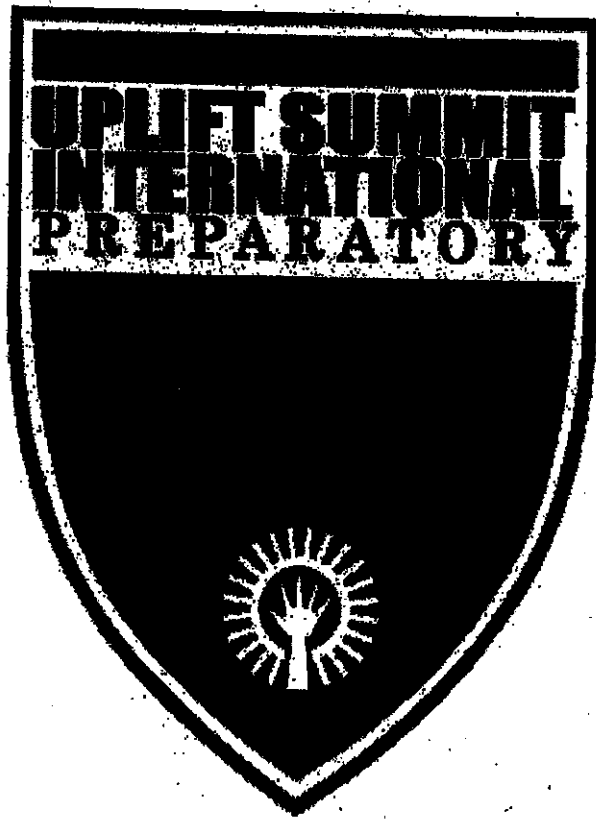


NAME: _____ CAMPUS: _____
GRADE: _____ ID# _____ GENDER: MALE _____ FEMALE _____
SCHOOL YEAR: _____ SPORT(S): _____



STUDENT—ATHLETE INFORMATION PACKET

**INCLUSIONS: STUDENT/ATHLETE INSURANCE-TCSAAL RULES-EQUIPMENT-PUBLIC RELATIONS- YEARLY PHYSICALS-
MANUALS- CONCUSSIONS- UIL STERIOD- MEDICAL HISTORY- PHYSICAL EXAMINATION- UIL ACKNOWLEDGEMENT
OF RULES- EMERGENCY MEDICAL RELEASE**

PREPARTICIPATION PHYSICAL EVALUATION - PHYSICAL EXAMINATION

Student's Name _____ Sex _____ Age _____ Date of Birth _____

Height _____ Weight _____ % Body fat (optional) _____ Pulse _____ BP _____ / _____ (_____/_____)
brachial blood pressure while sitting

Vision R 20/____ L 20/____ Corrected: Y N Pupils: Equal Unequal

As a minimum requirement, this Physical Examination Form must be completed prior to junior high athletic participation and again prior to first and third years of high school athletic participation. It *must* be completed if there are yes answers to specific questions on the student's MEDICAL HISTORY FORM on the reverse side. * Local district policy may require an annual physical exam.

	NORMAL	ABNORMAL FINDINGS	INITIALS*
MEDICAL			
Appearance			
Eyes/Ears/Nose/Throat			
Lymph Nodes			
Heart-Auscultation of the heart in the supine position.			
Heart-Auscultation of the heart in the standing position.			
Heart-Lower extremity pulses			
Pulses			
Lungs			
Abdomen			
Genitalia (males only)			
Skin			
Marfan's stigmata (arachnodactyly, pectus excavatum, joint hypermobility, scoliosis)			
MUSCULOSKELETAL			
Neck			
Back			
Shoulder/Arm			
Elbow/Forearm			
Wrist/Hand			
Hip/Thigh			
Knee			
Leg/Ankle			
Foot			

*station-based examination only

CLEARANCE

- Cleared
- Cleared after completing evaluation/rehabilitation for: _____
- Not cleared for: _____ Reason: _____

Recommendations: _____

The following information must be filled in and signed by either a Physician, a Physician Assistant licensed by a State Board of Physician Assistant Examiners, a Registered Nurse recognized as an Advanced Practice Nurse by the Board of Nurse Examiners, or a Doctor of Chiropractic. Examination forms signed by any other health care practitioner, will not be accepted.

