

THOMASVILLE CITY SCHOOLS



ATHLETIC COACHES' HANDBOOK

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INTRODUCTION

This manual is designed to assist the coaches and administration in the Thomasville City School System. It is a guide to the policies held by the Thomasville City School District and the Georgia High School Association. All coaches of the Thomasville City Schools Athletic Department are to have a copy of this manual and abide by its rules, regulations, and philosophy of the athletic program. This manual will not answer every possible question that coaches may have. It is only a reference guide to athletic policies. Hopefully, it will be a resource for the athletic department to work more efficiently. Coaches who have questions about policies and procedures should direct comments to the Athletic Director.

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Mission Statement

The mission statement of Thomasville City Schools Athletics' Department is to support the student-athletes and ensure their success in the athletic arena, as well as the academic setting. We, as an Athletic Department, strive to ensure that each student-athlete has a positive experience during his or her participation in Thomasville City Schools Athletics.

Philosophy

The Thomasville City Schools Athletic Department believes that athletics and the associated activities have a direct impact on the school's ability to reach its academic and athletic goals. Through athletics, students are guided by coaches who are committed to developing the student athlete's physical, emotional, and mental maturity through physical conditioning, skill development, and competition. The coaching staff further believes that reaching one's potential means very little without performance, as the basis of athletic preparation has a direct link for living and working in a competitive society.

Participation in all extracurricular activities at the school-level is a privilege, not a right, that carries with it responsibilities to the student athlete's respective team, the school, and the community. Thomasville City School's student athletes are ambassadors of this community, and their conduct should reflect the highest standards of effort, self-discipline, sportsmanship, academic prowess, and school pride. The coaches who lead the athletic teams of the Thomasville City Schools have a responsibility to the student athlete and the citizens of Thomasville, as their goal is to have a positive impact and to build a sense of school pride throughout the community. Not only are the coaches of athletic programs committed to winning; they are equally driven to be positive role models, to teach self-discipline, and to prepare our student athletes to be successful beyond the athletic arena.

Additionally, we believe in the value of athletic participation in all its forms. Such participation fosters the qualities of team membership, individual commitment, and personal excellence. Because every sport offers opportunities to develop these qualities, we are philosophically committed to a range of sports activities for every athlete who has time and the desire to play them, and we are opposed to "recommendations that athletes restrict participation to a single sport."

The Thomasville City Schools Athletic Department's main goals are to:

- Help the student athlete reach his/her potential,
- Build and sustain competitive athletic teams,
- Serve and entertain the citizens of Thomasville

2023-2024 HEAD COACHES

<u>SPORT</u>	<u>LEVEL</u>	<u>SEASON</u>	<u>HEAD COACH</u>
BASEBALL BASKETBALL (G/B)	MS, JV, V MS, JV, V	SPRING WINTER	Erik McDougald Jeray Randall Sr (G) Kiel Angry (B)
CHEERLEADING	MS, JV, V	FALL/WINTER	Louann Pilcher (Director) Elaina Johnson (FB & Gameday) Krissy Presha (JV) Marcie Smith-Herring (BB)
CROSS COUNTRY (G/B)	MS, V	FALL	Joy Knop
COMPETITION DANCE	V	WINTER	Alison Bundrick
FOOTBALL	MS, JV, V	FALL	Jonathan DeLay
GOLF(G/B)	MS, V	SPRING	Pearce Fussell
GYMNASTICS	MS, JV, V	WINTER/SPRING	Elaina Johnson
LITERARY	V	WINTER	Rebecca Nicolay
ONE ACT PLAY	V	FALL	Brantley Ivey-Harrison
SOCCER (G/B)	MS, V	SPRING	Lucas Kimmell (G) Robert Peterson (B)
SOFTBALL	MS, V	FALL	Ron O'Quinn
SWIMMING (G/B)	MS, V	WINTER	Margaret Davis
TENNIS (G/B)	MS, JV, V	SPRING	Hannah Edwards
TRACK (G/B)	MS, V	SPRING	Chris Guyton
VOLLEYBALL	MS, JV, V	FALL	Jackie King

THOMASVILLE CITY SCHOOLS COACHES DIRECTORY

Name	Sport	School	School Phone	Email
Angry, Kiel	Head Boys Basketball/MS Athletic Director	TCP	229-225-2687	angryk@tcity.org
Austin, Courtney	Head MS Volleyball	THS/SA	229-228-3397	austinc@tcity.org
Batten, Taurean	Asst. Football/Strength & Conditioning	THS/Weightroom	229-225-2634	battent@tcity.org
Bryant, Bruce	Asst. Football			bryantb@tcity.org
Bundrick, Alison	Head Competition Dance	THS/SA	229-228-3397	bundrickg@tcity.org
Burkley, Susan	Asst. Track & Field	MPMS	229-225-2628	burkleys@tcity.org
Clay, Wesley	Asst. Football/Head MS Track & Field	Scott Elementary	229-225-2631	clayw@tcity.org
Davis, Margaret	Head Swim & Dive	Jerger Elementary	229-225-2625	davisma@tcity.org
Delay, Jonathan	Head Football	THS	229-225-2634	delayj@tcity.org
DeLay, Lauren	Asst. Gymnastics	Jerger Elementary		delayl@tcity.org
Dinsdale, Sasha	Athletic Trainer	THS	229-225-2634	dinsdales@tcity.org
Duggan, Rian	Asst. Competition Dance	Community Coach		riannduggan03@gmail.com
Duncan, Ricky	Bookkeeper	THS/SA	229-225-2634/229-228-3397	duncanr@tcity.org
Edwards, Hannah	Head Girls & Boys Tennis	Jerger Elementary		edwardsh@tcity.org
Ellis, Belinda	Asst. MS Cheer	MPMS		ellisb@tcity.org
Fiveash, Kyle	Asst. Baseball	Community Coach		kyle@ezdealin.com
Frederick, Willie	Asst. Football	Community Coach		57dirty@gmail.com
Fussell, Pearce	Head Girls & Boys Golf	Harper		fussellp@tcity.org
Futch, Mark	Asst. MS Football	Board Office	229-225-2600	futchm@tcity.org
Garland, Antione	Asst. MS Boys Basketball	Community Coach		garlandantione84@gmail.com
Guyton, Chris	Asst. MS Football/Head Track & Field	MPMS	229-225-2628	guytonc@tcity.org
Hadley, Kameon	Head MS Cheer	Harper		hadleyk@tcity.org
Hamby, Wes	Asst. Baseball	THS	229-225-2634	-
Hodges, Clay	Asst. Football	THS	229-225-2634	hodgesc@tcity.org
Ivey-Harrison, Brantley	One Act Play Director	THS/SA	229-228-3397	iveye@tcity.org
Ivey-Jackson, Ashley	One Act Play Assistant Directory	THS/SA	229-228-3397	iveyjacksona@tcity.org
Johnson, Elaina	Football & Gameday Cheer/Head Gymnastics	THS/SA	229-228-3397	johnsone@tcity.org
Jones, Daryl	Asst. Principal/Asst. Football	THS	229-225-2634	jonesda@tcity.org
Jones, Willie	Asst. MS Baseball	Community Coach		joneswill86@icloud.com

Kimmel, Lucas	Head Girls Soccer	THS/SA	229-225-2634/229-228-3397	kimmell@tcitys.org
King, Jackie	Head Volleyball	THS/SA	229-228-3397	kingj@tcitys.org
Kinneer, Charity	Asst. Swim & Dive	THS	229-225-2634	kinneerc@tcitys.org
Kirkley, Christopher	Head MS Girls Soccer	MPMS/SA	229-228-3397	kirkleyc@tcitys.org
Knop, Joy	Head Cross Country	THS/SA		knopj@tcitys.org
Landreth, Joseph	Asst. MS Girls Soccer	Community Coach		jlandreth01art@gmail.com
Lee, Chuck	Head MS Softball	Jerger Elementary	229-225-2625	leec@tcitys.org
Lee, Melinda	Asst. Girls Basketball	Board Office	229-225-2600	leem@tcitys.org
Loisy, Markita	Asst. Volleyball/Asst. Girls Basketball	MPMS	229-2252628	loisym@tcitys.org
McDougald, Erik	Head Baseball	MPMS/SA	229-225-2628/229-228-3397	mcdougalde@tcitys.org
McDougald, Kelly	Head MS Baseball	MPMS	229-225-2628	mcdougaldk@tcitys.org
McEntire, Gary	Asst. MS Baseball	Community Coach		mcentirebaseball@gmail.com
McIntyre, Chelsea	Asst. MS Girls Basketball	Community Coach		mcintyrec@tcitys.org
Melton, Colby	Asst. MS Baseball	THS	229-225-2634	meltonc@tcitys.org
Mills, Revana	Asst. MS Softball/MS Nurse	MPMS/SA	229-225-2628/229-228-3397	millsr@tcitys.org
Moore, Latavius	Asst. Basketball	THS	229-225-2634	moorela@tcitys.org
Moore, Matthew	Head MS Boys Basketball	MPMS		moorem@tcitys.org
Murry, Stacy	Asst. Football/Asst. Track & Field	THS	229-225-2634	murrys@tcitys.org
Myers, Anne	Asst. Softball	Community Coach		anniecg08@gmail.com
Nail, Jennifer	THS Nurse	THS	229-225-2634	nailj@tcitys.org
Nicolay, Rebecca	Literary Coordinator	THS/SA	229-228-3397	nicolayr@tcitys.org
O'Quinn, Ron	Head Softball	Jerger Elementary	229-225-2625	oquinnr@tcitys.org
Owens, Mike	Asst. Football/Head MS Tennis	MPMS/SA	229-225-2628	owensmi@tcitys.org
Peterson, Jennifer	Asst. MS Boys Soccer	THS/SA	229-225-2634	petersonj@tcitys.org
Peterson, Robert	Head Boys Soccer	THS/SA	229-228-3397	petersonr@tcitys.org
Pilcher, Louann	Cheer Director	THS	229-225-2634	pilcherl@tcitys.org
Presha, Krissy	JV Football Cheer	THS	229-225-2634	preshak@tcitys.org
Randall, Jeray	Head Girls Basketball	TCPC	229-225-2687	randallj@tcitys.org
Rayburn, Jeremy	Athletic Director	THS	229-225-2634	rayburnj@tcitys.org
Rentz, Jonathan	Asst. Football	THS		rentzj@tcitys.org
Reynolds, Steven	Asst. MS Football/Asst. Boys Basketball	Community Coach		brim2001@hotmail.com
Robinson, Johnathan	Asst. MS Football/Asst. Baseball	THS/SA		robinsonj@tcitys.org
Russell, Hannah	Asst. Competition Dance	Community		hannahharrison1991@gmail.com

		Coach		
Sapp, Tori	Asst. Football	THS		
Sherrard, William	Asst. Cross Country	Harper	229-225-2622	sherrardw@tcitys.org
Shiver, Jennifer	Asst. MS Tennis	Jerger Elementary	229-225-2625	shiverj@tcitys.org
Sims, Artez	Asst. Principal/Head MS Soccer	THS/SA	229-228-3397	simsa@tcitys.org
Smith, Henry	Asst. Literary Coordinator	THS/SA	229-228-3397	smithh@tcitys.org
Smith-Herring, Marcie	Counselor/Basketball Cheer Coach	THS	229-2252634	smithm@tcitys.org
Spivey, Rashad	Head MS Girls Basketball	MPMS	229-225-2628	spiveyr@tcitys.org
Warner, Brice	Asst. Softball/Asst. Baseball	THS/SA	229-228-3397	warnerb@tcitys.org
West, Terry	Asst. Boys Basketball	Harper	229-225-2622	westt@tcitys.org
Williams, Andra	Head MS Football	THS	229-225-2634	williamsan@tcitys.org



OBJECTIVES AND STRATEGIES

DEVELOP CHARACTER

Group Meetings
Preparation

Role Models
One on One Meetings

Physical & Mental
Goal Setting

MEET ENTERTAINMENT NEEDS OF FANS

Quality Coaches & Athletes

Sustainability

Facilities

Number of Coaches & Athletes

Scheduling Games

Professional Development

IMPROVE THE IMAGE OF THE ATHLETIC PROGRAM

Post-Season Success

Scholarship Opportunities

Good Sportsmanship

Positive Attitudes

Academic Programs

Media Coverage

Build Capacity

BEING A LEADER IN ATHLETICS

Be First with New Ideas

Research

Develop New Ideas

BUILD A CAPACITY TO SUSTAIN A SUCCESSFUL ATHLETIC PROGRAM

Keep Financial Reserves

Public Involvement

Participation Rate

Nurture the Community

Booster Organizations

Middle School Connection

Recreational Department/ YMCA Connection

Support Program

Georgia High School Association Coaching Code of Ethics

The Georgia High School Association recognizes its responsibility with respect to the promotion of honesty, truthfulness, and accuracy in recordkeeping and reporting. Therefore, the professional personnel of the member schools are charged with upholding the Code of Ethics adopted by the Professional Standards Commission as accepted and approved by the State Board of Education.

Georgia High School Association Expectations of Coaches'

1. Exemplify behavior that is representative of the educational staff of the school, and a credit to the teaching profession.
2. Demonstrate high ideals, good habits, and desirable attitudes in personal behavior, and demand the same standards for players.
3. Employ accepted educational methods in coaching that give all players opportunities to develop initiative, positive leadership, sound judgment, and enduring work habits.
4. Properly supervise student athletes at practices and games and insist on consistent displays of sportsmanlike behavior.
5. Recognize that the purpose of competition is to promote the physical, mental, moral, social, and emotional well-being of the players—and that the most important values of competition are derived from playing the game fairly.
6. Cooperate with school administration in the planning, scheduling and conducting of school activities.
7. Maintain self-control at all times – accept adverse decisions without public displays that indicate dissatisfaction with the officiating.
8. Emphasize to players and bench personnel the importance of proper sideline behavior, and the necessity of staying in the bench area if a fight occurs.
9. Refrain from directing disparaging comments towards opponents, officials, or other persons associated with the activity.
10. Be a humble winner and a gracious loser.

Georgia High School Association Compliance

All coaches are to abide by the Georgia High School Association (GHSA) rules and regulations. These are published each year in the GHSA Constitution and By-Laws book (white book). Coaches are required to attend an annual GHSA sponsored rules clinic. It is the responsibility of each head coach to ensure that all coaches associated with his/her sport the rules clinic. Failure to attend a rules meeting will result in a \$100.00 (paid for by the individual coach). The Athletic Director will ensure that all coaches are updated annually. Any blatant disregard of rules could bring a reprimand, fine, or dismissal of the head coach.

Beginning Dates for Practices

The beginning dates for practice are set by the GHSA. These dates can change from year to year, so check first in the GHSA manual and then with the Athletic Director.

Georgia High School Association Eligibility Reports

Eligibility reports are due into the GHSA office on assigned dates listed in the GHSA Calendar. These dates change each year. The Athletic Director will handle eligibility for all students at Thomasville High School. It is the head coaches' responsibility to get the team rosters to the Athletic Director two weeks prior to the start of that respective sports season.

Thomasville City Schools Expectations of Coaches

In addition to the above GHSA expectations, Thomasville High School Administration and the Thomasville City Board of Education expect all coaches to meet the following expectations:

1. Coaches who are employed by the Thomasville City Schools are educators first and foremost.
2. Coaches are responsible for developing and maintaining a quality team in accordance with the Thomasville City Schools Athletic Department's philosophy and GHSA policies. They are charged with and given the authority to develop team rules and expectations, to set practice times, to encourage and discipline student athletes and select members of their teams.
3. In the Thomasville City School System, coaching is defined as a teaching situation. This implies that teacher responsibility for supervision, preparation, and training is as essential in coaching as it is in the classroom, especially if we are to justify our interscholastic program on a sound educational philosophy. Therefore, we must assume that the individual coach will apply him/herself to athletic assignments in the same professional manner displayed in a formal classroom situation.
4. Of all educators, we feel that a coach has the greatest opportunity to influence young people. A Coach, in a three-hour block of time concentrated after classroom instruction has been concluded (extension of the school day). The classroom becomes the soccer field, the baseball field, basketball court or the yellow school bus carrying student's home. These are teaching opportunities a coach can use to help young people become better citizens and better human beings.
5. Coaches are expected to monitor student-athletes throughout the year, not just in-season. Student-Athlete's best interests should be at the center of each coach's coaching philosophy, therefore coaches should be active in the guidance of their athletes throughout the year including their academic.
6. Coaches reserve the right to determine appropriate times to talk with parents concerning their child's effort, his/her work ethic, and performance. Conversations specifically centered around "playing time" are not appropriate, however, the aforementioned topics are open for discussion and through conversations may provide insight. The coach should handle all communication with parents in a professional and courteous manner, and make decisions on behalf of the team and not necessarily on behalf of the individual athlete.
7. Coaches are expected to refrain from belittling athletes, from using sexual innuendos, using intimidation ploys, and from using profane and/or otherwise distasteful language.

8. All coaches are expected to support the total athletic program. This is accomplished by attending athletic contests other than those you coach. This demonstrates to athletes that you care about them outside your season.

Duties & Responsibilities Athletic Director

1. Administers all athletic policies, procedures, and compliance working within rules of the Georgia High School Association and objectives of the athletic program.
2. Ensures the safety and well-being of all athletes and coaches who participate in the Thomasville City Schools athletic department.
3. Enforces disciplined and sportsmanlike behavior at all times and establishes and oversees penalties for breach of such standards by individual students and/or coaches.
4. Ensures all coaches are trained in safety and first aid to protect the welfare of the athletes under their care and supervision.
5. Ensures that all coaches are properly certified and trained to effectively coach their assigned sport.
6. Recommends coaching assignments to the Principal & Superintendent.
7. Evaluates annually all coaches to ensure compliance with expectations and responsibilities.
8. Responsible for all eligibility reports to Georgia High School Association at the assigned time.
9. Develops, along with head coaches, athletic schedules and contracts when needed.
10. Is responsible for the final draft and approval of all scheduling of athletic contests in grades 7-12.
11. Develops contracts with head coaches for game officials.
12. Finds ways to support and finance the athletic programs.
13. Oversee equity in all aspects of the athletic program.
14. Approves all spending to be paid by the individual sports and athletic budgets.
15. Maintains accurate records of all aspects of athletic department business.
16. Attends most home games and /or has another administrator scheduled for the event.
17. Makes decisions along with the administrator present, after consulting with head coach, to postpone or cancel a contracted event due to poor playing conditions.
18. Supervises and is responsible for all feeder programs along with head coach.
19. Supervises the academic/athletic program.
20. Works with the Superintendent and business manager in developing a yearly athletic budget.
21. Oversee the maintenance, cleanliness, and security of all athletic facilities.
22. Recommends facility improvement to the Superintendent and Director of Operations.
23. Coordinates, along with Director of Operations, the use of all athletic facilities after school hours and by outside groups.
24. Assumes responsibility for the game management of all home athletic events and when admission is charged, the safe keeping and deposit of gate receipts with the

ticket coordinator.

