



PAULDING COUNTY
SCHOOL DISTRICT
Focused on Learning

Student-Parent Athletic Handbook

(High School)

Paulding County School District

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www.paulding.k12.ga.us

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Student Athletic Handbook

I. Introductions

A. To The Parent

This material is presented to you because your son or daughter has indicated a desire to participate in interscholastic activities. The Paulding County School System believes that participation in sports and other interscholastic activities provides a wealth of opportunities and experiences which will assist students in personal growth and development.

We feel that a properly controlled, well-organized interscholastic activity program meets with the students' needs for self-expression, mental alertness and physical growth. It is our hope to maintain a program that is sound in purpose and will further each student's educational maturity.

A student who elects to participate in the interscholastic program is voluntarily making a choice of self-discipline and self-denial. These are the reasons we place such stress on good training habits. Failure to comply with the rules of training and conduct means exclusion from participation. This concept of self-discipline and self-denial is tempered by our responsibility to recognize the rights of the individual within the objectives of the team or activity. There is no place in high school interscholastic competition for students who will not discipline their minds and bodies for rigorous competition. We are striving for excellence and do not want our students to compromise with mediocrity.

When your son/daughter enlisted in one of our interscholastic programs, he/she committed our staff to certain responsibilities and obligations which are:

1. to provide adequate equipment and facilities
2. to provide as well-trained coaches as possible
3. to provide full schedules with qualified officials as directed by the GHSA

It is the role of the department of athletics to make rules that govern the spirit of competition for the school. These rules need a broad basis of community support, which is achieved only through communication to the parent. It is our hope to accomplish this objective through this publication for students and parents.

"No student shall, on the basis of gender, be excluded from participation in, be denied the benefits of, be treated differently from another student, or otherwise be discriminated against in any interscholastic or intramural athletics offered by a local school system, and no local school system shall provide any such athletics separately on such basis." This is basically the heart of the law, and should provide a reference point for school systems in guiding their actions with regard to gender equity in their athletic programs. This provision in the law tracks language from the federal Title IX regulations. (O.c.G.A. 20-2-315 (a). If you have questions regarding this matter, you may contact Mr. David Colvard, Sports Equity Coordinator, at 770/443-8000 or the Paulding County Board of Education, 3236 Atlanta Highway, Dallas, Ga. 30132.

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Coaches Office Hours

Continuing our effort to establish and maintain clear lines of communication between the Athletic Department Staff and the parents/guardians of our student-athletes, the coaching staff will set up a specific time and day to meet about concerns that arise. **Please do not attempt to confront a coach before, during, or after practice, a game, or a contest including half time. Those can be emotional times for both the parents and the coaches.** Meetings of that nature, and at those times, do not promote resolution. The following guidelines will help to ensure the concept of a productive and positive experience:

- * Parents can use this time to ask questions and obtain information.
- * Coach will discuss what the student-athlete needs to work on or improve.
- * Coach will only talk to a parent/guardian about his/her own child.
- * Playing Time will not be discussed.
- * If satisfaction is not obtained, the parent/guardian should then contact the school athletic director.

*** Parents who verbally abuse a coach may be liable for harassment/slander/defamation of character. The school administrator in charge of the game/event has the authority to require any parent/spectator to leave the facility. The school administration also has the right to prohibit any parent/spectator from attending further games/events on the school campus.**

Parent Complaints or Concerns

There is a proper uniform system of command that should be followed in parent/guardian submitting complaints and concerns.

Every effort should be made to resolve a complaint with the coach involved.

If the concern is not resolved with the coach, it should be submitted to the school athletic director (a letter prior to conference.)

If the concern is not resolved with school athletic director, it should be submitted by letter to the principal. The principal will contact the district office if the problem is not resolved.

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It is the intent of the Athletic Department to provide an avenue for meaningful dialogue and communication between coaches and parents. Working together we can and will accomplish great things.

Code of Conduct for Parents / Guardians

The role of the parent in the education of a student is vital. The value system and support that is established in the home and nurtured in the school enables the student-athlete to accept the opportunities presented at school and in life. The goals of the parent/guardian of a student-athlete in the Paulding County School District are:

Realize that athletics are part of the educational experience and the benefits of involvement go beyond the final score of a game;

Encourage our students to perform their best;

Participate in positive cheers that encourage our student-athletes and discourage any cheers that would redirect that focus;

Learn, understand, and respect the rules of the games, the officials who administer them and their decisions;

Respect the task our coaches face as teachers; and support them as they strive to educate our youth;

Respect our opponents as students, and acknowledge them for striving to do their best; treat them with courtesy;

Develop a sense of dignity under all circumstances;

You can have a major influence on your student's attitude about academics and athletics. The leadership role you take will help influence your child, and our community for years to come.

B. To The Student Participant

Being a member of a Paulding County School District High School interscholastic team is the fulfillment of an early ambition for many students. The attainment of this goal carries with it certain traditions and responsibilities that must be maintained. A great competitive tradition is not built overnight; it takes the hard work from many people over many years. As a member of an interscholastic team, you will be faced with either the task of maintaining an already successful tradition or the task of establishing a successful tradition.

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It is not easy to build a great tradition in interscholastic competition in either athletics or literary activities. When you represent your school, we assume that you not only understand our goals and traditions, but are willing to assume responsibilities that go with them. It is our hope that the contributions you make should be a satisfying accomplishment for you and your family.

