

LONG BEACH
SCHOOL DISTRICT



2008 - 2009
HANDBOOK
for
STUDENT ATHLETES

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LONG BEACH SCHOOLS
ATHLETIC HANDBOOK
FOR STUDENT ATHLETES

ATHLETIC STATEMENT

This athletic handbook is designed to inform student athletes and their parents of the rules, regulations and information that helped develop the rich tradition of competition in Long Beach Athletics.

Participation in athletics is a privilege, which carries with it varying degrees of honor, responsibility and sacrifice. Since competition is a privilege and not a right, those who choose to participate shall be expected to follow the rules established by the Athletic Department and other specific coach's rules for their sport. Each student athlete represents his/her school and student body. It is the student athlete's duty to conduct himself/herself in a manner becoming the student athlete, his/her family, schools and the community.

While an attempt has been made to answer as many questions as possible and provide information on all aspects of athletic participation, it is possible that you may have some questions that are not answered here. Please contact the principal and/or athletic director for this information.

The athletic department will enforce all rules and regulations as described in this Athletic Handbook. Parents and athletes are asked to sign an acknowledgment document located at the end of this handbook stating that they have read and understand the information included in the Handbook and that the athlete is subject to disciplinary measures should he/she violate the rules and regulations set forth in this Athletic Handbook.

DEPARTMENTAL PHILOSOPHY

The goal of the Athletic Department is to provide the best opportunities for student athletes to excel in teamwork, sportsmanship, self-discipline and character. In addition to developing skill in a sport, the purpose is to provide each participant with experiences that will be positive and memorable and that help develop the capacity for commitment to a cause, acceptance of responsibility and loyalty toward any chosen endeavor.

SPORTSMANSHIP

The following policy statement from the **National Federation of State High School Associations** expresses the concept of sportsmanship as follows:

The ideals of good sportsmanship, ethical behavior, and integrity permeate our culture. The values of good citizenship and high behavioral standards apply equally to all activity disciplines. In perception and practice, good sportsmanship shall be defined as those qualities of behavior which are characterized by generosity and genuine concern for others. Further, awareness is expected of the impact of an

individual's influence on the behavior of others. Good sportsmanship is viewed as a concrete measure of the understanding and commitment to fair play, ethical behavior and integrity.

One of the main goals of the athletic program is to teach the concept of sportsmanship. Good sportsmanship requires that everyone be treated with respect. This includes members of the opposing team, officials, coaches and spectators.

Good sportsmanship includes showing courtesy and kindness toward your opponent as well as fellow team members. The contest is judged by the effort of the participants and not by putting down your opponent.

Winning is exciting, but winning at any cost is not the goal. Negative treatment of any participant is outside the spirit and interest of the contest.

All MHSAA sanctioned events are a reflection of our community and school. The conduct of the team is extended to parents and fans before, during, and after athletic events.

Assault of Sports Officials, Coaches, or Administrators (SB-16): This bill became law on March 31, 2002, and creates new crimes of harassing, menacing and assaulting sports officials, coaches and administrators. The punishments are harsher than normal for convictions of harassment, menacing and assault. For example, a second-degree assault can carry a sentence of up to 10 years in prison, but under the new law, a second-degree assault of a sports official, coach, and administrator could result in a sentence of up to 20 years.

MISSISSIPPI HIGH SCHOOL ATHLETIC ELIGIBILITY

A student must meet the following minimum scholastic requirements at the end of a semester and at the end of the year if the pupil is to be eligible for the next year:

ACADEMIC RULE

JUNIOR HIGH (7th and 8th Graders)

To be eligible for participation as a seventh grader, a student must be promoted from sixth grade; and for participation as an eighth grader a student must be promoted from seventh grade. A pupil must pass his/her grade level by achieving at least an overall average of 75 in four basic courses the previous year in order to be eligible to participate during the present year. (Math, English/Reading, History and Science)

A pupil who is not eligible at the beginning of the school year may become eligible the second semester only once during the student's junior high school career by passing the four basic courses with a 75 in each course.

SENIOR HIGH (9th – 12th graders)

To be eligible for athletics and activities, beginning with the freshman class of 2005-2006, students must pass five credits toward graduation with one year of six credits. The 5 units will be averaged as a whole, and the overall average must be 75 or higher in order to maintain eligibility. This will be done on a yearly basis.

A student athlete may become eligible only once during his/her high school career if he/she fails the last semester of the previous year, by passing 5 units with a 75 average the first semester of the following year. This will be done in order to keep the student on track for graduation.

The only change for students on the block schedule will be that students participating in athletics and activities will have to have an overall 75 average, rather than a 70 average as in the past.

NOTE: The Carnegie units will increase from 20 to 24 units by the State Department of Education in 2008-2009. The students will then be required to pass 6 units of credit during the school year with a 75 average or better in order to maintain eligibility. Those students who opt out of the Mississippi schools curriculum and need 21 credits to graduate, will be required to pass five credits toward graduation to be eligible. However, they must pass six credits one of those four years of eligibility.

Special education students will be academically eligible if they are making satisfactory progress according to the committees reviewing their Individual Education Plans (IEP).

GENERAL ELIGIBILITY RULES

To be eligible to participate in interschool activities, a contestant must:

A. Be a bona fide student, having enrolled not later than the 15th day of any semester of participation, carry 5 major subjects, and deport himself/herself satisfactory.