- 25.** Has shared responsibility for striving to build good sportsmanship and developing good public relations in the school and community.
- 26.** Works closely with the press to ensure positive exposure of all athletic programs.
- 27.** Represents the school at all region meetings.
- 28.** Keeps records of team's win/loss records and lettering systems.
- 29.** Procure materials, supplies, and equipment needed to effectively run the athletic department.
- 30.** Assess the needs annually of the athletic department to identify areas of need and improvement.
- 31.** Keeps abreast of new developments, innovative ideas and techniques by attendance at clinics, workshops, and professional readings in the field of Athletic Administration.
- 32.** Responsible for all other assigned duties by the Principal and Superintendent.

Duties & Responsibilities Middle School Athletic Director

The Middle School Athletic Director will adhere to the following job description: This person will assist the Athletic Director in administrative duties of athletic activities (seasonal) at the Middle School. This includes but is not not limited to: supervision, gate receipts assistance, document processing, and any other function deemed necessary by the Athletic Director for the successful operation of the athletic program. The Middle School Athletic Director reports to the Athletic Director.

Job Description:

- Assist in attending Middle School Athletic Events as the Administrator on duty as scheduled by Athletic Director.
- Help Coordinate game day duties for gate workers/ticket takers at Middle School Contests.
- Assist Middle School Head Coaches with the processing of administrative documents deemed necessary by the Athletic Director.
- Assist Athletic Director with transportation organization for middle school sports.
- Monitor and check academic eligibility of all Middle School Athletes.

Head Coach & Assistant Coach

1. Sets a good example for others to follow. This includes being a good role model for athletes to follow.
2. Coaches will provide a letter to all participants and parents explaining in detail the operations and needed information for coaches' contact. This letter will be distributed before the first practice.
3. Teaches the value of honest effort in conforming to the spirit as well as the letter of the rules.
4. Instruct the players in their sportsmanship responsibilities.
5. Disciplines those students who display unsportsmanlike behavior and when necessary, deny them the privilege of representing the school in interscholastic competition.
6. Respects the officials' judgment and interpretation of the rules. Public protests can only lead to similar behavior by players and spectators.
7. Instruct the players on the schools' athletic policies, objectives, and team rules. This includes the lettering system and the academic rules and policies.
8. Involves him/herself with the leadership of booster clubs. Keeps booster clubs moving in a supportive and not critical direction.
9. Prepares the team participation documentation and end of season check list for the Athletic Director.
10. Distinguishes between competition and over-emphasis on winning. Learning to do one's best is a worthwhile educational goal. However, an obsession with winning, which causes loss of sight of the educational and recreational values of competition, is detrimental to the athletic program.
11. Assists the Principal and Athletic Director in the hiring and termination of assistant coaches.
12. Prepares and manages practice sessions.
13. Stays within the budget assigned.
14. Schedules games and assists Athletic Director with needed contracts.
15. Submits bus requests in a timely manner for team travel.
16. Strives to achieve the athletic objectives while staying within the athletic philosophy.
17. Develops fund raising methods to ease stress of the sports athletic budget.
18. Strives to grow professionally as a coach and improve his assistants by learning new strategies and techniques in their sport. This can be done through books, articles, clinics, and visiting other campuses.
19. Teaches players the basic and advanced techniques of their sport. This includes rules, etiquette, and sportsmanship.
20. Is responsible for the general upkeep and protection of equipment under the jurisdiction of the program.
21. Prepares and keeps records for post-season summary and organizes post season banquets.
22. Helps to develop feeder program in the middle school and recreation/ YMCA programs.
23. Helps senior athletes, who are capable to participate at the college level

- and achieve college scholarships.
24. Submits eligibility reports to the Athletic Director at appropriate times.
 25. Supports student involvement in all extracurricular activities and other school activities.
 26. Upholds the rules, regulations, and policies set by the Thomasville City Schools Board of Education, Georgia High School Association, and all state and federal laws.
 27. Files a full report and a corrective action plan for all unsportsmanlike conduct (technical fouls, yellow/red cards, ejections, etc.) by players, coaches, and fans to the Athletic Director no later than 8:30 the day after the infraction occurs. This includes home and away events for all levels of athletics, middle school through varsity.
 28. Understands that being a Thomasville City Schools coach is that of a positive role model and therefore, refrains from the use of alcohol and tobacco while in a direct supervision role on or off campus.
 29. Assumes and ensures that music played prior to, during, or after athletic contests is appropriate and in harmony with the mission of the Thomasville City Schools. This policy includes all athletic facilities during athletic competition or practice. At no time is it acceptable to play music with profane or suggestive lyrics. These include those that promote alcohol and/or drug use, violence, or are of a sexual nature.
 30. Agrees that any work created while he/she is employed by Thomasville City Schools is property of Thomasville City Schools. This relates directly to play books, game plans, handbooks, video, etc. Coaches who wish to take this material at the end of their tenure can make such a request in writing to the Athletic Department 30 days prior to their final day. This relates directly to play books and other items which could be “helpful” to our opponents.
 31. Completes all other duties assigned by the school Principal and/or the Athletic Director.
 32. Maintains active and up to date lettering, teams’ records, and individual records.

Thomasville City Schools Coaches Administrative Responsibilities

1. Report all medical/injury incidents to the sports trainer within 24 hours.
2. Send SSA Forms and information to the staff at THS, SA and MPMS three days prior to contest. Notify all pertinent parties when practices and/or contests are cancelled or postponed to THS, SA, MPMS, Athletic Director, Transportation and Medical Outlets, (if necessary).
3. Follow proper purchasing procedures when making a purchasing request with funds from the Thomasville Athletic Account.
4. Submit all completed physical packets to the Athletic Director. **NEVER KEEP THEM YOURSELVES.** If you need a copy, ask the Athletic Director.
5. Submit final schedules to the Athletic Director at least two weeks before your sports first contest.
6. Provide an operations/informational letter to student-athletes at first practice.
7. Conduct a parent informational meeting before the first contest.
8. Provide current rosters to appropriate staff at each school: THS, SA, and MPMS.
9. Submit player participation information, equipment inventory and post season summary to Athletic Director two weeks after completion of season.
10. Submit staff recommendations by March 1st to Athletic Director.
11. Submit intent to return form to Athletic Director by February 1st.
12. Attend all mandated **GHSA Rules & Clinics.**
13. Govern your program according to GHSA, Region 1-AAA, and Thomasville City Schools policies and rules.

Community Coaches

The Thomasville City Schools' Athletic Department employs Community Coaches on an individual case by case basis. This includes any non-certified employees of the system. All candidates are interviewed by the Head Coaches of that particular sport and are recommended by that Head Coach to the Athletic Director. The Athletic Director will make all final recommendations to Human Resources for employment. CANDIDATES MUST HAVE COMPLETED A FULL BACKGROUND CHECK THROUGH THE THOMASVILLE CITY SCHOOLS CENTRAL OFFICE (including Middle School Candidates). ALL HIGH SCHOOL LEVEL COMMUNITY COACHES MUST BE FULLY CERTIFIED THROUGH THE GHSA. NO POTENTIAL CANDIDATE MAY ASSUME ANY COACHING DUTIES UNTIL FULLY CERTIFIED THROUGH THE GHSA AND THOMASVILLE CITY SCHOOLS SYSTEM.

In order to be certified by the GHSA, all candidates must complete 2 mandatory courses offered through the GHSA Community Education Coaches Program (Principles of Coaching and the PREPARE/First Aid exams). The cost of the program is **\$325**. This is to be paid by the coaching candidate, unless other arrangements are made between the Head Coach and the Athletic Director.

GHSA Definition of a Community Coach

(a) Community Coach is defined as a person who does not have a professional-level certification, who relates in role and function to a professional and does a portion of the professional's job or tasks under the supervision of the professional, and whose decision-making authority is limited and regulated by the professional. Community coaches are not allowed to function without the immediate supervision of an educational professional and may not assume any of the duties of a varsity Head Coach or be named by the school as a varsity Head Coach.

(b) Licensed para-professionals and full-time substitute teachers must complete the GHSA Coaches Education Program and testing program to be eligible to coach.

Important reminders needed for certification:

- Upon Agreement with the Athletic Director, registration forms are to be filled on behalf of the candidate with the proper payment fees by the school. A background check is required and **MUST** be completed before the application is submitted to the GHSA office.
- Candidates are to complete a Consultant Contract and W-9 form.
- Candidates will find a list of class listings and locations thereof on the GHSA website (www.ghsa.net). The Athletic Director and/or Head Coaches should help inform candidates of these listings to ensure timely attendance.

- Class attendance and a passing grade of 80% or more are required on both exams BEFORE a community coach is allowed to assume any coaching duties. Allow ample time to attend your course classes and complete both exams before you need to coach.
- Both course exams must be completed 90 Days after the class date.
- Community Coaches who have fully completed both the courses will receive certificates of completion from the GHSA.
- All Community Coaches MUST attend a regular GHSA Rules Clinic in the sport(s) they coach as required of others on the staff.
- Community Coaches may not coach out of season with any community team that has one or more students from the GHSA member school at which that person coaches on that team.
- Community Coaches may not coach the same sport at more than one school even if there are multiple schools in the system.

Academic Support Program

Objective: To establish a resource whereby athletes can go for academic support. It may be used as an optional academic resource center or a required study hall. This will be determined by the varsity head coach and/or Athletic Director. All coaches are responsible for ensuring that their athletes are on track, are performing in the classroom, are in the correct classes, are working to prepare for college, and most importantly, remain eligible.

Duties

1. Maintain an up-to-date grade sheet of all student-athletes in your program.
2. Help guide, advise and follow the progress of high academic risk student/athletes throughout their academic high school career.
3. Ensure that student-athletes have access before or after school tutoring or participate in team study halls where they may receive academic assistance,
4. Work with teachers of student/athletes in difficult subjects (check homework assignments, daily assignments, practice tests, study guides).
5. Keep parents informed as to the progress of the student with academic problems.
6. Keep academic records of the student/athletes throughout the high school career.
7. Manage and supervise all study hall sessions.
8. Assist college-bound student/athletes with N.C.A.A. academic requirements (SAT, ACT, Course Core Requirements).
9. Assist the Athletic Director with eligibility reports.
10. Maintain confidentiality in dealing with student grades.
11. Handle all assignments given by the Principal or Athletic Director.

Goals

- Gradual increase in athletes GPA.
- All teams 2.5 GPA or better.
- No student-athletes ineligible.
- All college bound student/athletes meet NCAA requirements.
- Encourage the completion of a USG, University System of Georgia, requirements.

All Thomasville City Schools' student/athletes must meet all Georgia High School Association requirements for credits earned and any other rules or regulations set by the GHSA or the Thomasville City Schools' Board of Education.

Evaluation of Athletic Coaches

The development of strong, competent, dedicated coaches who are role models that exemplify high moral character and respect to students are among the major objectives of the Thomasville City Schools. The primary purpose of the evaluation process is the growth of individual staff members, the strengthening of the school staff as a whole, and improvement of student support services provided.

The evaluation process will make use of self-evaluation, supervisor evaluation, and student feedback. The evaluation will cover the major areas of the coach's responsibilities and will include the following:

- Specific coaching assignments.
- Relationship with students, parents, and community.
- Relationship with supervisors, teachers, fellow coaches, and advisors.
- Work Habits
- Administrative responsibilities of the coach.

Evaluation of Athletic Director & Coaches

All head coaches will be evaluated by the Athletic Director. The evaluation is a procedure to help head coaches stay within the philosophy of the athletic program. It identifies a coach's strengths and gives feedback on improving weaknesses. These evaluations are completely subjective and are not a part of the coach's teaching evaluation file.

All assistant coaches will be evaluated by their respective head coaches. The evaluation process is to help assistant coaches to stay within the philosophy of the athletic program. Thereby helping a coach realize their strengths and gives feedback on improving a coach's weaknesses. These evaluations are designed for growth as a coach and are **NOT** a part of the coach's teaching evaluation file.

Evaluations are kept in the Athletic Director's office for only the Principal, the sports Head Coach, and the Athletic Director to see. They will be made available to the Superintendent upon request.

All head coaches will be given an opportunity evaluate the Athletic Director. These too are subjective in nature and given anonymously to the Athletic Director. The high school Principal is also asked to evaluate the Athletic Director. These are made available to the Superintendent upon request.

Coaching recommendation for renewal and acceptance for the next year's positions are found in the evaluations. An acknowledgment of the evaluation process is also found at the end of the form.

Coaches Annual Renewal

1. All coaches will be evaluated and recommended on an annual basis.
2. Coaching positions are **NOT** tenured positions of employment. Coaching changes, unlike teaching positions, does not require a due process clause.
3. Coaches will be asked to complete an “Intent to Return” form in February of each year. This intent serves the purpose of allowing the Athletic Director and Principal to plan upcoming vacancies.

Supplements

Separate contracts will be signed for coaching supplements, apart from teaching contracts. Coaching contracts can be signed at any time during the school year. The coaching supplement is a year-to-year contract. There is no tenure or continuing contracts for coaching.

Thomasville City Schools-Emergency Action Plan

Thomasville City Schools' Athletic Department strives to be proactive regarding the health and safety of its student-athletes. Therefore, we have developed an Emergency Action Plan in the unfortunate case of an after-school incident on one of our campuses. Our plan is to do the following:

All Head Coaches should designate a coach to secure athletes in the unfortunate event of hostile intruder (armed or not). Once a hostile intruder has entered any athletic facility or field the following steps should be taken:

- One of the coaching staff members will call 911 and report as much information as possible to the 911 operator. That coach should stay on the phone with 911 as long as needed.
- Other member(s) of the coaching staff should get students to designated secure lockdown sight. Once in the designated sight, lock all entry doors and stay away from all windows/doors.
- Once all students and coaches are secured in designated, the Head Coach should call the Athletic Director or the Principal of Thomasville High School (whichever can be reached first). The Athletic Director or Principal will then call the Board Office and speak with the Superintendent to report the incident. If the board office is closed, one of these administrators will contact the Superintendent via cell phone.
- Once notified, the Athletic Director or Principal will notify other coaches that may be on campus and direct them to move their teams immediately to their designated lockdown areas as well.
- Those student-athletes/coaching staffs will follow the same procedures as the others.
- Teams and coaching staffs will remain in the lockdown areas until notified by authorities.

These are the sports teams designated secured areas:

- Football – Stadium Weight Room
- Middle School Football (at Track) – Mini Gym Locker Room
- Softball – Softball Stadium Locker Room
- Baseball –Batting Cage
- Soccer (at Track) – Mini Gym Locker Room
- Soccer (at Stadium) – Stadium Weight Room
- Cross Country/Track - New Gym/Mini Gym Locker Room
- Tennis – Batting Cage
- Basketball – Gym Locker Room
- Middle School Cheerleading – MPMS Gym Locker-room
- Football Cheerleading – Scholars building bathroom
- Band (MPMS) – Band Room
- Band (at Track) – Mini-Gym

Budget

The gate receipts of the revenue producing sports fund all the athletic department budgets. The Thomasville City Schools Board of Education pays for coaching supplements and team transportation. Each head coach must submit a spending plan by the end of post- planning each year. A tentative budget will be developed from these plans and an approval of that sport's spending plan will be issued to the head coach by July 16th of the next school year. The funding of this spending plan will hinge on the revenues generated during the school year and may have to be adjusted accordingly. Projected revenues are based on the previous two year's revenues.

Individual sports may have needs that cannot be met through this budget; and therefore, additional fundraising activities may have to be used. The use of booster clubs, player contributions, and other fund-raising activities may have to be used. All fund-raising activities must follow board policy and have the prior approval of the school Athletic Director, Principal, and/or Superintendent. Additionally, all funds generated by a sport must be turned in to the Thomasville High School bookkeeper no later than the next business day. All funds must be maintained by the Thomasville High School bookkeeper.

The sport's budget should fund officials, supplies (including uniforms), team meals (if head coach desires), etc. for the regular season including any region playoffs. Expenses associated with state playoffs will be funded from those sports particular budget.

Purchasing

All athletic purchasing is done through the Athletic Director and/or Principal's office using the approved athletic request forms and purchase order. All purchasing requires the approval of the sport's head coach, Athletic Director, and/or Principal. The following procedures should be followed:

- All requests must be in accordance with the spending plan that is submitted to the Athletic Director prior to August 15th of each year.
- Secure prices on needed merchandise. Competitive shopping should be conducted and ***at least one local quote (if possible) should be secured. It is highly encouraged to use local vendors when possible.***
- Different sports requiring common articles and/or equipment shall coordinate purchasing to take full advantage of volume buying.
- Complete a purchase order requisition with Thomasville High School bookkeeper and the bookkeeper will forward to the Athletic Director for approval.
- The Athletic Director will approve (or deny and return to the head coach). Appropriate funding must exist before a purchase order can be created.
- The purchase order will be faxed or emailed to the vendor by the business department unless other instructions are on the purchase order requisition form
- Inspect merchandise upon arrival for any damage.
- After making a copy for your own personal records, send any packing slips and/or invoices to the Athletic Director and bookkeeper for record keeping.

