS

**DRESS CODE AND UNIFORMS**

The following dress code applies to all student-athletes, when representing San Antonio Patriots Athletics.

* **Always dress appropriately.** ​ Modest attire that does not attract attention to you and away from your team should be worn when not on the court or field.
* Extreme hairstyles—this includes mohawks, shaved heads, hair dyed an unnatural color. Hair length for boys should be above the shoulders. The intent of this rule is to encourage an appearance of team unity and to discourage individual attention-getting.
* Beards or moustaches—sideburns must not extend below the middle of the ear.
* Inappropriate tattoos or other permanent or temporary body markings must not be visible during practices or competitions. (To include but not limited to: drugs, alcohol, sexual behaviors or implications, and tobacco.)
* No body-piercing jewelry, or jewelry of any kind for safety purposes.

This dress code is not exhaustive and due to variety in clothing styles, the San Antonio Patriots Board reserves the right to make a final determination of what dress is considered unsatisfactory. At all times, our dress should be neat and modest.

Unless specifically purchased by families during registration for a sport, uniforms are the property of San Antonio Patriots. The uniforms are to be worn at games and game-related activities only. They should not be worn at practice, at home, etc. Each team member is responsible for the proper care of their game uniform. If a player damages or loses a uniform, that player must pay for a replacement.

* Whenever the uniform is worn, it must be worn in its entirety.
* No undergarments of any kind may be visible at any time.
* Clothing worn during practice times must be as modest as the game uniform.

CONFLICT RESOLUTION & COMMUNICATION

**CONFLICT RESOLUTION AND COMMUNICATION**

Parenting and coaching can both be difficult vocations. By keeping lines of communication open between parents/guardians and coaches, many potential problems may be avoided. This begins with clear communication from the commissioner and coaching staff to the parents/guardians and student-athletes. The following guidelines are in place to help resolve conflicts, if they occur, in an appropriate manner that upholds the dignity of student-athletes, parents/guardians and coaches. One of the goals of San Antonio Patriots Athletics is to instill in our student-athletes a sense of ownership and responsibility for their actions. Therefore, it is important that student-athletes learn necessary communication skills and how to resolve conflicts.

1. **Student-athletes and parents/guardians should expect the following communications from coaches:**
2. Coaching philosophy and goals
3. Team requirements
4. Individual coaching rules and consequences
5. Location and times of all practices and competitions
6. **Coaches should expect the following communications from parents/guardians and student-athletes:**
7. Concern expressed directly to the coach. Student-athletes should initiate this first step.
8. Notification of scheduling conflicts (practice or competitions) well in advance
9. Concerns about philosophy/expectations BEFORE commitment is made to team
10. Positive role-modeling at practices and competitions
11. **Appropriate concerns to discuss with coaches:**
12. Treatment of student-athletes, mentally and physically
13. Ways to help student-athlete improve
14. Concerns about a student-athlete’s behavior
15. College options and recruiting
16. **Concerns ​not​ appropriate to discuss with coaches:**
17. Team strategy
18. Playing time
19. Play calling
20. Other student-athletes

***San Antonio Patriots Athletics understands it is difficult to accept when a student-athlete is not participating or playing as much as a parent/guardian had hoped. We trust our coaches and commissioners to make decisions and believe that they will always make decisions that are best for the program.***

**The Matthew 18 Principle**

Matthew 18:15-17 states – “*Moreover if thy brother shall trespass against thee, go and tell him his fault between thee and him alone: if he shall hear thee, thou hast gained thy brother. But if he will not hear thee, then take with thee one or two more, that in the mouth of two or three witnesses every word may be established. And if he shall neglect to hear them, tell it unto the church: but if he neglects to hear the church, let him be unto thee as a heathen man and a publican.”*

San Antonio Patriots Athletics strongly believes in this principle. There is a five-step process we ask student-athletes and their families to follow:

**Step 1:** One of the greatest opportunities for student-athletes is learning skills for effective and Biblical conflict resolution. When a concern arises, student-athletes are encouraged to speak with their coach directly. It is typically a positive experience when a coach and a student-athlete communicate effectively and find mutually agreeable solutions.

**Step 2:** If the student-athlete and the coach cannot come to a mutually agreeable solution, or are unable toresolve the issue together, then the parent/guardian may contact the coach. If the parent/guardian has an issue or concern, the parent/guardian should contact the coach at an appropriate time for both parties. An upset parent/guardian should abide by the 24-hour rule.

**24-Hour Rule -** Do not confront a coach immediately before or after a contest, practice, or game. Wait for a full twenty-four hours before making contact of any sort (including emails or text messages). Meetings of this nature rarely promote resolution and the “24 Hour Rule” will always be in effect. This not only allows for self- and situational reflection, but also for emotions to settle so rational, facts-oriented discussions can take place.

***Under no circumstances should a parent/guardian approach a coach or another parent/guardian in a harsh manner.***

**Step 3:**  If the discussion between the coach and parents/guardians does not resolve the issue, then the matter may be brought before the commissioner of the sport. This step shall be accomplished in writing, preceding an in-person meeting with the commissioner. The student-athlete, parents/guardians, and coach should be present at the subsequent meeting.

**Step 4:** If the Commissioner is unable to provide a satisfactory solution, the issue will be brought before the Athletic Director who will meet with all parties involved. This step shall be accomplished in writing, preceding the in-person meeting with the Athletic Director. If this meeting does not bring resolution, the parents/guardians should proceed to Step 5.

**Step 5:** The final step in the process is to bring the matter before the San Antonio Patriots Executive Board if all other steps have been followed by completing an online incident report. The submitted incident report is received by the Athletic Director who will notify the Executive Board. This step shall be accomplished in writing, preceding any in-person meeting with the Executive Board.

***All aspects of an issue should be kept confidential. Even in disagreements, your student-athlete must understand that parent/guardians and coaches are a team and want what is best for the student-athlete.***

San Antonio Patriots will always prefer to find common ground and reconciliation, and believes that adults should model community, forgiveness, and peaceful resolution to our children. These lessons are more valuable than any skill in any sport.

Unfortunately, even after many attempts to seek counsel and reconciliation, situations might occur when a family determines that quitting the San Antonio Patriots organization is their preferred option. Though San Antonio Patriots never desires this outcome, sometimes that departure does not occur on “good terms”.

San Antonio Patriots will consider reconciliation with a family (parents/guardians) that has quit San Antonio Patriots, based on the assumption there are authentic intentions and a clear sense of awareness and responsibility for the challenges that caused the family’s original departure from San Antonio Patriots. Both San Antonio Patriots leadership and the family must pursue and achieve genuine forgiveness and reconciliation prior to a family rejoining the San Antonio Patriots organization and regaining “good standing” within the organization. In extreme or extenuating circumstances, a probation period might be required, and might preclude eligibility for leadership roles until such time as trust is returned between San Antonio Patriots leadership and the family.

TRAVEL POLICIES

**TRAVEL POLICIES**

Athletic competitions can occur at local, state, and national levels and may involve some travel away from home. If a student-athlete’s parent/guardian is unable to accompany them on a scheduled trip out of town, it is required that the parents/guardians provide an adult sponsor to take their place. The parents/guardians are responsible for briefing the sponsor on San Antonio Patriots Athletics policies, ensuring that the sponsor will continue the commitment already indicated by the parents/guardians and student-athlete. It is the responsibility of the parents/guardians and the designated sponsor to settle issues such as transportation, expenses, medical releases, etc. A completed Adult Sponsor Agreement Form must be on file with the sport’s Commissioner.

