Tuba City Boarding School

Home of the Thunderbirds

2026-2027

Student Athlete Handbook

UPDATED 7/28/2026

To the Parent/Guardian

This handbook is presented to you because your son or daughter has shown a desire to participate in Tuba City Boarding School interscholastic athletics, and you have expressed your support to permit them to compete. We believe that participation in sports provides a wealth of opportunities and experiences which help students grow and mature.

A student who elects to participate in athletics is voluntarily making a choice of self-discipline. This discipline involves following all rules and the code of conduct included in this handbook, as well as the school's student handbook. Failure to comply with these rules of conduct will result in disciplinary action up to and including exclusion from interscholastic athletics.

It is the role of the TCBS Athletics to make rules that govern the spirit of competition and safety for the school. We hope that this publication clearly states those rules. It is expected that parents/guardians will review this handbook thoroughly with your student athlete.

To the Student-Athlete

As a member of an interscholastic team of Tuba City Boarding School, you have inherited a great Thunderbird Tradition; a tradition you are challenged to uphold. We desire to be successful, and to honor our athletes, our schools, and our community. When you wear the colors of your school, we expect that you are willing to assume the responsibilities that go with them.

1. RESPONSIBILITIES TO YOUR SCHOOL: By participating in athletics to the maximum of your ability, you are contributing to the positive reputation of your school. The student body, the community and other communities judge our school by your conduct and attitudes, both on and off the field. Because of this leadership role, you can contribute greatly to school spirit and community pride. Make TCBS proud of you, and our community proud of our school.

2. RESPONSIBILITIES TO OTHERS: When you know in your heart that you have practiced to the best of your ability every day, and that you have played the game "all out," your teammates and family can be proud of you. The younger students in the Little T-Bird and Rising T-Bird Department are also watching you. Set good examples for them.

3. RESPONSIBILITIES TO YOURSELF: You have a responsibility to broaden yourself and develop strength of character. You owe it to yourself to get the greatest possible good from your middle school experiences. Your academic studies, your participation in other extracurricular activities, as well as, in sports prepare you for your life as an adult

Mission Statement

At Tuba City Boarding School children are first, important, unique, responsible, and nurtured. Opportunities are provided for positive, life-long learning, healthy growth, success, and self-worth. A quality education is supported in a safe and culturally competent environment. Parents, community, and school, together, educating the whole child for life.

Vision

Students feel secure with the fact that each day will begin on a positive note, and expectations will be consistent, equitable and, clearly expressed of the highest quality available.
Students will be given opportunity to participate in school-sponsored athletics.
Students will receive due process through a Table of Student Rights and Responsibilities if the need warrants.

Philosophy

Interscholastic athletes are an integral part of the total education program designed to provide a broad spectrum of opportunities for student participation. The element of competition and winning is controlled where it does not determine the nature of the program and is kept at the level appropriate to junior high school youth. We promote success for student to want to excel and win, principles of good sportsmanship always prevail to enhance the educational and social values of the athletic events.

The Tuba City Boarding School believes in maintaining a proper balance between academic programs and extracurricular activities for students. It is also our commitment to provide equal opportunities for participation for both girls and boys in all sports.

GOALS OF TCBS ATHLETICS

1. To offer a program that will bring pride and tradition to our school, our community and to all participants.

2. To offer a program that will enhance the school spirit of our current students as well as continue the excitement within the alumni of our school and our community followers.

3. To offer a program that contributes to the goals and objectives of the total school philosophy.

4. To offer a well-rounded program realizing that all athletic activities are equally important to the members of each team.

5. To keep the student/athlete's enjoyment, as the major focus in all athletic activities, to teach Sportsmanship.

6. To provide coaches who have a sincere interest in the total development of the student/athlete and not solely his/her athletic performance.

7. To offer our student/athletes the opportunity to learn by experiencing the roles those individuals play in the "team concept."

8. To teach our student/athletes the learning opportunity that exists, in both winning and losing outcomes, and to teach them how to deal with the successes and disappointments that they will experience in life situations.

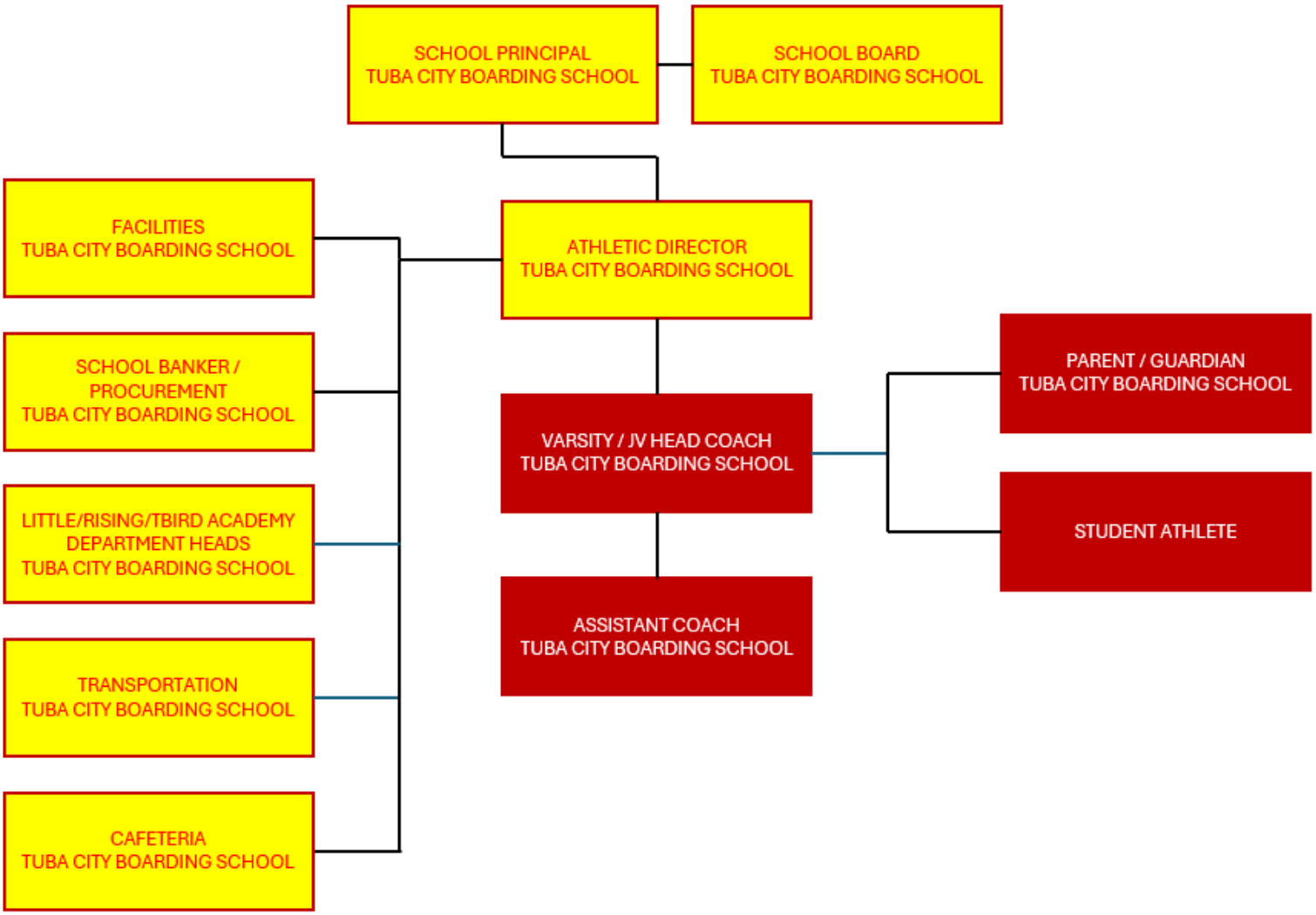
ATHLETIC AFFILIATION

Tuba City Boarding School is a voluntary member of the **Northern Arizona Interscholastic Conference**. As a member Tuba City Boarding School agrees to abide by, and enforce all rules and regulations adopted by the conference. Contest rules shall be governed by NFHS (National Federation of State High School Associations) competition rules in each sport unless otherwise directed by the NAIC bylaws.