Purchasing Procedures- Thomasville City Schools Athletic Department

The approved procedures for purchasing items to be paid by Thomasville City Schools' Athletic Department are as follows:

- A. Purchase order with items listed or quote attached given to Athletic Director for approval BEFORE items are ordered
- B. After purchase order is approved, send original by mail or fax to vendor or call order in to vendor
- C. All invoices must have purchase order number
- D. After receiving equipment, supplies, etc. invoices should be attached to copy of purchase order and given to the Bookkeeper in the main office for payment - Booster Club invoices must be paid by booster clubs.

Items such as officials, team meals, etc. must have appropriate paperwork and check authorization signed to issue check.

It is recommended that items that are to be given to players be funded through booster clubs and other fund raising when possible.

Purchases funded with school athletic funds should be ordered and invoiced separately from the items funded by booster clubs and players. Booster club purchases are not to be charged to the athletic department nor should they be charged to the school. Only athletic department funded purchases can be charged and invoiced to the system.

Officials: Officials checks are to be requested by the head coach of each sport using the athletic department's request form. It is the responsibility of each head coach to secure officials and complete the required paperwork. All regular season officials are charged against the sports athletic budget. Request must be received one week prior to date check is needed.

Team Meals: Checks for team meals are to be requested by the head coach of each sport using the athletic department's request form. Efforts should be made to secure a restaurant before leaving and have the check made payable to the restaurant. Upon approval of the Athletic Director the check may be made payable to the coach for the allowable amounts. Unless otherwise approved receipts should be obtained and returned, along with any unspent funds, to the business office.

Motel: Checks for motel/hotel accommodations are to be requested by the head coach of each sport using the athletic department's request form. The check must be payable to the motel and a copy of the confirmation from the motel must be included with the request form. It is the head coach responsibility to obtain all the necessary documentation. Tax-exempt forms will be provided by the Athletic Director and/or bookkeeper and must be presented to the motel up check-in.

The head coach of each sport is responsible to ensure these procedures are followed.

Booster Clubs

Our Booster clubs exists for promoting our athletes and providing services for our athletic programs. Our Booster clubs must work in conjunction with Board of Education and athletic department policies. **The Athletic Director and the Head Coach are the main point of contact with the Booster clubs.** The Athletic Director has the responsibility of communicating to the principal all related requests and associated activities. Any fundraising activity of our booster clubs that uses students to sell items must have prior approval from the Administration before being conducted.

All fundraisers can only be approved three times during the academic year; August, December, & May. All requests must be submitted to the Athletic Director and then to the principal.

In the event the booster clubs or benefactor wishes to make capital improvements to the system's facilities, permission must be obtained from the Athletic Director and Superintendent before beginning. The Head Coach, Principal, Athletic Director, central office Facilities Director, and Superintendent shall be consulted before any work is begun. At banquets, all non-booster club members must pay for their meals.

Scheduling

The head coach, with the assistance of the Athletic Director, is responsible for scheduling varsity and junior varsity games. Tentative schedules are to be approved by the building Principal and Athletic Director before being finalized and signing contracts. It is a GHSA rule that all football, basketball, baseball, and fast-pitch softball games have written contracts signed by both schools. This is strongly recommended in all other contests.

All schedules should be made with the overall school schedule in mind. Contests during semester exams and other testing periods should be avoided. Coaches should be mindful that student-athletes should be in class as much as possible to ensure academic success. Additionally, strong consideration should be given to holidays as athletes, as well as coaches, need to spend time with their families, especially Christmas and Spring Break. Coaches should share tentative schedules to avoid (if possible) home date conflicts between sports.

Coaches need to keep in mind when scheduling weekday contests "only one day and/or night per week may be used for a contest or activity with a starting time of 6:00pm or later" (GHSA 2.66). Teams playing any regular season contest when there are classes the next day shall be limited to a travel distance of no more than 100 miles one way as determined using the maps program at www.yahoo.com (GHSA 2.66 C)".

Sunday competition is prohibited

Maximum Games/Dates

Varsity Sports

- I. Baseball (30)
- II. Basketball (25)
- III. Cross Country (10)
- IV. Football (10)
- V. Golf (12)
- VI. Soccer (18)
- VII. Softball (30)
- VIII. Swimming (10)
- IX. Track (10)
- X. Tennis (18)
- XI. Volleyball (18)
- XII. Gymnastics (10)
- XIII. Dance (6)

Junior Varsity Sports

Junior Varsity sports may play up to 70% of the total number of allowed games as its varsity equivalent.

- I. Baseball (21)
- II. Basketball (18)
- III. Cross Country (7)
- IV. Football (7)
- V. Golf (8)
- VI. Soccer (13)
- VII. Softball (21)
- VIII. Swimming (7)
- IX. Track (7)
- X. Tennis (13)
- XI. Volleyball (13)
- XII. Gymnastics (7)
- XIII. Dance (4)

Middle School Sports

- I. Baseball (16)
- II. Basketball (15)
- III. Cross Country (6)
- IV. Football (6) + 2 Playoff Games
- V. Golf (7)
- VI. Soccer (11)
- VII. Softball (10 + 1 Tournament; 8 + 2 Tournaments; 7 + 3 Tournaments)
- VIII. Swimming (6)
- IX. Track (6)
- X. Tennis (11)

Transportation

All transportation to competition must take place on a school bus driven by properly licensed personnel. No player is allowed to drive to any event. No player will be allowed to leave the competition site without a parent present and a note indicating permission from that parent that it is okay for the student to ride home with the parent.

Bus request forms are to be approved by the Principal and Athletic Director and received at the school transportation office one week before the event.

Coaches are reminded that our athletes represent our school and community and always must conduct themselves properly while on a road trip. Coaches and players are to dress appropriately.

There must be a certified faculty member on the bus during all trips. This faculty member oversees the players and is responsible for them.

Certified Driver Licenses

It is highly recommended by the administration of the Thomasville City School system, that coaches obtain their Certified Driver's permits so they can transport their student-athletes to sports related functions. The steps to obtain this permit can be found in the appendix.

Coaches that obtain their CDL will receive a stipend to drive their team bus. The stipend will cover the first 12 trips a coach drives. After those trips, the coach will be paid on the Bus Driver Pay scale by the hour.

Overnight Trips

In the event, there is a need for an overnight trip to take place, all possessions of athletes, including bags and belongings, shall be searched before an athlete is allowed to depart from the school. This is to ensure that our athletes have no contraband in their possession.

Banquet & Awards

Each sport may organize their banquet(s) and schedule it through the Athletic Director and Principal. The Athletic Director will then schedule the event through the Thomasville City Schools Operations Director. It is the responsibility of that respective sport or booster club to pay for meals and awards for athletes and coaches. Since our custodial staff is contracted out through a third party, it is the responsibility of that sport to ensure the custodial staff is paid if a banquet takes place in a school facility. Parents and guests are charged according to the cost of the meal. Coaches must meet with the Athletic Director and plan out a cost of each banquet. The Athletic Director and/or Head Coach will contact the Booster Club's President in order to finalize the spending plan associated with each respective sports banquet. It is highly recommended that the building administrators, Superintendent, and Board of Education members be invited as guests.

Facilities

The athletic facilities are under the control of the Thomasville City Schools' Board of Education. They are managed by the Athletic Director and the Director of Operations. These facilities are for the use of the student body, faculty, and staff. No other individuals or groups are allowed to use the facilities without written permission from the Athletic Director and the Director of Operations.

Coaches should make sure that all facilities related to their sport are locked when leaving that facility to ensure equipment is not stolen or facilities are not damaged. Any secondary party who is using the facilities for any length of time must obtain a facility use agreement.

All scheduling of the athletic facilities is done through the Athletic Director. Priority will be given to the sports that are in season. If there remains a conflict, the Athletic Director will determine the schedule.

High School athletic facilities are as follows: the THS gym, the MPMS gym, the mini-gym, track, the field house, the football stadium, the baseball field, the softball field, the tennis courts, the soccer fields, the stadium/mini-gym weight room, and the practice fields. Because all facilities are used by our sports program and are owned by the Thomasville City Schools' System, it is even more imperative that all work together to ensure clear communication, cooperation, and appreciation to those other entities that help make opportunities available for our youth.

The Thomasville City Schools' System does not pay Service Solutions (our custodial company) for the cleanup of any outdoor athletic facility (track, the football stadium, the baseball field, the softball field, the tennis courts, the soccer fields, and the practice fields). It is the responsibility of the funds of the sport being played to pay for this service. The sport does not have to contract with Service Solutions and instead can get a school organization to do the work. Cleanup should include the grounds as well as the bathrooms.

Equipment

School equipment, practice and game uniforms used by an athlete are the property of the TCS Athletic Department. Coaches are responsible for overseeing their sports equipment and making sure it is properly stored and taken care of.

Keys

All coaches will receive keys to the areas that are needed for games, practices, and storage. These keys are the coaches' responsibility. Keys are not to be given to anyone. All outside groups must go through the Athletic Director and Director of Operations in order to use the athletic facilities.

Keys must be returned to the Athletic Director when a coach gives up their coaching assignments.

Logos, Uniforms, and Apparel

The official logo of the Thomasville City Schools Athletic Department is the Diamond T. An alternate logo of the Bulldog head may be used as well. Any other logo must be approved by the Athletic Director in order to be used.



The official colors of the Thomasville City Schools are Red, Old Gold, and White. Uniforms of any other color must be approved by the Athletic Director prior to ordering.

All coaches are expected to dress in a manner that is professional and uniform. Any apparel distributed to coaches is school property and will be turned in when a coach no longer is a part of the staff.

Publicity

All announcements of scores, practices, and banquet information that is released from the Thomasville City Schools' must be given to the local media outlets. The newspaper, radio station and television stations that service the city Thomasville are the Thomasville Times Enterprise, WPAX 1240, WCTV (Channel 6), WALB (Channel 10), FOX (Channel 31), & CNS.

Each coach has the responsibility to send these media outlets sports related information. In a timely fashion, be sure to invite all media to banquets.

Media Relations

- Assistant coaches should refrain from giving quotes to the newspaper unless directed to do so by the head coach. All information given to media outlets should be cleared through the head coach.
- All comments to the newspaper regarding individual athletes should be positive in nature.
- When meetings with parents coaches should refrain from discussions regarding other team members unless they and their parents are present.

Post-Season Summary Reports

At the end of each season a post-season report is to be given to the Athletic Director for the school records. The post season summary report is due no later than two weeks after the team's final contest.

These records will be important to the school's athletic program for many reasons.

- It will help keep school athletic records from year to year.
- It will help in the transitions between coaches.
- It will help to track participation numbers for each sport.
- It can be used to reunite past teams.
- It gives the Athletic Director a look at the inventory and upcoming needs of each sport.

The post-season summary report will include the following information:

1. Team roster
2. Letter winners and year
3. Win/loss record
4. Individual and team post season honors
5. Outstanding individual statistics
6. Team captains
7. Inventory
8. Major equipment needs for next season

All coaches within the Thomasville City School System must meet certain end of season responsibilities in order to complete their coaching assignment. Failure to comply may affect future assignments and end-of-year evaluations.

1) End of the Season Requirements

All athletes are expected to return all equipment provided by the school which has been checked out during the season. Coaches shall:

- A. Have the responsibility of keeping accurate records of insurance, return, and payment for loss or damage.
- B. Have the responsibility to keep inventories of equipment on hand which may be ascertained by the Athletic Director for budgetary purposes.
- C. Ensure that all equipment is washed, repaired, and safely stored; or make arrangements for receipt of equipment during the summer if sent to commercial repair company.
- D. Vacate and clean squad locker rooms as soon as possible at the conclusion of one's season.
- E. Prior to the start of the next season, remove all locks left on lockers.

2) Outstanding Equipment/Uniform Obligations

- A. No athlete shall be complete in another sport until all equipment and/or uniform obligations are cleared up with previous coach.
- B. In order to facilitate this policy, coaches should immediately compile a list of

outstanding obligations at the end of their sport and forward to the Athletic Director and the bookkeeper.

- C. When an athlete clears his/her obligation, a note from the Athletic Director should be issued directly to him/her indicating clearance.
- D. Upon termination of sport participation, the student is required to clear out his/her locker within three (3) days. The school is not responsible for personal items left in unattended lockers after three (3) days and such items will be discarded.

Sportsmanship

Coaches are expected to:

1. Exemplify behavior that is representative of the educational staff of the school and that which credits the teaching profession.
2. Demonstrate high ideals, good habits, and desirable attitudes in personal behavior and demand the same standards for players.
3. Employ accepted educational methods in coaching that give all players opportunities to develop initiative, positive leadership, sound judgment, and enduring work habits.
4. Properly supervise athletes at all practices and events and insist on consistent displays of sportsmanlike behavior.
5. Cooperate with the school administration, faculty and staff in planning scheduling, and conducting school activities. Clearly communicate travel plans with school and parents including departure and return times.
6. Be courteous to opponents and officials. Refrain from directing disparaging remarks toward opponents, officials, spectators or other persons associated with an interscholastic activity.
7. Encourage and teach their players to play hard and to the limits of their abilities, regardless of the game score
8. Always maintain self-control. Accept adverse decisions without public displays that indicate dissatisfaction with officiating or the general course of events in a game
9. Understand and observe the rules of the game and the standards of eligibility
10. Respect the facilities of the opponents and take care of them appropriately
11. Be modest in victory and be gracious in defeat
12. Remain on the bench if an altercation occurs on the playing area. The penalty for leaving the bench is severe and those who violate the rule are subject but not limited to the following:
 - An automatic ejection from the game and/or
 - Minimum of a two-game suspension and/or
 - Removal from the team
 - Loss of eligibility for the remainder of high school career in all sports
 - Additional action taken against the school could result in fines, forfeiture of games, and possible disbarment from post-season play-off games
 - Additional disciplinary action by the Thomasville City Schools' administration
13. Model to parents, spectators and athletes:
 - That the primary purpose of interscholastic activities is to promote physical, mental, moral, social, and emotional well-being in the participants through the struggles of competition
 - That we all represent the school as members of the team
 - That participants (including cheerleaders) have the right to compete in an atmosphere without boos and derisive comments
 - To respect the judgment and integrity of officials, realizing that their decisions are based upon game conditions as they see them
 - That good sportsmanship is more important than victory, and demonstrate that by applauding the good play of all involved

Participation Requirements

In order for student/athletes to participate in a sport, they must give all required paperwork to the head coach. These requirements are as follows.

1. Parental consent forms that include medical release, concussion sign off form, and insurance information.
2. All student/athletes must have a physical evaluation performed and signed by a doctor. By Georgia law, this must be on the GHSA physical form. The coaches should keep a copy of this form and the original is kept in the athletics director's office. A physical is good for one calendar year. If the physical was completed in April of the previous year, it is good through the next school year.
3. Eligibility reports must be evaluated and updated with the Head Coach and Athletic Director before final cuts are made.
4. All participation requirements are to be in the head coaches' possession before try-outs begin.

Team Management & Rules

1. Team rules and expectations should be given to each player at the beginning of team tryouts. This should include the requirements for lettering in that sport.
2. The team rules need to specify the number of practices, excused and unexcused, that a player can miss. The rules for being late to practice or a game will also need to be covered in the team rules. School discipline should be covered.
3. The procedure for contacting the coach in case of an emergency needs to be listed. Any special practice days those players need to be aware of before trying out will need to be mentioned in writing. This would include basketball practice during Christmas holidays, football camp during summer vacations, and baseball practice throughout the spring break vacations.
4. Before coaches can add players to their team second semester that were ineligible first semester, they must provide the Athletic Director with clear evidence that all courses were passed and that eligibility requirements, including being on-track, have been met.
5. Any player that has been dismissed from a team for any reason (academics, discipline or quits) will not be allowed to try out or participate in any way with another team until the first team's season is completely over.

Responsibilities of the Parent

Parent involvement is the cornerstone for success in anything involving student athletes in the Thomasville City Schools' System. The coaching staffs need your support as today's students have more distractions and options than ever before. The Athletic Department has determined that the following guidelines are necessary in building and maintaining a successful program and realize that not all parents can do everything, but everyone can do something. The Thomasville City Schools' Athletic Department suggests the following:

1. Communicate regularly with your child
2. Communicate regularly with the coach about progress, effort, and what can be done to assist the child at the AA level.
3. If at all possible, join the Booster Club.
4. Attend as many games as possible.
5. If you have questions, ask.
6. Make sure to monitor the child's academic progress.
7. Monitor closely any calls/contacts from potential agents. Any contact with a sports agent should be reported immediately to the supervising coach and Athletic Director as even casual contact with an agent could jeopardize an athlete's eligibility with both the Georgia High School Association and the NCAA.

As a parent, please commit to helping us develop and nurture sportsmanship in our student athletes. Parents can begin by making the following pledge:

- I will follow the chain of command.
- I will encourage good sportsmanship by demonstrating support for all athletes, coaches, and officials at every game, practice, or other athletic event.
- I will place the emotional and physical well-being of children ahead of any personal desire to win.
- I will support coaches and officials working with my child to provide a positive, enjoyable experience for all.
- I will not encourage any behavior or practices that would endanger the health and well-being of athletes.
- I will treat other players, parents, coaches, fans, and officials with respect and refrain from verbal digs.
- I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
- I will respect the coaches and officials and their authority during games and will not question, discuss, or confront coaches at a game site.
- If I have concerns to discuss, I will speak with the coach at an agreed-upon time and place.
- I will do my best to ensure that the sport is enjoyable for my child and remember that the game is for the athletes and not the adult

Responsibilities of the Athlete

Being a member of a Thomasville City Schools athletic team is the fulfillment of an early ambition of many students. The attainment of this goal carries with it certain responsibilities that must be maintained. When an athlete assumes the responsibility of participating in athletics for Thomasville City Schools, he/she is accepting the responsibilities that go with being a Bulldog.