1. Responsibilities To Yourself

The most important of these responsibilities is to broaden your strength of character. You owe it to yourself to get the greatest possible good from your high school experiences. Your academic studies, your participation in other extracurricular activities as well as sports, prepare you for your life as an adult.

2. Responsibilities To Your School

Another responsibility that you assume as a participant is to your school. Your school cannot build or maintain the position as having an outstanding school unless you do your best in whatever activity you wish to engage. By participating in interscholastic competition to the maximum of your ability, you are contributing to the reputation of your school.

You assume a leadership role if you are on an interscholastic team. The student body and citizens of the community know you. You are on stage with the spotlight on you. The student body, the community and other communities judge our school by your conduct and attitudes, both in and out of school. Because of your leadership role, you can contribute greatly to school spirit and community pride. Make your school and your community proud of your faithful exemplification of these ideals.

3. Responsibilities To Others

As a team member you bear a heavy responsibility to your home. You should never give your family any cause to be ashamed. When you know in your heart that you have lived up to all of the training rules, that you have practiced to the best of your ability everyday, and that you have played the game "ALL OUT," you can maintain your self-respect. Your family can be justly proud of you and your effort.

Also, remember that younger students are watching you and they will copy you in many ways. Do not do anything to let them down. Always set good examples for them.

II. Interscholastic Competition Philosophy

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A. Statement Of Philosophy

The Paulding County School District Athletic Department should provide a variety of experiences to aid in the development of favorable habits and attitudes that will prepare students for adult life in a democratic society.

The interscholastic activity program shall be conducted in accordance with existing Board of Education policies, rules, and regulations. While the Board of Education takes great pride in winning, it does not condone "winning at any cost." It discourages any and all pressures which might tend to neglect good sportsmanship and/or good mental health. At all times the interscholastic activity program must be conducted in such a way as to justify it as an educational activity.

Although we want to have as competitive an athletic program as possible, the purpose in high school athletics is not in obtaining college scholarships. When a student-athlete has the abilities to gain such recognition, the coaches and staff will support the young person as much as possible, but not to the detriment to the overall athletic program.

B. Athletic Goals and Objectives

Goals - The student participant shall become a more effective citizen in a democratic society.

Objectives - The student participant shall learn:

1. **To work with others:** In a democratic society a person must develop self discipline, respect for authority, and the spirit of hard work and sacrifice. The team and its objectives must be placed higher than personal desires.
2. **To be successful:** Our society is very competitive. We do not always win, but we succeed when we continually strive to do our best. You can learn to accept defeat only by striving to win with earnest dedication. Develop a desire to excel.
3. **To develop sportsmanship:** To accept any defeat like a true sportsman, knowing we have done our best, we must learn to treat others the way we would have them treat us. We need to develop desirable social traits, including emotional control, honesty, cooperation, and dependability.
4. **To improve:** Continual improvement is essential to good citizenship. As a participant, you must establish goals and you must continually try to reach those goals. Try to better yourself in the skills involved and those characteristics set forth as being desirable in your chosen activity.

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5. **To enjoy participation:** It is necessary for students to enjoy participation, to acknowledge all of the personal rewards to be derived from participation, and to give sufficiently of themselves in order to preserve and improve the program.

6. **To develop desirable personal health habits:** To be an active, contributing citizen, it is important to obtain a high degree of physical fitness through exercise and good health habits, and to develop the desire to maintain this level of physical fitness after formal competition has been completed.

III. Governance's

A. The Board of Education

1. The Board of Education, responsible to the people, is the ruling agency for all of the schools in the Paulding County School District.
2. The Board of Education is responsible for the following areas:
 - a. Interpreting the needs of the community.
 - b. Developing policies in accordance with state statutes and mandates and in accordance with the educational needs and wishes of the people of the Paulding County School District.
 - c. Approving means by which professional staff may make these policies effective.
 - d. Evaluating the interscholastic athletic program in terms of its value to the community.

B. The Region

Each Paulding County High School is a member of a Georgia High School Assoc. (GHSA) region. The regions are established for the purpose of promoting selected interscholastic activities among member schools and the assurance of such advantages as may be gained by a union effort. Region membership facilitates the arranging of schedules, equalizing competition, and conducting Region meets/tournaments/playoffs, and determining Region championships. The Region provides each school the opportunity for competition without excessive travel and with schools of similar size. Membership requires abiding by Region schedules, rules and regulations.

C. The Georgia High School Association (GHSA)

All schools are members of the Georgia High School Association and compete only with member schools or out-of-state schools that are approved by the GHSA. As a member school, we

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agree to abide by and enforce all rules and regulations set forth by the GHSA. *To obtain the entire GHSA constitution and by-laws go to www.ghsa.net.*

The primary role of the GHSA, which is empowered by the Georgia State Board of Education, is to maintain rules and regulations that ensure equity in competition for the students and a balance with other educational programs. The GHSA solicits input and is responsive to request for modification from member schools, appointed committees, and coaches' associations.

D. The National Federation of State High School Associations

The National Federation consists of the fifty individual state high school athletic/activities associations. The purposes of the Federation are to serve, protect and enhance the interstate activity interests of the high schools belonging to the state associations; to assist in those activities of the state associations which can best be operated on a nationwide scale; to sponsor meetings, publications and activities which will permit each state association to profit by the experiences of all other member associations; and to coordinate the work to minimize duplication.