B. Any pupil who becomes 19 years of age prior to August 1st, shall be ineligible for interschool competition.

C. Those children whose parents or guardians are teachers/administrators of the district, may attend the school where the parent/guardian is employed. If the child transfers back to their home school, he must sit out a year before becoming eligible, unless the parent/guardian is no longer employed by the school system the child attended. Eligibility in a sport will not be granted to a student at another school once the season of a sport has begun. This will only be granted if the parents have made a bona fide move, or the season at the home school has been completed.

D. The eligibility age of a 7th - 9th grader is as follows:

1. 7th grader must not have reached 14 prior to August 1st
2. 8th grader must not have reached 15 prior to August 1st
3. 9th grader must not have reached 16 prior to August 1st

E. 7th, 8th & 9th graders must provide a certified copy of their birth certificate.

F. All athletes must have been examined by a physician and have been declared physically fit.

G. All athletes must have proof of insurance to compete.

H. Players can not be transferred back to a middle school team once he/she competes on the high school or junior varsity level.

I. Varsity Players may not participate on a non-school team or in an outside sport activity in your sport(s) during your school's specific season with the exception of a tennis, golf, swimming, track, or cross country team member, who may participate as an independent in two outside activities on non-school days during the season of that sport.

J. You must sign a drug-testing release form to be eligible for any extra curricular activities!

K. Student athletes allowed to wear hats by their coach shall wear them correctly at all times. Hats are never worn backwards or tilted at any time! Sunglasses may be worn only during appropriate times as deemed by the coach of a sport. Headsets are never to be worn in public.

L. You must not have participated in any non-sanctioned all-star game.

M. You may not dress in uniform for an athletic contest or sit on the bench in a game uniform or be on the field or court as a player if you are not eligible to participate in the game or event.

SUMMER COMPETITION RULES

The following rules and regulations govern participants in athletic activities following the close of their school's sports season.

A. Athletes may participate in any activity during the summer months.

****** Summer is defined as the time following the last competitive event of any sport at a given school. Once all teams have concluded regular and post-season play - summer workouts may begin.

B. During a School's Sports Season an independent team can be made up of no more than 50% of the number that make up the starting number of varsity players. The penalty for violation is loss of high school eligibility for all participants.

(Ex. 4 varsity baseball/softball, 2 basketball, 5 soccer or slow pitch).

SPECIFIC SPORT'S RULES

FOOTBALL - Teams may practice 20 days before 1st game. A player shall not play in more than 6 quarters per week unless there is a postponed game to be played. A player may not be allowed to participate in spring football practice unless they are enrolled in that particular school. A max of 10 games may be played and 1 classic game.

BASKETBALL -A player will be limited to 6 quarters of play per evening. A max of 26 games may be played (tournaments included).

BASEBALL - A pitcher may pitch no more than 17 innings per week. A max of 26 games may be played (tournaments included).

TENNIS - Sixteen tennis matches may be played with a maximum of 2 per week.

CROSS COUNTRY - A team may enter 10 runners (7 + 3 alternates) per event. The max number of meets will be eleven. One per week.

GOLF -A team will consist of 5 players and the top 4 will be used. The max number of golf matches will be 16. The max golf matches per week will be 2.

TRACK - The max number of track meets will be 13. One per week.

VOLLEYBALL -The max number of matches will be 27, allowing 2 matches per week. Tournaments are to be played on weekends only.

SOFTBALL - Two playing dates may be used per week, with max of 26 games.

SOCCER - One game may be played per week (Mon. - Thurs.) with a max of 26 games allowed (tournaments included).

**** Cheerleaders, Dance Squads, Speech, Debate, Choral Music and Band ****
Each of these organizations, have specific MHSAA Manuals describing their rules.

BEFORE THE FIRST PRACTICE

The following things are required by the student athlete **before the first practice** with any team:

1. Meet academic eligibility requirements
2. Take and pass physical examination - p.17
3. Obtain parental signature on physical exam
4. Attend parent/athlete team meeting parent and athlete sign Acknowledgment of Athletic Handbook Document - p.12
5. Parent information and consent form - p.15
6. Complete the emergency medical card

The necessary forms may be found at the back of this handbook.

ACADEMIC ELIGIBILITY

Severe academic problems may result in a long-term suspension from athletic competition. Such suspensions may prevent a student from trying out for a sport.

A student who is uncooperative, i.e., sleeps in class, disrupts, refuses to complete work, etc., will be considered a discipline problem which could result in suspension from athletic competition and/or removal from athletics as possible punitive options.

ATTENDANCE ELIGIBILITY

Daily attendance at school and practice is expected. In order for an athlete to be eligible to participate in any after-school activity he/she must be present in school on the day of the activity. If the activity is to be held on a Saturday, then the student must be in attendance in school on the preceding Friday.

To be considered in school a student must be in school at least one-half of the school day and check in no later than the end of his/her third period class on said day.

If he/she is not in school from that time until the end of the school day, then he/she is not to participate or be involved in any way with the activity. Practices are considered an activity. **Any exceptions must have the approval of the principal.**

An athlete must be in school on a regular basis in order to be eligible to participate in athletics. An athlete who accumulates an excessive number of absences or tardies as designated in the student handbook will be placed on probation for a specified period of time. If absences continue during this time, the athlete will then be suspended from athletic participation until it is clear that the attendance problem is resolved.

An athlete who has excessive tardies to school and/or classes will be subject to restriction from athletic participation.