- **In the classroom:** Our student-athletes are expected to become good students and model good behavior in the classroom. A good student doesn't necessarily mean all A's. A good student means trying to do their best with the talents they have and following classroom and school rules.
- **On the field/court:** Bulldog student-athletes are expected to compete with a burning desire to win with honor, dedication, pride, and sportsmanship. Conduct outside the realm of sportsmanship and fair play will not be tolerated. Handle winning or losing with grace.
- **In the community:** The conduct of a student-athlete is closely observed by members of the community. It is important that an athlete's behavior be above reproach. Appearances, expressions, and actions always influence the opinions of others about the athlete and the entire athletic program.
Once you have volunteered to be a member of a squad, you have made a choice to uphold certain standards expected of student-athletes. The way a student-athlete looks is of great importance. Therefore, proper dress, appearance, grooming, and personal cleanliness are expected. Proper dress and appearance will be established by the coach and is an ongoing process.
- **Subordination of self-interest to team values:** Team goals must precede over individual desires. An athlete must have self-discipline and be willing to make personal sacrifices for the betterment of the team and their goals.

Be proud and grateful to be a part of the Thomasville High School and MacIntyre Park Middle School Bulldogs! Always bear mind this is a privilege, not a right.

Students choose if they want to be a part of the TCS Athletic Program; they are encouraged, but never required. Those who choose to join a team also choose to be held to a higher standard than a regular student. Students who are members of the TCS Athletic Department have chosen to represent their team, their communities, and their school both in and out of the playing arena.

TCS student-athletes are expected to:

1. Remain in good standing academically, socially, and behaviorally.
2. Represent the collective communities and TCS in a respectful, high-class manner, and never bringing embarrassment to themselves, the team, the school, or the community.
3. Refrain from associations which may be detrimental to the team.
4. Develop and maintain healthy bodies through a rigorous off and on season conditioning plan as outlined by the coaching staff.
5. Be a positive role model, whose character, work ethic, and team spirit are beyond reproach.
6. Keep the team first.
7. Remain tobacco, alcohol, and drug free.

Dropping a Sport/Quitting a Team

In virtually all circumstances quitting is unacceptable. The Athletic Department realizes that on occasion an athlete may find it necessary to drop a sport prior to the end of the sport's respective season. The following steps must be followed if a decision is made to drop a sport:

1. Talk with your parents and coach before you quit.
2. The coach must agree that the student/parent decision is justified.
3. Meet with Athletic Director and your coach.
4. If cleared to quit a sport, the student athlete will not be allowed to start practicing another sport until the first season is completed.
 - Try-outs/cuts are not considered. Athletic Director will determine dates associated with "try-outs".
 - Students, who choose to return to a sport they previously quit, must have the Athletic Director and coach's approval, and other stipulations set forth by athletic policy.
 - An athlete who quits a sport or is dropped from a team for disciplinary reasons will be removed from athletics completely until that season has finished. He/she may return to athletics after the completion of the season upon receiving permission from the Head Coach and Athletic Director.

Complaints

The following procedure should be followed in reporting a complaint. Confer with:

- The position coach who had direct supervision of the student-athlete at the time.
- The Head Coach of the sport the athlete is participating in.
- The Athletic Director.
- The Principal.
- The Superintendent.
- The Board of Education (as a collective unit not with individual board members)

Activity Away From School

Student athletes are expected to be positive role-models at all times and are to disassociate themselves from possible factors that could cause them to be arrested and prosecuted under local, state, and/or federal law. The Thomasville City Schools' Athletic Department, the school Code of Conduct, and the Thomasville City Schools Board of Education Policies apply to all students – including athletes. In addition to the consequences that may be imposed for behavior outside of school, the Athletic Department in conjunction with the THS/MPMS administration has developed further guidelines in reviewing appeals for re-instatement.

Criminal Allegations, Arrests, & Prosecutions

A student athlete is prohibited from participating if he/she is arrested for **any felony** and in some cases, misdemeanors. The list below is neither all-inclusive nor exclusive:

- A. DUI, possession and/or consumption of alcohol
- B. Any drug related offense
- C. Assault/battery (physical or sexual)
- D. Theft

A disciplinary committee composed of the Athletic Director, Principal, and that coach will review each case individually and will render a decision which may include additional consequences. Permanent disbarment from participating in athletics at THS is a potential consequence. Criminal acts will not be tolerated.

The following guidelines will be used in addition to any other school-imposed consequences for behavior outside of the regular school day as defined in the Student Code of Conduct. If a student athlete is found not guilty by a court of law, it will not have a bearing on any action already taken by the school in conjunction with the Student Code of Conduct.

While the Thomasville City Schools Athletic Department does not intend to “police” student-athletes 24 hours a day, the Department will uphold its responsibility to invoke policies, procedures, and rules of this document, the Student Code of Conduct, and civil law when legitimate notification is presented to a member of the Thomasville City School Athletic Department.

All subsequent violations (misdemeanor & felony) will carry an automatic suspension from the athletic program in addition to any school-imposed consequences.

Felony charges that result in a conviction:

- Student athlete must serve the sentence imposed, in addition to school consequences.
- Student athlete faces a minimum of a one-year suspension from participating at THS, plus one year of probation.
- The disciplinary review committee will convene prior to the student/athlete re-joining the team.

Drug Testing

Thomasville High School and the Thomasville City Schools Board of Education jointly sponsor and support the random drug testing of its interscholastic competitors. Parents and student competitors will be required to sign an annual statement acknowledging their awareness of the program and granting permission to be tested.

Guidelines for administering this process will be followed according to Thomasville City Schools Board of Education Policy JCABB. Please note that a potential or current player who refuses to be tested will forfeit their privilege to participate in interscholastic activities until they agree to be tested. Also, please note if a student competitor(s) and/or their parents do not sign and return the required paperwork acknowledging their consent the student-competitor will not be allowed to compete until the document is returned.

In addition to possible game suspensions, any athlete who tests positive, consumes, possesses, or used alcohol, drugs, and/or tobacco products will have to complete a specially designed running program.

Middle School Eligibility

MacIntyre Park Middle School, the Thomasville City School Athletics Department, and the Thomasville City Schools Board of Education jointly sponsor Board Policy IDE(3) which manages the oversight of the MacIntyre Park Middle School student-competitors eligibility. Refer to the Appendix for district regulation of the Thomasville City Schools Board Policy.

Injuries

1. Any student-athlete must first report to their coach and the coach will ensure they are seen by our Certified Athletic Trainer for examination and to inform him or her of the situation. Following this initial evaluation, the student-athlete is placed into one of the following classifications:
 - The athlete is able to return to activity immediately.
 - The athlete is removed from activity for further evaluation.
 - The athlete is removed from activity until further notice.
 - The athlete is removed from activity and requires immediate referral to the Team Physician.
 - The athlete is severely injured and will be transported to the Emergency Room by an ambulance.
2. Once the athlete has been classified, the Athletic Trainer should perform any necessary emergency medical treatment and inform the head coach of the athlete's status for the remainder of the day
3. Athletes who are not severely injured, but are unable to continue participating in practice or competition should be treated immediately. Plans for follow-up examination and treatment also should be made at this time.
4. Athletes may require immediate referral to the Team Physician. Injuries that require immediate referral include, but are not limited to the following:
 - Severe strain or sprain

- Possible fracture
 - Lacerations requiring sutures
 - Eye trauma
 - Severe illness
 - Fainting/Passing out
5. Athletes that require referral must be seen by a physician. Once seen by a physician, the athlete will report all necessary information to the Athletic Trainer, including a doctor's note allowing the athlete to return to participation when appropriate. Athlete's in this category **MAY NOT** return to activity until cleared by a physician and written documentation is provided to the Athletic Trainer. Any injury that requires extensive immobilization of the spine will be transported by EMS.
 6. HIPPA law prohibits discussion of an injury without written consent from the legal parent or guardian of the athlete. This restriction includes communicating to the media.

Compliance to Prescribed Treatment and Rehabilitation Programs:

- The Athlete must report to the Athletic Training Room at designated treatment times according to his or her sport. The Athletic Training Room will open one hour prior to practice or competition, unless other arrangements have been made between the Athletic Trainer, the athlete, and/or Head Coach.
- It is solely the athlete's responsibility to show up for treatment and rehabilitation sessions. Those who fail to comply by not showing up or refusing treatment will be reported immediately to the head coach.

AED (Automated External Defibrillator) Guidelines

The Athletic Training Staff Members and a representative from each sport are required to attend the annual Automatic External Defibrillation (AED) training program certified by the American Red Cross or similar organization. The AED training program consists of a film, a thorough explanation of how to work the AED, and a hypothetical situation in which the AED is used to treat a patient. The following points are addressed during the training session:

- The proper use, maintenance, and periodic inspection of the AED.
- Defibrillator safety precaution to enable the user to administer a shock without jeopardizing the safety of the patient, the user, or other persons.
- Assessment of an unconscious person to determine if cardiac arrest has occurred and the appropriateness of applying an AED.
- Recognizing that an electrical shock has been delivered to the patient and that the defibrillator is no longer charged.
- Rapid, accurate assessment of the patient's post-shock status to determine if further activation of the AED is necessary.
- The operations for the local emergency medical services system, including methods of access to the emergency response system, and interaction with emergency medical services personnel.
- The role of the user and coordination with other emergency medical service providers in the

- provision of CPR, defibrillation, basic life support, and advanced life support.
- The responsibility of the user to continue care until the arrival of medically qualified personnel.

Location of Athletic Department AED's:

1. Stadium - Athletic Training Room/Trainer during Football Season/Under stadium weight room after Football
2. Baseball – 3rd base dugout storage room
3. Softball – 3rd base dugout locker room
4. Track/Soccer Practice Shed
5. THS Gym (Girls Locker room side)
6. MPMS Gym

Inclement Weather Protocol & Lightening Policy

The National Athletic Trainers' Association (NATA) recommends a proactive approach to lightning safety, including the implementation of lightning-safety guidelines that identifies safe locations for shelter from a lightning hazard. Further components of these guidelines are monitoring local weather forecasts, designating a weather watcher, and establishing a chain of command. Thomasville High School will utilize the **Perry Weather Alert System** for all outdoor activities. In the event the detection system does detect lightning within a predetermined radius of the campus, this will be considered a potentially dangerous and threatening environment. The system will respond with both a constant flashing visual light and a 15 second loud auditory horn. It is **mandatory** that all fields are to be cleared immediately of participants to a safe building. Participants are required to remain off the fields until the all clear signal is given by the **Perry Weather Alert System**. This is indicated by three short five second blasts from the horn.

- For teams that compete in off-campus locations or if there is a problem with the **Perry Weather Alert System**, Coaches and/or the Athletic Trainer will follow the flash-to-bang count of 30 seconds or more as a minimal determinant of when to suspend activities. Waiting 30 minutes or longer after the last flash of lightning or sound of thunder is recommended before athletic activities are resumed. Lightning-safety strategies include avoiding shelter under trees, avoiding open fields and spaces, and suspending the use of land-line telephones during thunderstorms
- **The Perry Weather App will be used by the Athletic Director in the even the Perry Weather Alert System is out of order.**

The following is a notice that is posted in various locations on campus to make all aware of how to deal with a lightning storm:

Perry Weather Alert System:

Lightning is a severe hazard that must be viewed seriously. Everyone should immediately seek shelter any time they believe lightning threatens them, **even if a signal has not been sounded.**

You will be warned by our lightning prediction system, which sounds **ONE** 15 second blast of the horn signaling suspension of all activities. The strobe light will begin flashing and remain flashing until safe conditions return.

You should immediately seek an appropriate safe shelter.

You may resume activities only after **THREE** 5 second blasts of the horn are sounded, and the strobe light stops flashing.

Practice Policy for Heat and Humidity:

(a) Schools must follow the statewide policy for conducting practices and voluntary conditioning workouts (this policy is year-round, including during the summer) in all sports during times of extremely high heat and/or humidity that will be signed by each head coach at the beginning of each season and distributed to all players and their parents or guardians. The policy shall follow modified guidelines of the American College of Sports Medicine in regard to: (1) The scheduling of practices at various heat/humidity levels. (2) The ratio of workout time to time allotted for rest and hydration at various heat/humidity levels. (3) The heat/humidity levels that will result in practice being terminated. (b) A scientifically approved instrument that measures the Wet Bulb Globe Temperature must be utilized at each practice to ensure that the written policy is being followed properly. WBGT readings should be taken every hour, beginning 30 minutes before the beginning of practice.

WBGT ACTIVITY GUIDELINES AND REST BREAK GUIDELINES

Under 82.0 Normal Activities - Provide at least three separate rest breaks each hour with a minimum duration of 3 minutes each during the workout.

82.0 - 86.9 -Use discretion for intense or prolonged exercise; watch at-risk players carefully. Provide at least three separate rest breaks each hour with a minimum duration of 4 minutes each.

87.0 - 89.9 - Maximum practice time is 2 hours. For Football: players are restricted to helmet, shoulder pads, and shorts during practice, and all protective equipment must be removed during conditioning activities. If the WBGT rises to this level during practice, players may continue to work out wearing football pants without changing to shorts. For All Sports: Provide at least four separate rest breaks each hour with a minimum duration of 4 minutes each.

90.0 - 92.0 - Maximum practice time is 1 hour. For Football: no protective equipment may be worn during practice, and there may be no conditioning activities. For All Sports: There must be 20 minutes of rest breaks distributed throughout the hour of practice.

Over 92.0 - No outdoor workouts. Delay practice until a cooler WBGT level is reached. (c) Practices are defined as: the period of time that a participant engages in a coach-supervised, school approved sport or conditioning-related activity. Practices are timed from the time the

players report to the practice or workout area until players leave that area. If a practice is interrupted for a weather-related reason, the “clock” on that practice will stop and will begin again when the practice resumes. (d) Conditioning activities include such things as weight training, wind-sprints, timed runs for distance, etc., and may be a part of the practice time or included in “voluntary workouts.” (e) A walk-through is not a part of the practice time regulation and may last no longer than one hour. This activity may not include conditioning activities or contact drills. No protective equipment may be worn during a walk-through, and no full-speed drills may be held. (f) Rest breaks may not be combined with any other type of activity and players must be given unlimited access to hydration. These breaks must be held in a “cool zone” where players are out of direct sunlight.

Lettering Criteria

Once an athlete has earned a letter for their respected sport, they will have an opportunity to receive a varsity letterman jacket ordered by the Athletic Department.

Baseball - The Baseball program will pay the full cost of the letter jacket.

1. A position player must have played in 1/5th of the total number of innings played on the varsity level for one season.
2. If a player is a pitcher, they must have pitched 10 total innings on the varsity level.
3. If the first two criteria are not met, a player may letter after completing 2 full seasons in the program, one of which must be at the varsity level.
4. Players must remain on the team for the entire season. (Injury does not count against a player)

Basketball (Boys/Girls) – The Basketball program will pay the full cost of the letter jacket.

1. Must complete the entire season.
2. Must have played 75% of the season and had at least one official start.

Cheerleading (Football/Basketball/Competition) – An athlete receiving a letter jacket will pay the initial \$65 deposit, with the cheer program paying the remaining balance upon delivery of the jacket.

1. Must maintain eligibility.
2. Must complete the entire season.
3. Must cheer 75% of varsity games.
4. Must be a varsity cheerleader.

Cross Country (Boys/Girls) – An athlete receiving a letter jacket will pay the initial \$65 deposit, with the cross-country program paying the remaining balance upon delivery of the jacket.

1. Must maintain eligibility
2. Must attend at least 90% of practices.
3. Must compete in 60% of the varsity meets.
4. Must finish all races started.

Dance (Red Hots) - The athlete receiving a letter jacket will pay the initial \$65 deposit, with the Band Boosters paying the remaining balance upon delivery.

1. Students will letter after completing their 2nd year in the program

Football - The Football program will pay the full cost of the letter jacket.

1. Must complete the entire season in good standing with the program.
2. All seniors letter.
3. A junior who is a three-year member of the program.
4. In the opinion of the coaching staff must have contributed significantly to the varsity season.

Golf (Boys/Girls) - The athlete is responsible for paying the full cost of the letter jacket. An initial \$65 deposit is required to order the jacket, and the remaining balance will be required before the jacket is released to the student.

1. First year golfers will receive certificate of participation unless they are in the top four score of every match.
2. Letterman Certificate for first year participation in region tournament and second year players that met criteria.
3. Second year players will receive Letterman Certificate and Letterman Jacket if they made 95% of practices.
4. Third- and fourth-year players will receive a Letterman Certificate.

Gymnastics - The athlete is responsible for paying the full cost of the letter jacket. An initial \$65 deposit is required to order the jacket, and the remaining balance will be required before the jacket is released to the student.

1. Must compete at 3 regular season meets
2. Must complete the entire season
3. Students will letter after completing their 2nd year in the program

One Act Play – The athlete is responsible for paying the full cost of the letter jacket (\$130 total, divided into two payments made to the Athletic Department). An initial \$65 deposit is required to order the jacket, and the remaining \$65 balance must be paid before the jacket is released to the student.

To Letter, a Student Competitor must:

1. Compete at the Region and (in the event of qualification) State Championships.
2. Attend and arrive punctually to 90% of student's called rehearsals and communicate all anticipated absences, tardies, or early departures from rehearsal 24 hours prior to conflict.
3. Be a Sophomore or Junior competing in their 2nd consecutive season, whether performing in the cast or serving on run-crew.
4. All Senior performers letter upon completion of the competition season.

Soccer (Boys/Girls) – An athlete receiving a letter jacket will pay the initial \$65 deposit, with the soccer program paying the remaining balance upon delivery of the jacket.

1. Must play a minimum of 30 minutes in 60% of the varsity games.
2. First year letterman receive a letterman's plaque. Second to fourth year lettermen earn a letter jacket.
3. If the above criteria are not met, a player can letter and earn a letter jacket by completing three consecutive varsity seasons.

Softball – An athlete receiving a letter jacket will pay the initial \$65 deposit, with the softball program paying the remaining balance upon delivery of the jacket.

1. A position player must have played in one half the total number of innings played on the varsity level for one season.
2. If a player is a pitcher, they must have pitched in a third of the total number of innings played for the varsity.
3. If the first criteria are not met, a player may letter after completing two full seasons in the program.
4. Players must play the entire season to letter.

