



FALL SPORTS  
PARENT MEETING  
2021-2022

# Coaching Staff!

**Wesley Snell - Athletic Trainer**  
**Cassandra Morrill - Head Volleyball**  
**Leo Federico - Asst. Volleyball**  
**David Jimenez - Golf**  
**Liz Thomson - Girls XC**  
**Armando Romero - Boys XC**  
**Jake Teyechea - Head FB**  
**Joey Garcia - Asst. FB**  
**Gerardo Garcia - Asst. FB**  
**Porfirio Mendoza - Asst. FB**  
**Gabriel Herrera - Asst. FB**

Together as student-athletes, parents, coaches, support staff, volunteers, and administration, we share a common goal and, with a coordinated effort, we can all achieve our common goal. A vital part of this coordinated effort is to establish strong relationships based on trust and mutual respect. The NHS athletic department will focus on creating these relationships with stakeholders, unifying our approach to achieving a common goal, and building strong character and pride along the way. Our accomplishments together will not only enrich the school, but serve to enrich the entire Nogales community and Apache family!

By working as a team within a positive environment, all students will be successful, responsible, culturally appreciative critical thinkers

## INFORMATION FOR PARENTS AND ATHLETES

1. Parents and athletes must accept a degree of risk from participation in sports. An **informed consent signature** is required of both parent and athlete before participation in practice. Informed consent meetings are to be provided to all parents and athletes.
2. The coaches and trainers accept responsibility for instructing all athletes of the full extent of and reasons for rules and safety related to their sport. Parents must accept responsibility for reinforcing these rules. Written copies of the rules are distributed to both athletes and parents and posted where appropriate.
3. Athletes who are mentally, emotionally, and physically conditioned for an activity are less susceptible to injury. With this thought in mind the following training rules will be applied to all sports:
  - A. Annual physical examinations performed by a qualified doctor are required before a student may participate in a sport. Many sport injuries occur because of inadequate screening before the season begins. This physical must be completed after **March 1** to be eligible the following school year.
  - B. Athletes are expected to be drug free. Athletes will be informed about the dangers of mixing sports and drugs.
  - C. Parents and Student Athletes must also understand the consequences when an athlete is suspended from school for possession, or being under the influence of drugs while in school or at school-sponsored events.
  - D. Workouts will be scheduled during cooler mornings and evening hours when the weather is extremely hot. Outside practices will be cancelled if the temperature plus the relative humidity totals more than 150.
  - E. Athletes will be acclimated to hot weather activity by carefully graduated practice schedules.
  - F. Adequate body fluids are critical. Water intake is to be encouraged before practice. Fluid loss and intake during practice is to be monitored.

G. Water breaks will be provided every twenty minutes during the hot weather season. The athlete's water intake will not be limited.

H. Parents can assist coaches in watching for signs of trouble, particularly the determined athlete in any sport who may not want to report discomfort.

I. Athletes are not allowed to use dehydration devices.

J. Athletes may be provided with recommendations for off-season conditioning programs, including information on nutrition and motivation.

K. Athletes will not be required to perform beyond their current level of progress with regard to physical conditioning programs, performance techniques, or level of competition.

L. An athlete will not be allowed to return to physical activity after a serious illness or injury without written permission of the athlete's doctor. The Athletic Trainer can override the doctor's permission to allow participation if the Athletic Trainer does not believe the athlete is ready. An athlete who is injured playing their respective sport, practice or game situation, cannot be dismissed from a team unless one or more of the following:

- The athlete does not make a reasonable effort to obtain proper medical attention and rehabilitation for the injury from the Athletic Trainer.
- The athlete does not attend practices and follow directions from the coach and Athletic Trainer.
- The athlete's attitude becomes disruptive to the team's ability to perform in an acceptable manner.

Year round conditioning is beneficial to the athlete's health, and a vital part of any sports program for maximizing performance and minimizing injury.

# Academic Eligibility

- Students who, upon having their work checked on a cumulative basis at the end of each two week period, show that they are not working to capacity and have one or more failing grades will be required to attend mandatory tutoring with the teachers, or teacher from that department, in which they are failing.
- Athletes that do not attend tutoring will become ineligible immediately and remain ineligible until their grades have met the eligibility requirement.
- Students will also become ineligible if they fail are failing a course at a documented grading period (1<sup>st</sup> quarter, 1<sup>st</sup> semester, 3<sup>rd</sup> quarter, 2<sup>nd</sup> semester).
- **Need tutoring? 5 sessions over a two week period**

## **The Use and/or Possession of Drugs, Alcohol and Tobacco**

A. The AIA, NUSD #1 and the NHS Athletic Program Prohibits the use of any tobacco products by employees or students at all school sponsored activities, on or off campus. If there is a substantiated occurrence, the students and/or staff member may be subject to Criminal investigation, NUSD discipline, and discipline from that program. Each program will have its' own policy regarding the use/possession of drugs, alcohol, and tobacco and will be explained to all participants at the beginning of each season.