AWARDS

An athletic award is a symbol of athletic accomplishment, good sportsmanship and observance of athletic policies. Student athletes, managers & trainers are eligible to earn awards. No student athlete may receive an award in a sport for which he/she is academically ineligible at the completion of the season or if under suspension for an athletic violation.

Candidates must complete the season's play; however, this requirement may be waived in cases of physical injury. Athletes will not be allowed to attend post-season banquets or recognition celebrations nor receive post-season awards if they do not meet these conditions.

ATHLETIC CONTESTS

This is where we show what we are made of. People will judge you, our coaches, school and community by the way we play and act during a contest. All the long, hard hours of work can pay off if you are mentally ready to compete. Be mentally tough and ready to accept any challenge that arises during competition. Compete and act as a champion!

Competition Appearance - Student athletes will wear school issued uniforms only! Uniforms, wind suits, and warm-ups will be properly fitted and worn appropriately (no sagging, pants legs up or down, etc.). During competition student athletes will wear jerseys tucked in their shorts unless the jersey is designed for being worn outside. Hats, caps, dew rags, or other head dress will not be allowed! Athletes will be well groomed to the coach's satisfaction. Stereo earphones are not to be worn before, during, or after competitions.

Always remember when you are at a contest in a Bearcat or Lady Bearcat uniform, you are no longer an individual, but a representative of your team, school and community. Always show Pride and Class!

ACKNOWLEDGMENT OF ATHLETIC HANDBOOK

I acknowledge receipt of a copy of the athletic handbook and have read the rules concerning eligibility and conduct for student athletes. I understand the rules and realize that I am subject to disciplinary measures should I violate them. I do agree to participate and conduct myself in accordance with the rules of our athletic program and with any other specific rules of my coaches.

We the undersigned, agree that we have been given the following information and understand it fully.

- I. The School agrees to provide:**
 - A. Supervision**
 - B. Instruction**
 - C. Proper equipment** (*This excludes equipment or uniforms provided by the participant*)
 - D. Proper safety precautions.**

- II. To abide by all written rules regarding behavior and safety.**

- III. That participating in athletics may cause serious injury or death.**

- IV. The school offers a supplemental, scheduled payment accident insurance plan. It is the responsibility of the parents to enroll in the school insurance plan. Any difference in the basic coverage, deductibles, or other related expenses will be paid by the parent or guardian.**

SIGNATURE OF STUDENT ATHLETE

DATE

SIGNATURE OF PARENT/GUARDIAN

DATE

LONG BEACH SCHOOL DISTRICT ATHLETIC DEPARTMENT

A student will not be allowed to practice or compete in interscholastic athletics until he/she was completed the information below. This information must be on file in the school athletic department.

NAME _____ AGE _____ SEX _____ D.O.B. _____
PARENT/GUARDIAN _____ PHONE _____
ADDRESS _____ OF _____ PARENT/GUARDIAN _____
NAME OF FAMILY PHYSICIAN _____ PHONE _____

The following items must be complete for athletic participation ...

SECTION 1: PARENT PERMISSION

I hereby give my consent for the above student to represent Long Beach Schools in interscholastic athletics and for him/her to accompany the team on athletic trips.

I understand that each student participant must be medically screened first to participate in any sport. I hereby give my consent for my child to be examined by a licensed school nurse or medical doctor and the results be released to the Long Beach Public Schools Athletic Department. I further understand that this basic medical screening is general in nature and limited in its scope and does not indicate or assure me that my child is completely free from impairments which may be affected by athletic participation.

I give my permission for the student to participate in organized high school athletics, realizing that such activity involved the potential for injury which is inherent in all sports. I/We acknowledge that even with the best coaching, use of the most advanced protective equipment and strict observances of rules, injuries are still a possibility. On rare occasions, these injuries can be severe as to result in total disability, paralysis, or even death.

SECTION 2: CONDUCT

If an athlete shows lack of self-discipline, poor attitude, or does not fulfill his/her commitment to the athletic program, he/she will be suspended from participating on that team for a specified period of time, or the remainder of the season, depending upon the level of the inappropriate behavior.

If an athlete boycotts the team for any reason, he/she will be suspended from athletic participation in that particular sport or any other sport for the remainder of the season.

SECTION 3: BIRTH CERTIFICATE

Each athlete must supply a certified copy to the coach and athletic coordinator.

SECTION 4: INSURANCE

The Long Beach Public Schools/Athletic Department is not responsible for any part of your child's doctor/hospital bills. All participants in scholastic sports activities, grades 7-12 inclusive, must have health and accident insurance in order to take part in the athletic programs of Long Beach Public Schools. School-Day insurance is available for those who need it, or to act as a supplemental insurance to an existing program. The information below **must** be completed:

INSURANCE COMPANY _____ POLICY # _____

MILITARY INSURANCE _____ ID # _____

The undersigned will be responsible for furnishing the athletic department with any changes in the above information.

My signature attests that I have read, understand, and concur with the information on this form and that I am the parent/legal guardian of the above student. I have read and understand the information and this form and agree to the terms thereof.

PARENT/GUARDIAN
SIGNATURE _____ DATE _____

LONG BEACH HIGH SCHOOL ATHLETIC SCREENING FORM

(to be completed by athlete/parent)

Any student who wants to **try out** for any high school team must complete the following health information. This must be given to the coach the first day of tryouts. Students will not be allowed to tryout without this information. If your child makes the team, they will be required to have a physical before the first game of the season.