IV. Requirements for participation

A. Physical examination

A yearly physical examination is required. The physical must be completed by a medical doctor and submitted to the Athletic Director prior to participation. The physical covers all sports for one calendar year. The form will be kept on file in the Athletic Directors' office. It is the students' responsibility to make certain their physical is current. Physical forms may be signed **ONLY by the Doctor, NOT a nurse practitioner or physician's assistant.** (A nurse practitioner or PA may give the physical but the completed form must be signed by the doctor) Any physical examination taken on or after April 1 in the preceding year will be accepted for the following GHSA school year.

B. Risk of participation

All athletes and parent(s)/guardian(s) must realize the risk of serious injury which may be a result of athletic participation. The Paulding County School District requires the Athletic Responsibility Acknowledgment Form be signed by the athlete and parent(s)/guardian(s). It includes a statement in regards to understanding and agreeing to the risk of participation.

C. Emergency medical authorization

Each athlete's parent(s)/guardian(s) shall complete an **EMERGENCY MEDICAL AUTHORIZATION FORM** giving permission for treatment by a physician or hospital when the parent(s)/guardian(s) are not available. The form will be kept available by the Athletic Department for use as needed.

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D. Insurance

The school district does provide the opportunity to purchase insurance to cover student athletic injuries. **Parent(s)/guardian(s) are required to sign a form stating that they either have purchased the necessary school insurance or possess a family insurance plan that covers athletic injuries.**

If a family insurance plan is used, the family must provide the school with the name of the insurance company and the policy number on the appropriate form.

E. Parental acknowledgment of athletic policies

At the time a student tries out for an athletic team, he/she will be presented with this handbook containing all the necessary forms and information for participating in athletics. Each parent(s)/guardian(s) shall read all of the enclosed material and certify that he/she understands the athletic eligibility rules and policies of the Paulding County School District. **The signed document will be filed in the athletic office of the respective high school.**

F. Scholastic eligibility (Please refer to Paulding County Board of Education Policy IDE (1) for complete information regarding scholastic eligibility) (www.paulding.k12.ga.us)

In order to participate in an interscholastic activity, each athlete must have satisfied all of the scholastic eligibility requirements **prior** to participation.

Carnegie unit - course credit earned in grades 9-12 based on 150 clock hours of instruction. Semester programs shall offer 75 clock hours of instruction for one-half Carnegie unit. Carnegie unit, summer school - one unit of credit awarded for a minimum of 120 clock hours of instruction.

Competitive interscholastic activities - any school-sponsored program involving competition between individuals or groups representing two or more schools. Cheerleading is included in this definition.

On track - the number of Carnegie in core subjects (as defined by Georgia Board of Education Rule 160-4-2-.46) earned by the student by the beginning of a specific school year leading toward graduation according to the following schedule:

- 1. Second-year students shall have earned four Carnegie units.*
- 2. Third-year students shall have earned ten Carnegie units.*
- 3. Fourth-year students shall have earned 16 Carnegie units.*

Core Units Accumulated – Students entering 9th Grade for the first time in 1998 must accumulate a certain number of units from “Core Subjects” as defined by State Rule 1600.4.2.46. The minimum number of units from core subjects are as follows:

- Entering second semester – 1;*
- Entering the second year – 4;*
- Entering the third year – 8;*

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- *Entering the fourth year – 12.*

School day - the period between the time students are required to report and the time of dismissal as specified by the Board of Education.

School-sponsored activity - an activity held under the auspices or sponsorship of a school system or school that uses or refers to the school system's or school's name and that involves its staff members and/or its students.

Requirements

The Board of Education is responsible for regulating competitive interscholastic activities, therefore adopts the following requirements as to student eligibility, physical examinations, time restrictions, seasonal practice, special provisions and appeals.

Student Eligibility

1. The grading period shall be a semester as specified by Board of Education policy. The same period shall also be the minimum length of the ineligibility period.
2. Students participating in competitive interscholastic activities shall pass five subjects in the grading period immediately preceding participation. These subjects shall carry credit toward grade promotion.
 - a. First-year students (entering ninth grade) are academically eligible for the first semester. Second semester first-year students must have passed at least five courses the previous semester in order to participate.
3. Students in grades 9-12 participating in any competitive interscholastic activity shall take a minimum of five subjects during the grading period of participation.
 - a. A student in a state-approved joint enrollment program as outlined in State Board Rules 160-4-2-.30 and 160-4-2-.06 (High School Graduation Requirements) will be given credit for five high school courses during the high school's semester.
4. Students shall be on track for graduation.
 - a. Eighth-graders promoted to the ninth grade during the year shall meet the first on-track test upon completion of one school year (two semesters).
5. Student eligibility shall be determined on the first school day of the subsequent semester.

Exception: A student is eligible to begin practice for fall semester activities if the student passes five courses the preceding quarter or semester and is on track.

 - a. A student may have 14 school days after the close of each semester to complete make-up work and/or credit recovery. A student is ineligible until make-up work and/or credit recovery is completed and the required passing grade(s) is/are recorded in the student's permanent record.

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b. Summer school is an extension of the second semester of the school year; a maximum of two units of credit may be counted for eligibility purposes. This includes on-line courses. NOTE: Additional credits may be earned in credit recovery programs or make-up programs.