Swimming (Boys/Girls) - The athlete is responsible for paying the full cost of the letter jacket. An initial \$65 deposit is required to order the jacket, and the remaining balance will be required before the jacket is released to the student.

1. Must not miss more than two swim meets unless it is an excused absence.
2. Must attend three out of four days of practice weekly.

Tennis (Boys/Girls) – The Tennis program will pay for the full costs of the letter jacket.

1. Must complete 2 consecutive seasons in good standing with the program.
2. New Seniors must compete in 4 varsity matches.
3. In the opinion of the coach staff, the athlete must have contributed significantly to the varsity season.

Track (Boys/Girls) – The athlete is responsible for paying the full cost of the letter jacket. An initial \$65 deposit is required to order the jacket, and the remaining balance will be required before the jacket is released to the student.

1. To letter an athlete must compete in the region track meet. To do this, the athlete must compete on a relay team or in an individual event. (Being an alternate on a relay does not qualify as competing unless you run in that event).
2. If an athlete is injured and would have been scheduled to compete, it will be at the coach's discretion to letter the athlete.

Volleyball – An athlete receiving a letter jacket will pay the initial \$65 deposit, with the volleyball program paying the remaining balance upon delivery of the jacket.

1. All seniors letter.
2. A junior who is a three-year starter.
3. A junior who is a three-year member of the program.
4. In the opinion of the coaching staff must have contributed significantly to the varsity season.

Additional notes:

- Head Coaches may appeal to the Athletic Director on behalf of those with extenuating circumstances. The Principal and Athletic Director must agree for an athlete to be awarded a letter jacket on appeal.
- The Athletic Director will keep a supply of bars on hand for coaches to give players once they have earned their jacket to signify the number of letters they have earned for each sport. There are big gold bars for primary sports and small red bars for secondary sports.
- **Any athlete that quits a sport must pay the team/booster club back for the team/club's portion of the original cost.**
- State Championship rings and patches may be purchased by the Athletic Department and Booster Club through fundraising efforts. School and/or district funds are not allowed to be used for the purchase of championship rings. The following individuals will receive a championship ring; members of the team, coaches, support staff, and school administration (Superintendent, Principal, Assistant Principals, and Athletic Director).

APPENDIX

MacIntyre Park Middle School
Paperwork

■ PREPARTICIPATION PHYSICAL EVALUATION

HISTORY FORM

Note: Complete and sign this form (with your parents if younger than 18) before your appointment.

Name: _____ Date of birth: _____

Date of examination: _____ Sport(s): _____

Sex assigned at birth: _____

List past and current medical conditions. _____

Have you ever had surgery? If yes, list all past surgical procedures. _____

Medicines and supplements: List all current prescriptions, over-the-counter medicines, and supplements (herbal and nutritional). _____

Do you have any allergies? If yes, please list all your allergies (ie, medicines, pollens, food, stinging insects). _____

Patient Health Questionnaire Version 4 (PHQ-4)

Over the last 2 weeks, how often have you been bothered by any of the following problems? (check box next to appropriate number)

	Not at all	Several days	Over half the days	Nearly every day
Feeling nervous, anxious, or on edge	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Not being able to stop or control worrying	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Little interest or pleasure in doing things	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Feeling down, depressed, or hopeless	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3

(A sum of ≥ 3 is considered positive on either subscale [questions 1 and 2, or questions 3 and 4] for screening purposes.)

GENERAL QUESTIONS

(Explain "Yes" answers at the end of this form.)

Circle questions if you don't know the answer.)

1. Do you have any concerns that you would like to discuss with your provider? ☐ Yes ☐ No

2. Has a provider ever denied or restricted your participation in sports for any reason? ☐ Yes ☐ No

3. Do you have any ongoing medical issues or recent illness? ☐ Yes ☐ No

HEART HEALTH QUESTIONS ABOUT YOU

4. Have you ever passed out or nearly passed out during or after exercise? ☐ Yes ☐ No

5. Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise? ☐ Yes ☐ No

6. Does your heart ever race, flutter in your chest, or skip beats (irregular beats) during exercise? ☐ Yes ☐ No

7. Has a doctor ever told you that you have any heart problems? ☐ Yes ☐ No

8. Has a doctor ever requested a test for your heart? For example, electrocardiography (ECG) or echocardiography. ☐ Yes ☐ No

HEART HEALTH QUESTIONS ABOUT YOU (CONTINUED)

9. Do you get light-headed or feel shorter of breath than your friends during exercise? ☐ Yes ☐ No

10. Have you ever had a seizure? ☐ Yes ☐ No

HEART HEALTH QUESTIONS ABOUT YOUR FAMILY

11. Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 35 years (including drowning or unexplained car crash)? ☐ Yes ☐ No

12. Does anyone in your family have a genetic heart problem such as hypertrophic cardiomyopathy (HCM), Marfan syndrome, arrhythmogenic right ventricular cardiomyopathy (ARVC), long QT syndrome (LQTS), short QT syndrome (SQTS), Brugada syndrome, or catecholaminergic polymorphic ventricular tachycardia (CPVT)? ☐ Yes ☐ No

13. Has anyone in your family had a pacemaker or an implanted defibrillator before age 35? ☐ Yes ☐ No

(First Name)

(Last Name)

BONE AND JOINT QUESTIONS	Yes	No
14. Have you ever had a stress fracture or an injury to a bone, muscle, ligament, joint, or tendon that caused you to miss a practice or game?	<input type="checkbox"/>	<input type="checkbox"/>
15. Do you have a bone, muscle, ligament, or joint injury that bothers you?	<input type="checkbox"/>	<input type="checkbox"/>
MEDICAL QUESTIONS	Yes	No
16. Do you cough, wheeze, or have difficulty breathing during or after exercise?	<input type="checkbox"/>	<input type="checkbox"/>
17. Are you missing a kidney, an eye, a testicle (males), your spleen, or any other organ?	<input type="checkbox"/>	<input type="checkbox"/>
18. Do you have groin or testicle pain or a painful bulge or hernia in the groin area?	<input type="checkbox"/>	<input type="checkbox"/>
19. Do you have any recurring skin rashes or rashes that come and go, including herpes or methicillin-resistant <i>Staphylococcus aureus</i> (MRSA)?	<input type="checkbox"/>	<input type="checkbox"/>
20. Have you had a concussion or head injury that caused confusion, a prolonged headache, or memory problems?	<input type="checkbox"/>	<input type="checkbox"/>
21. Have you ever had numbness, had tingling, had weakness in your arms or legs, or been unable to move your arms or legs after being hit or falling?	<input type="checkbox"/>	<input type="checkbox"/>
22. Have you ever become ill while exercising in the heat?	<input type="checkbox"/>	<input type="checkbox"/>
23. Do you or does someone in your family have sickle cell trait or disease?	<input type="checkbox"/>	<input type="checkbox"/>
24. Have you ever had or do you have any problems with your eyes or vision?	<input type="checkbox"/>	<input type="checkbox"/>

MEDICAL QUESTIONS (CONTINUED)	Yes	No
25. Do you worry about your weight?	<input type="checkbox"/>	<input type="checkbox"/>
26. Are you trying to or has anyone recommended that you gain or lose weight?	<input type="checkbox"/>	<input type="checkbox"/>
27. Are you on a special diet or do you avoid certain types of foods or food groups?	<input type="checkbox"/>	<input type="checkbox"/>
28. Have you ever had an eating disorder?	<input type="checkbox"/>	<input type="checkbox"/>

Explain "Yes" answers here.

I hereby state that, to the best of my knowledge, my answers to the questions on this form are complete and correct.

Signature of athlete: _____

Signature of parent or guardian: _____

Date: _____

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2023 This form has been modified for use by the GHSA

■ PREPARTICIPATION PHYSICAL EVALUATION

PHYSICAL EXAMINATION FORM

Name: _____ (First Name) _____ (Last Name) Date of birth: _____

PHYSICIAN REMINDERS

- Consider additional questions on more-sensitive issues.
 - Do you feel stressed out or under a lot of pressure?
 - Do you ever feel sad, hopeless, depressed, or anxious?
 - Do you feel safe at your home or residence?
 - Have you ever tried cigarettes, e-cigarettes, chewing tobacco, snuff, or dip?
 - During the past 30 days, did you use chewing tobacco, snuff, or dip?
 - Do you drink alcohol or use any other drugs?
 - Have you ever taken anabolic steroids or used any other performance-enhancing supplement?
 - Have you ever taken any supplements to help you gain or lose weight or improve your performance?
 - Do you wear a seat belt, use a helmet, and use condoms?
- Consider reviewing questions on cardiovascular symptoms (Q4–Q13 of History Form).

EXAMINATION		
Height: _____	Weight: _____	
BP: _____ / _____ (/)	Pulse: _____	Vision: R 20/ _____ L 20/ _____ Corrected: <input type="checkbox"/> Y <input type="checkbox"/> N
MEDICAL	NORMAL	ABNORMAL FINDINGS
Appearance <ul style="list-style-type: none"> Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, hyperlaxity, myopia, mitral valve prolapse [MVP], and aortic insufficiency) 	<input type="checkbox"/>	
Eyes, ears, nose, and throat <ul style="list-style-type: none"> Pupils equal Hearing 	<input type="checkbox"/>	
Lymph nodes	<input type="checkbox"/>	
Heart* <ul style="list-style-type: none"> Murmurs (auscultation standing, auscultation supine, and ± Valsalva maneuver) 	<input type="checkbox"/>	
Lungs	<input type="checkbox"/>	
Abdomen	<input type="checkbox"/>	
Skin <ul style="list-style-type: none"> Herpes simplex virus (HSV), lesions suggestive of methicillin-resistant <i>Staphylococcus aureus</i> (MRSA), or tinea corporis 	<input type="checkbox"/>	
Neurological	<input type="checkbox"/>	
MUSCULOSKELETAL	NORMAL	ABNORMAL FINDINGS
Neck	<input type="checkbox"/>	
Back	<input type="checkbox"/>	
Shoulder and arm	<input type="checkbox"/>	
Elbow and forearm	<input type="checkbox"/>	
Wrist, hand, and fingers	<input type="checkbox"/>	
Hip and thigh	<input type="checkbox"/>	
Knee	<input type="checkbox"/>	
Leg and ankle	<input type="checkbox"/>	
Foot and toes	<input type="checkbox"/>	
Functional <ul style="list-style-type: none"> Double-leg squat test, single-leg squat test, and box drop or step drop test 	<input type="checkbox"/>	

* Consider electrocardiography (ECG), echocardiography, referral to a cardiologist for abnormal cardiac history or examination findings, or a combination of those.

Name of health care professional (print or type): _____ Date: _____

Address: _____ Phone: _____

Signature of health care professional: _____, MD, DO, NP, or PA

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■ PREPARTICIPATION PHYSICAL EVALUATION

MEDICAL ELIGIBILITY FORM

Name: _____ Date of birth: _____

☐ Medically eligible for all sports without restriction

☐ Medically eligible for all sports without restriction with recommendations for further evaluation or treatment of

☐ Medically eligible for certain sports

☐ Not medically eligible pending further evaluation

☐ Not medically eligible for any sports

Recommendations: _____

I have examined the student named on this form and completed the preparticipation physical evaluation. The athlete does not have apparent clinical contraindications to practice and can participate in the sport(s) as outlined on this form. A copy of the physical examination findings are on record in my office and can be made available to the school at the request of the parents. If conditions arise after the athlete has been cleared for participation, the physician may rescind the medical eligibility until the problem is resolved and the potential consequences are completely explained to the athlete (and parents or guardians).

Name of health care professional (print or type): _____ Date: _____

Address: _____ Phone: _____

Signature of health care professional: _____, MD, DO, NP, or PA

SHARED EMERGENCY INFORMATION

Allergies: _____

Medications: _____

Other information: _____

Emergency contacts: _____

Georgia High School Association

Student/Parent Concussion Awareness Form

SCHOOL: _____

DANGERS OF CONCUSSION

Concussions at all levels of sports have received a great deal of attention and a state law has been passed to address this issue. Adolescent athletes are particularly vulnerable to the effects of concussion. Once considered little more than a minor “ding” to the head, it is now understood that a concussion has the potential to result in death, or changes in brain function (either short-term or long-term). A concussion is a brain injury that results in a temporary disruption of normal brain function. A concussion occurs when the brain is violently rocked back and forth or twisted inside the skull as a result of a blow to the head or body. Continued participation in any sport following a concussion can lead to worsening concussion symptoms, as well as increased risk for further injury to the brain, and even death.

Player and parental education in this area is crucial – that is the reason for this document. Refer to it regularly. This form must be signed by a parent or guardian of each student who wishes to participate in GHSA athletics. One copy needs to be returned to the school, and one retained at home.

COMMON SIGNS AND SYMPTOMS OF CONCUSSION

- Headache, dizziness, poor balance, moves clumsily, reduced energy level/tiredness
- Nausea or vomiting
- Blurred vision, sensitivity to light and sounds
- Fogginess of memory, difficulty concentrating, slowed thought processes, confused about surroundings or game assignments
- Unexplained changes in behavior and personality
- Loss of consciousness (NOTE: This does not occur in all concussion episodes.)

BY-LAW 2.68: GHSA CONCUSSION POLICY: In accordance with Georgia law and national playing rules published by the National Federation of State High School Associations, any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion shall be immediately removed from the practice or contest and shall not return to play until an appropriate health care professional has determined that no concussion has occurred. (NOTE: An appropriate health care professional may include licensed physician (MD/DO) or another licensed individual under the supervision of a licensed physician, such as a nurse practitioner, physician assistant, or certified athletic trainer who has received training in concussion evaluation and management.

a) No athlete is allowed to return to a game or a practice on the same day that a concussion (a) has been diagnosed, OR (b) cannot be ruled out.

b) Any athlete diagnosed with a concussion shall be cleared medically by an appropriate health care professional prior to resuming participation in any future practice or contest. The formulation of a gradual return to play protocol shall be a part of the medical clearance.

By signing this concussion form, I give _____ High School permission to transfer this concussion form to the other sports that my child may play. I am aware of the dangers of concussion and this signed concussion form will represent myself and my child during the 2023-2024 school year. This form will be stored with the athletic physical form and other accompanying forms required by the _____ School System.

I HAVE READ THIS FORM AND I UNDERSTAND THE FACTS PRESENTED IN IT.

Student Name (Printed)

Student Name (Signed)

Date

Parent Name (Printed)

Parent Name (Signed)

Date

(Revised: 3/23)

Georgia High School Association

Student/Parent Sudden Cardiac Arrest Awareness Form

SCHOOL: _____

1: Learn the Early Warning Signs

If you or your child has had one or more of these signs, see your primary care physician:

- Fainting suddenly and without warning, especially during exercise or in response to loud sounds like doorbells, alarm clocks or ringing phones
- Unusual chest pain or shortness of breath during exercise
- Family members who had sudden, unexplained and unexpected death before age 50
- Family members who have been diagnosed with a condition that can cause sudden cardiac death, such as hypertrophic cardiomyopathy (HCM) or Long QT syndrome
- A seizure suddenly and without warning, especially during exercise or in response to loud sounds like doorbells, alarm clocks or ringing phones

2: Learn to Recognize Sudden Cardiac Arrest

If you see someone collapse, assume he has experienced sudden cardiac arrest and respond quickly. This victim will be unresponsive, gasping or not breathing normally, and may have some jerking (Seizure like activity). Send for help and start CPR. You cannot hurt him.

3: Learn Hands-Only CPR

Effective CPR saves lives by circulating blood to the brain and other vital organs until rescue teams arrive. It is one of the most important life skills you can learn – and it's easier than ever.

- Call 911 (or ask bystanders to call 911 and get an AED)
- Push hard and fast in the center of the chest. Kneel at the victim's side, place your hands on the lower half of the breastbone, one on top of the other, elbows straight and locked. Push down 2 inches, then up 2 inches, at a rate of 100 times/minute, to the beat of the song "Stayin' Alive."
- If an Automated External Defibrillator (AED) is available, open it and follow the voice prompts. It will lead you step-by-step through the process, and will never shock a victim that does not need a shock.

By signing this sudden cardiac arrest form, I give _____ High School permission to transfer this sudden cardiac arrest form to the other sports that my child may play. I am aware of the dangers of sudden cardiac arrest and this signed sudden cardiac arrest form will represent myself and my child during the 2023-2024 school year. This form will be stored with the athletic physical form and other accompanying forms required by the _____ School System.

I HAVE READ THIS FORM AND I UNDERSTAND THE FACTS PRESENTED IN IT.

Student Name (Printed)

Student Name (Signed)

Date

Parent Name (Printed)

Parent Name (Signed)

Date

(Revised: 3/23)



**THOMASVILLE CITY SCHOOLS
ATHLETIC DEPARTMENT**

MacIntyre Park Middle School Athletic Form

We would like to welcome and thank you for your interest in the MacIntyre Park Middle School athletic program. We hope that you are successful in all your athletic and academic endeavors. This form is to be read and signed by the parent(s) or guardian(s) of the student/athlete.

EARLY RELEASE

During the season of your child's sport, there will be out of town games that require your child to leave school early. All work missed will be excused by the school but will be the responsibility of the student to make up. If you have any questions concerning departures and arrivals, please contact the sport's head coach.

MEDICAL EXPENSE POLICY

The middle school athletic program utilizes the sports medicine program at Archbold Sports Medicine for an athlete's injuries. Any injury that occurs during a practice or game will be referred to the high school Athletic Trainer. The Athletic Trainer will then assess the injury and suggest appropriate treatment and/or recommend a visit to a specialized physician. We encourage all athletes and their parents to adhere to this policy to avoid unneeded medical expenses. If an athlete does receive medical attention, the cost of the treatment is the responsibility of the parent(s) and/or their health insurance.

EMERGENCY MEDICAL TREATMENT

In rare cases during a season, a coach may determine that a player's condition is serious enough for the need of immediate medical treatment. If this situation occurs, all efforts will be made to contact the athlete's parent(s)/guardian(s) to explain the situation. If no parent can be contacted this form will serve as a parental consent to seek medical treatment. By signing below I have read and understand the policies and procedures written above.