NAME _____
(LAST) (FIRST) (MIDDLE)

SCHOOL YEAR _____ SPORT _____

ADDRESS _____

EMERGENCY NOTIFICATION INFORMATION:

PARENTS' NAME _____

HOME PHONE _____ CELL-PHONE _____

FAMILY PHYSICIAN _____ PHONE _____

1. PRESENTLY TAKING MEDICATION (INCLUDING BIRTH CONTROL PILLS)
YES ___ NO ___ IF SO, PLEASE DESCRIBE _____
2. ALLERGIES YES ___ NO ___ (TO WHAT?) _____
3. HAS ONGOING MEDICAL PROBLEMS (ASTHMA, EPILEPSY, DIABETES, ETC.?)
YES ___ NO ___ IF SO, DESCRIBE _____
4. HAD ANY SERIOUS ILLNESS IN THE PAST? YES ___ NO ___
IF SO, WHAT? _____
5. ANY PAST SPORTS-RELATED INJURIES? YES ___ NO ___
IF SO, WHAT? _____
6. ANY KNOWN DEFORMITIES? (EX. BACK/HEART PROBLEMS, ONE KIDNEY, BLIND IN ONE EYE)? YES ___ NO ___ IF SO, WHAT? _____
7. ANY SERIOUS FAMILY ILLNESS? (EX. DIABETES, BLEEDING DISORDERS, EARLY HEART ATTACK...)? YES ___ NO ___ IF SO, DESCRIBE _____
8. ANY HISTORY OF FAINTING OR DIZZINESS WHILE EXERCISING?
YES ___ NO ___
9. ANY HISTORY OF LOSS OF CONSCIOUSNESS, CONCUSSION, OR HEAD INJURY?
YES ___ NO ___ IF YES, DESCRIBE _____

PARENTS' INSURANCE COMPANY _____

PARENTS' POLICY NUMBER _____

The tryouts for the athletic teams of Long Beach High School and Long Beach Middle School will include the following:

***** All sports will have basic running, jumping and agility frills**

***** Basketball** tryouts will include some scrimmage situations, ball-handling drills, offensive and defensive drills.

***** Football** tryouts for middle school will be non-contact, and athletes will wear helmets in learning offensive and defensive plays.

***** Baseball / Softball** tryouts will have fielding and batting drills.

***** Soccer** tryouts will include footwork, dribbling, scoring and defensive drills.

***** Volleyball** tryouts will include basic bumping, serving, spiking, and digging the ball off the floor.

***** Dance / Cheerleading** will learn a dance and a cheer routine. Some tumbling may be used.

***** Cross Country / Track** will be timed in running events. The field events for track will include long jump, pole vault, high jump, discus, and shot putt.

***** Tennis** will serve, volley, and exhibit basic skills.

***** Golf** will be scored on a regulation course.

***** ATHLETES COMPETING IN HIGH SCHOOL VARSITY / JUNIOR VARSITY / 9th GRADE SPRING TRAINING MUST HAVE A CURRENT PHYSICAL TO PARTICIPATE**

I CERTIFY THAT THE INFORMATION ON THIS FORM IS CORRECT TO THE BEST OF MY KNOWLEDGE AND I HEREBY GIVE MY CHILD PERMISSION TO TRY OUT. I ALSO RELEASE LONG BEACH SCHOOLS OF ANY LIABILITY PERTAINING TO AN INJURY THAT MAY OCCUR DURING THE TRYOUT.

ATHLETES' SIGNATURE

PARENTS' SIGNATURE

DO NOT FOLD FORM
MISSISSIPPI ATHLETIC PARTICIPATION FORM
ATHLETIC HEALTH HISTORY

Please Print

Name _____ Date _____
 School _____ Grade _____ Sport(s) _____
 Sex: M F Date of Birth _____ S.S.N. _____ Age _____
 Address _____ Home Phone _____
 Family Physician _____ Work Phone _____
 Parent / Guardian Name _____ Work Phone _____

FAMILY MEDICAL HISTORY

Has any member of your family under age 50 had these conditions?

Yes	No	Condition	Whom
<input type="checkbox"/>	<input type="checkbox"/>	Heart Attack	_____
<input type="checkbox"/>	<input type="checkbox"/>	Sudden Death	_____
<input type="checkbox"/>	<input type="checkbox"/>	Stroke	_____
<input type="checkbox"/>	<input type="checkbox"/>	Heart Disease / High Pressure	_____
<input type="checkbox"/>	<input type="checkbox"/>	Diabetes	_____
<input type="checkbox"/>	<input type="checkbox"/>	Sickle Cell Anemia	_____
<input type="checkbox"/>	<input type="checkbox"/>	Arthritis	_____
<input type="checkbox"/>	<input type="checkbox"/>	Epilepsy	_____
<input type="checkbox"/>	<input type="checkbox"/>	Kidney Disease	_____

ATHLETE'S ORTHOPAEDIC HISTORY

Has the athlete had any of the following injuries?