6. Summer school credits earned in non-accredited home study programs or non-accredited private schools may not be used to gain eligibility. Accreditation recognized under this policy shall be from the Georgia Accrediting Commission or a regional accreditation agency.

Special Provisions

1. Special education students shall meet the same eligibility requirements as regular students, except that the courses passed must be according to the student's IEP.
2. Students who have not attained ninth grade status but are participating in high school competitive interscholastic activities shall abide by the appropriate grades 6-8 requirements as specified in Board Policy IDE(2). The principal of grades 6-8 shall be responsible for the compliance of this requirement. These students cannot participate on varsity levels.
3. Ineligible students are prohibited from practicing or dressing out for competitive interscholastic events. The school(s) shall maintain documentation and, upon request of the department of education, produce evidence that an ineligible student did not participate. Such evidence could include rosters, scorebooks, newspaper reports, yearbooks and/or testimony from a coach, sponsor or student.

Attendance

1. Students who accumulate five (5) or more unexcused absences in a semester will be ineligible to participate in any extracurricular activities for the following semester. If a student accumulates five (5) or more unexcused absences the final semester of the previous school year, they will not be eligible to participate in extracurricular activities during the first semester of the new school year. A student may regain his/her privileges at the end of the next semester by meeting all of the standards stated below:
 - a. have less than five unexcused absences;
 - b. have four or less instances of being late (tardy) to school and/or instances of checking out of school early without a legal/lawful excuse.

G. Other GHSA eligibility rules (*the complete GHSA constitution and by-laws can be found at www.ghsa.net*)

1. A student who turns 19 prior to May 1 cannot participate the following year.

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2. Once a student enters the 9th grade, he/she will have four successive years in which to participate provided he/she does not exceed the age requirement. This is referred to as the "8 semester rule" in the GHSA Constitution and By-Laws.
3. Transfer students must comply with the GHSA migratory rule. If you are a transfer student, immediately contact your coach so that he/she can determine if you are in compliance with the migratory rule. The GHSA has strict guidelines in reference to students transferring from school to school. Violations of the GHSA policy could result in a student losing athletic eligibility for one year. **Please contact the school or District Athletic Director to get the details before making any transfer.** The complete transfer guidelines can be found at www.ghsa.net.

V. **Athletic Codes of Conduct**

A firm and fair policy of enforcement is necessary to uphold the regulations and standards of the athletic department and school. The community, school administrators and the coaching staff feel strongly that high standards of conduct and citizenship are essential in maintaining a sound program. The welfare of the student is our major consideration and transcends any other consideration. All students shall abide by a code of ethics which will earn them honor and respect that participation and competition in the interscholastic activity program affords. (Any conduct which results in dishonor to the athlete, the team, the school, or the community will not be tolerated.)

A. **Ethics Rule:** Acts of unacceptable conduct, such as, but not limited to, disruption of school, theft, vandalism, disrespect, immorality, or other violations of the law tarnish the reputation of everyone associated with the program and will not be tolerated. Due to the serious nature of violations of the Ethics Rule, the appropriate coach, the athletic director, and the principal shall meet to determine the penalty according to the degree of the infraction which could result in suspension and/or dismissal from the team.

B. **Training Rules and Regulations:** We cannot compromise participation in scholastic activities with substance abuse. The student who uses tobacco, alcohol, illegal drugs, or any type of mood altering substance found in legal over the counter products, jeopardizes team morale, team reputation and team success and does physical harm to himself/herself. Students have to decide for themselves whether or not they want to participate in our interscholastic program. If a student wishes to participate they must make a commitment in order to be a competitor. A big part of this commitment is following a simple set of training rules which we believe to be fair.

1. **Use of Tobacco:** Research emphasizes that the use of tobacco is physically harmful to young adults. The harm done by this is not only a health problem. The community follows the progress of young competitors, and any deviation from accepted training rules marks one as unwilling to pay the price of competition and commitment. If one squad member breaks the rule, the entire

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team's reputation is damaged. **This rule means no use of tobacco all year, in or out of season.**

2. **Use of Alcoholic Beverages:** There is no way to justify competitors' use of alcoholic beverages, even though social pressure may be hard to resist. **This rule means no use of alcoholic beverages all year, in or out of season.**

3. **Use of Illegal Drugs or Mood Altering Substances:** Simply stated, drug abuse will not be tolerated. **The rule for drugs/chemical abuse is in effect all year long.**

4. **Penalties for Violation of Training Rules:** **Due to the serious nature of violation of Training Rules, the appropriate coach, the athletic director, and the principal shall meet to determine the penalty according to the degree of the violation which could result in suspension and/or dismissal from the team.**

C. **Individual Coach's Rules:** Coaches may establish rules and regulations with the approval of the athletic director and principal for their respective activities. These rules, as pertaining to a particular activity, must be given by the coach to all team members and explained fully at the start of the season. Penalties for violation of team rules will be in writing and shall be administered by the coach. Copies of all additional team rules by coaches are on file in the athletic office of the respective high school.

VI. Basic Interscholastic Participation Policies

A. **Participation:** A student may participate in only one sport per season unless two coaches/sponsors agree to the student's competing in both activities and priorities are set to settle conflicts before the season. Non-school teams do not take precedence over any Paulding County School District High School team that is in season, including games and practices. Any conflicts should be reported directly to the school athletic director.

B. **Dropping or transferring sports:** Quitting is an intolerable habit to acquire. Once a season begins if a student quits one sport, he/she may not participate in another sport until the conclusion of the first sport. Exception to this policy must be approved by the head coaches, athletic director and principal.