Name (print/type) _____ Date of Examination: _____

Address: _____

Phone Number: _____

Signature: _____

Must be completed before a student participates in any practice, before, during or after school, (both in-season and out-of-season) or games/matches.



SUDDEN CARDIAC ARREST AWARENESS FORM

Name of Student: _____

Revised June 2013

What is Sudden Cardiac Arrest?

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

What causes Sudden Cardiac Arrest?

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

UPLIFT EDUCATION ACCIDENT INSURANCE ACKNOWLEDGEMENT

Uplift Education may provide accident insurance for students who participate in school athletics. If provided, this policy would be supplemental (secondary) coverage only. The individual's insurance coverage would be the primary insurance. The parent/guardian and/or student are responsible for any costs not paid by insurance. Charges for treatment of injuries shall NOT be charged to Uplift Education. A copy of the Uplift Education accident insurance policy schedule of benefits would be available at the Central Management Office and/or the individual campus. It is the responsibility of the parent/guardian and student to notify the Uplift Education Director of Health Services and/or the Athletic Director at the respective campus regarding any and all medical services for injuries received during school related activities.

TEXAS CHARTER SCHOOL ACADEMIC AND ATHLETIC LEAGUE RULES

The following criteria are identified by the TCSAAL:

- No pass. No play
- A student must be under the age of 19 as of September 1, 2012 to be eligible to participate.
- Any student may play up in age but not down.
- A student cannot play on multiple teams in the same activity. For example, a 6th-8th grader may play on either the 6th-8th grade flag football team or the high school team but not both.
- Final team rosters are due before the start of the second half of your season. No changes to rosters will be allowed after the final rosters are due.
- Girls are eligible to participate in all boys sports.

UPLIFT EDUCATION EQUIPMENT ACKNOWLEDGEMENT

When used properly, protective sports equipment is designed to help protect athletes from initial injury or further injury. However, no equipment is 100% effective in preventing all injuries. If not used as intended, equipment may not prevent injuries and can even lead to injury (including catastrophic injury). The parent/guardian is responsible for the safe return of all athletic equipment issued by the school to the student-athlete.

PUBLIC RELATIONS ACKNOWLEDGEMENT

Uplift Education may utilize the student-athlete's name, picture, academic records (college or university only), statistics and other pertinent information as needed for public relations purposes. This information may be published in media outlets including, but not limited to, websites, newspapers, radio, television, magazines, universities, and recruiters.

YEARLY PHYSICALS

Uplift Education requires that every student participating in athletics must have a physical examination every year. This requirement supersedes the UIL policy of every two years. Physicals for the upcoming year may not be dated prior to May 1st of the previous school year. This packet must be complete and returned to the Director of Health Services and/or the Athletic Director at the perspective campus prior to participating in any athletic events (practice, games, during, before, or after the school day).

UIL PARENT MANUAL & TCSAAL INFORMATION

The UIL manual covers health and safety issues and your responsibilities as a parent/guardian. You may access the manual at the UIL website: www.uil.texas.edu/athletics/manuals/pdf/parent_information.pdf.html. You may access further information regarding the Texas Charter School Academic and Athletic League rules and responsibilities on their website: www.texascharter.org/.

By signing below, you acknowledge that you have read and understand the Uplift Education statements and policies regarding athletic insurance, TCSAAL rules, equipment, public relations, yearly physicals, and UIL parent manual.