Yes	No	Condition	Date	Yes	No	Condition	Date
<input type="checkbox"/>	<input type="checkbox"/>	Head Injury / Concussion	_____	<input type="checkbox"/>	<input type="checkbox"/>	Neck Injury / Stinger	_____
<input type="checkbox"/>	<input type="checkbox"/>	Shoulder L / R	_____	<input type="checkbox"/>	<input type="checkbox"/>	Arm / Wrist / Hand L / R	_____
<input type="checkbox"/>	<input type="checkbox"/>	Elbow L / R	_____	<input type="checkbox"/>	<input type="checkbox"/>	Back	_____
<input type="checkbox"/>	<input type="checkbox"/>	Hip	_____	<input type="checkbox"/>	<input type="checkbox"/>	Thigh L / R	_____
<input type="checkbox"/>	<input type="checkbox"/>	Knee L / R	_____	<input type="checkbox"/>	<input type="checkbox"/>	Lower Leg L / R	_____
<input type="checkbox"/>	<input type="checkbox"/>	Chronic Shin Splints	_____	<input type="checkbox"/>	<input type="checkbox"/>	Ankle L / R	_____
<input type="checkbox"/>	<input type="checkbox"/>	Foot L / R	_____	<input type="checkbox"/>	<input type="checkbox"/>	Severe Muscle Strain	_____
<input type="checkbox"/>	<input type="checkbox"/>	Pinched Nerve	_____	<input type="checkbox"/>	<input type="checkbox"/>	Chest	_____

Previous Surgeries: _____

ATHLETE'S MEDICAL HISTORY

Has the athlete had any of these conditions?

<input type="checkbox"/>	<input type="checkbox"/>	Heart Murmur	<input type="checkbox"/>	<input type="checkbox"/>	Organ Loss	<input type="checkbox"/>	<input type="checkbox"/>	Overnight in hospital
<input type="checkbox"/>	<input type="checkbox"/>	Seizures	<input type="checkbox"/>	<input type="checkbox"/>	Shortness of breath / coughing during exercise	<input type="checkbox"/>	<input type="checkbox"/>	Hernia
<input type="checkbox"/>	<input type="checkbox"/>	Kidney Disease	<input type="checkbox"/>	<input type="checkbox"/>	Knocked out	<input type="checkbox"/>	<input type="checkbox"/>	Rapid weight loss / gain
<input type="checkbox"/>	<input type="checkbox"/>	Irregular Pulse	<input type="checkbox"/>	<input type="checkbox"/>	Heart Disease	<input type="checkbox"/>	<input type="checkbox"/>	Take supplements / vitamins
<input type="checkbox"/>	<input type="checkbox"/>	Single Testicle	<input type="checkbox"/>	<input type="checkbox"/>	Diabetes	<input type="checkbox"/>	<input type="checkbox"/>	Heat related problems
<input type="checkbox"/>	<input type="checkbox"/>	High Blood Pressure	<input type="checkbox"/>	<input type="checkbox"/>	Liver Disease	<input type="checkbox"/>	<input type="checkbox"/>	Menstrual irregularities
<input type="checkbox"/>	<input type="checkbox"/>	Dizzy / Fainting	<input type="checkbox"/>	<input type="checkbox"/>	Tuberculosis	<input type="checkbox"/>	<input type="checkbox"/>	Recent Mononucleosis / Enlarged Spleen
<input type="checkbox"/>	<input type="checkbox"/>	Surgery - What Type?	_____					
<input type="checkbox"/>	<input type="checkbox"/>	Allergies (Food, Drugs)	_____					

Date of last Tetanus Immunization _____

To the best of our knowledge, we have given true and accurate information and we hereby grant permission for the physical screening evaluation. We understand the evaluation involves a limited examination and the screening is not intended to nor will it prevent injury or sudden death. We further understand that the examination will be provided without expectation of payment and that the physician and many other medical professionals providing services may be immune from liability under Mississippi law.

WAIVER FORM

This waiver, executed this _____ day of _____, 200____, by FILL IN AT TIME OF PHYSICAL, M.D., and _____, patient, is executed in compliance with Mississippi law, with the full understanding that if a physician voluntarily provides needed medical or health services to any program at an accredited school in the state without expectation of payment, the physician will be immune from liability for any civil action arising out of the provision of those medical and/or health care services which were provided in good faith on a charitable basis. Such immunity does not extend to willful acts or gross negligence.

Typed or Printed Name of Patient _____

Signature of Patient
 or Patient's Parent or Guardian (If Patient is 17 or younger)

Information below to be filled out by physician only

Height _____ Weight _____ Blood Pressure _____ Pulse _____

	Orthopaedic Exam		ENT	General Medical Exam		Lungs	Norm		Abnl	
	Norm	Abnl		Norm	Abnl		Norm	Abnl		
I. Spine / Neck	_____	_____	_____	_____	_____	_____	_____	_____	_____	_____
Cervical	_____	_____	Heart	_____	_____	Abdomen	_____	_____	_____	_____
Thoracic	_____	_____	Skin	_____	_____	Hernia (if Needed)	_____	_____	_____	_____
Lumbar	_____	_____	General Health Comments _____							
II. Upper Extremity	_____	_____								
Shoulder	_____	_____	FLEXIBILITY	LEFT	RIGHT	FLEXIBILITY	LEFT	RIGHT	_____	_____
Elbow	_____	_____	Neck	_____	_____	Shoulder	_____	_____	_____	_____
Wrist	_____	_____	Hips	_____	_____	Quads	_____	_____	_____	_____
Hand / Fingers	_____	_____	Hams	_____	_____	Heelcords	_____	_____	_____	_____
III. Lower Extremity	_____	_____	Back Ext / Flex	_____	_____					
Hip	_____	_____	Comments _____							
Knee	_____	_____								
Ankle	_____	_____								
Feet	_____	_____								

Other Comments _____

OPTIONAL EXAMS

DENTAL

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16
 32 31 30 29 28 27 26 25 24 23 22 21 20 19 18 17

VISION L _____ R _____

Comments: _____

Comments _____

[] From this limited screening I see no reason why this student cannot participate in athletics

LONG BEACH SCHOOL DISTRICT
ATHLETIC DEPARTMENT
EMERGENCY MEDICAL AUTHORIZATION

This form must be made available by the coach at all team practices and contests for each team member to ensure proper medical treatment by physicians or hospital in the event of serious injury.