C. **Equipment:** School equipment issued to the student/athlete is the student's responsibility. Loss of any equipment is the athlete's financial obligation, and failing to meet that obligation can result in the denial of participation in any and all programs. A student may not practice, tryout or compete in one sport if he/she has outstanding obligations in another sport. A student who has an outstanding obligation for an extra-curricular activity may not be allowed to participate in graduation ceremonies.

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D. **Missing practice:** A student should always consult his/her coach before missing practice. Missing practice or a game will be dealt with at the discretion of the coach.

E. **College recruitment policy:** In the event that a student athletic should be contacted personally by a college recruiter, he/she has an obligation to work through his/her coach and the athletic department. The student must inform his/her coach and the athletic department. The student must inform his/her coach of the contact as soon as possible. College recruitment information is available in the counseling department. A student runs the risk of loss of eligibility if recruiting matters are not handled properly.

F. **Conflicts in extracurricular activities:**

Students who have made the commitment to participate in an extracurricular activity in the Paulding County School District have a responsibility to do everything they can to avoid conflicts with other activities. If a conflict does arise, the sponsor/coach will work out a solution. If a solution cannot be found, the coach, athletic director and principal will make the decision based on all the information.

G. **Attendance:** Students who miss over half of the school day (*as determined by the official school time*) due to illness will not be able to play in a contest or practice on that date. Students missing school for reasons other than illness must have an excused absence in order to participate. Final authority for infractions of this rule will rest with the principal or his/her designee. Students absent from school on the day prior to a non-school day will be eligible to participate the day after the absence.

H. **In-School and Out-Of-School Suspension:** Students will not be allowed to participate until they have served their suspension. There should be no adjustments made in the assignment of suspension days to allow a student to participate in any activities. As ISS (in-school suspension) assignment ends at 3:30 p.m. the school day of said assignment. A student who is in OSS (out-of-school suspension) may not practice, tryout, or participate in any game/activity until the next school day after the suspension is completed.

I. **Squad selection and Playing Time:** Time, space, facilities, equipment, and other factors will place limitations on the most effective squad size for any particular activity. Choosing the members of athletic squads is the responsibility of the coach of those squads. Participation time and specific assignments and positions of participants is the professional judgment of the coach.

J. **Reporting of injury:** All injuries that occur while participating in athletics should be reported to the trainer/coach. If the injury requires medical attention by a doctor or treatment center, it will be necessary to have an injury report form completed. Once a student is treated by a physician, the athlete must obtain written permission from the doctor to return to the activity.

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VII. Athletic Awards Policy

A. **Varsity Award Requirements:** The varsity award shall be presented to an athlete who satisfies the participation requirements as set forth by the head coach. Athletes must finish their sports season in good standing in order to letter in a sport. (The coach may recommend a waiver of these requirements under an unusual circumstance.)

1. **1st-year award:** Chenille award letter with insert signifying the sport and certificate. (Note: Should the student letter in a second sport, he/she will not receive a second chenille letter.)
2. **2nd-year award:** Service bar and certificate.
3. **3rd-year award:** Service bar and certificate.
4. **4th-year award:** Service bar and certificate indicating the recipient as a four-year varsity letter winner.
5. Participants who do not letter will receive a certificate.

B. Junior varsity and freshman awards are given on the recommendation of the coach to all athletes that complete the season. Certificates are given for both first and second year awards.

C. Managers, trainers and statisticians will parallel the regular awards system if they complete for the entire season.

PAULDING COUNTY SCHOOL DISTRICT
Athletic Responsibility Acknowledgment

Athlete's Name	High School	Sport(s)	Year
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Prior to participating in any practice or tryout session for any interscholastic sport, each athlete must:

1. Successfully pass a physical examination by a registered physician and the copy of such examination must be on file in the athletic directors' office. One current physical examination per year is sufficient for all sports during that school year.
2. Return to his/her coach the Athletic Responsibility Acknowledgment Form properly signed.

As a student athlete participating voluntarily in interscholastic athletics in the Paulding County School District, I understand that:

1. I will abide by the Paulding County School District student code of conduct, the school's athletic handbook, the coaches team rules, and the rules of GHSA.
2. I will conduct myself in an exemplary social manner at all times and understand that I may be suspended and/or dismissed based on violations occurring in or away from school.
3. I will be responsible for all athletic equipment issued to me throughout the season, will return such equipment at the conclusion of the season, and will pay the current replacement cost for any of the equipment not accounted for by me at the end of the season.
4. I will not use or be in possession of tobacco, alcohol or narcotics. If I do use any of these substances, am in possession of such substances, or am suspended from school for use or possession of the substances, I will be subject to disciplinary actions as outlined in the athletic handbook.
5. I acknowledge that I have been properly advised and cautioned by coaching personnel of my high school that I am exposing myself to the risk of injury, including but not limited to, the risk of sprains, fractures and ligament and/or cartilage damage which could result in a temporary or permanent, partial or complete impairment in the use of my limbs, brain damage, paralysis; or even death. Having been so cautioned and warned, it is still my desire to participate in sports and to do so with full knowledge and understanding of the risk of injury.
6. I, along with my parents, certify that I have read and understand all of the Paulding County School District athletic policies in the student/parent athletic handbook and in order to be eligible for participation I must comply with all requirements listed.