The primary role of the Association is to maintain rules and regulations that ensure equity in competition for the student-athletes and a balance with other educational programs. The association solicits input and is responsive to requests for rule modification from member schools, appointed committees, and coaches' associations.

The association attempts to enforce such rules that assure the greatest good for the greatest number and to ensure that competition is conducted in an appropriate manner.

TCBS ATHLETIC ORGANIZATIONAL FLOW CHART



SPORTS OFFERED BY GRADES AND SEASON

SPORTS	GRADES
Non-Contact Sports CHESS CROSS COUNTRY CHEERLEADING TRACK AND FIELD WRESTLING (exception)	5th Grade – 8th Grade
Contact Sports FOOTBALL VOLLEYBALL BASKETBALL BASEBALL SOFTBALL SOCCER	6TH Grade – 8th Grade

For safety considerations, athletic ability and maturity of our opponents, athletic teams in contact sports will consist of students in grades 6th, 7th, & 8th. The Athletic team in non-contact sports will consist of students in grades 5th, 6th, 7th, & 8th for Chess, Cross Country, Cheerleading, and Track & Field. Wrestling will consist of students in grades 5th, 6th, 7th, & 8th, according to their Weight-Class.

Baseball is open to boys. The number of athletes is limited to 30 players: 15 JV players and 15 Varsity players.

Basketball is open to boys and girls. The number of athletes is limited to 24 (12 Varsity and 12 JV players. A traveling squad will consist of at least ten players.

Cheerleading is limited to 15 members.

Chess (5-8) is open to boys and girls. The number of athletes is limited to 20 players.

Cross Country is open to boys and girls. The number of athletes is limited to 30 players: 15 JV and 15 Varsity. Traveling squad will be based on time trials.

Football is open to boys and girls. The number of athletes is limited to 50 players: 25 JV and 25 Varsity players.

Softball is open to girls. The number of athletics is limited to 30 players (Varsity & JV squad of 15 from each team).

Track is open to girls and boys. The number of athletes is unlimited. Traveling squad will be based on time trials and/or event offerings.

Volleyball is open to girls. The team will be limited to 24 players (Varsity & JV). Travel of 12 from each team.

Wrestling is open to boys and girls. The number of athletes is limited to 20 players during meets. Athletes of any weight have equal opportunity. Traveling squad will be determined by wrestle offs in the athlete's specific weight class.

Soccer is Co-ed. The number of athletes is limited to 30 players. 15 JV players and 15 Varsity players.

1st Quarter	2nd Quarter	3rd Quarter	4th Quarter
CROSS COUNTRY FOOTBALL	VOLLEYBALL WRESTLING SOCCER (Co-Ed)	BOYS BASKETBALL GIRLS BASKETBALL	CHESS TRACK AND FIELD BASEBALL SOFTBALL

PARTICIPATION / COMPETITION RULES

1. Risks of Injury:
    - By its very nature, competitive athletics can put students in situations in which SERIOUS, CATASTROPHIC, and perhaps FATAL accidents could occur. Students and parents/guardians must assess the risks involved in such participation and make their choice to participate despite those risks. No amount of instruction, precautions, or supervision will eliminate all risk of injury. The obligation of parents and students in making this choice to participate cannot be overstated.
    - By granting permission to your son/daughter to participate in athletic competition, a parent or guardian acknowledges that playing or practicing in any sport can be a dangerous activity involving MANY RISKS OF INJURY. Both the athlete and parent must understand that the dangers and risks of playing or practicing to play include but are not limited to: death, complete or partial paralysis, brain damage, serious injury to virtually all internal organs, bones, joints, ligaments muscles, tendons, and other aspects of the skeletal system and potential

impairment on other aspects of the body, general health and wellbeing.

- Because of the dangers of participating in sports, you, as parent and athlete recognize the importance of following coaches' instructions regarding playing techniques, training, equipment, and other team rules, etc., both in competition and practice and agree to obey such instructions.

2. Injuries / Illness:
   All injuries, which occur while participating in athletics, should be reported to the coach. If the injury requires medical attention by a doctor or treatment center, it will be necessary to have a STUDENT ACCIDENT REPORT completed (see coach). Once athletes are treated by a physician, the athlete MUST OBTAIN THE DOCTOR'S PERMISSION TO RETURN TO THE ACTIVITY.

3. Athletes who are physically unable to practice due to injury are to present to the Coach and Athletic Director a statement from a PHYSICIAN STATING THEY ARE AGAIN PHYSICALLY FIT TO PARTICIPATE IN ATHLETICS, before they can practice.

2. Student-Athlete must have ten practices before participating in any games/meets.

3. Student-Athlete may participate in only one sport, per season.

4. Student-athletes must be at school/practice before, the day of and the day after a game/meet unless excused by the Athletic Director and/or Department Head. If not excused the student will not compete in the upcoming competition.

5. Student will have the first two weeks of the season to decide which sport or activity in which to participate. Quitting a team after the first two weeks and joining another team during the same season will not be permitted.

6. If an athlete's violation(s) is considered a minor, major or a severe incident according to the Tuba City Boarding School Student Handbook, athlete will not participate in any activity for the duration of that suspension.

7. If an athlete's violation(s) is considered a severe incident according to the Tuba City Boarding School Student Handbook, athlete will not participate in any activity for the duration of that suspension and will be removed from the team for the remainder of the season. Athlete will not be able to join another activity during that season the severe incident occurred.

8. Age Limits:
   - Students who turn 15 before September 1st are not eligible to participate in middle school interscholastic athletics. If student becomes 15 years of age on / after September 1, he / she is eligible to compete for the remainder of the school year.

NEW STUDENT / TRANSFER ATHLETE

1. After enrolling and attending classes, students changing enrollment to/from one school to another school shall be considered a transferring student. Student shall be eligible to participate in interscholastic competition at the school to which he/she transferred provided there is a corresponding change of domicile of parent(s) or legal guardian(s).
2. Eligibility will also be based on student athlete's transcript grades from the previous reporting period.

3. Student Athlete must practice ten (10) days at new school to participate in any games.

ACADEMIC ELIGIBILITY

1. The goal of academic eligibility policy is to provide clear guidelines to students, teachers, parents, and administration about how academic grades affect eligibility at Tuba City Boarding School. The goal of this policy is to also motivate students to proactively manage their time and activities such that they derive the optimal academic benefits from TCBS while contributing to the mission of the school and develop themselves as well rounded individuals.

2. Passing status shall be determined on a cumulative basis, from the beginning of instruction to the recording of the final grade for the course.

3. **Grade Check #1** will be conducted every two (2) weeks throughout the athletic season. **Grade Check #2** will be conducted the following week and will apply only to student-athletes who were deemed academically ineligible during Grade Check #1. Grade Check #2 provides those student-athletes with an opportunity to regain eligibility by demonstrating satisfactory academic progress.

4. 5th grade, 6th grade, 7th grade, and 8th grade level teachers will complete and forward athletes' grades using the Eligibility Form provided by the Athletic Director.

5. Grade Check Report Due Date & Time Schedule for Teachers:
    - Grade Check #1 – Friday at 4:00pm.
    - Grade Check #2 – Friday at 4:00pm
    - If there is no school on Friday, Grade Check will be generated on Thursday before 4:30pm.

6. Grade check report will be generated by the Athletic Director.

7. The "NO PASS, NO PLAY" rule is in effect for all sports. To be eligible to participate in sports, student / athletes are required to earn a passing status in each course in which athlete /student is enrolled and is maintaining satisfactory progress throughout the school year. **All Student athletes must maintain a "Progressing" or "Mastering" status in all subjects in order to be considered "eligible" and to play.**

8. Student athletes are responsible for maintaining good academic standings. If available, students athletes are responsible to check, grades, plan accordingly and attend AM/PM Homework Center / Tutoring services to maintain academic eligibility.

9. Ineligibility: is determined when student / athlete have failed to meet the requirement specified for eligibility. **Student must maintain a "Progressing" or "Mastering" status in all classes**. The student athlete shall be declared ineligible to participate in extracurricular activities and shall remain ineligible until the requirements of eligibility are met.

10. When it is determined that a student has failed to meet the requirements specified for eligibility, the student shall be declared ineligible to participate in extracurricular activities and shall remain ineligible until the requirements of eligibility are met. **Ineligible students will not be permitted to participate until the athlete receives a passing status in the next scheduled grade check.** Ineligible students may not participate in athletic competition but may practice.