Athlete's Name _____ Grade _____ Sex _____ Birth Date _____

Parent's Name _____ Address _____

Home Phone _____ Business Phone _____ Cell Phone _____

In the event the parents cannot be contacted, please contact:

_____ at phone # _____

List sports the above named athlete plays:

1. _____ 2. _____ 3. _____

I hereby give my consent for medical treatment deemed necessary by physicians designated by the school authorities and/or for transportation to a hospital emergency room for treatment for any illness or injury resulting from his/her athletic participation.

Preferred Physician _____ Hospital _____

Insurance Company _____ Policy # _____

I understand this authorization will only be enforced when I cannot personally be contacted and provided for immediate treatment.

_____ DATE _____

Parent/Guardian Signature

INFORMATION FOR ATHLETES

Accidents/Injuries

All accidents or injuries, at home or away, are to be reported to the trainer and/or coach immediately.

Athletic Seasons

Fall Season: August 4th Football
 July 21st Volleyball, Slow Pitch, Softball & Cross Country

Winter Season: October 6th Soccer & Basketball

Spring Season: January 2nd Tennis, Fast Pitch, Baseball, Track & Golf

Changing a Sport/Quitting a Team

If a student athlete is cut from a team, he/she may join another team or program in that sport season. A student athlete cannot quit one sport to join another sport until that sport season is concluded; i.e., one cannot quit football to go out for basketball until football season is completed. However, athletes will be allowed to transfer from one sport to another during a given season upon mutual agreement of both coaches.

Conflicts Between Activities

Students are sometimes involved in concurrent activities, and there may be conflicts in schedules. Communication between coaches and sponsors of conflicting activities is vital. Consideration must be given to the importance of the event and the role the student athlete will play in it.

Doctor Visits

Medical expenses are the responsibility of the athlete/family.

Written verification from the doctor is required when a physician removes an athlete from practices or games.

Written verification from the doctor is required to return to athletic competition.

Dress

Participation in Long Beach athletics is a privilege, not a right. To be successful, the participant must be well-disciplined and willing to put aside individualism for the benefit of the team. Conforming to a dress code is part of this process. It is very important to our team/school reputation that our student athletes dress appropriately during the school day and at all school functions.

The following rules are additional to those included in the student handbook:

1. All athletes must wear appropriate clothing to practice. No cut off or mutilated clothing will be allowed.
2. Neatly trimmed facial hair is allowed.
3. No fad haircuts or pony tails, etc. for male athletes will be allowed.
4. Individual coaches may add additional rules related to the dress code.

Equipment

Equipment checked out by the athlete is his/hers responsibility. It is to be kept clean and in good condition. Loss of issued equipment will be the athlete's/parent's financial obligation. The athlete will not be allowed to participate in other athletic programs or receive awards until this obligation is met.

NOTE: Equipment includes any issued supplies from the training room.

Insurance

All Long Beach student athletes are required to have medical insurance and must supply information verifying such before participating in practice and/or competition.

Participation in Two Sports in One-Season

Student athletes may participate in more than one sport during one season with the approval of both coaches. Practice schedules will be worked out between the coaches involved. Consideration should be given to the importance of the sport (ex. varsity verses non-varsity, playoffs verses regular season and games verses practice). If contests conflict, coaches will decide in which contest the student athlete is to compete. The student athlete must realize that extra time for practice is necessary to compete in two sports in one season. The student athlete must meet the requirements of both sports. If the requirements of one or both sports are not met, the student athlete may be cut from the sport(s).

Recreation/Select Teams

A varsity-level athlete is not to participate on a recreation/select team during their high school sport's season. Examples of this include, but are not limited to , playing for a select soccer team during the high school soccer season, playing recreation league basketball during high school basketball season, and playing recreation league softball or baseball during high school softball or baseball season. Junior Varsity players may play in a recreational league program; however, the high school team must be their priority in practice time and games.

Team Tryouts Policies

Each coach of varsity sports has his/her own policy on how he/she will choose his/her team. Coaches will explain their team selection policy at the first meeting. Arrangements for tryouts must be made for athletes involved in overlapping sports seasons. It is the responsibility of the student athlete to contact the coach and discuss possible conflicts well in advance of tryouts. A student athlete may be cut from a team anytime during a season for appropriate reasons.

Training Room (High Schools)

The trainer is available to all athletes. Athletes are offered a wide variety of services to help meet the demands of athletic competition. The following are guidelines to be followed when using the training room/trainer.....

1. No student is permitted in the training room without the athletic trainer or coach being with him/her.
2. Only student athletes needing treatment and/or rehabilitation of an athletic injury are allowed in this area.
3. All taping, bandaging and treatments will be done by the athletic training staff.
4. Wear appropriate clothing - we are a coed facility.
5. Do not use or remove supplies without permission. No athlete may participate until all issued supplies have been returned or paid for.