See Appendix for the ***Child Safety & Youth Protection Policy, including the Adult Sponsor Agreement Form.***

MEDICAL POLICIES

**MEDICAL POLICIES**

Participation in athletics involves a certain degree of risk for injury. Such physical injury can occur in any type of sports activity and can vary in nature. Athletic injuries can include minor injuries, such as bruises and scrapes, to more serious injuries, such as fractures, dislocations, concussions, paralysis, and even death.

It is strongly recommended that all San Antonio Patriots student-athletes have a current sports physical since certain leagues in which San Antonio Patriots participates may require them.

All injuries sustained by a student-athlete are to be reported to their coach immediately. This is the responsibility of the student-athlete. Serious injuries must be documented and reported to San Antonio Patriots through the online incident report.

Student-athletes with illness/injury sustained in an athletic event that requires a visit to the doctor, hospital or primary care facility **must receive written clearance by a physician to return to participate** in San Antonio Patriots Athletic activities. Student-athletes should, when necessary, seek care from their family physician or a specialist.

Student-athletes must always ensure they are healthy prior to participating in a practice, contest, or team event. This action helps the team stay healthy and it helps the student-athlete return to health quickly. Anyone with a fever of 100.9 degrees F or above (or other indications of being contagious) should stay home until their health is better.

See Appendix for specific ***Medical Protocols*** and the ***Medical Release under Athletics Agreements.***

**FUNDRAISING**

FUNDRAISING

San Antonio Patriots is a 501(c)3 organization, and as such, must abide by tax laws and regulations consistent with the tax-exempt status. Any person or group wishing to run a fundraiser associated with San Antonio Patriots must speak with their sports commissioner or the Athletic Director. It will then need to be approved by them. All fundraising must be ethical, moral, and biblical in nature.

See the Appendix for complete details regarding ***Donations, Sponsorships, and Fundraising***.

ATHLETIC AWARDS & VARSITY LETTERS

**ATHLETIC AWARDS & VARSITY LETTER**

Athletic awards may or may not be issued by a sport, and issuance is determined by the program’s commissioner.

**General requirements for all athletic awards:**

To be eligible for an athletic award, a student-athlete must complete the season, although the coach may make exceptions (pending approval by the Athletic Director) in unusual cases. The student-athlete must be a good representative of San Antonio Patriots and team and abide by all the rules and regulations outlined in this Athletic Handbook.

Letter awards will be made only upon the recommendation of the coach. Coaches have the autonomy to not award a Varsity letter if the student-athlete is not conducting themselves as a respectful and responsible participant of the program.

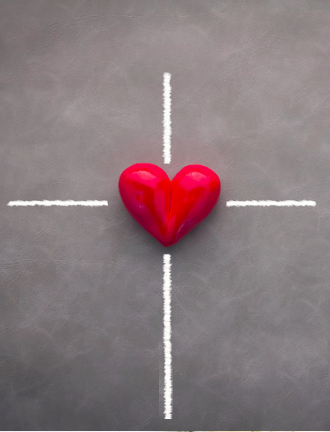
* Letters: An athlete may receive one felt Varsity “P” and/or JV “P” during their athletic career.
* Emblem: A student athlete may receive an emblem pin with their first letter in a sport.
* Service Bar: A service bar may be given to a student athlete who has already received a Varsity felt “P” and emblem. A student/athlete may earn one additional bar each year they participate.

Requirements for issuing a Varsity letter will be determined by the commissioner and approved by the Athletic Director.

CLOSING THOUGHTS

**CLOSING THOUGHTS**

*May we all encourage one another to not only receive the Lord Jesus Christ as our Savior, but also to walk in the Spirit, growing up into Christ who is the Head, living out Christ in all aspects of leadership, self-discipline, individual responsibility, personal integrity, and good citizenship.*



*May we with our whole heart actively seek to be filled with the Lord, developing, and maintaining an appetite for God’s word, diligent to keep the oneness of the Spirit.*

*May we be one with the Lord to such an extent that we bring obedience to Christ in our dress, appearance, thought life, conversation, attitudes, habits, and relationships, glorying in the Lord and not ourselves.*

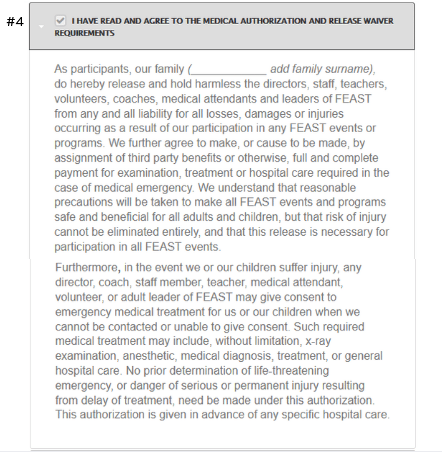
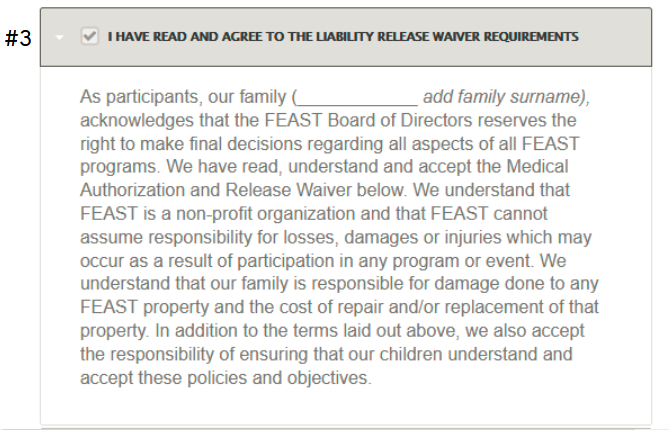
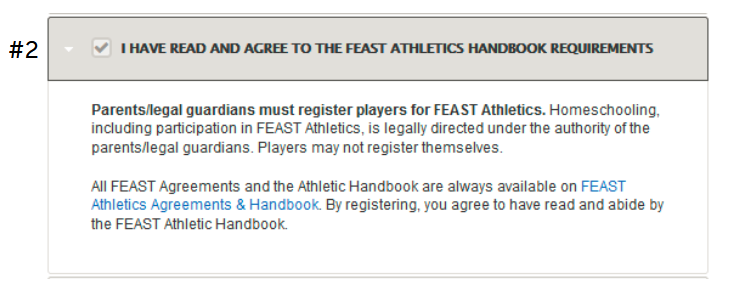
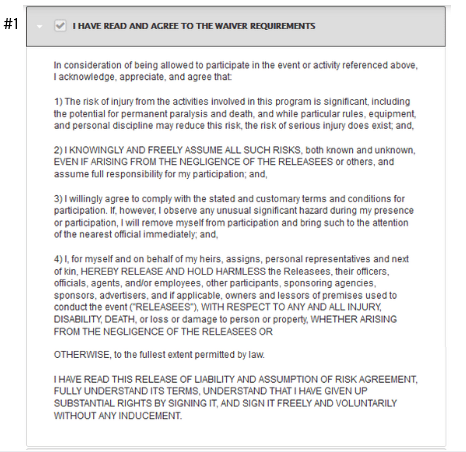
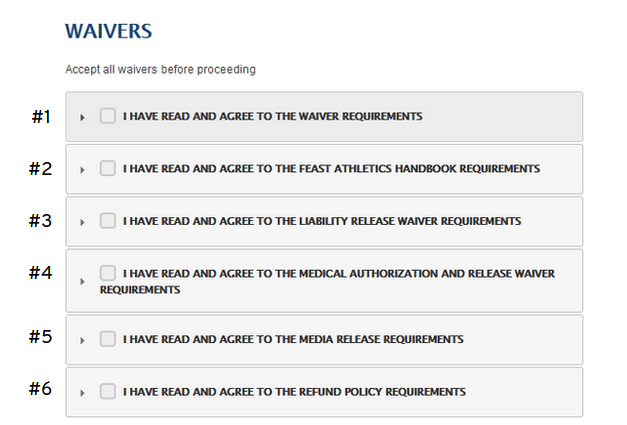
*May we walk in humility before God and with one another, submitting to authority and being subject to one another.*