11. An ineligible athlete may not enter any school or community sponsored athletic event as an "independent."

12. If an athlete is declared ineligible for three consecutive grade checks, he/she will be removed from the team.

13. Manipulation / Forgery / Tampering on Grade Check: A complete investigation will be done by the Athletic Director when there is manipulation; forgery: and tampering; on grade check forms. Student are prohibited from all forms of student academic dishonesty including but not limited to cheating, fabrication, facilitating academic dishonesty, and plagiarism.

Violations will be handled in following manner:

- First violation = One week of no athletic activity (practice/games); two game suspension and one week of mandatory afterschool tutoring.
- Second violation = Athlete will be removed from the team if found guilty.

14. Grade Check Reports are generated by the Athletic Director. The Athletic Director does not assign grade(s) or change grade(s) per parent / guardian's request. The primary role of Athletic Director is to determine eligibility status based on generated grade report. If there are discrepancies in student athlete's grade, the procedures are as follows:
    - Make an appointment with School Liaison to see instructor(s).
    - If any changes need to be made to student athlete's grade, instructor will notify Athletic Director in writing, concurred by the Department Manager.

ATHLETE CONDUCT

The conduct of an athlete is closely observed in all areas of being a Tuba City Boarding School student and athlete. It is important that behavior be above reproach in all the following areas:

In the Classroom

In the academic setting, a good athlete becomes a good student. As an athlete, one must plan his/her schedule to give sufficient time and energy to academic studies. In addition to maintaining good studentship, an athlete should give respectful attention to classroom activities and always show respect for other students and faculty. A conscientious athlete should have a good attendance record. One should never cut classes or school.

On the Campus

The way athletes behave on campus is of great importance. Athletes should be leaders in every aspect of their academic endeavors at Tuba City Boarding School. Respect is not given, it is earned.

On the Field

All school rules are carried over to the fields of competition and the Student – Athlete Handbook.

Sportsmanship

Good sportsmanship is strived for at all Tuba City Boarding School events. Good sportsmanship is a responsibility expected of players, coaches, advisors, faculty, cheerleaders, students, adult spectators, officials, and media. Promotion

of good sportsmanship at Tuba City Boarding School events shall include a demonstration of respect for all participants and officials. All involved in an event shall maintain self-control throughout the event. Rules of the event shall be understood, and skill performances should be recognized regardless of team affiliation. Good sportsmanship is the cornerstone of a quality activity program.

Grooming and Dress Policy

As a member of Tuba City Boarding School athletic team, you are expected to be well groomed. Appearance, expression, and actions always influence people's opinions of athletes, the team, and the school. Good grooming and dress rules will enhance good sportsmanship; reinforce good health habits, good performance, respect for rules and authority; leadership, team pride and discipline. With this belief in the necessity of good grooming and dress, the following rules will be adhered to by team members:

1. While on campus, the school dress code will be always adhered to.
2. No jewelry will be worn while participating in athletics.
3. All uniforms will be worn as prescribed by the coaches.
4. When traveling, teams will wear either uniforms or clothing prescribed by the coaches.
5. No athlete is to wear any clothing that advertises or promotes alcohol, illegal substances, sex, profanity, or is objectionable to the coach or administrators.
6. Hair length or style cannot jeopardize the safety of the athlete while participating in sports.

Athlete Conduct during Participation in Sports

As an athlete, you are asked to read and agree to the following guidelines for practice, games (home & away) and field trips:

1. I will be a leader and handle all my academic responsibilities.
2. I will always give my best efforts.
3. I will always put the interests of the team above my individual interests.
4. I will treat the locker room as if it were my home away from home – neat and always clean.
5. I realize the consequences of quitting.

6. I will always be on time and prepared for practice and games.

7. As a member of the team, I will be courteous, respectful, and practice good sportsmanship to teammates, opponents, teachers/coaches, and officials.

8. I understand that it is a privilege to represent my school and proper behavior is required in class, at practice, at athletic contests and on field trips.

9. I understand that good sportsmanship is a must. Criticizing, blaming, or disputing with my teammates, coaches, opponents, or referees will not be tolerated.

10. I will be respectful of other schools' staff members and facilities; this is proper behavior as a representative of my school.

11. I will not endanger, threaten, or cause physical harm to any member of the school community or to oneself.

12. I will not initiate, cause, or contribute to any kind of false reporting, warning, or threat.

13. During school and athletic activities (games or practice) I will be in authorized areas and have permission from staff/coach authorization in use of school property, resource, and facilities always.

14. I understand that commitment to practice and games is required. Athletes should communicate any scheduling conflicts with the coaches.

15. I understand that all team members are required to support their team(s) for the entire contest(s).

16. I will accept the decisions of the coach, athletic director, and contest officials.

17. Display modesty in victory and graciousness in defeat.

18. Follow the rules of the game.

19. Wins without boasting, loses without excuses and never quits.

20. Never forget that I represent Tuba City Boarding School

21. I will not lie, cheat, or steal. This violation may result in dismissal from the team.

22. I will always use appropriate language. Avoid use of offensive gesture(s).

23. Show respect, listen, and always obey to coaches and game officials.

24. Show respect for public property and equipment. I will not vandalize or damage property. Costs to repair equipment and property caused because of stupidity and negligence will be sole responsibility of athlete's parent / guardian responsible.

25. I will not haze or bully any student or athlete at Tuba City Boarding School.
    a. "Hazing means committing an act against a student or coercing a student into committing an act that creates substantial risk or harm to a person, for the student to be initiated into or affiliated with a student organization or for any other purpose. Bullying can be any pattern of behavior that is intended to harass, tease, intimidate, ridicule, humiliate or instill fear in another child or group of children; verbal abuse, threat of or actual physical harm."

26. Horseplay and reckless behavior will not be allowed.

27. I will be alcohol, drug, and tobacco free. I will not use, sell, possess, or distribute any controlled substance or illegal drugs or possession of drug paraphernalia that would violate the law. **These violations will result in immediate dismissal from the team**. **Athlete will not be able to join any other sports for the remainder of the school year.**

*Violation of statements 1-27 during athletic practice, athletic games, and on athletic field trips will be handled in following manner:

First violation: = warning and conference with coach; one game suspension
Second violation: = conference with athlete / parent / coach / Athletic Director; two game suspension. If necessary, this disciplinary action can be served for first violation.
Third violation: = dismissal from team. If necessary, this disciplinary action can be served for first violation.

All Major and Severe Offenses will be handled by appropriate staff member.

***Violation of statements 1-27 on all games (home or away) and on field trips, will be handled in the following manner.**

Violation = Athlete will not play in game(s) that day of incident and the duration of the field trip or event. Athlete will be provided a due process hearing after all necessary documents are forwarded to the appropriate staff.

Being an athlete requires more than being a team member. It often causes demands that may require personal sacrifices. Being a team member is a privilege. If an individual athlete is willing to put the needed effort into athletics, he/she will be rewarded for those efforts.

Athlete Conduct during School

It is a goal of our schools and TCBS Athletics to have an excellent community, school, and athletic programs of which we can be proud. Consequently, student athlete's violation of the school rules is not acceptable. The following actions will be taken when the athlete receives any of the following while in classroom / school:

- One detention or Referral in School (Per Season)
    1. Warning and conference with coach.

- Two or more detentions/referrals in school (Per Season)
    1. No practice and no games for that week.
    2. Conference with athlete/parents/coach.
    3. Review with athlete, parent, principal and coach for possible removal from the team.

- In-School/ Out of School (Per Season)
    1. No practice or no games during suspension.
    2. Review with athlete / parents /coach for possible removal from the team.

Athletics Cell Phone Policy

The purpose of this policy is to minimize distractions, ensure student safety, promote team cohesion, and maintain a respectful and focused environment during all athletic activities.

General Rules:

- Cell Phones must be turned off and stored away (e.g. bag, locker or coach supervised bin) during
  - Practices
  - Games
  - Team Meetings
  - Field Trips and away games
- Cell phone use is permitted only:
  - In emergencies
  - At designated times with coach approval
  - For parent communication after events or when instructed by the coach.
- Absolutely no use of phone for photography, video recording or social media posting during athletic events.