Drug Screening Policy

All students involved in extra curricular activities must consent to random drug testing. A copy of the district drug screening policy and rules may be viewed in the student's regular handbook.

Athletic Letters

A varsity letter is earned - not given. A player must participate in 30% of a varsity playing season to receive a letter.

THOUGHTS ON SUCCESS

Why do some people in life succeed and others do not? In athletics many times two people with similar talents will end up going in different directions. One will succeed while the other does not. For success in athletics or any other endeavor in life the following fundamental ideas and principles are essential:

You must first make a commitment to what you want to do. This is known as **The Decision**. By making this commitment, you must make athletics an important factor in your life. If you are unable to make these decisions your practice and training is not truly Serious and you can expect your performances to show it.

Along with commitment you must have a tremendous **Desire to Excel**. Talent alone does not insure success. Desire, backed by Faith, knows no such word as impossible.

Once committed, you have set specific **goals** for yourself. This gives you something to work for and achieve. If you don't know where you are going, any road will take you there. You must know where you are headed.

To reach your goals, you must **dedicate** yourself to reaching them. Work hard (practice) and sacrifice let nothing deter you. Time after time a person's will power becomes the key factor in the Success vs. Failure Game.

The **Proper State of Mind** is also a must for success. This the winning attitude that says I can !!! I will get the job done regardless of the cost. This state of mind includes a great desire to excel and the perseverance to overcome the obstacles you are bound to encounter. Success is the result of overcoming weaknesses and problems.

You also have to be **mentally tough** during practice and competition. Anyone can practice when he or she feels like; champions' practice and train everyday. During competition, Go for it!!!! Remember: **winners expect to win.**

I believe each of our teams at Long Beach can be successful this year. For this to occur, all team members must be totally committed to the same purpose and goals. It has been said, "It's better to have one man working with you than many men working for you."

Lets all be champions and turn our dreams and goals into action!

WINNING ATTITUDES

To succeed in athletics and also in life an athlete must develop winning attitudes. The following are principles that our coaches believe must be developed and incorporated into our lives:

The BELIEF that WINNING is a way of life that can only be developed and maintained through a constant desire for it.

The BELIEF that EXCELLENCE is derived by having goals of near impossibility; and these goals should be foremost in each person's mind.

The BELIEF that being satisfied with yourself can only bring about a complacent, lazy nature which leads to failure.

The BELIEF that defeat is never failure unless accepted and left unchallenged.

The BELIEF that HARD WORK pays off, even though at times it doesn't seem to show it.

The BELIEF that SELF DISCIPLINE is the key to any type of success.

The BELIEF that the "TEAM'S SUCCESS" is more important than an individual's success.

The BELIEF that WINNING is a quality that few possess, and so we should be proud to tell others about it.

The BELIEF that PROPER LEADERSHIP is the primary responsibility of every WINNER

The BELIEF that the ROLE OF A LEADER is to lead. Helping someone younger, or less fortunate does this.

The BELIEF that the principles established by our founding fathers - like reverence for our flag and to our National Anthem, are as important today as when they were originated.

And most important, the BELIEF that GOD is not limited merely to a prayer before and after a contest but is our most important possession, now and forever!

2008-2009 Coaching Staff for Long Beach School System

ATHLETIC COORDINATOR: TERRY D'ANGELO

HIGH SCHOOL

FOOTBALL:

HEAD COACH: SEAN HARDEN
ASSISTANTS: HORACE FORTENBERRY
MIKE ODENWALD

BASEBALL:

HEAD COACH: MARK ROSS
ASSISTANTS: MIKE ODENWALD
SLADE JONES

FAST-PITCH SOFTBALL:

HEAD COACH: RUSS BADEAUX
ASSISTANT: CHRIS STEVENS
MELANIE HYMEL

VOLLEYBALL:

HEAD COACH: COURTNEY POLLOCK
ASSISTANT: TIFFANY POWELL

TRACK:

BOYS:
HEAD COACH: OLAN WELCH
ASSISTANT: LARRY RAMSAY

GIRLS:

HEAD COACH: TIFFANY POWELL
ASSISTANT: COURTNEY POLLOCK

TENNIS:

GAIL DONALD

MIDDLE SCHOOL:

FOOTBALL:

HEAD COACH: KEVIN BOONE
ASSISTANT: THOMAS MALLINI
CHRIS STEVENS
RON SKINNER

SOCCER:

GIRLS: LUCY PRIBYL
BOYS: CHERIE GRIFFITH

CHEERLEADERS: BRANDI ZINK

BASKETBALL:

BOYS:
HEAD COACH: OTIS GAINES
9TH: COURTNEY POLLOCK

GIRLS:

HEAD COACH: TERRY D'ANGELO
ASSISTANT: TIFFANY POWELL

SOCCER:

GIRLS: HEAD COACH: RUSS BADEAUX

BOYS: HEAD COACH: BO VONDERBRUEGGE
ASSISTANT: MIKE CROPPER

SLOW PITCH SOFTBALL:

HEAD COACH: MAC PATTON
ASSISTANT: LAUREN WARD

CROSS-COUNTRY:

OLAN WELCH

CHEERLEADERS:

VARSITY: JOHANNA HUGHEY
JUNIOR VARSITY: SHAUNA SAVNER

DANCE TEAM:

MELISSA SANZIN

GOLF:

KATHLEEN HODGINS

BASKETBALL:

GIRLS: JANET NASH
BOYS: COURTNEY POLLOCK

BASEBALL:

HEAD COACH: MAC PATTON
ASSISTANT BRIAN ROLISON

DANCE TEAM: GABRIELLE FLOWERS

**A GUIDE FOR
COLLEGE-BOUND STUDENT-ATHLETES
AND THEIR PARENTS**

**NATIONAL COLLEGIATE ATHLETIC ASSOCIATION (NCAA)
ELIGIBILITY REGULATIONS**

In order to practice and play as a freshman at an NCAA Division I or Division II college/university, the student-athlete must satisfy requirements of the NCAA.