**APPENDIX**

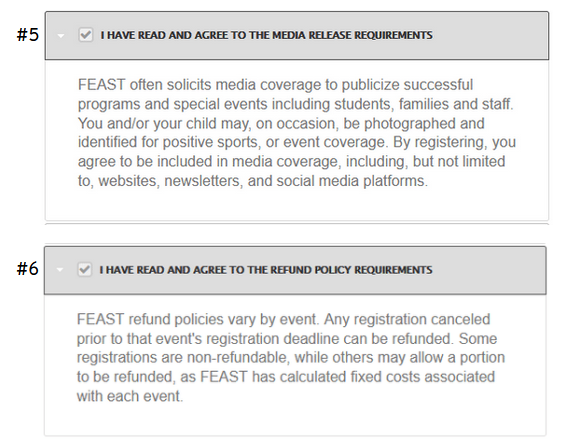
**ATHLETIC AGREEMENTS (ON LEAGUE APPS)**

ATHLETIC AGREEMENTS IN TEAMSNAP

As noted under **Fees and Registration (page 13)**, all athletic agreements are completed during the registration process. Agreements can be viewed by clicking the small arrow next to the agreement. Parents/guardians must manually check each agreement to proceed with registration (student-athletes may not). These agreements may be viewed at any time by checking our website.



**CHILD SAFETY & YOUTH PROTECTION POLICY**



CHILD SAFETY & YOUTH PROTECTION POLICY

*“Say NO, then GO and TELL”*

Sometimes even people that we trust can do things that are wrong and can intend to misuse our trust and hurt us. *Abusers cannot be easily identified and are typically trusted by children and their families.*

Any act that threatens to harm another’s physical, mental, emotional, or spiritual health is wrong. Unfortunately, there are some adults or even other youth who sexually abuse children. San Antonio Patriots is dedicated to equipping our leadership (Commissioners, Coaches, and volunteer adult support) to guide young men and women to honor God, act with integrity, serve others, and experience a healthy and safe environment through a program of education and the establishment of procedures and policies focused on the prevention of emotional, physical, spiritual and sexual abuse. All members – both adults and youth – hold the KEYS (“Knowledge of Establishing Youth Safety”) to protecting and safeguarding our youth. These KEYS include the following:

1. Volunteer leader screening and online training to be “Registered” as a supervisory adult with San Antonio Patriots, including:

* Volunteer applications, including reference checks and agreement to this policy
* Agreement with the San Antonio Patriots Statement of Faith and Values
* Successfully passing Criminal Background Screening before approval of adult volunteer leaders
* Successfully completing and passing the online Child Safety Training with a score of 80 or higher
* Both the background screening and training are required to be completed every three years.

1. Know the environment to keep youth safe:

* Beaware of other events and individuals who might have access to the area
* Preview facilities before events and evaluating the safety of the location
* Know who will be in attendance
* Educate about protecting the health and safety of youth
* Be vigilant for signs of child neglect, physical abuse, emotional abuse, and child sexual abuse – including sexual abuse or inappropriate sexual conduct by other youth

**NOBODY IS ABOVE THE RULES: ALL SUSPICIOUS BEHAVIOR OR VIOLATIONS OF POLICIES MUST BE REPORTED**

1. Mandatory reporting and documentation of incidents and/or allegations:

* Regardless of whether you observe it or hear it second-hand, San Antonio Patriots requires you to report to law enforcement and/or child protective services, any good-faith suspicion or reasonable belief if a child is or has been physically, sexually, or emotionally abused or neglected, has been (whether in person, online or through communication devices) exposed to sexual exploitation, child pornography, solicitation or enticement, or obscene material.
* It is also mandatory to report to San Antonio Patriots any violations of San Antonio Patriots Policies. Use the online incident report form located online on [www.sapatriots.org](http://www.sapatriots.org). Document and report what you have seen or heard immediately.

Any sexual contact with a youth – regardless of who the other person is – is wrong and must be reported. The following guidelines can help to reduce the possibility of that happening:

ALL MEMBERS ARE TO ADHERE TO THE FEAST GUIDELINES AND POLICIES.

1. Immoral conduct, including physical violence, insults, drugs, alcohol, sexual conduct, inappropriate language, theft, and deceit are inconsistent with San Antonio Patriot’s values and policies.
2. Everyone should respect youths’ privacy, especially when it comes to toilets, showering, and sleeping arrangements.
3. Separate accommodations, showers, dressing/changing areas and restrooms for adults and youth are required.
4. It is never acceptable for an adult to be on or in the same bed.
5. No interaction between adults and youth in a bedroom or a bathroom except in limited situations required due to health and safety concerns, in which case the no one-on-one rule must still be followed.
6. While youth will be in close proximity with one another during these times, additional safety procedures apply even youth-to-youth.
7. Any sexual activity or overtures are strictly prohibited.
8. A minimum of two (“registered”) San Antonio Patriots adult leaders must be present for each activity

* Of the two required leaders, those 18-20 years of age may count for one of the two-deep leadership positions required in the Youth/Leader Ratios and for satisfying the two-deep leadership requirement.
* The second leader must be age 21 or above, except overnight activities where the second leader must be age 25 or above.

1. A youth should never be alone with only one adult (unless it is his/her parent/guardian)

* This includes electronic communications such as texting and online communications. A parent/guardian should be included/copied in online communication, such as texting or TeamApp chats.
* This includes transportation to and from San Antonio Patriots activities. If a San Antonio Patriots coach is transporting their own student-athlete, they may also transport unrelated student-athletes provided there is a ***Sponsorship Agreement Form*** from the parent/guardian, without the need of another adult. *Note, this does not extend to coaches without their student-athlete in the vehicle, or to coaches without student-athletes in the program. A coach who wishes to transport one or more student-athletes who are not their own and without their own student-athlete, will need a second adult in the vehicle.*
* This includes overnight stays in hotel rooms or other overnight accommodation. Youth shall not stay in a room with one adult unless that adult is his or her parent/guardian.
* Youth shall not be in hotel rooms or other overnight accommodations by themselves. At least 2 adults (“registered”) must be a part of the room accommodations.
* Youth should stay in areas designated for the activities and keep doors open

1. Adults and youth are not to have “secrets,” nor are adults to provide “special treatment,” gifts or “forbidden items” (e.g., tobacco, alcohol or allowing risky behavior) to youth.
2. There should be no secret activities, meetings, or clubs.
3. Appropriate clothing should always be worn – especially for swimming activities.
4. Hazing, bullying, physical hitting, and/or corporal punishment (even if intended as discipline) are strictly prohibited.
5. Youth leadership should always be monitored by adult leaders.
6. No inappropriate physical contact:

* No “rough-housing,” butt-slapping, massages, or inappropriate hugs
* No touching of children in the genital, breast, or buttocks areas
* Children may not sit on the lap of an adult other than their parent/guardian
* Children should never be touched against their will unless they are in clear danger
* Cameras, cell phones, and other electronics should never be used inappropriately, or in any way that can violate someone’s privacy or cause them any harm.