Event specific guidelines:

- Practices
  - Phones must remain out of sight and silent for the duration of practice.
  - Any use without permission will result in confiscation and parent notification.
- Games (home and away)
  - Players may bring phones for communication post-game but must store them in their bag during the event.
  - Team huddles, warmups and post-game meetings are phone free zones.
- Field Trip and Travel
  - Phones may be used during long travel times for music or quiet entertainment with headphones only and coach permission.
  - No phone use when entering or exiting the bus, in public venues or during group activities.

Violations & Consequences:

- First Offense: Verbal warning and phone held by coach until end of event.
- Second Offense: Phone confiscated and returned to parent / guardian.
- Third Offense: Suspension from next game or event; meeting with coach and parent.

Parent Communication:

- Coaches will provide a contact method (e.g., team app or school phone) for emergencies.
- Parents are asked to refrain from calling / texting players during practices and games except in urgent situations.

Social Media

Student athletes are high-profile representatives of Tuba City Boarding School, and their behavior is subject to examination by their peers, the campus, community, and the media. The actions of a single student athlete can reflect positively or negatively not only on the individual student athlete, but also on his or her team and coaches, the Athletics Department, and the entire school campus. Student athletes are expected to represent themselves and Tuba City Boarding School with honor, dignity, and integrity always. This includes interaction on social networking websites and in other online environments.

The use of social media has the potential to cause problems for both the student athlete and the school environment. Almost anything a student athlete posts on a social networking site may be viewed by others, and both the media and the public are more likely to view the profiles of student athletes than the profiles of other students.

Rules Regarding Social Networking Sites

Participation in Tuba City Boarding School - Athletics is a privilege and not a right. As a condition of being a student-athlete in Tuba City Boarding School, student-athletes must abide by the following rules related to the use of the internet and social networking sites:

- No photographing, videotaping, filming, digitally recording, or by any other means secretly viewing, with or without a device, another person without that person's consent in any location where the person has a reasonable expectation of privacy, or in a manner that violates a reasonable expectation of privacy.
- Any postings or communications via social networking websites which disrupt either the educational or athletic environments or which advocates the violation of any school or team policy would be unacceptable.
- Student-athletes may not post online any pictures, information or other content that might cause embarrassment to themselves, fellow student-athletes, teams, coaches, the Athletics Department, or the

campus (examples: obscene images or language, nudity, pictures at parties with alcohol, references to drugs, sex, or illegal activities).

- Student-athletes may not post any content online that is unsportsmanlike, derogatory, demeaning or threatening toward any other individual, teammate, coach, faculty member, or entity (examples: derogatory comments regarding another school; taunting comments aimed at a student- athlete, coach, or team at another school). No posts should depict or encourage unacceptable or illegal activities (examples: hazing, sexual harassment/assault, gambling, discrimination, fighting, vandalism, academic dishonesty, underage drinking, and illegal drug use).
- Student-athletes may not post any content online that would constitute a violation of the Tuba City Boarding School's Student Code of Conduct.
- Student-athletes may not post any information that is sensitive or personal in nature or is proprietary to the Athletic Department or the school which is not public information (examples: tentative or future team schedules, student-athlete injuries and eligibility status, travel plans/itineraries or information).
- Student-athletes are required to abide by all polices related to the use of the internet at school and any school related student activities

Student-athletes in Tuba City Boarding School are required to abide by rules set forth in these guidelines. The failure to do so will be considered a violation of the student-athlete code of conduct and/or the Tuba City Boarding School student code of conduct. Student Athlete will be provided due process. Any violation will result in disciplinary action by the athletics department and the school.

- 1st Offense – Student Athlete will be provided due process and if guilty, consequences will be determined based on the severity of the infraction which will include one week suspension from the team and all athletic activities. Athletes will not be able to practice or play in any contest during suspension. Consequences may also include suspension or dismissal from the team or athletic activities.

- 2nd Offense – Student Athlete will be provided due process and if guilty, he or she will be removed from the team and will not be allowed to take part of any other athletic events / sports that season.

PRACTICE / GAME POLICIES

Participant

It is the goal of TCBS athletic program to offer the opportunity of participation to every student who has the ability and desire to do so. However, no student is obligated to take part in athletics, nor is participation in athletics required. It is also stressed that participation in Tuba City Boarding School's athletic program is a PRIVILEGE, not a right. Since it is a privilege, the coaching staff, in accordance with the school policy and due process procedures, has the authority to suspend or revoke the privilege when the rules and standards of this athletic program are not followed.

Attendance

1. Trip Dismissal Request: Athlete must have a student **Trip Dismissal Request Form (see coach for form)** signed before an athlete is dismissed from an activity from a coach on away trips / games.

2. Student will have the first two weeks of the season to decide which sport or activity in which to participate. Quitting a team after the first two weeks and joining another team during the same season will not be permitted.

3. Missing Classes / Practice / Game: Athlete is required to attend classes, practices, and Game Days. If you are not in attendance, it is the student athlete's responsibility to bring a note as to the reason you were unable to attend. Prior communication with the Head Coach is encouraged. The following are excused absents / tardy:

    a. Family Emergencies.
    b. Academic Events: Tutoring / Afterschool Homework Help Program
    c. Doctor's Appointments / Illness / Hospital
    d. Religious Ceremony
    e. Funeral Attendance

4. Failure to attend classes, practice and games will result in non-participation with upcoming events.

5. Attending practices is an integral part of teamwork. Attendance at all practices is required unless previously arranged with the coach. Be on time and ready to play. If an athlete is unable to attend practice or an event for any reason, athlete must notify the coach prior to the missed practice or game. Missed practice times will reflect in the athlete's playing time during competitive events.

6. Athletes must attend school the day before, day of and day after the event to be eligible to participate in competitions.

7. Attendance at school (at least 1/2 a day) is required for an athlete to attend practices and competitions. Any exceptions need to be cleared up with the Athletic Director. However, if an athlete attends school for the required time, but leaves because of illness, or any other related reason, athlete will not be able to attend practice or competitions on that day. Violation of this rule will result in a period of ineligibility of no less than one competition.

8. Excessive absences will result in suspension or removal from the team.

9. Quitting a Sport / Leaving the Team: Student Athlete must notify the coach in writing when quitting a sport after the first two weeks of the season. If a student has participated in an athletic event, student athlete must return all equipment immediately to the Head Coach. In the event a student athlete fails to notify the coach, athlete will not be allowed to join the next quarter sport.

   Because of the nature of team interscholastic athletics, where the team relies upon every individual. A clearance hearing can be requested. A clearance hearing committee shall consist of the head coach of the sport the student quits, the head coach of the sport the student intends to join, and the athletic director. Based on the student's attitude and evaluated level of commitment, a decision will be made as to whether the student will be permitted to pursue their interest in that sport.

Playing Time

Playing time is determined by the Coach. Athletes are not guaranteed playing time in every competitive event.

Open/Closed Practice

Coaches will have the right to conduct closed practices. Head Coach will inform his/her decision to conduct closed practice during the first parent meeting.

Closed practice provides:

1. Safety for your kids.
2. 1 ½ hours is not much time. Coaches would like uninterrupted practice sessions.
3. Being a teammate is an honor and a responsibility. Our athletes must learn to play for their teammates and their coaches, not for us. We need to allow our children to concentrate not on winning our approval when we are in attendance rather on winning the approval of their teammates and coaches through their personal level of commitment.

Participation Limitation

A student athlete will only participate in one sport per quarter sport season.

A Head Coach can decide to downsize the team for the following reasons:

- Safety Reason – when times where there is inadequate ratio of coaches to players.
- Conditions where remaining games, game time, and respective sports rules do not allow time and play for all athletes.
- Preparation of NAIC or State competition where only the required number of Varsity Athletics can compete.
- When a student athlete fails to remain eligible for the remainder of the season.
- When a student athlete fails to adhere to a fair requirement or instruction that is acknowledged by the Head Coach.

Athletes chosen for the Junior Varsity (JV) team are expected to commit fully to the JV experience, just as those selected for the Varsity team must dedicate themselves to competing at that level. This commitment is essential for maintaining team cohesion and performance.

In special circumstances, such as emergencies or medical absences, a JV player may be called up to support the Varsity team. It's important to note that only players from the JV can step up; Varsity players will not be moved down to play on the JV team. This policy ensures that both teams remain competitive and focused on their respective goals.