Student signature _____

Date _____

Parent signature _____

Date _____



PAULDING COUNTY SCHOOL DISTRICT

Focused on Learning

Preparticipation Physical Evaluation

PHYSICAL EXAMINATION FORM

Name _____ Date of Birth _____

Height _____ Weight _____ % Body Fat (optional) _____ Pulse _____ BP ____/____(____/____, ____/____)

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

	NORMAL	ABNORMAL FINDINGS	INITIALS*
MEDICAL			
Appearance			
Eyes/ears/nose/throat			
Hearing			
Lymph nodes			
Heart			
Murmurs			
Pulses			
Lungs			
Abdomen			
Genitourinary (males only)+			
Skin			
MUSCULOSKELETAL			
Neck			
Back			
Shoulder/arm			
Elbow/forearm			
Wrist/hand/fingers			
Hip/thigh			
Knee			
Leg/ankle			
Foot/toes			

*Multiple-examiner set-up only.

+Having a third party present is recommended for the genitourinary examination.

Notes: _____

Name of Physician (print/type) _____ Date _____

Address _____ Phone _____

Signature of physician _____, MD or DO

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Preparticipation Physical Evaluation

HISTORY FORM

Date of Exam _____

Name _____ Sex _____ Age _____ Date of birth _____
 Grade _____ School _____ Sport(s) _____
 Address _____ Phone _____
 Personal Physician _____
In case of emergency, contact:
 Name _____ Relationship _____ Phone (H) _____ Phone(W) _____

**Explain "Yes" answers below.
Circle questions you don't know the answers to.**

- | | Yes | No | | Yes | No | | | | | |
|--|--------------------------|--|--|--------------------------|--------------------------|---------------|------------|--|--------------------------|--------------------------|
| 1. Has a doctor ever denied or restricted your participation in sports for any reason? | <input type="checkbox"/> | <input type="checkbox"/> | 24. Do you cough, wheeze, or have difficulty breathing during or after exercise? | <input type="checkbox"/> | <input type="checkbox"/> | | | | | |
| 2. Do you have an ongoing medical condition (like diabetes or asthma)? | <input type="checkbox"/> | <input type="checkbox"/> | 25. Is there anyone in your family who has asthma? | <input type="checkbox"/> | <input type="checkbox"/> | | | | | |
| 3. Are you currently taking any prescription or nonprescription (over-the-counter) medicines or pills? | <input type="checkbox"/> | <input type="checkbox"/> | 26. Have you ever used an inhaler or taken asthma medicine? | <input type="checkbox"/> | <input type="checkbox"/> | | | | | |
| 4. Do you have allergies to medicines, pollens, foods, or stinging insects? | <input type="checkbox"/> | <input type="checkbox"/> | 27. Were you born without or are you missing a kidney, an eye, a testicle, or any other organ? | <input type="checkbox"/> | <input type="checkbox"/> | | | | | |
| 5. Have you ever passed out or nearly passed out DURING exercise? | <input type="checkbox"/> | <input type="checkbox"/> | 28. Have you had infectious mononucleosis (mono) within the last month? | <input type="checkbox"/> | <input type="checkbox"/> | | | | | |
| 6. Have you ever passed out or nearly passed out AFTER exercise? | <input type="checkbox"/> | <input type="checkbox"/> | 29. Do you have any rashes, pressure sores, or other skin problems? | <input type="checkbox"/> | <input type="checkbox"/> | | | | | |
| 7. Have you ever had discomfort, pain, or pressure in your chest during exercise? | <input type="checkbox"/> | <input type="checkbox"/> | 30. Have you had a herpes skin infection? | <input type="checkbox"/> | <input type="checkbox"/> | | | | | |
| 8. Does your heart race or skip beats during exercise? | <input type="checkbox"/> | <input type="checkbox"/> | 31. Have you ever had a head injury or concussion? | <input type="checkbox"/> | <input type="checkbox"/> | | | | | |
| 9. Has a doctor ever told you that you have (check all that apply): | | | 32. Have you been hit in the head and been confused or lost your memory? | <input type="checkbox"/> | <input type="checkbox"/> | | | | | |
| <input type="checkbox"/> High blood pressure | | <input type="checkbox"/> A heart murmur | 33. Have you ever had a seizure? | <input type="checkbox"/> | <input type="checkbox"/> | | | | | |
| <input type="checkbox"/> High cholesterol | | <input type="checkbox"/> A heart infection | 34. Do you have headaches with exercise? | <input type="checkbox"/> | <input type="checkbox"/> | | | | | |
| 10. Has a doctor ever ordered a test for your heart? (for example: ECG, echocardiogram) | <input type="checkbox"/> | <input type="checkbox"/> | 35. Have you ever had numbness, tingling, or weakness in your arms or legs after being hit or falling? | <input type="checkbox"/> | <input type="checkbox"/> | | | | | |
| 11. Has anyone in your family died for no apparent reason? | <input type="checkbox"/> | <input type="checkbox"/> | 36. Have you ever been unable to move your arms or legs after being hit or falling? | <input type="checkbox"/> | <input type="checkbox"/> | | | | | |
| 12. Does anyone in your family have a heart problem? | <input type="checkbox"/> | <input type="checkbox"/> | 37. When exercising in the heat, do you have severe muscle cramps or become ill? | <input type="checkbox"/> | <input type="checkbox"/> | | | | | |
| 13. Has any family member or relative died of heart problems or of sudden death before age 50? | <input type="checkbox"/> | <input type="checkbox"/> | 38. Has a doctor told you that you or someone in your family has sickle cell trait or sickle cell disease? | <input type="checkbox"/> | <input type="checkbox"/> | | | | | |
| 14. Does anyone in your family have Marfan syndrome? | <input type="checkbox"/> | <input type="checkbox"/> | 39. Have you had any problems with your eyes or vision? | <input type="checkbox"/> | <input type="checkbox"/> | | | | | |
| 15. Have you ever spent the night in a hospital? | <input type="checkbox"/> | <input type="checkbox"/> | 40. Do you wear glasses or contact lenses? | <input type="checkbox"/> | <input type="checkbox"/> | | | | | |
| 16. Have you ever had surgery? | <input type="checkbox"/> | <input type="checkbox"/> | 41. Do you wear protective eyewear, such as goggles or a face shield? | <input type="checkbox"/> | <input type="checkbox"/> | | | | | |
| 17. Have you ever had an injury, like a sprain, muscle or ligament tear, or tendinitis, that caused you to miss a practice or game? If yes, circle affected area below: | <input type="checkbox"/> | <input type="checkbox"/> | 42. Are you happy with your weight? | <input type="checkbox"/> | <input type="checkbox"/> | | | | | |
| 18. Have you had any broken or fractured bones or dislocated joints? If yes, circle below: | <input type="checkbox"/> | <input type="checkbox"/> | 43. Are you trying to gain or lose weight? | <input type="checkbox"/> | <input type="checkbox"/> | | | | | |
| 19. Have you had a bone or joint injury that required x-rays MRI, CT, surgery, injections, rehabilitation, physical therapy, a brace, a cast, or crutches? If yes, circle below: | <input type="checkbox"/> | <input type="checkbox"/> | 44. Has anyone recommended you change your weight or eating habits? | <input type="checkbox"/> | <input type="checkbox"/> | | | | | |
| Head | Neck | Shoulder | Upper Arm | Elbow | Forearm | Hand/ Fingers | Chest | 45. Do you limit or carefully control what you eat? | <input type="checkbox"/> | <input type="checkbox"/> |
| Upper Back | Lower Back | Hip | Thigh | Knee | Calf/ Shin | Ankle | Foot/ Toes | 46. Do you have any concerns that you would like to discuss with a doctor? | <input type="checkbox"/> | <input type="checkbox"/> |
| 20. Have you ever had a stress fracture? | <input type="checkbox"/> | <input type="checkbox"/> | | | | | | FEMALES ONLY | | |
| 21. Have you been told that you have or have you had an x-ray for atlantoaxial (neck) instability? | <input type="checkbox"/> | <input type="checkbox"/> | | | | | | 47. Have you ever had a menstrual period? | <input type="checkbox"/> | <input type="checkbox"/> |
| 22. Do you regularly use a brace or assistive device? | <input type="checkbox"/> | <input type="checkbox"/> | | | | | | 48. How old were you when you had your first menstrual period? _____ | | |
| 23. Has a doctor ever told you that you have asthma or allergies? | <input type="checkbox"/> | <input type="checkbox"/> | | | | | | 49. How many periods have you had in the last 12 months? _____ | | |