**Youth are instructed that if anyone fails to follow these guidelines, they should report the violator to their leaders and to their parents/guardians. It is the right thing to do and can help to protect them and others from harm.**

**Likewise, adult leaders are to report any violations of the guidelines directly to San Antonio Patriots and document in writing with an online incident report.** All adults are required to support and help youth adhere to the coaching and instruction they are given in the San Antonio Patriots Program.

Your mind, your body, and your soul are three things over which you have certain rights that other people cannot take away. A doctor may need to examine you in a very personal and private way, but if it makes you feel uncomfortable, tell your parents/guardians or ask one of them to be with you during the examination.

People may say things to you about ideas with which you do not agree. If people go beyond what you think or have been taught is reasonable, or if they ask you to see, read, or do things that make you feel uncomfortable—whether it’s a physical act or a spiritual one—you have the right to refuse it, and that is precisely what you should do.

If they offer you alcohol, illegal drugs, or ask you to help them steal something, or they touch you or ask you to touch them in inappropriate ways, go find someone you trust and tell them. Tell them more than once if you must, or tell other trusted adults. If you cannot get through to them, find someone else until you are believed.

How do you know if something is wrong? One of the best things to do is to look for God’s direction. It is that gut feeling based on reason, love, and developing your conscience by studying moral issues and the Bible’s teaching on them. The more you develop your conscience, the easier it will be to know what the right thing to do is.

Adults should know better than to ask young people to perform sexual acts, disobey the law, or violate their religious principles. It is never your fault if someone asks you to do something wrong, even if they say it is.

***“Say NO, then GO, and TELL.”***

ADULT SPONSOR AGREEMENT FORM



If a student-athlete, 18 or under, is not accompanied by a parent/guardian to an athletic tournament, it is required that the parent/guardian provide an adult sponsor to take their place. This sponsor then takes on the responsibility of the parent/guardian. The following Sponsorship Agreement Form must be signed and returned to the coach and commissioner of your student-athlete’s team and a copy of this two-page form should be given to the sponsor.

**I understand the Sponsor will be held accountable for the actions of the student-athlete in their care 24 hours a day.**

***Please Print:***

Student-Athlete Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Coach/Team Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Sponsor Name: \_\_\_\_\_ \_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_ Sponsor Age: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Sponsor Cell Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_ Hotel Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Room # \_\_\_\_\_\_

Parent Name: \_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

***Minor Signature:*** *\_\_\_\_\_\_\_ \_ \_ Cell Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_*

***Sponsor Signature:*** *\_\_\_\_\_\_\_\_ \_ \_ Cell Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_*

***Parent Signature:*** *\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_ Cell Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_*

**I, the parent/guardian, give my student-athlete’s sponsor (name) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**permission to consent to medical care on my behalf of my minor student-athlete (name) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.**

**Emergency contact information:**

Contact Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Family Doctor: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Known Drug Allergies: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Known Food Allergies: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Other vital information such as Diabetic, Epileptic etc.: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

***ADULT SPONSOR AGREEMENT FORM - PAGE 1 of 2***

I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, acknowledge, agree, and understand that I voluntarily and of my

(Name of participant)

own free will, elect to participate with San Antonio Patriots at this athletic tournament. I understand that there are

certain risks and hazards involved with participation including, but not limited to, those associated with

weather conditions, equipment, and other participants, in addition to acts of passing, running, jumping,

stretching, and collisions with other players and stationary objects, all of which could result in a serious

injury or death to myself and to other players. Furthermore, I agree that in consideration of the right to

participate and in the consideration of permission to play, I voluntarily elect or accept and solely assume

all risks of damages, injury including death, incurred or suffered by me while practicing or playing as a

participant or while serving in a non-playing capacity, discharge and agree not to sue San Antonio Patriots,

San Antonio Patriots organizers, or any owner or leaser of any related events or equipment arranged for by San

Antonio Patriots. I release, discharge and agree not to sue San Antonio Patriots, my sponsor, or any person or entity

connected with San Antonio Patriots, for any claim, damages, costs, or cause of action which I have or may in the

future have as a result of injuries or damages sustained or incurred by me from whatever cause including but not

limited to the negligence, breach of contract or wrongful conduct of the parties hereby released. I further agree that I

shall hold harmless and fully indemnify the parties hereby released from any action made by me, thought to me or on

my behalf even if the damages, injuries, or death are caused in whole or in part by any of the parties or entities are

hereby released.

**I ACKNOWLEDGE THAT I HAVE READ AND THAT I UNDERSTAND EACH AND EVERY ONE OF THE ABOVE PROVISIONS IN THIS WAIVER, RELEASE OF LIABILITY AND INDEMNIFICATION AGREEMENT AND AGREE TO ABIDE BY THEM.**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Participant Signature Date

\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_

Parent/Guardian Signature (if participant is under 18) Parent/Guardian Name (Please Print)

***ADULT SPONSOR AGREEMENT FORM - PAGE 2 of 2***

**Donations, Sponsorships, and Fundraisers at FEAST**

DONATIONS, SPONSORSHIPS, & FUNDRAISERS AT FEAST

The following information on raising funds is for the use of the San Antonio Patriots Organization, clubs, athletics programs, special events, and others involved with San Antonio Patriots. San Antonio Patriots is a 501(c)3 non-profit educational organization, and as such, has governmental regulations on organizational fundraisers.

**CLARIFICATION: Donations, Sponsorships, and Fundraisers**

Donations, sponsorships, and fundraisers are not one and the same; each must be tracked and documented differently by San Antonio Patriots. To clarify the terminology:

* **Donation:** A donationis a tax-deductible gift to San Antonio Patriots and can be designated for a specific purpose. The donor expects nothing to be given in return for the donation (no product, service, promotion etc.).



* **Sponsorship:** A sponsorship is a monetary donation which can, but is not required to, include an expected return beyond general acknowledgement. That return could be a product, service, promotion etc.
* **Fundraiser:** Afundraiser is a coordinated, organized, and documented effort to raise monies for a group’s specific need. Fundraisers are exchanges of money for products/services. Any overage would be determined by FEAST Accounting of the exchanged product/service value and paid value.

The government regulations require tracking if gifts or services were exchanged. This includes the balance of the donation, after the value of the exchange is recognized. Please contact the San Antonio Patriots Treasurer with the details.

**ACCEPTING DONATIONS**

Great news, someone wants to donate to your program! They may do so by check, credit/debit card, or PayPal:

* **Check:** Request their check be paid to the order of “San Antonio Patriots” and please ask the donor to specify that it is a donation for the \_\_\_\_\_\_\_\_\_ program.
* **Credit/Debit Card or PayPal:** Please find the “DONATE” button on the home page of our website, www.sapatriots.org. Select the payment type and proceed as directed. Please ask the donor to specify that it is a donation for the \_\_\_\_\_\_\_\_\_ program.