Additionally, athletes must respect the integrity of team selection by competing exclusively for the team they are assigned to during a scheduled game or tournament. This commitment is vital for fostering teamwork and ensuring optimal performance.

"Independent"

A TCBS student-athlete may not enter as an 'Independent' or participate in TCBS or NAIC events during the in-season period of any TCBS sport in which they are involved.

Club Participation

Athletes participating in any TCBS sport during the season are prohibited from engaging in club tryouts, club practices, or any non-TCBS athletic competitions simultaneously. Furthermore, athletes in-season must not miss any TCBS practices or games to attend club or any non-TCBS sporting events. **Violating this policy will result in immediate dismissal from the TCBS sports team.**

Cuts /Tryouts

There may be times when it will be necessary to have tryouts for teams and "cuts" will be made. During tryouts, we are requesting that coaches and athletes not be interrupted. When coaches are interrupted, they are unable to conduct the proper process for an impartial, unbiased, accurate assessment of each athlete's skills and ability tryout decisions are final and made by the head coach and his/her staff.

Cancel Practice/Game

If inclement weather should occur after students are already in school, students will be informed of practice or cancellation by informing athletes. Most of the time there is practice as teams end up utilizing gym space. If practice is cancelled, students / athletes will be sent home on the afterschool 3:30pm bus.

Ejection Policy

This policy applies to all persons involved in an athletic contest, including student-athletes, coaches, and managers. The following are examples of behavior or conduct that will result in an ejection from a contest:

- Fighting –which includes, but is not limited to combative acts such as:
    1. An attempt to strike an opponent with a fist, hands, arms, legs, or feet.
    2. An attempt to punch or kick an opponent, regardless of whether contact is made.
    3. An attempt to instigate a fight by committing an unsportsmanlike act toward an opponent that causes an opponent to retaliate.
    4. Leaving the bench area to participate in a fight (contact or no contact).
- Biting observed by an official.
- Taunting, baiting, or spitting toward an opponent.
- Profanity – directed toward an official or opponent.
- Obscene gesture – includes gesturing in such a manner as to intimidate.
- Disrespectfully addressing an official - (physically contacting an official is subject to automatic expulsion and can result in ineligibility for remainder of career.

Penalty – for any of the infractions under Ejection Policy:

- First Offense – Reprimand and suspended for the next contest. Not allowed to practice until the game suspension is over. A conference with the coach, student, parent, and school administrator will be held.
- Second Offense – Suspended from the sport for the remainder of the sports season.

EQUIPMENT

General Equipment Policy

- Athletic equipment is property of Tuba City Boarding School and is to be used solely for the purpose of competing in an athletic program. It is not to be used for any purpose other than TCBS team games/practices.
- You are responsible for all lost or stolen items. Students who lose items will need to notify coaches as soon as possible.
- Do not alter uniforms or equipment. If this occurs without the approval of the coach and athletic director, you will be billed.
- All items issued and signed for on the issue sheet must be **returned to the head coach at the equipment room** at the assigned time. Generally, your return time will be the first week after your last game or after at your last practice. Your coach will confirm the dateand time for the final return of equipment.
- If you are unable to be present for the final return of equipment, you will have five (5) days to return it to the issue window. After the five days, student athlete must turn items to Athletic Director.
- Athlete will not participate in another sport activity and the department will place a hold on testing scores and grade reports until obligations are cleared. (Obligation = items are returned, or payment is received.)
- Individuals quitting the team prior to the end of the season are responsible for returning all items issued within 5 days of the date he/she quit the team.
- All items issued must be returned to the equipment room issue area. This is necessary to confirm all items are returned, your athletic account has been cleared and to eliminate any unnecessary billings. If you do not return your equipment as instructed, your account may not be cleared.
- Your student account will be charged for all game and practice items not returned or damaged beyond normal wear and tear.
- You will not be reissued equipment for the next season or for another sport until all items have been returned and/or student accounts have been cleared.
- The student will pay for stolen, destroyed, damaged, or lost property. Students may not participate in school activities until full restoration or payment is made.
- Tuba City Boarding School will not be held responsible for any personal lost/damaged items during school and school related activities.

TRANSPORTATION

Activity Bus / Travel

All students must travel to and from contests and events in a school provided transportation supervised by their coach/advisor or a designated chaperone. "To and from" is defined as travel from Tuba City Boarding School to the opponent's school site and back. Students may return HOME from an away contest with parents/guardians providing **a signed and approved trip dismissal form** obtained from the Athletic Director and the appropriate waiver form has been signed.

For safety and supervision, all athletes must remain with the coach during the duration of the trip. Exceptions can be made for emergencies and may be release to parent / guardian.

The conduct of the players must be respectful and appropriate on the bus, the athletes are to respect the rules of the bus driver and behave accordingly to and from the game. If the athletes misbehave and are disrespectful to the driver school and district consequences will occur.

Students are expected to have a ride or leave the premises within 15 minutes of the end of practice or upon return from an AWAY GAME. Coaches or TCBS staff cannot take athletes home from school.

SPORTS BANQUET

A Sports Banquet for each of the following season: First Quarter / Second Quarter / Third Quarter and Fourth Quarter will be planned for the athletes. The banquet is planned to recognize our student athletes for their accomplishments in sport. This event is organized by athletic department and a group of volunteers. The banquet is free for athletes and guest. Each athlete that successfully completed the sport season will be given a ticket invitation, allowing them to only bring two guests. A ticket is required to enter the sports award banquet.

PARENT/ GUARDIAN / SPECTATORS CONDUCT

Parent & Coach Relationship

We are pleased that you and your child have chosen to be involved in the interscholastic program at Tuba City Boarding School. Our goal is to provide a positive experience for all involved.

Open communication is the most important factor contributing to this goal. By developing these communication lines, we will be able to resolve questions before they become conflicts.

As a parent/guardian you have a right to know what expectations are placed on your child. The following is designed to spell out all levels of communication so that parents, coaches, and athletes are aware of the steps they have available to resolve anything they think is or might become an issue:

Communication you should expect from your child's coach…

1. Philosophy of the coach.
2. Coaches' expectations for your child, as well as the players on the team.
3. Team requirements, i.e., special equipment, risks of participation, off-season conditioning.
4. Location and times of all practices and contests
5. Notification of discipline that results in the denial of your child's participation

Communication coaches expect from parents…

1. Concerns expressed directly to the coach
2. Notification of any schedule conflict well in advance
3. Specific concerns regarding a coach's philosophy and/or expectations

Appropriate concerns to discuss with coaches…

1. The treatment of your child, mentally and physically
2. Ways to help your child improve
3. Concerns about your child's behavior

Issues not appropriate to discuss with coaches…

1. Playing time
2. Team strategy
3. Play calling
4. Other student-athletes

Procedure to discuss a concern with a coach…

1. Call the coach to set up an appointment.
2. If the coach cannot be reached, call the school office.
3. Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature usually does not promote resolution.

Procedure when a meeting with a coach does not provide a satisfactory resolution…

1. Call and set up an appointment with the athletic director to discuss the situation.

<u>Parent/Guardian/Spectator/Fan Conduct</u>

As a Parent/Guardian/Spectator/Fan Conduct I…

1. Pledge to provide positive support, care, and encouragement to me student/athlete and his/her team, coaches, and school. Maintain positive behavior and attitude at all athletic events.

2. Pledge to provide positive support and encouragement to the visiting team, their coaches, and school.

3. Will maintain positive behavior and attitude at all athletic contests.

4. Will respect the position and professionalism of the game official. Respect and accept the official's decision and game calls.

5. Will refrain from the use of foul language.

6. Will refrain from yelling criticism at my student/athlete and his or her coach or team.

7. Will refrain from interfering with the coach.

8. Will be willing to let the coach be responsible for my son or daughter during practice, games, and team related activities. Refrain from coaching players during games and practice.

9. Will refrain from making derogatory comments to players, other parents, game officials, or school administrators. Inappropriate language or profanity will not be tolerated and will result in immediate ejection from the game / facility.