Explain "Yes" answers here: _____

I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct.
 Signature of Athlete _____ Signature of Parent/Guardian _____ Date _____

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PAULDING COUNTY SCHOOL DISTRICT

Focused on Learning

Preparticipation Physical Evaluation

CLEARANCE FORM

Name _____ Sex _____ Age _____ Date of Birth _____

- Cleared without restriction
 Cleared, with recommendations for further evaluation or treatment for: _____

- Not cleared for All Sports Certain Sports: _____ Reason: _____

Recommendations: _____

EMERGENCY INFORMATION

Allergies _____

Other information _____

Name of physician (print/type) _____ Date _____

Address _____ Phone _____

Signature of physician _____, MD or DO

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ATHLETIC PARTICIPATION, INSURANCE, AND CONSENT FORM

**Parents signature needed in four places*

PLEASE PRINT

Name _____ Male _____ Female _____

(Last) (First) (Middle)
Address _____
(Street) (City) (Zip)

The student is domiciled at the above address located in the _____ School District.

(School must be notified if student moves from the above address)

Have you attended this Paulding County school for at least one full school year? Yes _____ No _____

You live with (Name of Parent/Parents/Guardian)

Date of Birth _____ Telephone (Home) _____ (Work) _____

Date entered 9th grade _____ Grade level for this school year _____



PARENTAL CONSENT FOR ATHLETIC PARTICIPATION

WARNING: Although participation in supervised inter-scholastic athletics and intra-scholastic athletic clubs may be one of the least hazardous in which students will engage in or out of school, **BY ITS NATURE, PARTICIPATION IN INTER-SCHOLASTIC ATHLETICS INCLUDES A RISK OR INJURY WHICH MAY RANGE IN SEVERITY FROM MINOR TO LONG TERM CATASTROPHIC, INCLUDING PERMANENT PARALYSIS FROM THE NECK DOWN OR DEATH.** Although serious injuries are not common in supervised athletic programs or athletic clubs, it is possible only to minimize, not eliminate this risk.