Student Signature: _____ Date: _____
Guardian Signature: _____ Date: _____



Previous Athletic Participation Form - Page 1
(Eligibility Questionnaire for New Student Athletes in Grades 9-12)

The questions below will assist the UIL/school administrators in making decisions in reference to the Varsity Athletic Parent Residence Rule, Changing Schools for Athletic Purposes, Age Rule, Four-Year Rule, Foreign Exchange, Full-Time Student Rule, and Amateur Athletic Status.

Question 1 - determines whether or not the student needs to complete page 2 of the Previous Athletic Participation Form.

Varsity Athletic Parent Residence Rule.

Question 2 - a 'yes' answer means a waiver of the residence rule may be required for varsity athletic participation, if the student has NOT been continuously enrolled at that school for the previous calendar year.

Question 3 - a check mark in the box for 'married - living apart' means a waiver of the residence rule is more than likely required for varsity athletic participation

Question 4 - a check mark in the box for 'guardian' means a waiver of the residence rule is more than likely required for varsity athletic participation.

Based on the answers above, contact the UIL office to discuss prior to allowing the student to participate at the varsity level in athletics.

Changing Schools for Athletic Purposes

Questions 5, 6 and 7 - a 'yes' answer to any or all of these questions needs to be investigated by the school to find out the circumstances and how they might or might not impact varsity athletic eligibility.

Questions 13, 14 and 15 - Any 'yes' answers should be thoroughly investigated prior to allowing the student in question to participate at the varsity level in athletics.

Question 16 - a 'yes' answer to this question needs to be investigated. UIL rule prohibit students from repeating grades for athletic purposes.

Age Rule and Four-Year Rule

Question 8 - a 'yes' answer means the student is in violation of the Age Rule and not eligible for varsity athletic participation. Contact the UIL office to see if the student could qualify for a waiver of the Age Rule.

Question 9 - a 'yes' answer means the student is in violation of the Four Year Rule and not eligible for varsity participation. Contact the UIL office to inquire on the process for applying for a waiver of the Four Year Rule.

Foreign Exchange Waiver

Question 10 - Foreign exchange students are not eligible for varsity athletics without a waiver. Contact the UIL office for details.

Full-Time Student

Question 11 - a 'yes' means the student is in violation of the full-time student rule and would be ineligible to participate at any level.

Amateur Athletic Status

Question 12 - a 'yes' means the student is in violation of the amateur rule and would be ineligible to participate.

- The date of withdrawal from previous school and date of enrollment in new school is necessary in determining if the student has been continuously enrolled for one calendar if the answer to question 2 is 'yes'.
- The signature on the questionnaire certifies all required annual student forms and the information provided by the parent or student is true and correct.

GENERAL INFORMATION

School coaches may not:

- Transport, register, or instruct students in grades 7-12 from their attendance zone in non-school baseball, basketball, football, soccer, softball, or volleyball camps (exception: See Section 1209 of the Constitution and Contest Rules).
- Give any instruction or schedule any practice for an individual or a team during the off-season except during the one in school day athletic period in baseball, basketball, football, soccer, softball, or volleyball
- Schools and school booster clubs may not provide funds, fees, or transportation for non-school activities.

GENERAL ELIGIBILITY RULES

According to UIL standards, students could be eligible to represent their school in interscholastic activities if they:

- are not 19 years of age or older on or before September 1 of the current scholastic year. (See Section 446 of the Constitution and Contest Rules for exception).
- have not graduated from high school.
- are enrolled by the sixth class day of the current school year or have been in attendance for fifteen calendar days immediately preceding a varsity contest.
- are full-time students in the participant high school they wish to represent.
- initially enrolled in the ninth grade not more than four years ago.
- are meeting academic standards required by state law.
- live with their parents inside the school district attendance zone their first year of attendance. (Parent residence applies to varsity athletic eligibility only.) When the parents do not reside inside the district attendance zone the student could be eligible if: the student has been in continuous attendance for at least one calendar year and has not enrolled at another school; no inducement is given to the student to attend the school (for example: students or their parents must pay their room and board when they do not live with a relative; students driving back into the district should pay their own transportation costs); and it is not a violation of local school or TEA policies for the student to continue attending the school. Students placed by the Texas Youth Commission are covered under Custodial Residence (see Section 442 of the Constitution and Contest Rules).
- have observed all provisions of the Awards Rule.
- have not been recruited. (Does not apply to college recruiting as permitted by rule.)
- have not violated any provision of the summer camp rule. Incoming 10-12 grade students shall not attend a baseball, basketball, football, soccer, or volleyball camp in which a seventh through twelfth grade coach from their school district attendance zone, works with, instructs, transports or registers that student in the camp. Students who will be in grades 7, 8, and 9 may attend one baseball, one basketball, one football, one soccer, one softball, and one volleyball camp in which a coach from their school district attendance zone is employed, for no more than six consecutive days each summer in each type of sports camp. Baseball, Basketball, Football, Soccer, Softball, and Volleyball camps where school personnel work with their own students may be held in May, after the last day of school, June, July and August prior to the second Monday in August. If such camps are sponsored by school district personnel, they must be held within the boundaries of the school district and the superintendent or his designee shall approve the schedule of fees.
- have observed all provisions of the Athletic Amateur Rule. Students may not accept money or other valuable consideration (tangible or intangible property or service including anything that is usable, wearable, salable or consumable) for participating in any athletic sport during any part of the year. Athletes shall not receive valuable consideration for allowing their names to be used for the promotion of any product, plan or service. Students who inadvertently violate the amateur rule by accepting valuable consideration may regain athletic eligibility by returning the valuable consideration. If individuals return the valuable consideration within 30 days after they are informed of the rule violation, they regain their athletic eligibility when they return it. If they fail to return it within 30 days, they remain ineligible for one year from when they accepted it. During the period of time from when students receive valuable consideration until they return it, they are ineligible for varsity athletic competition in the sport in which the violation occurred. Minimum penalty for participating in a contest while ineligible is forfeiture of the contest.
- did not change schools for athletic purposes.

I understand that failure to provide accurate and truthful information on UIL forms could subject the student in question to penalties determined by the UIL.

I have read the regulations cited above and agree to follow the rules.

Date _____

Signature of student _____



**Parent and Student Agreement/Acknowledgement Form
Anabolic Steroid Use and Random Steroid Testing**

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

STUDENT ACKNOWLEDGEMENT AND AGREEMENT

As a prerequisite to participation in UIL athletic activities, I agree that I will not use anabolic steroids as defined in the UIL Anabolic Steroid Testing Program Protocol. I have read this form and understand that I may be asked to submit to testing for the presence of anabolic steroids in my body, and I do hereby agree to submit to such testing and analysis by a certified laboratory. I further understand and agree that the results of the steroid testing may be provided to certain individuals in my high school as specified in the UIL Anabolic Steroid Testing Program Protocol which is available on the UIL website at www.uilitexas.org. I understand and agree that the results of steroid testing will be held confidential to the extent required by law. I understand that failure to provide accurate and truthful information could subject me to penalties as determined by UIL.

Student Name (Print): _____ Grade (9-12) _____

Student Signature: _____ Date: _____

PARENT/GUARDIAN CERTIFICATION AND ACKNOWLEDGEMENT

As a prerequisite to participation by my student in UIL athletic activities, I certify and acknowledge that I have read this form and understand that my student must refrain from anabolic steroid use and may be asked to submit to testing for the presence of anabolic steroids in his/her body. I do hereby agree to submit my child to such testing and analysis by a certified laboratory. I further understand and agree that the results of the steroid testing may be provided to certain individuals in my student's high school as specified in the UIL Anabolic Steroid Testing Program Protocol which is available on the UIL website at www.uilitexas.org. I understand and agree that the results of steroid testing will be held confidential to the extent required by law. I understand that failure to provide accurate and truthful information could subject my student to penalties as determined by UIL.

Name (Print): _____

Signature: _____ Date: _____

Relationship to student: _____