10. Will sign and submit, with accurate information, all required participation forms to the athletic office.

11. Will not circumvent any rules or guidelines of the NAIC or TCBS Athletics.

12. Will refrain from interfering with practices or games.

13. Will respect and accept with dignity the final decisions of officials.

14. I will remember that the game is for youth – not for adults.

15. Avoid criticism of game officials and sideline coaching which may sidetrack the athlete from their performance.

16. Stay off the playing area.

17. Show respect for public property and equipment.

18. I understand Students in Kindergarten through 8th grade WILL NOT BE ADMITTED to athletic events without adult supervision.

19. I understand Students up to 6th Grade are to remain within the presence of parent/guardian always including trips to the restroom and concession stand.

20. Learn the rules of the game and the policies set in place.

20. Provide a sports environment for all children that is free from drugs, tobacco, and alcohol, and refrain from their use at all TCBS events.

21.

22. Parent/Guardian/Spectator/Fan Conduct applies at all home and away games.

Behavior

Acceptable Behavior:

- Accept all decisions of contest officials.
- Applause during player and coach good play.
- Handshakes between participants and coaches at the end of the contest, regardless of the outcome.
- Cheerleaders and students leading fans in positive cheers.
- Treat the competition as a game, not a war
- Everyone showing concern for an injured player, regardless of which team. Unacceptable Behavior
- Disrespectful or derogatory yells, chants, songs, or gestures.
- Booing or heckling of an official's decision.
- Criticizing officials in any way.
- Refusing to shake hands.
- Blaming the loss of a game on an official, coach, or participant.
- Taunting or name-calling to distract an opponent.
- Use of profanity.
- Doing own cheers instead of ones led by the cheerleaders.
- Hand-held signs containing derogatory languages or messages.

Corrective Action Policy for violations of Parent, Guardian, Spectators

Parents, Guardian and Spectators who do not follow the Tuba City Boarding School Code of Conduct will be subject to this Corrective Action Policy. It is the policy of the Tuba City Boarding School Athletic Program that parents, guardian, and spectators should not spoil the experience of participation in youth sports for the children. Furthermore, the athletic program will never punish a child for the actions of his or her parent, coach, or another player.

Tuba City Boarding School Athletics reserves the right to take measure it believes appropriate under the circumstances. Although not required, Tuba City Boarding School Athletics may use progressive corrective actions when a parent, guardian or spectator violates the Code of Conduct. In doing so, it may use **ANY** of the following: verbal warnings, written warnings, and game or season suspension as a means of correcting the problem. In determining an appropriate sanction, Tuba City Boarding School Athletics will consider the severity of the conduct and the frequency of similar or other violations of conduct by the parent, guardian, or spectator.

Verbal / Written Warning: Coach, Athletic Director, Department Head, or Principal will discuss undesirable conduct with the parent, guardian or spectator and stress that this behavior will not be tolerated. There will be a formal letter of reprimand given to the parent, guardian or spectator stating that the next offense could lead to the parent, coach, or player being banned. This will be documented and kept on file.

Season Ban: The parent, guardian or spectator will be banned from attending games for the remainder of the season. The Parent, Guardian or spectator will then have to make a formal written request to be re-instated.

INSTRUCTIONS TO SIGN UP FOR

TUBA CITY BOARDING SCHOOL

ATHLETIC SPORTS

PLEASE COMPLETE THE FOLLOWING FORMS AND SUBMIT THE FOLLOWING TO THE TUBA CITY BOARDING SCHOOL'S HEAD COACH / ATHLETIC DIRECTOR.

1. STUDENT HANDBOOK REVIEW & CERTIFICATION – PAGE 30
2. PARENT PERMISSION FOR STUDENT PARTICIPATION – PAGE 31
3. ANNUAL HEALTH QUESTIONAIRE – PAGE 32
4. MILD TRAUMATIC BRAIN INJURY / CONCUSSION – STATEMENT AND ACKNOWLEDGE FORM – 15.7 C 06/15

IF YOU ANSWERED "YES" TO ANY OF THE SEVEN (7) QUESTIONS ON THE ANNUAL HEALTH QUESTIONAIRE – PAGE 32; YOUR CHILD WILL NEED A PHYSICAL EXAM BY A PHYSICIAN / DOCTOR TO BE CLEARED TO PLAY. PLEASE ARRANGE YOUR CHILD'S PHYSICAL WITH YOUR LOCAL HOSPITAL, COMPLETE AND EMAIL THE FOLLOWING FORMS ALONG WITH THE FORMS ABOVE.

2026-2027 ANNUAL PREPARTICIPATION PHYSICAL EVALUATION – FORMS 15.7-A
2026-2027 ANNUAL PREPARTICIPATION PHYSICAL EXAMINATION - FORM 15.7-B

Tuba City Boarding School

Student Handbook Review & Certification

Athlete Name_____ Grade_____ Male/Female_____

Parent(s) _____Parent's Phone _____

To be an athlete at TCBS, I must abide by the policies and procedures stated in this handbook and other school publications. I have the responsibility to know the rules that affect me and to be a responsible person.

I have received The Student Handbook. I have read, reviewed, and understand the handbook with my parent/guardian and my teacher.

_____ _____

Student Signature **Date**

I have read, discussed, and understand the Student Handbook with my child,

_____ _____

Parent(s) Signature **Date**

PARENT PERMISSION FOR STUDENT PARTICIPATION

Please print & complete legibly in black or blue ink

Student's Name	Gender M/F	Grade	School Year	Todays Date
			2026-2027	

Parents, please read before signing.

This is informing parents or guardians that your written permission is required so that your child can participate in the Athletic program. Throughout the year, the Athletic program will be taking your child on different trips such as away games and tournaments throughout the State of Arizona and covering Navajo Mountain, Utah. Some of these trips will involve 1 day; 1 weekend; or even an overnight stay.

Parents are requested to sign and return this document before the student can participate. **A student may be denied participation because of misconduct, excessive absence, or critical academic standing.**

I hereby give the Tuba City Boarding School Athletic program permission to release my son and/or daughter to participate in all Athletic activities. My permission will cover all activities that will involve the students leaving the school campus throughout the school year. I understand these trips to be 1 day; 1 weekend; or even an overnight stay.

Parent/ Guardian Print & Signature	Date	Physical Address	Contact Number Home	Contact Number Other

List 2 contact persons (Other than parent or guardian)

1. _____relationship _____telephone _____
2. _____relationship _____telephone _____

Consent for emergency / Health Care for _____(student's name)

Be it known that I, the undersigned parent/ guardian of the student above named, do hereby give and grant unto any medical doctor or hospital my consent and authorization to render such aid, treatment, or care to said students as, in the judgment of said doctor or hospital my consent may be required on emergency basis, in the event said student should be injured or stricken ill while participating in this activity.

(Please provide either a hospital chart # or Insurance information here. Otherwise, your packet will be incomplete and handed back to you.)

If no medical insurance completes this section. If you have medical insurance complete this section.

_____ Insurance Co. _____

Hospital chart No. (NOT BIRTHDATES) Policy number _____

Parent / guardian's Signature & Date _____

Annual Health Questionnaire for Sports Participation

Grades 5-8

Sports to be played_____

Students Name_____ Birthdate_____ Sex_____

School_____ City_____ Grade_____

Parent's Name_____ City_____ State_____

Telephone_____

Family Physician_____

Phone Number_____

Allergies_____

Please answer the following questions by circling the answer.

1. During the past 12 months was your child hospitalized? Yes No
2. During the past 12months has your child had surgery? Yes No
3. During the past 12 months has your child had any injuries that required medical attention. Yes No
4. Does your child take medication daily? Yes No
5. Do you feel that there should be limits on your child's sports participation because of symptoms of illness or injury? Yes No
6. Do you feel there should be limits on your child's sports participation because of family history? Yes No
7. Has your child ever passed out while exercising? Yes No

If you answered "yes" to any of these 7 questions, your child would need a PHYSICAL EXAM by a physician/doctor to be cleared to play. Please arrange this with your local hospital.

Take and Use the following forms for Physical Examination Visit:

2026-2027 ANNUAL PREPARTICIPATION PHYSICAL EVALUATION – FORM 15.7-A

2026-2027 ANNUAL PREPARTICIPATION PHYSICAL EXAMINATION - FORM 15.7 B

We the undersigned have answered the above questions to the best of our ability. The information given is true. We understand that school personnel will rely on the information provided.

I agree to the participation of my above-named child in the sports programs listed above. In addition, I consent to practice sessions and travel for the sports listed above. I agree to emergency treatment as deemed necessary by medical personnel designated by the program authorities.