**ACCEPTING SPONSORSHIPS**

*Great news, someone wants to sponsor your program!* They may do so by check, credit/debit card, or PayPal:

* **Check:** Request their check be paid to the order of “San Antonio Patriots” and please ask the sponsor to specify that it is for the \_\_\_\_\_\_\_\_\_ program.
* **PayPal:** Please find the “DONATE” button on the home page of our website www.sapatriots.org. Select the payment type and proceed as directed. Please ask the sponsor to specify that it is for the \_\_\_\_\_\_\_\_\_ program.

**COORDINATING FUNDRAISERS**

**San Antonio Patriots**, as an organization, may have two major fundraisers (in addition to ASB collection) to sustain the operations of our organization. These may be an expo, gala, banquet, capital campaign or other large event that supports the entire organization. All profits would go straight to the needs of San Antonio Patriots and cannot benefit any single person or individuals. All funds must be deposited through San Antonio Patriots and reported to the IRS.

**An individual may *not* run a personal fundraiser at San Antonio Patriots or in the name of San Antonio Patriots**. Babysitting, washing windows, mowing lawns, a part-time job, or other creative ways to earn money are good ways an individual might raise funds to offset their own registration or travel expense. Individuals earning their own money are not responsible to report or track those through San Antonio Patriots. They can, however, ask for financial support of their own private homeschool.EXAMPLE: *Hi neighbor, I am raising money to pay my travel expenses for my trip to the national championship. May I mow your yard for a fee?*

Each type of fundraiser has its own guidelines. If a product is sold, sales tax must be collected from the purchaser and reported to the State Comptroller. **The San Antonio Patriots Executive Board are responsible for organizational fundraisers with approval from the San Antonio Patriots Board of Directors.**

* **San Antonio Patriots Programs/Groups Needing Fundraisers:**

1. **Athletic Teams/Programs**

Athletic teams may run specific fundraisers for needs such as new uniforms, facility improvements, tournament travel cost, equipment, or to subsidize the budget for that sport. (Items purchased through fundraising remain at, and are property of, San Antonio Patriots.) All monies must be deposited through San Antonio Patriots and then used for the intended expense or purpose.Details of purchased items and expenses must be tracked with receipts. San Antonio Patriots Athletics is not responsible for any aspect of the fundraiser except for tracking the deposited funds.

**The San Antonio Patriots Athletic Commissioner, Coach, and fundraiser coordinator from the team are responsible for Athletic Fundraisers.**

**Permitted Athletic Fundraisers:**

* + **Sport-wide:** Athletics fundraisers may be run sport-wide within a program. *EXAMPLE: All baseball teams participate to raise money for a new pitching machine benefiting the entire program.*
  + **Individual team within a program:** Individual teams within a program may also run a fundraiser to fund a team-specific need. *EXAMPLE: A middle school volleyball team may need new uniforms, volleyballs, or other equipment.*

1. **Special Groups or Special Events**

Special groups or leaders of special events may run fundraisers for specific needs such as field trips, equipment, facility costs, or to offset the general budget needs. All monies must be deposited through San Antonio Patriots and then used for the intended expense or purpose***.*** San Antonio Patriots Athletics is not responsible for any aspect of the fundraiser except for tracking the deposited funds.

Receipts for purchased items and expenses must be tracked with receipts. *EXAMPLE – A book club may want to purchase shelves to house a lending library. They may run a group fundraiser for those items.* Items purchased through fundraising remain at San Antonio Patriots.

**The Project Manager and Parent team members are responsible for Special Group fundraisers with the approval from the Sport Commissioner.**

1. **Clubs and Special Projects**

Clubs or special projects sponsored by San Antonio Patriots occasionally want to run fundraisers.These will be handled on an individual basis.

*EXAMPLE 1: A children’s gardening group may want to raise funds for a tool shed and to build raised gardens. This effort would be handled like a special group fundraiser. Items purchased through fundraising remain at, and are property of, San Antonio Patriots.*

*EXAMPLE 2: A Student Council Club may want to raise funds to attend a leadership summit in Washington DC. They may do so, but the funds are to be used for expenses and registration and cannot be dispersed to individuals to spend on food or other items.*

Funds must be deposited with San Antonio Patriots and may be used for the purpose given (receipts required)**.**

* **Fundraising Questions and Considerations**

We know you’re excited to get started, but please take a few minutes to think through and discuss the following questions with your fundraising team:

1. *What is the purpose or need for your fundraiser?*
2. *Do you have a fundraiser team and leader that is willing to handle details?*
3. *How much money do you need to raise?*
4. *Have you looked at the sample list of fundraisers?*
5. *Is everyone in agreement to participate? If not, are those individuals willing to chip in the expected amount that each student would raise?*
6. *Discuss all possible outcomes: what if the fundraiser is not as successful as hoped, what if there is an issue with the product, or a refund is requested?*
7. *What would be the start and stop dates? (These may be determined by the fundraiser selected.)*

* **Choosing a Fundraiser**

Make your efforts worthwhile! Please choose a fundraiser that suits your needs and the students participating. While there are scores of fundraisers to choose from, not all are profitable. Please do not select a fundraiser that yields less than 50%. It is not worth the time of your students and the effort needed to accomplish your goals.

We also discourage fundraising aimed only at team families or your small circle of San Antonio Patriots families. You should select a fundraiser that will appeal to outside family and friends. Once a fundraiser is selected, please have the idea approved by your Sport Commissioner.

* **Create a Fundraising Plan and Scope**

A detailed fundraising plan or scope should be submitted to the Sport Commissioner for review prior to implementation. This purpose is to ensure adherence to governmental and San Antonio Patriots rules. This submission form is attached and when completed it should include:

* **Fundraiser title** (EXAMPLE: Cookie Dough Fundraiser) including company name, email, representative contact number, etc.
* **Participants** (EXAMPLE: middle school soccer teams) including the name of the fundraiser coordinator in charge and their contact information.
* **Start and stop dates -** including deadlines for orders, advertising, product pick-up etc.
* **Sample letter to parents** – Three letters should be drafted for thorough communication during the entire process (See parent letter section below in Appendix A).

After submission, the Sport Commissioner will either approve the request or respond with questions and make aware to the Treasurer of the fundraiser.

* **Communication Tips & Sample Parent Letter Samples for Fundraisers**

**TIP #1: Use team communication tools (such as TeamSnap) and a physical letter to hand out.** Keeping parents informed about your fundraising activities is a must! The most effective way to communicate fundraiser specifics (mission statement, individual expectations, selling/pick up dates, product details, etc.) is through a fundraising parent letter in hand and posted on team online tools.

**TIP #2: Direct communication between the organizer and the parents is essential.** Make sure to get the parents onboard with your fundraiser. Regularly talk about your program’s efforts!! Give as many specific details as you can upfront in your letters. If the letters are too vague, you’ll be inundated with phone calls from confused parents.