Student-athletes must have eligibility for practice and competition in the freshman year certified by the NCAA Initial-Eligibility Clearinghouse. Student-athletes may register with the Clearinghouse online at www.ncaaclearinghouse.net. If a student would like a paper registration form, forms are available by calling 888-388-9748. **The best time for a student-athlete to register with the Clearinghouse is following his or her junior year of high school.**

The NCAA Initial-Eligibility Clearinghouse has been established for a review of core courses and high school transcripts for all prospective Division I and Division II student-athletes, who must complete a Student Release Form[®] and submit it with payment of \$30.00 to the Clearinghouse. This fee may be waived only if the student-athlete has received a fee waiver for the ACT or Sat (student-athletes should contact their school counselor about this fee waiver). The official high school transcript and ACT or SAT scores must be submitted to the Clearinghouse, which will issue a preliminary certification report that will be available to the student-athlete and the colleges that he/she has selected to receive this information. After graduation, the Clearinghouse will review the final transcript and make a final certification decision.

In order to be certified by the Clearinghouse for the 2003-04 academic year, the student-athlete must:

1. Graduate from high school.
2. Earn a grade-point average of at least 2.000 (based on a maximum 4.000 scale) in a core* curriculum of at least 13 or 14 academic courses which were successfully completed during grades 9 through 12. Only courses that satisfy the NCAA definition of a core course can be used to calculate the student's NCAA grade-point average.

DIVISION I

For students entering any NCAA Division I college or university on or after August 1, 2005, their NCAA initial eligibility will be evaluated using the new rule only.

THE NEW RULE:

* **INCREASES** the number of core courses from 14 to 16. This additional core course may be in any area: English, mathematics, natural/physical science, social science, foreign language, non-doctrinal religion/philosophy or computer science. The breakdown of core course requirements is listed below.

* **CHANGES** the Division I initial-eligibility index or sliding scale.

NEW RULE

16 CORE COURSES:

4 years of English.

3 years of mathematics (Algebra I or higher)

2 years of natural/physical science (1 year of lab if offered by high school)

1 year of additional English, mathematics or natural/physical science.

2 years of social science.

4 years of additional courses (from any area above or foreign language, non-doctrinal religion/philosophy, computer science*).

***PLEASE NOTE:** Computer science is being **eliminated** as an acceptable core-course area for students first entering any college or university on or after August 1, 2005. Students entering college on or after August 1, 2005, may not use any computer science courses in meeting the core-course requirements.

NCAA Core Classes

ENGLISH

- __ * ENGLISH 1 (1)
- __ * ENGLISH 2 (1)
- __ * ENGLISH 3 (1)
- __ * ENGLISH 4 (1)
- __ CREATIVE WRITING
- __ DEBATE
- __ PUBLIC SPEAKING
- __ ORAL COMMUNICATIONS

MATHEMATICS

- __ * ALGEBRA 1 (1)
- __ * GEOMETRY (1)
- __ ALGEBRA 2 (1)
- __ ALGEBRA 3 (1)
- __ TRIGONOMETRY (.5)
- __ PRE-CALCULUS (.5)
- __ STATISTICS (.5)
- __ DISCRETE MATH (.5)
- __ CALCULUS
- __ AP CALCULUS (2)

SOCIAL SCIENCE

- __ ECONOMICS (.5)
- __ * GEOGRAPHY (.5)
- __ GLOBAL STUDIES (.5)
- __ * MISS. STUDIES (.5)
- __ PSYCHOLOGY (.5)
- __ SOCIOLOGY (.5)
- __ * U.S. GOV'T (.5)
- __ * U.S. HISTORY (1)
- __ * WORLD HISTORY (1)

NATURAL / PHYSICAL SCIENCE

- __ * BIOLOGY (1)
- __ ANATOMY / PHYSIOLOGY (1)
- __ BOTANY (1)
- __ CHEMISTRY (1)
- __ MARINE SCIENCE (.5)
- __ ZOOLOGY (.5)
- __ PHYSICS (1)
- __ SPATIAL INFORMATION TECH (1)
- __ ASTRONOMY
- __ ENVIRONMENTAL SCIENCE
- __ PHYSICAL SCIENCE

LANGUAGES

- | | |
|--------------|-------------|
| __ SPANISH 1 | __ FRENCH 1 |
| __ SPANISH 2 | __ FRENCH 2 |
| __ SPANISH 3 | __ FRENCH 3 |
| __ SPANISH 4 | |

4 CREDITS ENGLISH

3 CREDITS MATH

2 CREDITS PHY. SCIENCE

2 CREDITS SOC. SCI.

1 EXTRA CREDIT MATH / SCIENCE

4 EXTRA ACADEMIC CREDITS

16 TOTAL CREDITS

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