Student Signature_____ Parent Signature:_____DATE:_____

(valid for 365 days, unless revoked)

Concussion
INFORMATION SHEET

CDC HEADS UP
SAFE BRAIN. STRONGER FUTURE.

This sheet has information to help protect your children or teens from concussion or other serious brain injury. Use this information at your children's or teens' games and practices to learn how to spot a concussion and what to do if a concussion occurs.

What Is a Concussion?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

How Can I Help Keep My Children or Teens Safe?

Sports are a great way for children and teens to stay healthy and can help them do well in school. To help lower your children's or teens' chances of getting a concussion or other serious brain injury, you should:

- Help create a culture of safety for the team.
  - Work with their coach to teach ways to lower the chances of getting a concussion.
  - Talk with your children or teens about concussion and ask if they have concerns about reporting a concussion. Talk with them about their concerns; emphasize the importance of reporting concussions and taking time to recover from one.
  - Ensure that they follow their coach's rules for safety and the rules of the sport.
  - Tell your children or teens that you expect them to practice good sportsmanship at all times.
- When appropriate for the sport or activity, teach your children or teens that they must wear a helmet to lower the chances of the most serious types of brain or head injury. However, there is no "concussion-proof" helmet. So, even with a helmet, it is important for children and teens to avoid hits to the head.

Plan ahead. What do you want your child or teen to know about concussion?

How Can I Spot a Possible Concussion?

Children and teens who show or report one or more of the signs and symptoms listed below—or simply say they just "don't feel right" after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

Signs Observed by Parents or Coaches

- Appears dazed or stunned
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events *prior to* or *after* a hit or fall

Symptoms Reported by Children and Teens

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness, or double or blurry vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Confusion, or concentration or memory problems
- Just not "feeling right," or "feeling down"

Talk with your children and teens about concussion. Tell them to report their concussion symptoms to you and their coach right away. Some children and teens think concussions aren't serious, or worry that if they report a concussion they will lose their position on the team or look weak. Be sure to remind them that *it's better to miss one game than the whole season*.

CONCUSSIONS AFFECT EACH CHILD AND TEEN DIFFERENTLY.

While most children and teens with a concussion feel better within a couple of weeks, some will have symptoms for months or longer. Talk with your children's or teens' healthcare provider if their concussion symptoms do not go away, or if they get worse after they return to their regular activities.

What Are Some More Serious Danger Signs to Look Out For?

In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull. Call 9-1-1 or take your child or teen to the emergency department right away if, after a bump, blow, or jolt to the head or body, he or she has one or more of these danger signs:

- One pupil larger than the other
- Drowsiness or inability to wake up
- A headache that gets worse and does not go away
- Slurred speech, weakness, numbness, or decreased coordination
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching)
- Unusual behavior, increased confusion, restlessness, or agitation
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously

Children and teens who continue to play while having concussion symptoms, or who return to play too soon—while the brain is still healing—have a greater chance of getting another concussion. A repeat concussion that occurs while the brain is still healing from the first injury can be very serious, and can affect a child or teen for a lifetime. It can even be fatal.

What Should I Do If My Child or Teen Has a Possible Concussion?

As a parent, if you think your child or teen may have a concussion, you should:

1. Remove your child or teen from play.
2. Keep your child or teen out of play the day of the injury. Your child or teen should be seen by a healthcare provider and only return to play with permission from a healthcare provider who is experienced in evaluating for concussion.
3. Ask your child's or teen's healthcare provider for written instructions on helping your child or teen return to school. You can give the instructions to your child's or teen's school nurse and teacher(s) and return-to-play instructions to the coach and/or athletic trainer.

Do not try to judge the severity of the injury yourself. Only a healthcare provider should assess a child or teen for a possible concussion. Concussion signs and symptoms often show up soon after the injury. But you may not know how serious the concussion is at first, and some symptoms may not show up for hours or days.

The brain needs time to heal after a concussion. A child's or teen's return to school and sports should be a gradual process that is carefully managed and monitored by a healthcare provider.

To learn more, go to cdc.gov/HEADSUP

CDC

HEADS UP

Discuss the risks of concussion and other serious brain injuries with your child or teen, and have each person sign below. Detach the section below, and keep this information sheet to use at your children's or teens' games and practices to help protect them from concussion or other serious brain injuries.

0 I learned about concussion and talked with my parent or coach about what to do if I have a concussion or other serious brain injury.

Athlete's Name Printed:_____ Date:_____

Athlete's Signature:_____

0 I have read this fact sheet for parents on concussion with my child or teen, and talked about what to do if they have a concussion or other serious brain injury.

Parent or Legal Guardian's Name Printed:_____ Date:_____

Parent or Legal Guardian's Signature:_____

Revised January 2019

AIA ARIZONA INTERSCHOLASTIC ASSOCIATION™

OUR STUDENTS, OUR TEAMS . . . OUR FUTURE.

Arizona Interscholastic Association, Inc.
Mild Traumatic Brain Injury (MTBI) / Concussion
Annual Statement and Acknowledgement Form

I, _____ (student), acknowledge that I have to be an active participant in my own health and have the direct responsibility for reporting all of my injuries and illnesses to the school staff (e.g., coaches, team physicians, athletic training staff). I further recognize that my physical condition is dependent upon providing an accurate medical history and a full disclosure of any symptoms, complaints, prior injuries and/or disabilities experienced before, during or after athletic activities.

By signing below, I acknowledge:

- My institution has provided me with specific educational materials including the CDC Concussion fact sheet (http://www.cdc.gov/concussion/HeadsUp/youth.html) on what a concussion is and has given me an opportunity to ask questions.
- I have fully disclosed to the staff any prior medical conditions and will also disclose any future conditions.
- There is a possibility that participation in my sport may result in a head injury and/or concussion. In rare cases, these concussions can cause permanent brain damage, and even death.
- A concussion is a brain injury, which I am responsible for reporting to the team physician or athletic trainer.
- A concussion can affect my ability to perform everyday activities, and affect my reaction time, balance, sleep, and classroom performance.
- Some of the symptoms of concussion may be noticed right away while other symptoms can show up hours or days after the injury.
- If I suspect a teammate has a concussion, I am responsible for reporting the injury to the school staff.
- I will not return to play in a game or practice if I have received a blow to the head or body that results in concussion related symptoms.
- I will not return to play in a game or practice until my symptoms have resolved AND I have written clearance to do so by a qualified health care professional.
- Following concussion the brain needs time to heal and you are much more likely to have a repeat concussion or further damage if you return to play before your symptoms resolve.

Based on the incidence of concussion as published by the CDC the following sports have been identified as high risk for concussion; baseball, basketball, diving, football, pole vaulting, soccer, softball, spiritline and wrestling.

I represent and certify that I and my parent/guardian have read the entirety of this document and fully understand the contents, consequences and implications of signing this document and that I agree to be bound by this document.

Student Athlete:
Print Name: _____ Signature: _____ Date: _____

Parent or legal guardian must print and sign name below and indicate date signed:
Print Name: _____ Signature: _____ Date: _____

AIA
ARIZONA INTERSCHOLASTIC ASSOC.
OUR STUDENTS, OUR TEAMS ... OUR FUTURE

2026-27 ANNUAL PREPARTICIPATION PHYSICAL EVALUATION

Banner Urgent Care
EXCLUSIVE URGENT CARE PARTNER OF THE AIA

(The parent or guardian should fill out this form with assistance from the student-athlete) Exam Date: _____

Name: _____
Home Address: _____
Phone: _____
Date of Birth: _____
Age: _____
Sex Assigned at Birth: _____
Grade: _____
School: _____
Sport(s): _____
Personal Physician: _____
Hospital Preference: _____

In case of emergency contact:
Name: _____
Relationship: _____
Phone (Home): _____
Phone (Work): _____
Phone (Cell): _____

Name: _____
Relationship: _____
Phone (Home): _____
Phone (Work): _____
Phone (Cell): _____

Explain "Yes" answers on the following page.
Circle questions you don't know the answers to.