**TIP #3: Strive for 3 direct correspondences regarding the fundraiser.** You may also get your information out via team online tools, email, social media, or by phone. Determine the communications that work best for your group; however, these 3 steps are essential:

1. **Intro letter on the upcoming fundraiser (send 2-3 weeks prior to start)**. This should include the mission statement on why you are raising funds. A detailed explanation of the type of fundraiser also helps. This is sent out a few weeks before the fundraiser begins and following discussions during the idea stage of planning.
2. **Kick off letter (send at least 1-week prior to start)** This letter shares the details and instructions of the fundraiser: exact selling dates, selling goals of each participant, money collection procedure, fundraising safety precautions, etc. It is important to list the contact information of the fundraising organizers because your parents will have questions.
3. **Pick up letter (send upon completion of selling period or as needed).** This should give detailed instructions on when the products should be picked up and how it should be distributed.

Below are three sample parent letters, but keep in mind these are very basic. Each group has their own style and ideas on what information should be included in their communications.

***May God grant your program success in your fundraising endeavors!***

**Sample Parent Letter #1**

*Dear Parents,*

*Welcome back to another great year at \_\_\_ ! (EXAMPLE: San Antonio Patriots Soccer)*

*This is the time of year when we all pitch in to run our “Big Brochure Fundraiser”.  The money we raise this year is going toward funding new game balls, equipment, and uniforms.  Every penny…every dollar…we raise is important and will go to benefit our players!*

*This year we’ll be selling cookie dough from School-Fundraisers.com. The cookie dough is delicious, easily stored, and simple to bake when your family wants a treat! Home baked cookies are perfect for all your get-togethers, parties and especially play dates for the kids…order extras to bring to the grandparent’s or gift them as a warm welcome to your new neighbors!*

*The official start date is “January 18th” and the completion date is “February 4th” when all orders must be turned in.  Please keep all order forms in the collection envelope provided and ensure all checks are made out to San Antonio Patriots.*

***Never allow young children to solicit orders alone or door to door. Children should always be in the company of a responsible adult.***

*THANK YOU FOR YOUR CONTINUED SUPPORT!*

*Questions? Please contact \_\_\_\_\_\_\_ with questions at [EMAIL ADDRESSS] or 210.123.4567*

**Sample Parent Letter #2**

*Dear Parents:*

*The San Antonio Patriots Soccer Families will be conducting a Cookie Dough Fundraiser from January 18th-February 4th.  All money raised will be used for many purchases, needs, and activities that occur at San Antonio Patriots. Our program would like to purchase new game balls, soccer goals, uniforms, scorekeeping books, as well as offer a stipend for our volunteer coaches, and a seminar on bullying. These are examples of how monies raised in the past have been used for our students. Again, supporting all these needs and projects depend on these funds.*

*Please help your child or young friend with our campaign.  Please ask for support from friends, family, neighbors, church friends and people at work to order from our fundraiser!  We would like each child to try and sell at least 12 items. Our profit goal is $25,000.*

*Please read the following on how to fill out the order form.*

*1.  Collect money at the time of taking the order.*

*2. Make checks payable to San Antonio Patriots and for your child’s goal (if required).*

*3.   Tally the item columns and the money column. This must be done.*

*4.   Ensure the money collected adds up to the cost of the items sold.*

*5.   All orders, money, and checks must be turned in on February 4th.*

*6.   Advise your child to take care, to sell with a friend, and not sell to strangers.*

*We appreciate your help in making this fundraiser a success.  If you would rather not participate in the sales aspect of this fundraiser you may opt out and donate the profit goal for your child. We appreciate your participation.*

*Questions? Please contact \_\_\_\_\_ with questions at [EMAIL ADDRESSS] or 210.123.4567*

*Best Regards,*

**Sample Parent Letter #3 (Parent Pick-up Letter)**

*Dear Parent,*

*It’s time to pick up your fundraising order! The cookie dough fundraiser that our group participated in recently is almost done -- it’s almost time to deliver the cookie dough! Only one step left, and all our hard work will pay off!*

*Here are the specific pick-up details:*

***Date: February 17th***

***Time: 3 – 5 PM***

***Location: The Rosemont***

*Please be prepared to pick up the products that you have ordered.* ***Please deliver all orders within 24 hours.***

*Any questions? Please contact \_\_\_\_\_\_ with questions at [EMAIL ADDRESSS] or 210.123.4567*

*Thank you to everyone who has made this fundraiser a success - I know that all of us will reap the benefits!*

*Thank you,*

San Antonio Patriots FUNDRAISING SUBMISSION FORM

Please complete and submit this form to the Sports Commissioner for approval. No fundraising may begin before written approval is issued.

Fundraiser Team Leader: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone Number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date Submitted: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Who is fundraising: (Team, Group, etc.): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Proposed fundraising event: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Description: (website, sell gift cards, carwash, etc.): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Designated purpose: (equipment, uniforms, etc.): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Target customers: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Onsite location (if required): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Proposed fundraiser dates: Start: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ End: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Proposed estimated income: $ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Proposed estimated expenses *(payment goes through the Sports Commissioner, must be paid within 5 days):*

$ \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Proposed estimated profit: $\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Actual income: $ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Actual expenses: $ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Actual profit: $ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date funds turned in to Sports Commissioner/SAP Treasurer: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Amount turned in to Sports Commissioner/SAP Treasurer: $\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_



**MEDICAL PROTOCOLS & FORMS**

* ***CONCUSSION***
* ***SUDDEN CARDIAC ARREST***



**CONCUSSION GUIDELINES &**

**ACKNOWLEDGEMENT STATEMENT**

**Concussions become dangerous when they go unreported or are improperly treated.** Due to ignorance or a desire to play, student-athletes may decide that they do not have a concussion or that it is not a big deal. This disregard could be **life-threatening**. **San Antonio Patriots Athletics is committed to ensuring that any participant who is suspected of having received a concussion will be removed from play and be seen by a physician before returning to play**. Parents/guardians and student-athletes need to help with this commitment. Please carefully review the following concussion information with your student-athlete.

A concussion is a mild traumatic brain injury (MTBI) that alters the way the brain works. Effects are usually temporary. Although concussions typically are caused by a blow to the head, they can also occur when the head and upper body are violently shaken. These injuries can cause a loss of consciousness, but **MOST concussions do NOT.** As a result, some have concussions and don't realize it. Concussions are most often caused by contact with another player, the ground, or a piece of equipment or object. The brain needs time and rest to heal properly. Most concussive traumatic brain injuries are mild, and people usually recover fully.

**SIGNS AND SYMPTOMS OF A CONCUSSION**

These may be subtle and may not be immediately apparent. They can last for days, weeks or longer.

**SIGNS AND SYMPTOMS OF A CONCUSSION OBSERVED *may include:***

* Appears dazed or stunned
* Is confused
* Forgets play
* Loses consciousness
* Moves clumsily
* Answers questions slowly
* Cannot recall events before/after injury
* Is unsure of score or opponent
* Behavior changes

**SYMPTOMS REPORTED BY THE ATHLETE *may include:***

* Headache
* Dizziness or “seeing stars”
* Balance Problems
* Confusion

* Nausea or vomiting
* Blurred or double vision
* Memory problems
* Feel as if in a fog
* Concentration problems
* Feeling sluggish
* Sensitivity to light/noise
* Fatigue

**When to see a doctor:**

**See a doctor within 1 to 2 days if:** Your student-athlete experiences a head injury and you suspect a possible concussion, even if emergency care wasn't required. If worrisome signs develop later, seek emergency care.