Participants can and have the responsibility to help reduce the chance of injury. **PARTICIPANTS MUST OBEY ALL SAFETY RULES, REPORT ALL PHYSICAL PROBLEMS TO THEIR COACHES, FOLLOW A PROPER CONDITIONING PROGRAM, AND INSPECT THEIR EQUIPMENT DAILY.**

By signing this permission form, you acknowledge that you have read and understand this warning. **PARENTS OR STUDENTS WHO DO NOT WISH TO ACCEPT THE RISKS DESCRIBED IN THIS WARNING SHOULD NOT SIGN THIS PERMISSION FORM.**

I (We) hereby give consent for _____ to:

(1) **Compete in athletics at _____ School of the Paulding County School District in Georgia high School Association approved sports EXCEPT THOSE CROSSED out below:**

- | | | | | |
|---------------|------------|---------------|--------------|-----------------|
| Baseball | Basketball | Golf | Volleyball | Tennis |
| Cross Country | Football | Softball | Wrestling | Weight Training |
| Rifle Team | Soccer | Track & Field | Cheerleading | |

(2) To accompany any school team of which the student is a member on any of its local or out-of-town trips;

(3) and, I hereby verify that the information on both sides of this form is correct and understand that any false information may result in my son/daughter being declared ineligible.

(4) Parents should contact Head Coach for information regarding injuries to their son/daughter.

This acknowledgement of risk and consent to allow participation shall remain in effect until revoked in writing.

_____	_____
*SIGNATURE(S) OF PARENT(S) OR GUARDIAN(S)	DATE
_____	_____
SIGNATURE OF STUDENT-ATHLETE	DATE

GRADE _____

MIDDLE NAME _____

FIRST NAME _____

LAST NAME _____

(DO NOT FOLD)

(Original on file at _____ School)

**PAULDING COUNTY SCHOOL DISTRICT PERMISSION TO PARTICIPATE
IN ATHLETIC TEAM ONE-DAY SCHOOL-SPONSORED TRIPS**

CONSENT

I hereby consent for _____ (student's name) to participate in school-sponsored trips, excluding overnight trips, associated with inter-scholastic athletic competitions. I understand that transportation may or may not be provided by the Paulding County School District. In the event transportation is not provided by the Paulding County School District, transportation will be the student's responsibility.

If any emergency medical procedures or treatment are required by the student during the trip, I consent to the trip supervisor(s) taking, arranging for, and consenting to the procedures or treatment at his/her discretion.

I release and waive, and further agree to indemnify, hold harmless or reimburse the Paulding County School District, the Board of Education, its successors and assigns, its members, agents, employees and representatives thereof, as well as trip supervisors, from and against, any claim which I, any other parent or guardian, any sibling, the student, or any other person, firm or corporation may have or claim to have, known or unknown, directly or indirectly, from any losses, damages or injuries arising out of, during, or in connection with the student's participation in the activity, any trip associated with the activity, or the rendering of emergency medical procedures or treatment, if any.

Signature of Parent (s) or guardian(s) _____ Date _____

INSURANCE INFORMATION

Please INITIAL one of the following statements regarding insurance coverage for your son/daughter for the 2008-2009 school year, then sign below:

____ My son/daughter is adequately and currently covered by accident insurance that will cover injuries sustained while participating in inter-scholastic Athletics (including, but not limited to, Varsity, Junior Varsity and 9th grade Football), and intra-scholastic clubs and activities.

Company Providing Insurance: _____
Name of Insured: _____
Policy Number: _____

____ I wish to purchase the Benefit Plan provided by the Paulding County School System. (A signed copy of this Benefit Plan should be stapled to this form.)

***SIGNATURE(S) OF PARENT(S) OR GUARDIAN(S)** _____
Date _____

AUTHORIZATION

I understand that per the Georgia High School Association a **Preparticipation Physical Evaluation** must be performed by a physician to medically screen each student who participates in the athletic programs of the Paulding County School District. I further understand that a basic medical screening (the required physical exam) is general in nature and limited in its scope and does not indicate or assure me that my child is completely free from impairments. If I wish for a more detailed physical exam to be performed upon my child/ward then it is my responsibility to arrange and pay for such an exam. If this more detailed exam is performed, it is my responsibility to notify the Paulding County School District, and its appropriate employees, of any potential medical problems uncovered by any physical exam given to my child/ward other than the general physical required by the school system for athletic participation. I agree to fully waive any and all claims of whatever nature, fully and finally, now and forever, for my child/ward, for myself, my estate, my heirs, my administrators, my executors, my assignees, my agents, my successors, and for all members of my family, and to indemnify, release, defend, exonerate, discharge and hold harmless the Paulding County School District, their schools, their trustees, officers, Board members, Board of Education, employees, agents, coaches, athletic trainers, physicians, and any other practitioner of the healing arts (an "Indemnified Party") from any and all liability, personal or property damages, claims, causes of action or demands brought against the Paulding County School District or indemnified party arising out of any injuries to my child/ward or to his or her property or losses of any kind which may result from or in connection with his or her participation in any activity related to the athletic programs provided by the Paulding County School District.

My signature below attests that I have read, understand and concur with the information on this form, and that I give consent for my child to participate in the athletic programs as stated above.

***SIGNATURE(S) OF PARENT(S) OR GUARDIAN(S)** _____
DATE _____
Relation to Student: (Please Check One)
Mother _____
Father _____
Other _____ Phone (W) _____ (H) _____ Mobile _____