	Yes	No
1) Has a doctor ever denied or restricted your participation in sports for any reason?	☐	☐
2) List past and current medical conditions: _____	☐	☐
3) Are you currently taking any prescription or nonprescription (over-the-counter) medicines or supplements? (Please specify): _____	☐	☐
4) Do you have allergies to medicines, pollens, foods or stinging insects? (Please specify): _____	☐	☐
5) Does your heart race or skip beats during exercise?	☐	☐
6) Has a doctor ever told you that you have (check all that apply): ☐ High Blood Pressure ☐ A Heart Murmur ☐ High Cholesterol ☐ A Heart Infection		
7) Have you ever had surgery? (Please list): _____	☐	☐
8) Have you ever had an injury (sprain, muscle/ligament tear, tendinitis, etc.) that caused you to miss a practice or game? (If yes, check affected area in the box below in question 10)	☐	☐
9) Have you had any broken/fractured bones or dislocated joints? (If yes, check affected area in the box below in question 10):	☐	☐
10) Have you had a bone/joint injury that required X-rays, MRI, CT, surgery, injections, rehabilitation physical therapy, a brace, a cast or crutches? (If yes, check affected area in the box below):	☐	☐

☐ Head ☐ Neck ☐ Shoulder ☐ Upper Arm ☐ Elbow ☐ Forearm
☐ Hand/Fingers ☐ Chest ☐ Upper Back ☐ Lower Back ☐ Hip ☐ Thigh
☐ Knee ☐ Calf/Shin ☐ Ankle ☐ Foot/Toes

	Yes	No
11) Have you ever had a stress fracture?	☐	☐
12) Have you ever been told that you have, or have you had an X-ray for atlantoaxial (neck) instability?	☐	☐
13) Do you regularly use a brace or assistive device?	☐	☐
14) Has a doctor told you that you have asthma or allergies?	☐	☐
15) Do you cough, wheeze or have difficulty breathing during or after exercise?	☐	☐
16) Have you ever used an inhaler or taken asthma medication?	☐	☐
17) Do you have groin or testicular pain, or a painful bulge or hernia in the groin area?	☐	☐
18) Were you born without, are you missing, or do you have a non-functioning kidney, eye, testicle or any other organ?	☐	☐
19) Have you had infectious mononucleosis (mono) within the last month?	☐	☐
20) Do you have any rashes, pressure sores or other skin problems?	☐	☐
21) Have you had a herpes skin infection?	☐	☐
22) Have you ever had an injury to your face, head, skull or brain (including a concussion, confusion, memory loss or headache from a hit to your head, having your "bell rung" or getting "dinged")?	☐	☐
23) Have you ever had a seizure?	☐	☐
24) Have you ever had numbness, tingling or weakness in your arms or legs after being hit, falling, stingers or burners?	☐	☐
25) While exercising in the heat, do you have severe muscle cramps or become ill?	☐	☐
26) Have you or someone in your family tested positive for sickle cell trait or sickle cell disease?	☐	☐
27) Have you been hospitalized or had long-term complication care due to COVID-19?	☐	☐
28) Are you happy with your weight?	☐	☐
29) Are you trying to gain or lose weight?	☐	☐
30) Has anyone recommended you change your weight or eating habits?	☐	☐
31) Do you limit or carefully control what you eat?	☐	☐
32) Do you have any concerns that you would like to discuss with a doctor?	☐	☐

Females Only

	Yes	No
33) Have you ever had a menstrual period?	☐	☐
34) How old were you when you had your first menstrual period?	_____	
35) How many periods have you had in the last year?	_____	

Explain "Yes" Answers Here

Student Name: _____ Date of Birth: _____

Patient History Questions: Please Share About Your Child

	Yes	No
1) Has your child fainted or passed out DURING or AFTER exercise, emotion or startle?	☐	☐
2) Has your child ever had extreme shortness of breath during exercise?	☐	☐
3) Has your child had extreme fatigue associated with exercise (different from other children)?	☐	☐
4) Has your child ever had discomfort, pain or pressure in his/her chest during exercise?	☐	☐
5) Has a doctor ever ordered a test for your child's heart?	☐	☐
6) Has your child ever been diagnosed with an unexplained seizure disorder?	☐	☐
7) Has your child ever been diagnosed with exercise-induced asthma not well controlled with medication?	☐	☐

Explain "Yes" Answers Here

Patient Health Questionnaire Version 4 (PHQ-4)

Over the last two weeks, how often have you been bothered by any of the following problems? (circle responses)

	Not At All	Several Days	Over Half The Days	Nearly Every Day
Feeling nervous, anxious, or on edge	0	1	2	3
Not being able to stop or control worrying	0	1	2	3
Little interest or pleasure in doing things	0	1	2	3
Feeling down, depressed, or hopeless	0	1	2	3

Share Any Notes Related To The Above Section

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2026-27 ANNUAL PREPARTICIPATION PHYSICAL EVALUATION

Banner Urgent Care
EXCLUSIVE URGENT CARE PARTNER OF THE AIA

Family History Questions: Please Share About Any Of The Following In Your Family

	Yes	No
1) Are there any family members who had sudden/unexpected/unexplained death before age 50? (including SIDS, car accidents drowning or near drowning)	☐	☐
2) Are there any family members who died suddenly of "heart problems" before age 50?	☐	☐
3) Are there any family members who have unexplained fainting or seizures?	☐	☐

4) Are there any relatives with certain conditions, such as:

	Yes	No		Yes	No
Enlarged Heart	☐	☐	Catecholaminergic Polymorphic Ventricular Tachycardia (CPVT)	☐	☐
Hypertrophic Cardiomyopathy (HCM)	☐	☐	Arrhythmogenic Right Ventricular Cardiomyopathy (ARVC)	☐	☐
Dilated Cardiomyopathy (DCM)	☐	☐	Marfan Syndrome (Aortic Rupture)	☐	☐
Heart Rhythm Problems	☐	☐	Heart Attack, Age 50 or Younger	☐	☐
Long QT Syndrome (LQTS)	☐	☐	Pacemaker or Implanted Defibrillator	☐	☐
Short QT Syndrome	☐	☐	Deaf at Birth	☐	☐
Brugada Syndrome	☐	☐			

Explain "Yes" Answers Here

Additional History

	Yes	No
1) Have you ever tried cigarettes, e-cigarettes, chewing tobacco, snuff or dip?	☐	☐
2) Do you drink alcohol or use illicit drugs?	☐	☐
3) Have you ever taken anabolic steroids or used any other performance-enhancing supplements?	☐	☐
4) Have you ever taken any supplements to help you gain or lose weight, or improve your performance?	☐	☐
5) Do you always wear a seatbelt while in a vehicle?	☐	☐

I hereby state that, to the best of my knowledge, my answers to all of the above questions are complete and correct. Furthermore, I acknowledge and understand that my eligibility may be revoked if I have not given truthful and accurate information in response to the above questions.

Signature of Student-Athlete _____ Signature of Parent/Guardian _____ Date _____

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Name:_____ Date of Birth: _____

Age: _____ Sex: _____

Height: _____ Weight: _____ % Body Fat (optional): _____

Pulse:_____ Blood Pressure (1st measure): ____ / ____ (2nd measure) ____ / ____ (3rd measure) ____ / ____

Vision: R20/____ L20/____ Corrected: ☐ Y ☐ N Pupils: ☐ Equal ☐ Unequal

Medical	Normal	Abnormal
Appearance		
Eyes/Ears/Throat/Nose		
Hearing		
Lymph Nodes		
Heart		
Murmurs		
Pulses		
Lungs		
Abdomen		
Genitourinary&		
Skin		

Musculoskeletal	Normal	Abnormal
Neck		
Back		
Shoulder/Arm		
Elbow/Forearm		
Wrist/Hands/Fingers		
Hip/Thigh		
Knee		
Leg/Ankle		
Foot/Toes		

A complete PPE requires the information below completed as text or with the official stamp pf the provider's office.

* - Multi-examiner set-up only | & - Having a third party present is recommended for the genitourinary examination

NOTES AND RECOMMENDATIONS:

☐ Cleared without restriction for all sports

☐ Cleared with the following restrictions and/or recommendations: _____

_____

☐ Not cleared for any sports [Reason(s)]: _____

_____

Medical Professional has reviewed family history _____ (Initials) Exam Date: _____

Name of Medical Professional (Print/Type): _____

Address: _____

_____

Phone: _____

Signature of Medical Professional: _____

Medical Credential (Circle): MD / DO / ND / NP / PA-C / CCSP