**Seek emergency care for a student-athlete who experiences a head injury and symptoms such as:** Repeated vomiting, loss of consciousness lasting longer than 30 seconds, headache that gets worse over time, changes in physical coordination, such as stumbling or clumsiness, confusion or disorientation, difficulty recognizing people or places, slurred speech, seizures, pupils that are bigger than normal (dilated pupils) or pupils of unequal sizes, lasting or recurrent dizziness, obvious difficulty with mental function or physical coordination, symptoms that worsen over time.

**When the student-athlete can return to play:**

No one should return to play while signs or symptoms of a concussion are present. Experts recommend that a student-athlete with a suspected concussion not return to play until they have been medically evaluated by a health care professional trained in evaluating and managing concussions. Experts also recommend that child and adolescent student-athletes with a concussion not return to play on the same day as the injury. Any return to play criteria established by doctors should be carefully followed. This is usually gradual, occurring over several days once the student-athlete is symptom free.

CONCUSSION GUIDELINES &

ACKNOWLEDGEMENT STATEMENT



I have received and read the Concussion Protocol Information Sheet for Student-Athletes and Parents/Guardians. I understand the warning signs and seriousness of concussions related to participation in athletic programs and the need for immediate evaluation for any suspected concussion.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_

**Signature of Student-Athlete** **Print Student Athlete’s Name** **Date**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_

**Signature of Parent/Guardian** **Print Parent/Guardian Name** **Date**

**Please return completed document to the Sport’s Commissioner.**



**CONCUSSION MANAGEMENT POLICY & FORM**

**Athlete’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ DOB: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Injury Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Today’s Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Dear Parents/Guardians & Treating Physician,

In 2011 Texas Education Code 38.157, Natasha’s Law was passed by the Texas Legislation. This law mandates that secondary school athletics manage concussions with a specific protocol. The policy being used will be a San Antonio Patriots Athletics policy across the board. Furthermore, the law requires that an athlete suspected of having a head injury must be removed from activity. **The student-athlete will not be permitted to resume activity until he/she receives a written release from a physician and completes the return to play (RTP) protocol.**

**General outline of San Antonio Patriots Athletics concussion management protocol is as follows:**

**A.** Potential concussion recognized, removed from play, referred for medical evaluation.

**B.** Provider evaluation utilizing a multimodal assessment which includes a thorough history and physical neurologic exam with specific attention to cognitive function, cervical spine, vestibular, balance, ocular examinations, and symptom screening including emotional state. Neurocognitive testing is strongly recommended.

**C.** Once medically clear, have the provider of the parent/guardian’s choosing, provide a written release date student-athlete may start San Antonio Patriots Athletics default RTP protocol.

**D.** Once student-athlete has a full day of school activity without symptoms (if injury occurs during school year) they will progress through RTP process and may return to sport per San Antonio Patriots Athletics protocol. Unless a graduated RTP protocol is specified by the treating provider, the following San Antonio Patriots Athletics RTP protocol will apply. The graduated protocol must be at least 5 steps and have a minimum of 24 hours between each step.

Return to Play (RTP) occurs over a minimum of 5 steps. Student-athlete must wait until the next day to progress to the next step.

**Step 1** - Light aerobic activity for 10-15 minutes with no head movement during the exercise

**Step 2** - Moderate to heavy activity for 20-30 minutes - no head movement during the exercise

**Step 3** - Non-Contact practice

**Step 4** - Full Contact practice

**Step 5** - Return to game participation

If symptoms increase during any step, the student-athlete must repeat this step until no additional symptoms occur. If the student-athlete does not progress, then they must return to the treating physician for evaluation.

*After fulfillment of San Antonio Patriots Athletics concussion management protocol, including successful completion of RTP protocol, the athlete may return to full activity unless otherwise stated by treating physician.* Additional information can be found at: <http://www.uiltexas.org/health/info/concussions>.



CONCUSSION MANAGEMENT & TREATMENT

**SECTION BELOW TO BE COMPLETED BY TREATING PHYSICIAN:**

Will use a multimodal assessment as stated in part B above with or without a neurocognitive tool.

\_\_\_\_\_\_\_ With Neurocognitive Tool (Strongly Suggested) (ImPACT, C3 Logix, Axon)

\_\_\_\_\_\_\_Without Neurocognitive Tool

**Athletic Recommendations:**

1. Fully recovered clinically, begin Return to Play Protocol on: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (date).

2. Multimodal Assessment Tool re-testing recommended on: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (date).

3. Athletes follow up appointment is: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(date).

4. Other recommendations: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Academic Recommendations:**

Concussion may affect the ability to learn at school. The athlete may need to miss time from school after a concussion. When returning to schoolwork, athletes may need to go back gradually and may need to have some changes made to their schedule so that symptoms do not get worse. If an activity makes symptoms worse, then the athlete should stop the activity and rest until symptoms get better. It is important that the health care provider, parents/guardians, caregivers and teachers discuss a plan for each student athlete.

**If mental activity does not cause any symptoms, the athlete may be able to skip to step 2 or 3 and return to school activities.**

**Treating provider: fill in dates for each step below.**

|  |  |  |  |
| --- | --- | --- | --- |
| **Mental Activity** | **Activity at Each Step** | **Goal of Each Step** | **Dates** |
| **1.** Daily activities that do not give the athlete symptoms – **EXCUSED FROM SCHOOL** | Typical activities that the athlete does during the day if they do not increase symptoms (reading, texting, screen time). Start with 5-15 minutes at a time and gradually build up. | Gradual return to typical activities. |  |
| **2.** School activities  **EXCUSED FROM SCHOOL** | Minimal homework, reading, or other cognitive activities O**UTSIDE** the classroom. Once tolerated progress to step three. | Increase tolerance to cognitive work. |  |
| **3.** Return to school or  part-time | Gradual introduction of schoolwork. May need to start with a partial school day or with increased breaks during the day.  Homework (Circle):  0% 50% 75%  Testing (Circle):  0% 50% 75% | Increase academic activities. |  |
| **4.** Return to school  full-time | Full day of school. If student-athlete regresses,  return to step 3. | Return to full academic activities and catch up on missed work. |  |

**If the athlete continues to have symptoms with mental activity, some other accommodations that can help with return to school may include the following. Please check appropriate areas for this student-athlete:**

|  |  |  |  |
| --- | --- | --- | --- |
|  | Starting school later, only going for half days or going to certain classes |  | Taking rest breaks during class,  homework, tests |
|  | More time to finish assignments/tests |  | No more than one exam per day |
|  | Quiet room to finish assignments/tests |  | Shorter assignments for concept learning only |
|  | Avoiding noisy areas like cafeteria, assembly halls, sporting events, music class, shop class, etc. |  | Repetition or memory cues from teachers |
|  | Reassuring from teachers that the child will be supported while getting better. |  | Use of a student-athlete helper or tutoring |

**Other Adjustments:**

**Technology Note:** Restricting technology use may include computers, texting with cell phones, music with headphones, tablets, or similar devices. This does not include watching most educational films unless the level of intensity or volume causes the student-athlete to have symptoms. Of special concern should be the amount of time spent viewing electronic screens.