Student's name _____

Parent(s) name _____

Date _____

Emergency Contact: In case of emergency please contact the following persons:

Name _____ Phone # _____

Name _____ Phone # _____

General health concerns to be aware of: (allergies, diabetes, major surgeries, asthma, heart murmur, epilepsy, seizure, etc.)



**THOMASVILLE CITY SCHOOLS
ATHLETIC DEPARTMENT**

SCHOOL YEAR: _____

Name: _____

Address: _____

City: _____ State: _____ Zip code: _____

Telephone: _____

Name of Parent(s) or Guardian(s): _____

Home Phone: _____ Work: _____ Cell: _____

Home Phone: _____ Work: _____ Cell: _____

In Case of Emergency, notify:

Name Phone Number(s)

(Insurance Co. and Policy Holder must be filled in.)

(Either Group Number or ID Number or both must be filled in OR submit a copy of the insurance card.)

Family Physician: _____ Phone: _____

Insurance Co.: _____ Policy Holder: _____

Group Number: _____ ID Number: _____

List Allergies: _____

Any Health Problems: _____

Parent/Guardian: _____ Date: _____

I fully understand that my child cannot participate in athletics in the Thomasville City School System unless covered by either school accident insurance or personal insurance.



**THOMASVILLE CITY SCHOOLS
ATHLETIC DEPARTMENT**

TRAVEL PERMISSION FORM

I hereby give my permission for my son/daughter _____ to go on planned trips associated with his/her participation and as a member of the _____ team.

I understand that these trips will be under the supervision of an employee of the Thomasville City School System. By execution of this parent permission slip, the undersigned acknowledges that the proposed trips will be so supervised but may occur at indoor/outdoor locations other than the properties owned by the Thomasville City Schools and may expose participants to non-school environments and to the actions of non-school personnel, which are beyond the control of the Thomasville City Schools. The undersigned further acknowledges that these trips may involve motor vehicle travel away from school premises and that the method of transportation is at the discretion of the Thomasville City Schools. Student-competitors may not drive their own vehicles to events.

The student-competitor will be expected to travel with his/her team throughout the entire competitive season as stipulated by the coach/sponsor.

It will be the decision of the head coach/sponsor of that sport/activity or sponsor of the sport/activity whether a student may be released from traveling to or from the school. For a student to be granted permission to travel other than with his/her group or team, the parent/guardian must give each coach a written request prior to that particular activity.

If the coach does agree to release the student to return with parent/guardian, the parent/guardian must personally see the head coach/sponsor at the time the student is to be released.

The undersigned hereby releases, individually and as a parent and guardian of his/her participating child, the Thomasville City Schools, Thomasville City Schools Board of Education and all employees of the same liability for death, personal injury, and/or property damage that maybe sustained by the above referenced student while involved in this travel and related activities.

Parent Signature

Date

Thomasville High School
Paperwork

■ PREPARTICIPATION PHYSICAL EVALUATION

HISTORY FORM

Note: Complete and sign this form (with your parents if younger than 18) before your appointment.

Name: _____ (First Name) _____ (Last Name) Date of birth: _____

Date of examination: _____ Sport(s): _____

Sex assigned at birth: _____

List past and current medical conditions. _____

Have you ever had surgery? If yes, list all past surgical procedures. _____

Medicines and supplements: List all current prescriptions, over-the-counter medicines, and supplements (herbal and nutritional). _____

Do you have any allergies? If yes, please list all your allergies (ie, medicines, pollens, food, stinging insects). _____

Patient Health Questionnaire Version 4 (PHQ-4)

Over the last 2 weeks, how often have you been bothered by any of the following problems? (check box next to appropriate number)

	Not at all	Several days	Over half the days	Nearly every day
Feeling nervous, anxious, or on edge	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Not being able to stop or control worrying	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Little interest or pleasure in doing things	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3
Feeling down, depressed, or hopeless	<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3

(A sum of ≥ 3 is considered positive on either subscale [questions 1 and 2, or questions 3 and 4] for screening purposes.)

GENERAL QUESTIONS		Yes	No
(Explain "Yes" answers at the end of this form. Circle questions if you don't know the answer.)			
1. Do you have any concerns that you would like to discuss with your provider?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. Has a provider ever denied or restricted your participation in sports for any reason?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Do you have any ongoing medical issues or recent illness?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
HEART HEALTH QUESTIONS ABOUT YOU		Yes	No
4. Have you ever passed out or nearly passed out during or after exercise?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. Does your heart ever race, flutter in your chest, or skip beats (irregular beats) during exercise?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. Has a doctor ever told you that you have any heart problems?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. Has a doctor ever requested a test for your heart? For example, electrocardiography (ECG) or echocardiography.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

HEART HEALTH QUESTIONS ABOUT YOU		Yes	No
(CONTINUED)			
9. Do you get light-headed or feel shorter of breath than your friends during exercise?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. Have you ever had a seizure?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
HEART HEALTH QUESTIONS ABOUT YOUR FAMILY		Yes	No
11. Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 35 years (including drowning or unexplained car crash)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. Does anyone in your family have a genetic heart problem such as hypertrophic cardiomyopathy (HCM), Marfan syndrome, arrhythmogenic right ventricular cardiomyopathy (ARVC), long QT syndrome (LQTS), short QT syndrome (SQTS), Brugada syndrome, or catecholaminergic polymorphic ventricular tachycardia (CPVT)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. Has anyone in your family had a pacemaker or an implanted defibrillator before age 35?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

■ PREPARTICIPATION PHYSICAL EVALUATION

PHYSICAL EXAMINATION FORM

Name: _____ Date of birth: _____
(First Name) (Last Name)

PHYSICIAN REMINDERS

- Consider additional questions on more-sensitive issues.
 - Do you feel stressed out or under a lot of pressure?
 - Do you ever feel sad, hopeless, depressed, or anxious?
 - Do you feel safe at your home or residence?
 - Have you ever tried cigarettes, e-cigarettes, chewing tobacco, snuff, or dip?
 - During the past 30 days, did you use chewing tobacco, snuff, or dip?
 - Do you drink alcohol or use any other drugs?
 - Have you ever taken anabolic steroids or used any other performance-enhancing supplement?
 - Have you ever taken any supplements to help you gain or lose weight or improve your performance?
 - Do you wear a seat belt, use a helmet, and use condoms?
- Consider reviewing questions on cardiovascular symptoms (Q4–Q13 of History Form).

EXAMINATION		
Height: _____	Weight: _____	
BP: _____ / _____ (_____ / _____)	Pulse: _____	Vision: R 20/ _____ L 20/ _____ Corrected: <input type="checkbox"/> Y <input type="checkbox"/> N
MEDICAL	NORMAL	ABNORMAL FINDINGS
Appearance • Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, hyperlaxity, myopia, mitral valve prolapse [MVP], and aortic insufficiency)	<input type="checkbox"/>	
Eyes, ears, nose, and throat • Pupils equal • Hearing	<input type="checkbox"/>	
Lymph nodes	<input type="checkbox"/>	
Heart* • Murmurs (auscultation standing, auscultation supine, and ± Valsalva maneuver)	<input type="checkbox"/>	
Lungs	<input type="checkbox"/>	
Abdomen	<input type="checkbox"/>	
Skin • Herpes simplex virus (HSV), lesions suggestive of methicillin-resistant <i>Staphylococcus aureus</i> (MRSA), or tinea corporis	<input type="checkbox"/>	
Neurological	<input type="checkbox"/>	
MUSCULOSKELETAL	NORMAL	ABNORMAL FINDINGS
Neck	<input type="checkbox"/>	
Back	<input type="checkbox"/>	
Shoulder and arm	<input type="checkbox"/>	
Elbow and forearm	<input type="checkbox"/>	
Wrist, hand, and fingers	<input type="checkbox"/>	
Hip and thigh	<input type="checkbox"/>	
Knee	<input type="checkbox"/>	
Leg and ankle	<input type="checkbox"/>	
Foot and toes	<input type="checkbox"/>	
Functional • Double-leg squat test, single-leg squat test, and box drop or step drop test	<input type="checkbox"/>	

* Consider electrocardiography (ECG), echocardiography, referral to a cardiologist for abnormal cardiac history or examination findings, or a combination of those.

Name of health care professional (print or type): _____ Date: _____

Address: _____ Phone: _____

Signature of health care professional: _____, MD, DO, NP, or PA

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■ PREPARTICIPATION PHYSICAL EVALUATION

MEDICAL ELIGIBILITY FORM

Name: _____ Date of birth: _____

☐ Medically eligible for all sports without restriction

☐ Medically eligible for all sports without restriction with recommendations for further evaluation or treatment of

☐ Medically eligible for certain sports

☐ Not medically eligible pending further evaluation

☐ Not medically eligible for any sports

Recommendations: _____

I have examined the student named on this form and completed the preparticipation physical evaluation. The athlete does not have apparent clinical contraindications to practice and can participate in the sport(s) as outlined on this form. A copy of the physical examination findings are on record in my office and can be made available to the school at the request of the parents. If conditions arise after the athlete has been cleared for participation, the physician may rescind the medical eligibility until the problem is resolved and the potential consequences are completely explained to the athlete (and parents or guardians).

Name of health care professional (print or type): _____ Date: _____

Address: _____ Phone: _____

Signature of health care professional: _____, MD, DO, NP, or PA

SHARED EMERGENCY INFORMATION

Allergies: _____

Medications: _____

Other information: _____

Emergency contacts: _____

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Georgia High School Association

Student/Parent Concussion Awareness Form

SCHOOL: _____

DANGERS OF CONCUSSION

Concussions at all levels of sports have received a great deal of attention and a state law has been passed to address this issue. Adolescent athletes are particularly vulnerable to the effects of concussion. Once considered little more than a minor “ding” to the head, it is now understood that a concussion has the potential to result in death, or changes in brain function (either short-term or long-term). A concussion is a brain injury that results in a temporary disruption of normal brain function. A concussion occurs when the brain is violently rocked back and forth or twisted inside the skull as a result of a blow to the head or body. Continued participation in any sport following a concussion can lead to worsening concussion symptoms, as well as increased risk for further injury to the brain, and even death.

Player and parental education in this area is crucial – that is the reason for this document. Refer to it regularly. This form must be signed by a parent or guardian of each student who wishes to participate in GHSA athletics. One copy needs to be returned to the school, and one retained at home.

COMMON SIGNS AND SYMPTOMS OF CONCUSSION

- Headache, dizziness, poor balance, moves clumsily, reduced energy level/tiredness
- Nausea or vomiting
- Blurred vision, sensitivity to light and sounds
- Fogginess of memory, difficulty concentrating, slowed thought processes, confused about surroundings or game assignments
- Unexplained changes in behavior and personality
- Loss of consciousness (NOTE: This does not occur in all concussion episodes.)

BY-LAW 2.68: GHSA CONCUSSION POLICY: In accordance with Georgia law and national playing rules published by the National Federation of State High School Associations, any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion shall be immediately removed from the practice or contest and shall not return to play until an appropriate health care professional has determined that no concussion has occurred. (NOTE: An appropriate health care professional may include licensed physician (MD/DO) or another licensed individual under the supervision of a licensed physician, such as a nurse practitioner, physician assistant, or certified athletic trainer who has received training in concussion evaluation and management.

a) No athlete is allowed to return to a game or a practice on the same day that a concussion (a) has been diagnosed, OR (b) cannot be ruled out.

b) Any athlete diagnosed with a concussion shall be cleared medically by an appropriate health care professional prior to resuming participation in any future practice or contest. The formulation of a gradual return to play protocol shall be a part of the medical clearance.

By signing this concussion form, I give _____ High School permission to transfer this concussion form to the other sports that my child may play. I am aware of the dangers of concussion and this signed concussion form will represent myself and my child during the 2023-2024 school year. This form will be stored with the athletic physical form and other accompanying forms required by the _____ School System.

I HAVE READ THIS FORM AND I UNDERSTAND THE FACTS PRESENTED IN IT.

Student Name (Printed)

Student Name (Signed)

Date

Parent Name (Printed)

Parent Name (Signed)

Date

(Revised: 3/23)

Georgia High School Association

Student/Parent Sudden Cardiac Arrest Awareness Form

SCHOOL: _____

1: Learn the Early Warning Signs

If you or your child has had one or more of these signs, see your primary care physician:

- Fainting suddenly and without warning, especially during exercise or in response to loud sounds like doorbells, alarm clocks or ringing phones
- Unusual chest pain or shortness of breath during exercise
- Family members who had sudden, unexplained and unexpected death before age 50
- Family members who have been diagnosed with a condition that can cause sudden cardiac death, such as hypertrophic cardiomyopathy (HCM) or Long QT syndrome
- A seizure suddenly and without warning, especially during exercise or in response to loud sounds like doorbells, alarm clocks or ringing phones

2: Learn to Recognize Sudden Cardiac Arrest

If you see someone collapse, assume he has experienced sudden cardiac arrest and respond quickly. This victim will be unresponsive, gasping or not breathing normally, and may have some jerking (Seizure like activity). Send for help and start CPR. You cannot hurt him.

3: Learn Hands-Only CPR

Effective CPR saves lives by circulating blood to the brain and other vital organs until rescue teams arrive. It is one of the most important life skills you can learn – and it's easier than ever.

- Call 911 (or ask bystanders to call 911 and get an AED)
- Push hard and fast in the center of the chest. Kneel at the victim's side, place your hands on the lower half of the breastbone, one on top of the other, elbows straight and locked. Push down 2 inches, then up 2 inches, at a rate of 100 times/minute, to the beat of the song "Stayin' Alive."
- If an Automated External Defibrillator (AED) is available, open it and follow the voice prompts. It will lead you step-by-step through the process, and will never shock a victim that does not need a shock.

By signing this sudden cardiac arrest form, I give _____ High School permission to transfer this sudden cardiac arrest form to the other sports that my child may play. I am aware of the dangers of sudden cardiac arrest and this signed sudden cardiac arrest form will represent myself and my child during the 2023-2024 school year. This form will be stored with the athletic physical form and other accompanying forms required by the _____ School System.

I HAVE READ THIS FORM AND I UNDERSTAND THE FACTS PRESENTED IN IT.

Student Name (Printed)

Student Name (Signed)

Date

Parent Name (Printed)

Parent Name (Signed)

Date

(Revised: 3/23)



**THOMASVILLE CITY SCHOOLS
ATHLETIC DEPARTMENT
INHERENT RISK**

We would like to take this opportunity to further inform you of the risk of injury while participating in athletics. There is an inherent risk of injury for all sports. You need to be aware of the fact that even the best coaching, the use of the most advanced protective equipment, and strict observance of the rules, injuries can be so severe as to result in total disability, paralysis, or even death. In summary, we take every precaution possible to prevent athletic injuries, but we also realize that using the best prevention methods can not eliminate all injuries. We always hope for an injury free season for all our student-athletes in the Thomasville City Schools System. We assure you that in an event of an injury your son/daughter will be given the best possible treatment, care and rehabilitation of that injury.

EXPLANATION OF INSURANCE COVERAGE

We want to take this opportunity to explain that in order to participate in athletics for the Thomasville City Schools, your child must be covered by either an accident insurance or personal insurance. The Thomasville High School athletic program utilizes the sports medicine program at Archbold Sports Medicine for an athlete's injuries. Any injury that occurs during a practice or game will be referred to the high school Athletic Trainer. The Athletic Trainer will then assess the injury and suggest appropriate treatment and/or recommend a visit to a specialized physician. We encourage all athletes and their parents to adhere to this policy to avoid unneeded medical expenses. If an athlete does receive medical attention, the cost of the treatment is the responsibility of the parent(s) and/or their health insurance. The Thomasville City Schools offers accident coverage through South Georgia Benefits Consultants located in Thomasville, Georgia.

EARLY RELEASE

From time to time, we must leave school with athletic teams before the school day is completed. When these situations arise, your child's name will appear on a roster that will be given to the attendance office and their teachers as to inform them of the absence. Athletes on trips with their team will not be counted absent; rather they will be coded for a field trip. The athlete is responsible for any and all work missed. The athletic department is aware of the importance of education so these occasions are kept to the bare minimum.

ARREST POLICY

Students are expected to abide by a behavior that goes above and beyond that of the average student as they serve in an ambassadorial role in our community. Those athletes that are arrested for a felony will be suspended from athletic participation until the case is dispensed.



**THOMASVILLE CITY SCHOOLS
ATHLETIC DEPARTMENT
Parental Consent for Emergency Medical Treatment**

The purpose of this document is to give my consent for emergency medical treatment and transportation of my minor child. Students Athlete's name: _____ Grade _____. I UNDERSTAND THAT IN THE EVENT OF SERIOUS INJURY OR SUDDEN ILLNESS OCCURING TO MY CHILD, EVERY PRUDENT EFFORT WILL BE MADE BY THE SCHOOL AND/OR MEDICAL OFFICIAL TO CONTACT ME. IF I CANNOT BE CONTACTED, THIS DOCUMENT (OR PHOTOCOPY) WILL SERVE AS MY PARENTAL OR GUARDIANSHIP CONSENT.

I give my permission to the health care providers of the TCS Sports Medicine team (Physicians, ATC's, and Nurses, medical personnel, Archbold rehabilitation, and hospital staff) to perform physical examinations and treatments of sports related injuries. I understand by signing this form, I am authorizing them to treat my child for as long as they deem necessary and appropriate or until I withdraw my consent in writing.

In Emergency: Contact _____

Phone: _____ **Secondary Phone:** _____

General Information about Student Athlete

Date of Birth: _____

Address _____

Allergies: Daily Medications and reason for being taken

Relevant Medical information: Diabetes, major injuries, surgeries, contact lenses, epilepsy, heart murmurs, etc.

I, as guardian of _____, understand all of the above policies. I agree to allow him/her to participate in interscholastic sports in the Thomasville City Schools. I understand that sports have an inherent risk of injury and that my insurance will be used in the event of an injury. I know that my child may on occasions have to leave school early and he/she will be responsible for all work missed. I also understand and agree that my child should be held to a higher standard of behavior because of the role in the community. I will make every effort to encourage my child to behave in a manner that represents the school and the community well. I understand the policy regarding arrest and will abide by all decisions and policies of the Athletic Department.