**SECTION REQUIRED TO BE COMPLETED BY TREATING PHYSICIAN:**

Treating Physician’s Name: (Print/Stamp): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Physician’s Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**SECTION REQUIRED TO BE COMPLETED BY PARENT/GUARDIAN OF THE STUDENT-ATHLETE:**

I, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, parent/guardian of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, acknowledge that:

I have read and understand the San Antonio Patriots Athletics concussion management protocol requiring completion before returning to athletic activity. I understand that upon my signature and return of this release form to San Antonio Patriots, the above athlete will be allowed to return to full contact practices in San Antonio Patriots Athletics. I have supervised and certified that the *Return to Play Progressive Exercises* as instructed by the Physician have been completed by the athlete with no return of symptoms and the athlete has been released by a licensed Physician to return to play. I authorize the above athlete to return to contact practices. I understand the consequences of returning to activity too soon; withholding information can lead to permanent brain injury or second impact injury. The adolescent brain needs time to heal. I understand that these are the physician’s orders for my child.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_

**Signature of Student-Athlete** **Print Student Athlete’s Name** **Date**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_

**Signature of Parent/Guardian** **Print Parent/Guardian Name** **Date**

**Please return completed document to the Sport’s Commissioner.**



**SUDDEN CARDIAC ARREST INFO SHEET**

**What is Sudden Cardiac Arrest?**

Sudden Cardiac Arrest (SCA) is the sudden onset of an abnormal and lethal heart rhythm, causing the heart to stop pumping adequately. When this happens, blood stops flowing to the brain and other vital organs, and, if left untreated, can quickly result in death.

**How common is Sudden Cardiac Arrest?**

While SCA in student-athletes is rare, it is the leading medical cause of death in young student-athletes. The chance of SCA occurring to any individual student-athlete is estimated to be about one in 80,000 to 100,000 per year.

**CAUSES OF SUDDEN CARDIAC ARREST IN STUDENT-ATHLETES**

SCA is caused by several structural and electrical conditions of the heart. These conditions predispose an individual to have an abnormal heart rhythm. SCA is more likely during exercise or physical activity, placing student-athletes with undiagnosed heart conditions at greater risk. Some of these conditions are listed below.

* Inherited conditions present at birth of the heart muscle (passed on from family): Hypertrophic Cardiomyopathy (HCM), Arrhymogenic Right Ventricular Cardiomyopathy (ARVC), and Marfan Syndrome
* Inherited conditions present at birth of the electrical system: Long QT Syndrome (LQTS), Catecholaminergic Polymorphic Ventricular Tachycardia, and Brugada Syndrome (BrS)
* Non-Inherited conditions (not passed on from the family, but still present at birth): Coronary artery abnormalities, Aortic valve abnormalities, Non-compaction Cardiomyopathy, and Wolff-Parkinson-White Syndrome (occurs from an extra conducting fiber in the heart’s electrical system)
* Conditions do not present at birth but acquired later in life: Commotio Cordis (occurs from a direct blow to the chest), Myocarditis (infection or inflammation of the heart), and Recreational/Performance Drug Use
* Idiopathic: Sometimes the underlying cause of Sudden Cardiac Arrest is unknown, even after autopsy.

**WARNING SIGNS SUDDEN CARDIAC ARREST MAY OCCUR**

* Fainting, passing out, or seizure - especially during or right after exercise
* Chest pain or discomfort - especially with exercise
* Excessive Shortness of breath - with exercise
* Racing heart or irregular heartbeat - with no apparent reason
* Dizziness or lightheadedness - especially with exercise
* Unusual Fatigue/Weakness - with exercise
* Fainting - from emotional excitement, emotional distress, or being startled
* Family history of sudden cardiac arrest prior to the age of 50

While a heart condition may have no warning signs, in more than a third of sudden cardiac deaths, there were warning signs that were not reported to an adult or taken seriously. If any of the above warning signs are present, a cardiac evaluation by a qualified health care provider such as a physician, physician assistant, or advanced practice nurse is recommended. If the health care provider has concerns, a referral to a pediatric cardiologist is recommended.

**RISKS OF PRACTICING OR PLAYING AFTER EXPERIENCING SCA WARNING SIGNS**

Ignoring such signs and continuing to play could be catastrophic and result in sudden cardiac death. Taking these warning symptoms seriously and seeking timely appropriate medical care can prevent serious and possibly fatal consequences.

**TREATMENT OF SUDDEN CARDIAC ARREST:**

* **RECOGNIZE Sudden Cardiac Arrest**
* **Collapsed and unresponsive**
* **Abnormal breathing**
* **Seizure-like activity**
* **CALL 9-1-1**
* **Call for help and for an AED**
* **CPR**
* **Begin chest compressions**
* **Push hard/fast (100/min)**
* **AED**
* **Use an AED as soon as possible**
* **CONTINUE CARE**
* **Continue CPR and AED until EMS arrives**

All schools and teams should be prepared to respond to a cardiac emergency. Young athletes who suffer SCA are collapsed and unresponsive and may appear to have brief seizure-like activity or abnormal breathing (gasping). Time is critical and an immediate response is vital. An AED should be placed in a location that is readily accessible. AEDs are safe, portable devices that read and analyze the heart rhythm and provide an electric shock (if necessary) to restart a normal heart rhythm.

***Remember, to save a life:***

***recognize SCA, call 9-1-1, begin CPR, and use an AED as soon as possible!***

**When is a student-athlete required to be removed from play?**

Any student-athlete who collapses or faints while participating in an athletic activity is required by law to be removed by the coach from participation at that time.

**What is required for a student-athlete to return to play?**

Any student-athlete who is removed or prevented from participating in an athletic activity is not allowed to return to participation until evaluated and cleared for return to participation in writing by a qualified health care provider such as a physician, physician assistant, or advanced practice nurse is recommended. If the health care provider has concerns, a referral to a pediatric cardiologist is recommended.

**What are the current recommendations for screening student-athletes?**

A complete annual sports preparticipation examination based on recommendations from the American Heart Association (AHA), American Academy of Pediatrics (AAP) and American College of Cardiology (ACC) is the cornerstone of screening for preventable causes of SCA. Each year student-athletes in Texas are required to have a Sports Preparticipation Physical Examination based on these recommendations completed by a health care provider such as a physician, physician’s assistant, or advanced nurse practitioner and filed with the student athlete’s school prior to beginning practice. The Sports Preparticipation Examination includes a personal and family health history to screen for risk factors or warning signs of SCA and measurement of blood pressure and a careful listening to the heart, especially for murmurs and rhythm abnormalities.

Noninvasive testing such as an electrocardiogram (ECG) or echocardiogram (ECHO) may be utilized by your health care provider if the sports pre-participation examination reveals an indication for these tests. Screening using an ECG and/or and ECHO is available to student athletes as an option from their personal health care provider, but is not mandatory, and is generally not routinely recommended by either the AHA, AAP or ACC.



SUDDEN CARDIAC ARREST

ACKNOWLEDGEMENT STATEMENT

I have received and read the Sudden Cardiac Arrest Information Sheet for Student-Athletes and Parents/Guardians from Family Educator’s Alliance of South Texas (FEAST).

I understand the warning signs and seriousness of sudden cardiac arrest (SCA) related to participation in athletic programs and the need for immediate evaluation for any suspected condition.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_

**Signature of Student-Athlete** **Print Student Athlete’s Name** **Date**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_

**Signature of Parent/Guardian** **Print Parent/Guardian Name** **Date**

**Please Return This Document to the Sport’s Commissioner if requested.**