Parents or Guardian's Signature: _____

Date: _____



**THOMASVILLE CITY SCHOOLS
ATHLETIC DEPARTMENT**

SCHOOL YEAR: _____

Name: _____

Address: _____

City: _____ State: _____ Zip code: _____

Telephone: _____

Name of Parent(s) or Guardian(s): _____

Home Phone: _____ Work: _____ Cell: _____

Home Phone: _____ Work: _____ Cell: _____

In Case of Emergency, notify:

Name Phone Number(s)

(Insurance Co. and Policy Holder must be filled in.)

(Either Group Number or ID Number or both must be filled in or **SUBMIT COPY OF INSURANCE CARD**

Family Physician: _____ Phone: _____

Insurance Co.: _____ Policy Holder: _____

Group Number: _____ ID Number: _____

List Allergies: _____

Any Health Problems: _____

Parent/Guardian: _____ Date: _____

I fully understand that my child cannot participate in athletics in the Thomasville City School System unless covered by either school accident insurance or personal insurance.



**THOMASVILLE CITY SCHOOLS
ATHLETIC DEPARTMENT**

Mandatory Extracurricular Drug Testing Program

Consent to Perform Urinalysis

All students involved in extra-curricular activities at Thomasville High School must agree to make themselves available for random drug testing. The test used will be a urinalysis. An outside party is responsible for all parts of the drug testing. For a first violation, the student athlete and his or her parents/guardians will be required to attend a specified amount of counseling with a program approved by the District. The student shall be required to comply with any recommendations resulting from the assessment/counseling as part of the assessment. To deter the student from committing a subsequent violation of this policy, the student will be subject to an unannounced random drug test/screening and will be added to the list of those tested in the next round of testing/screening. A student testing positive for a second violation, he/she will lose 20% of his/her participation in all inter-scholastic competition (rounded up to the nearest whole number). The student must participate in an approved drug counseling program. Once a student has a third subsequent positive drug test, he/she shall be prohibited from participation from all inter-scholastic competitions for one (1) full calendar year from the date of the positive test. The full policy and procedure is on file in the Athletic Director's office.

I have read and understand the policy and procedures for the Thomasville City Schools Drug Testing Program for students involved in extracurricular activities and hereby give my consent for my son/daughter to participate in the appropriate urinalysis-testing program conducted by the contracted agency chosen by Thomasville City Schools.

Student Signature

Parent/Guardian Signature

Date

Date



**THOMASVILLE CITY SCHOOLS
ATHLETIC DEPARTMENT**

TRAVEL PERMISSION FORM

I hereby give my permission for my son/daughter _____ to go on planned trips associated with his/her participation and as a member of the _____ team.

I understand that these trips will be under the supervision of an employee of the Thomasville City School System. By execution of this parent permission slip, the undersigned acknowledges that the proposed trips will be so supervised but may occur at indoor/outdoor locations other than the properties owned by the Thomasville City Schools and may expose participants to non-school environments and to the actions of non-school personnel, which are beyond the control of the Thomasville City Schools. The undersigned further acknowledges that these trips may involve motor vehicle travel away from school premises and that the method of transportation is at the discretion of the Thomasville City Schools. Student-competitors may not drive their own vehicles to events.

The student-competitor will be expected to travel with his/her team throughout the entire competitive season as stipulated by the coach/sponsor.

It will be the decision of the head coach/sponsor of that particular sport/activity or sponsor of the sport/activity whether a student may be released from traveling to or from the school. For a student to be granted permission to travel other than with his/her group or team, the parent/guardian must give each coach a written request prior to that particular activity.

If the coach does agree to release the student to return with parent/guardian, the parent/guardian must personally see the head coach/sponsor at the time the student is to be released.

The undersigned hereby releases, individually and as a parent and guardian of his/her participating child, the Thomasville City Schools, Thomasville City Schools Board of Education and any and all employees of same liability for death, personal injury, and/or property damage that maybe sustained by the above referenced student while involved in this travel and related activities.

Parent Signature

Date

Competitive Interscholastic Activities, Grades 6-12

The Board of Education ("the Board") hereby adopts this policy regulating competitive interscholastic activities.

1. Each middle and high school principal shall regulate competitive interscholastic activities in his or her school and shall ensure that all staff members adhere to the school system's athletic guidelines, this policy, and related rules of the State Board of Education. The principal may delegate responsibility for supervising one or more student activities and clubs to a member or members of the professional staff, provided such individuals must act under the principal's direction.
2. A student wishing to participate in interscholastic competitive activities must be enrolled full-time in the school system during the semester of participation.
3. Retention of students for athletic purposes is prohibited in the school system.
4. Each principal of a school covered by this policy is responsible for ensuring that documentation is maintained of adherence to the requirements of the policy.

HIGH SCHOOLS

The Board endorses and adopts the requirements set forth in the Constitution and By-Laws of the Georgia High School Association (GHSA), including any amendments thereto, for determining the eligibility of students in grades 9-12 to participate in competitive interscholastic activities. The Superintendent shall require all high schools in the school system that sponsor competitive interscholastic activities to access and ensure compliance with the GHSA Constitution and By-Laws.

MIDDLE SCHOOLS

The Board is responsible for regulating competitive interscholastic activities in grades 6-8, and therefore adopts the middle grades requirements set forth in State Board Rule 160-5-1-.18 Competitive Interscholastic Activities in Grades 6-12, as to student eligibility, physical examinations, and special provisions.

All schools containing students in grades 6-8 also must comply with any local requirements established by the Superintendent or designee to govern competitive interscholastic activities for middle school students.



Thomasville City Schools
MacIntyre Park Middle School Student-Competitor Eligibility

A. Student Eligibility

1. The grading period shall be a semester as specified by Board of Education policy. The same period shall also be the minimum length of the ineligibility period.
2. Students participating in competitive interscholastic activities shall pass a minimum of five subjects carrying credit toward grade promotion in the grading period immediately preceding participation.
 - Students initially enrolling in the first quarter or semester of the sixth grade are exempt from this requirement.
3. Students participating in any competitive interscholastic activity shall be enrolled full time in the system's public schools and shall take a minimum of five subjects carrying credit toward grade promotion during the preceding semester.
4. Student eligibility shall be determined on the first school day of a semester. A student is eligible to practice/condition for first semester activities if the student passed a minimum of five subjects carrying credit toward grade promotion during the preceding semester.
 - A maximum of two subjects taken in summer school and carrying credit toward grade promotion may be counted for eligibility purposes or participation in first semester activities.
 - If a student receives an incomplete for a subject that will be used to establish eligibility, he/she may complete make-up work that will change the incomplete to a grade provided this opportunity is available to all students.
 - To participate in first semester competitive activities, the student shall complete all make-up work within 14 calendar days from the end of the previous second semester.
 - To participate during the second semester the student shall complete all make-up work within 14 calendar days from the first day of the respective semester.
 - A student is ineligible until make-up work is completed and the required passing grade(s) is/are recorded in the student's permanent record.
 - Summer school credits earned in non-accredited home study programs or non-accredited private schools may not be used to gain eligibility. For summer school credits to be accepted for eligibility purposes from either private schools or home study programs, the credits must have been earned in programs approved by the accrediting agency recognized by the State Board of Education in accordance with Rule 160-5-1-.15 Acceptance of Transfer Credit and/or grades.

B. Physical Examinations

1. All students in grades 6-8 who participate in competitive interscholastic athletics and cheerleading shall have an annual physical examination prior to participation in any tryout, practice or conditioning, whichever comes first. The physical examination form shall indicate approval for participation and be signed by a doctor of medicine or a doctor of osteopathy. The physical examination form shall include the date that the exam was performed (month, day, and year), the student's name and the physician's signature.

C. Time Restriction for Activities

1. Competitive interscholastic activities and all individual and group practice for such activities shall be conducted outside the school day.
2. Competitive interscholastic activities and group and individual practice on a day preceding a school day may not begin prior to the end of the school day and must end by no later than five hours after the close of the home team's school day.
3. The number of games scheduled shall not exceed 60 percent of the number of regularly scheduled games played by the high school varsity in any given sport.

D. Special Provision

1. Special education students shall meet the same eligibility requirements as regular students, except that the courses passed must be according to the student's IEP. Special Olympics or other athletic programs designed exclusively for students with disabilities are exempt.
2. Students who have not attained ninth grade status but are participating in high school competitive interscholastic activities shall abide by the appropriate grades 6-8 requirements. The principal of grades 6-8 shall be responsible for the compliance of this requirement.
3. Ineligible students are prohibited from dressing out for competitive interscholastic events.
4. The provisions of this rule do not apply to participation in vocational clubs, academic bowls, geography bees, spelling bees, science fairs, math bowls, or specific subject area fairs.
5. The Board of Education authorizes the high school(s) to join leagues or appropriate associations for the purpose of formulating and enforcing uniform rules of eligibility and play. Nothing in this policy shall be deemed to authorize the use of state or local tax dollars for membership in these organizations.

E. Retention of students for athletic purposes is prohibited

THOMASVILLE CITY SCHOOLS

MANDATORY DRUG TESTING POLICY

Thomasville City School System Drug Testing Policy adopted by the Thomasville City Board of Education

PARTICIPANTS IN INTERSCHOLASTIC COMEPTITION AND THEIR PARENTS SHALL BE PROVIDED A COPY OF THE FOLLOWING POLICY AND PROCEDURES, AND SHALL ACKNOWLEDGE, BU SIGNING THE “CONSENT TO PERFORM URINALYSIS FOR DRUG TESTING” FORM THAT THEY HAVE READ THE POLICY AND PROCEDURES AND UNDERSTAND THE POLICY AND PROCEDURES.

The District has established a drug-testing program for interscholastic competitors based on the following rationale:

Mission Statement

In this day and time, drug and alcohol abuse has grown to major proportions in our society. The high school setting is not exempt from this trend. Therefore, it is important that educators and parents continually explore ways to institute programs that encourage a drug free and alcohol free lifestyle for their students/children. It is to that end that this program is created to provide the appropriate action plan to address and nurture a drug-free and alcohol-free environment for the entire Thomasville City School System.

Goals

- To develop an alcohol/drug free program that produces student/competitors who serve as positive role models and influence their peers to lead healthy and responsible lives
- To educate our student-competitors about the dangers and problems associated with alcohol and drug use and abuse
- To prevent alcohol and drug use and abuse by our student competitors
- To identify any student-competitor who may be using and/or abusing drugs and to identify the drug(s), as well as to provide help through counseling and treatment
- To educate our student-competitors of the effects alcohol and drugs have on their mental,, emotional, and physical well-being and the effect drug abuse has on their teammates, the program in which they compete, the school and the community

Applicability

This policy applies to all students who compete in an interscholastic competition for Thomasville High School, which are voluntary extracurricular activities, and includes competitors at the varsity or sub-varsity level for competition at the high school.

Confidentiality

The District shall not release records of drug test/screen or any resulting actions to anyone other than the student’s parents or guardians, as defined by Georgia statutes, school officials and head coach/sponsor without the written authorization from the parent/guardian.

No Consent Precludes Participation

A student who fails to have a current Annual Consent to Drug Screening Form on file shall not be allowed to participate in any activity for which the student is subject to random drug testing/screening until such consent is signed and filed with the appropriate authority within the school. Participation includes, but is not limited to, attendance at practice, try-outs, rehearsal, or sitting with a competitive team at a school event.

Withdrawal from Activity

Students who have a consent form on file remain eligible for selection for random testing/screening from the date the consent form is signed and throughout the remainder of the season of the competition in which the student participates or until the student files a Withdrawal of Student from Activity Form that states the student no longer wishes to participate in inter-scholastic competition. Upon completion and submission of the form to the appropriate authority, the student shall not be eligible to participate in any activity which the student is subject to random drug testing/screening for the remainder of the year. Any student who files the Withdrawal of Student from Activity Form after selection for random drug screening is no longer eligible for participation in inter-scholastic competition for one (1) calendar year from the date of the withdrawal form.

Procedures

1. The student-competitor must present to the head coach or sponsor a signed consent form, which authorizes the school to conduct drug testing and that allows the results of the test to be released to parents and guardians, administrative officials and the head coach or sponsor. **(Note: a signed consent form is a requirement for participation in any GHSA-governed interscholastic activity that requires an annual physical examination for participation. Parents and students do NOT have the option of participating in the drug-screen program.)**
2. **Random testing will take place at any time during the school year** with student-competitors being chosen by an off-site provider through a lottery/random selection. The substances that will be tested include cocaine, marijuana, methamphetamine, barbiturates, propoxyphene, LSD, heroine, and alcohol. Testing consists of providing a urine sample to those representatives of the firm administering the test. Privacy of the students and confidentiality of the tests will be protected. Specimens will be processed for identity and secured to ensure against tampering. Test results will be reported to the school through the proper chain of command. In case of a positive result, the parent or guardian will be notified.
3. The student-competitor must fill out a form delineating any medication that he or she is taking.

Consequences for Positive Results

1. **First Positive Drug Test/Screening:** The student and the student's parents/guardians will be required to attend a conference with the Athletic Director. The student and his or her parents/guardians will also be required to attend a specified amount of counseling with a program approved by the District. The student shall be required to comply with any recommendations resulting from the assessment/counseling as part of the assessment. To deter the student from committing a subsequent violation of this policy, the student will be subject to an unannounced random drug test/screening and will be added to the list of those tested in the next round of testing/screening. If the prescribed guidelines are followed, the student will be allowed to continue participation in any of the activities covered in this policy. Any student who fails to participate in and complete an approved drug treatment program will forfeit his/her opportunity to resume participation in any of the activities covered in this policy.

2. **Second Positive Drug Test/Screening:** Once a student has a second positive drug test, he/she loses 20% of his/her participation in all inter-scholastic competition (rounded up to the nearest whole number). The student must participate in an approved drug treatment program.
3. **Third Positive Drug Test/Screening:** Once a student has a third subsequent positive drug test, he/she shall be prohibited from participation from all inter-scholastic competitions for one (1) full calendar year from the date of the positive test. Student must enroll in an approved drug treatment program. The student must apply to be reinstated and a subsequent negative drug test must be provided before participation may be reinstated.

Appeal Procedure: For any student who has tested positive, the parents or guardians may contest the test/screen results by informing the principal of their wish to have a conference within 48 hours of the results. The students and the parents/guardians will be allowed to present any further evidence.

In the event of an appeal, any further laboratory analysis shall be conducted at the student's expense with the student's remaining urine specimen preserved by the testing lab. A final decision will be made by the Athletic Director and the building level Principal within 5 days of the result of the second test. The determination of the student's eligibility shall be made by the Principal.

If the student is 18 years old or will turn 18 during the competition season, the student must agree that all test results will be released to the parents or legal guardians,

If the student is selected to be a part of the random testing process and their parents elect to have private testing, such testing will be conducted at the expense of the parent. The test must be a Hair Follicle Drug Test completed by Parents must take their child to for this screening/testing within three business days of being selected.

NOTE: Since the intent of the program is to intervene whenever possible to stop student-athletes from using drugs and alcohol, but, at the same time, to provide consequences for those who have chosen to do so, inter-scholastic programs will expand their consequences to school and off-campus incidents that are confirmed. Specifically, if a student-competitor is confirmed to have used drugs or alcohol on campus or at an event off campus, that student-competitor will be subjected to the application of the drug procedures and consequences. For example, if a student-competitor is confirmed to have used drugs and/or alcohol at an off campus activity, the consequences for a positive drug test will apply. If it is the second offense, the second consequences will apply; if the third, the third consequences will apply. Furthermore, coaches and sponsors are to make sure that team rules and consequences are consistent with these procedures, keeping in mind that the primary goal is to intervene whenever possible to help student-competitors make the right decisions regarding their health and safety.

SSA Form



THOMASVILLE HIGH SCHOOL School Sponsored Activity

The students listed below will be participating in a school sponsored activity on:

Date of Activity

Time

Supervising Teacher

Organization or Class

Purpose of Trip

Date Form was turned in

This form must be approved by the principal and copies given to each teacher who has the students and the attendance clerk **three days before the activity**.

Principal Signature

Athletic Director Signature



Thomasville City Schools

Academic Excellence with Caring for all Students

EST. 1900

School Check Request Form

HES JES MPMS SA SES THS

Date of Request: _____ Date Needed: _____

Make Check Payable To: _____

Address: _____

City, State, ZIP: _____

Amount of Check: \$ _____

Requested By: _____

Club/Activity: _____

Sponsor/Advisor: _____

Description: _____

Approved by Principal

Date

Bookkeeper Use:

Check # or JA#	
School PO#	
Date Paid:	
Account #	

Thomasville High School

Email Invoices to : duncanr@tcitys.org

Mail Invoices to: Accounts Payable

315 South Hansell Street

Thomasville, GA 31792

Phone: 229-225-2634 Fax: 229-225-2663

EXEMPT FROM STATE TAXES: FEIN: 58-6000171

PURCHASE ORDER

DATE:

P.O. #

T-24

VENDOR:

--

SHIP TO:

Thomasville High School

315 South Hansell Street

Thomasville, GA 31792

Requisitioner

Date

School Approval: Signature	Date
-----------------------------------	-------------

[illegible]

Account:

ApprovalDate

Coaches Procedure for Getting a CDL

Item #	Description	Completed (check off)
1	Stop by DDS and pick up a Commercial Drivers' Manual Content can be accessed online at http://www.eregulations.com/georgia/commercial/ While at DDS, get 7-year copy of MVR and turn into Stoney (paid by candidate) – this is a driver infraction history report	
2	Study, study, study all sections identified in Section 1: Introductions for a Class B License with P&S Endorsement	
3	Get voucher from Stoney to take test	
4	Take test at DDS – need to pass 1 st time through	
5	Pay \$15 for Learner Permit (paid by candidate)	
6	Schedule with Stoney 12 hour mandated classroom time a. Take test on first 19 units b. Take test on second 12 units	
7	Schedule Physical with Stoney and go get physical (district pays, must be done at district provider)	
8	Get with HR for background check (this may have been done at initial employment but confirmation from HR to Stoney must be done – candidate responsibility)	
9	Schedule Drug Test with Stoney and go get (district pays)	
10	Schedule with Stoney - Drivers' Skills Evaluation	
11	Get Drivers' Skills Evaluation – 6 hours without kids	
12	Schedule with Stoney - Drivers' Skills Evaluation	
13	Get Drivers' Skills Evaluation – 6 hours with kids	
14	Get with Stoney to schedule 3 rd Party practice session – 2 two-hour practice sessions over 2 days (District pays up to 4 hours over 2 days) – Best to practice with 3 rd Party because this will be the tester for the Final Exam – Stoney can substitute for 3 rd Party practice session if cost to district is exorbitant a. Proficient in naming 100 parts of a bus b. Proficient in maneuvering bus rodeo course	
15	Schedule with 3 rd Party – Final Exam (3 rd Party schedules with DDS)	
16	Take 3 rd Party Test – Final Exam	
17	Congratulations	

Annual Requirements

Physical – Paid by District at District provider

Random Drug Test – When required, paid by District

Safety Training - Georgia Department of Transportation

Bus Driver Safety Meetings - Transportation Coordinator



Athletic Director
Post-Season Evaluation Form

Coach: _____ Date: _____

Position/Title: _____ Sport: _____

Grading Scale:

- 5- **Outstanding** (Accomplishments beyond expectations for a length of time)
4- **Above Expectations** (Ability to achieve and maintain above expectations)
3- **Meets Expectations** (Meets job standards in a consistent, professional, and competent manner)
2- **Needs Improvement** (Reasonable performance, but does not consistently meet job standards)
1: **Unsatisfactory** (Expectations clearly and regularly not met)

PROFESSIONALISM	5	4	3	2	1
1. Develops and maintains a comprehensive athletic program which seeks the highest development of all participants, and which respects the individual dignity of every athlete.					
2. Consider the well-being of the entire student body as fundamentals in all decisions and action					
3. Organizes, directs, and promotes the athletic program that is a integral part of the total educational program					
4. Cooperates with the staff and school administration in establishing, implementing, and supporting school policies					
5. Acts impartially in the execution of basic policies, and the enforcement of the region and GHSA rules and regulations					
6. Fulfills professional responsibilities with honesty and integrity					
7. Upholds the ethics of the profession in all relations with students, colleagues, coaches, administration, and the public					
8. Improves the professional status and effectiveness of the position through participation in local, state, and national programs.					
9. Promotes high standards of ethics, sportsmanship, and personal conduct by encouraging administration, coaches, staff, student-athletes, and community to commit to these standards.					
Comments:					

B. ADMINISTRATIVE RESPONSIBILITIES	5	4	3	2	1
1. Provides leadership for the athletic department and places it in the proper educational perspective					
2. Assists the district and Principal in securing competent personnel for the athletic staff for the school system					
3. Prepares and keep calendar of school athletic events. Communicates this calendar and a list to all facets of the school.					
4. Facilitates schedules and coordinate with school and district administration for all school athletic practices, activities, and community usage.					
5. Attends as many contests, meets, and events as possible					
6. Participate in the entire school program.					
7. Transmit all pertinent information for the region and GHSA to the Superintendent, Principal, and coaches.					
8. Help arrange transportation for athletic events.					
9. Resolve conflicts that arise within the athletic department.					
10. Act as game manager for all playoff activities that are assigned to the district.					
11. Provide a system to maintain permanent records for each sport such as wins and losses, outstanding records, letter persons, etc.					
12. Supervise all athletic awards programs with the cooperation of the booster club, coaches, school, and district administrators.					
13. Coordinate with district administrators, the repair and maintenance of all athletic facilities.					
14. Examine all equipment and facilities before use.					
15. Provides dressing room for visiting teams and game officials.					
16. Keep informed of the rules and regulations for the total athletic program.					
17. Performs other duties as required by Superintendent and Principal.					
Comments:					

C. SPORTS SPECIFIC DUTIES	5	4	3	2	1
1. Works in conjunction with the coaches to administer sport					
2. Assist in the securing of all needed personnel for the operation of the athletic event.					
3. Supervise and assist in the coordination of special events related to the athletic program					
4. Develop and monitor the operational budget and financial procedures of each sport and the overall athletic program.					
5. Overall performance of assigned position					
Comments:					

Performance Narrative:

I have read this report (Athletic Director) _____ Date: _____

Evaluation by (Head coach) _____ Date: _____



Head Coach
Post-Season Evaluation Form

Coach: _____ Date: _____

Position/Title: _____ Sport: _____

Grading Scale:

- 5- **Outstanding** (Accomplishments beyond expectations for a length of time)
4- **Above Expectations** (Ability to achieve and maintain above expectations)
3- **Meets Expectations** (Meets job standards in a consistent, professional, and competent manner)
2- **Needs Improvement** (Reasonable performance, but does not consistently meet job standards)
1: **Unsatisfactory** (Expectations clearly and regularly not met)

A. COMMITTED TO THE OVERALL SUCCESS OF THE STUDENT ATHLETE/THS.	5	4	3	2	1
1. Recruits and encourages participation among students in the school.					
2. Monitors the academic performance of student athletes and supports necessary academic interventions.					
3. Promotes positive character in their student athletes.					
4. Develops and implements clear expectations and standards to the student-athletes.					
5. Overall performance of assigned position.					
Comments:					

B. KNOWLEDGE OF THE SPORT	5	4	3	2	1
1. Implements GHSA and NFHS guidelines and regulations					
2. Exhibits a comprehensive knowledge of the sport, including skills and strategies					
3. Ensures that all student-athletes and parents are informed of health and safety expectations and procedures.					
4. Incorporates technology and innovation into the administration of their program.					
5. Provides guidance and support to their student-athletes during the college recruiting process.					

Comments:

C. MANAGEMENT OF PROGRAM AND STAKEHOLDERS	5	4	3	2	1
1. Communicates effectively and appropriately with students, parents, and stakeholders.					
2. Plans team events and activities in conjunction with school administration.					
3. Promotes their sport/program in the school and in the community.					
4. Provides appropriate supervision before, during, and after all team activities.					
5. Prepares practice and contest facilities for competition.					
Comments:					

D. ASSESSMENT OF TEAM	5	4	3	2	1
1. Establishes and communicates written criteria for team selection, lettering, and awards.					
2. Evaluates, plans, and prepares for practices and contests throughout the season.					
3. Develops strategies to promote the highest level of success for the team and individual student-athletes.					
4. Maintains appropriate individual and team statistics and records.					
5. Provides frequent and timely assessment and feedback of team and individual performance before, during, and after the season.					
Comments:					

E. COMMITTED TO CONTINUOUS IMPROVEMENT AND PROFESSIONAL DEVELOPMENT	5	4	3	2	1
1. Promotes and models a high level of sportsmanship.					
2. Maintains current health and safety certification standards.					
3. Engages in professional development activities.					
4. Attends district pre-season and post-season coaches meeting.					
5. Compiles and maintains an accurate inventory and collection of equipment, uniforms, and supplies.					
Comments:					

F. PROFESSIONALISM	5	4	3	2	1
1. Demonstrates concern for the success of the entire athletics program.					
2. Commands respect by exhibiting appropriate appearance, behavior, and conduct at all times.					
3. Interacts appropriately colleagues, assistant coaches, and administration.					
4. Ensures that all necessary paperwork and forms are accurate and complete prior to deadlines.					
5. Implements all athletic department and district school procedures and guidelines for procurement and fundraising.					
Comments:					

Performance Narrative:

I have read this report (Head Coach) _____ Date: _____

Evaluation by (Athletic Director) _____ Date: _____



Assistant Coach
Post-Season Evaluation Form

Coach: _____ Date: _____

Position/Title: _____ Sport: _____

Grading Scale:

- 5- **Outstanding** (Accomplishments beyond expectations for a length of time)
4- **Above Expectations** (Ability to achieve and maintain above expectations)
3- **Meets Expectations** (Meets job standards in a consistent, professional, and competent manner)
2- **Needs Improvement** (Reasonable performance, but does not consistently meet job standards)
1: **Unsatisfactory** (Expectations clearly and regularly not met)

A. PROFESSIONAL QUALITIES AND RELATIONSHIPS	5	4	3	2	1
1. Cooperation with HC in regards to duties and lists					
2. Rapport with Coaching staff					
3. Cooperation with Administration					
4. Meets institution and district expectations and mission					
5. Shows concern for student needs					
6. Interest in athletes' academic progress					
7. Keeps parents informed					
8. Dress at games/practices					
Comments:					

B. COACHING PERFORMANCE	5	4	3	2	1
1. Demonstrates knowledge of the game					
2. Prepare/players for competition-instructional					
3. Develops and follows a coaching philosophy and plan					
4. Develops coaching role and performance					
5. Overall performance of assigned position					
Comments:					

C: TEAM/STAFF/POSITION MANAGEMENT	5	4	3	2	1
1. Attendance and participation in team practices/meetings					
2. Attendance and participation in staff meetings					
3. Attendance and participation in position meetings					
4. Care of equipment and facilities					
5. Maintains and enforces team discipline					
6. Organized practices					
Comments:					

D: MOTIVATION	5	4	3	2	1
1. Displays self control and poise					
2. Develops respect by appearance, manners, interests, etc					
3. Communication is clear and has players perform to a desired level					
4. Motivates athletes to adjustments during game(s)					
Comments:					

Performance Narrative:

I have read this report (Coach) _____ Date: _____

Evaluation by (Head coach) _____ Date: _____

Reviewed by (Athletic Director) _____ Date: _____

Thomasville City Schools
REQUEST FOR ATHLETIC FUNDRAISING ACTIVITIES

Each school athletic organization that wishes to sponsor any type of fundraising activity during the year must submit the following information to the Athletic Director, who will then share with the Principal and Board of Education Office. Each sponsor should be familiar with the Board's policies on fundraising activities by students.

Directions:

1. Use a separate page for each project
2. Supply all required information
3. Secure the approval and signature of Athletic Director and the school Principal

School: _____ Name of Organization: _____

Type of Project: _____

Dates and Hours of Project: _____

Purpose of Project: _____

Anticipated Revenue from Project: _____

How is the project revenue going to be used by the sport?

Location for Project: _____

How many projects will be sponsored by this organization this year? _____

Signature, Organization President

Signature of Head Coach

Signature of Athletic Director

Signature of Principal

Approved []

Disapproved []

Superintendent of Schools

Date

Conditions/Comments:

THOMASVILLE CITY SCHOOLS



ATHLETIC DEPARTMENT

INFECTIOUS DISEASE PREVENTION PLAN

Purpose

The purpose of this Infectious Disease Prevention Plan is because of the recent occurrence of COVID -19 and concerns for re-opening of high school athletics/activities, the following guidelines are being implemented. These guidelines are for the protection of all, student-competitors, coaches/sponsors, athletic training other medical personnel, and affiliated support staff in accordance with the Governor's Office, the Center for Disease Control and Prevention (CDC), the Georgia High School Association (GHSA), and the Thomasville City Schools guidelines. These guidelines will be flexible and subject to change as time, information, and research is updated. It has been established by health care authorities and leaders to have a process for screening and educating student-competitors, parents, and staff to self-monitor and report pertinent changes as they are encountered.

COVID-19

According to the Center for Disease and Control and Prevention, COVID-19 is mostly spread by respiratory droplets released when people talk, cough, or sneeze. It is thought that the virus may spread to hands from a contaminated surface and then to the nose or mouth, causing infection. Therefore, personal prevention practices (such as handwashing, staying home when sick, proper hygiene practices) and environmental cleaning and disinfection are important principles that must be adhered to in order to prevent an outbreak within the Thomasville City Schools athletic facilities, teams, and personnel.

Designated Point of Contact

1. Athletic Director, Jeremy Rayburn
2. Athletic Trainor, Sasha Dinsdale

Preventions

1. Teams will be grouped according to the Georgia High School Association guidelines.
2. These groups will be confined to specific campuses at designated times of arrival and departure. These groups will only be allowed on these campuses during the restrictive time-frame. Campus/facility denotes the buildings and contiguous property surrounding the buildings. You cannot have a group from one sport in the weight room and another from the same sports on a field on the same campus. This includes adjacent MacIntyre Park Middle School property. A second group from the same sport/activity can condition at MacIntyre Park Middle School following the same guidelines.
3. Athletic Directors and Head Coaches are allowed to monitor all workouts. The Strength and Conditioning coach may be used to direct all workouts. This individual counts in the group limits of the Georgia High School Association guidelines. Social distancing and hand sanitizer use are stressed while mask coverings are recommended. Groups should be consistent from workout to workout.
4. Upon arrival, student-competitors and personnel will be screened. Screening will include temperature checks and proper questioning as defined by the Georgia High School Association guidelines. Appropriate questions will be the following:
 - Do you or have you had a fever in the last week?
 - Have you been diagnosed with COVID-19?
 - Have you been in contact with anyone diagnosed with COVID-19?
 - Have you traveled to a "hot spot" for COVID-19?

5. If screenings are performed by a coach, the screening form will be completed and emailed to the Head Athletic Trainer and Athletic Director, as soon as completed.
6. If a student-competitor or coach/sponsor has a fever (100.3°F CDC) and/or answers any of the required questions with a “Yes”, the school designated point of contact **MUST** be notified immediately.
7. Until the Georgia High School Association and the Thomasville City Schools lifts such guidelines, there shall be no use of locker rooms or shower facilities. Students should report to their designated facility dressed to condition and shower at home.
8. Student-competitors should have their own personal water bottle. During this prescribed guidance, there shall be NO use of water fountains and “water cows.”

Athletic Training Clinic Procedures

1. One student-competitor per athletic trainer will be allowed in the clinic at a time.
2. At this time, the clinic will be utilized for major rehab and acute injury care only.
3. At home rehabs will be utilized when possible.
4. Every table will be cleaned at the beginning of each day and after each patient.
5. Athletic Training staff will wash hands or use hand sanitizer before and after contact with every patient.
6. All reusable equipment is to be cleaned/disinfected after use by each student-competitor.
7. Personal Protection Equipment (PPE) is to be provided and worn / used as indicated.
8. All disposable goods and PPE are to be disposed of properly.

Promoting Positive Behaviors

In accordance with the Georgia High School Association, all summer workouts are **VOLUNTARY**. Student-competitors cannot be punished for failure to come to summer workouts.

1. Individuals, staff and student-competitors, **MUST** stay home when they show signs and symptoms.
2. Hand sanitizer will be readily available for student-competitors and coaches/sponsors.
3. Student-competitors and coaches/sponsors are encouraged to cover their cough or sneeze. Used tissues should be disposed of properly and individuals are encouraged to use hand-sanitizer.
4. Individuals should adhere to regulated social distancing guidelines.
5. Face masks and coverings are recommended for the weight room.
6. Signage will be posted at all athletic facilities addressing the following questions:
 - Do you or have you had a fever in the last week?
 - Have you been diagnosed with COVID-19?
 - Have you been in contact with anyone diagnosed with COVID-19?
 - Have you traveled to a “hot spot” for COVID-19?

Maintaining Healthy Environments

1. Clean and disinfect equipment prior to each workout and sanitize between use of each student-competitor.
2. At least fifteen minutes should be scheduled between groups to allow for disinfecting of the facility.
3. Shared objects are discouraged as much as possible until the guidelines have been lifted by the Georgia High School Association and the Thomasville City Schools. Sports specific equipment is only allowed when the Georgia High School Association approves such action.

4. Individuals should adhere to regulated social distancing guidelines. Coaches/sponsors are to enforce these guidelines.
5. Space players at least 6 feet apart on the field while participating in the sport (e.g., during warmup, skill building activities, simulation drills)
6. Discourage unnecessary physical contact, such as high fives, handshakes, fist bumps, or hugs.
7. Create distance between players when explaining conditioning drills.
8. If practices or competition facilities must be shared with other sports, staggered start times will be implemented, increasing the amount of time between practices to allow for one group to leave before another group enters the facility. Time for cleaning and/or disinfecting should be planned for.

Maintaining Healthy Operations

1. Players and coaches should remain in the same small groups to avoid mixing with other groups.
2. No competition with other schools allowed until the guidelines have been lifted by the Georgia High School Association and the Thomasville City Schools.
3. Staggered scheduling with each sport will be implemented until the guidelines have been lifted by the Georgia High School Association and the Thomasville City Schools. One example is increasing the amount of time between practices and competitions to allow for one group to depart before another group enters the facility. This also allows for more time to clean the facility between uses.
4. There shall be NO visitors at conditioning sessions

Preparing for When Someone Gets Sick

1. If an athlete presents with symptoms or has had a recent direct exposure, the athlete will be removed from activity and will not be allowed to return until:
 - Proof of a negative COVID 19 test
 - 14 day quarantine and symptom free
2. If at any time an athlete/coach/staff tests positive for COVID 19, all other members of that workout group will be notified and will not be allowed to return until:
 - Proof of a negative COVID 19 test
 - 14 day quarantine and symptom free
3. Immediately separate coaches, staff, and players with COVID-19 symptoms (i.e., fever, cough, shortness of breath) at any sports activity. Individuals who are sick should go home or to a healthcare facility, depending on how severe their symptoms are, and follow CDC guidance for caring for oneself and others who are sick. Individuals who have had close contact with a person who has symptoms should be separated and sent home as well. If symptoms develop, individuals and families should follow CDC guidance for caring for oneself and others who are sick.
4. Parents and/or guardians will be notified if their student-competitor is sick or showing signs. The parent and/or guardian must come and pick the student-competitor up from the facility.
5. Facilities used by a sick person should be closed off and should not be used until after cleaning and disinfecting them (for outdoor areas, this includes surfaces or shared objects in the area, if applicable).
6. Wait at least 24 hours before cleaning and disinfecting. If 24 hours is not feasible, wait as long as possible. Ensure safe and correct use and storage of cleaning and disinfection products, including storing them securely away from children.