- **Attendance**

- A. Students must be in attendance at least half of that school day in order to participate in games or practices.
- B. Excessive absences may result in poor grades and loss of playing privileges.
- C. An unexcused absence from school automatically forfeits participation that day.

## **Equipment**

- A. The coaches will check out uniforms and other necessary equipment to the athlete.
- B. The athlete is expected to take care of the uniform and to return it in good condition based on the normal wear and tear.
- C. Lost, stolen or unusable (due to poor care or alterations) uniforms and equipment checked out to the individual athlete become his/her and a parent's financial responsibility.
- D. The athlete will be charged for any uniform that is damaged or not returned, the student will not be allowed to graduate (if a senior), underclassmen will not be allowed to register for classes for the next school year until the uniform/equipment is returned or paid for.

### **Discipline**

- A. Civil offenses to include vandalism, thievery, drugs, alcohol, etc. will be dealt with by the civil authorities.
- B. The school authorities will deal with school offenses, with the backing of the coaches. It must be remembered however, if you are suspended, or for any other reason not in school, you will not be allowed to participate until the school disciplinary action has been completed.
- C. Each individual head coach has the authority to make stricter rules governing his/her sport. However, they can not make less stringent rules.
- D. If an athlete feels that he/she has been treated unfairly, they can appeal in writing within five days to the Athletic Director. A second appeal can be made to the Principal within five days of notification of the first appeal if the first appeal is denied.
- E. Each Sport or activity will have their own policies regarding the use, possession, or distribution of drugs, alcohol or tobacco. Consequences of violating team policies will be assessed following any school district disciplinary action.

### **Playing time**

- A. Playing time is determined by the coach and it is the coaches' decision solely. If you have questions regarding playing time you need to speak with the coach directly.
  - a. Do not approach a coach post-game to discuss concerns. Establish a meeting!



## **TRANSPORTATION**

- A. Nogales High School will provide transportation on a designated route for all students involved in extracurricular activities after the normal school day. Students riding this activity bus will be subject to all rules and regulations pertaining to normal school time transportation.
- B. Parents may not transport student-athletes to an activity except in emergency situations or upon approval by the school administration.
- C. Student athletes will be released after contests for transportation home to immediate family members (parent/guardian) that are legal drivers. This must be in writing and only the legal parent or guardian may take the child.
- D. Transportation in summer camps and or activities may or may not be provided by the school and will be determined on an individual basis.

## **PARENT DEPARTMENT**

We expect parents to join the staff in setting good examples. The school staff is charged with the responsibility for taking corrective steps when spectators create or contribute to fan behavior problems. We respectfully ask our parents to join in an overall effort to help make student sport participation a happy and healthy experience.

In most sports, spectator bleachers are provided. We expect the fans to stay in the seating areas and not interfere with the coaches' responsibility on the court or field of play.

## **SPECTATOR BEHAVIOR AND SPORTSMANSHIP FOR HIGH SCHOOL STUDENTS**

- Unacceptable behavior at sporting events at all levels must be minimized.
- The superintendent, board of education, teachers, parents and many students share concern over unacceptable fan behavior.
- Programs that foster continued poor behavior may be discontinued.
- After-school programs are an extension of the regular school day with all rules and regulations in effect.
- The school's reputation should not be placed in jeopardy because of unsportsmanlike behavior.
- Administrators are present to inform all students of the school's expectations of spectators at all after-school events.
- Everyone at school events is expected to exhibit the Six Pillars of Character — trustworthiness, respect, responsibility, fairness, caring and citizenship.

### **WHAT IS EXPECTED IN GENERAL**

- Students in attendance at after-school events are expected to have fun without causing harm, danger or embarrassment to others or to the school.
- Students are to follow all rules that are in effect during the school day and at after-school events.
- Students are to demonstrate respect toward fellow students, opponents, players, coaches and officials.
- Students are to police their own ranks and demand proper behavior from fellow students. One's individual behavior can affect the total group.
- Students are expected to demonstrate respect and pride for the school.

## WHAT IS SPECIFICALLY EXPECTED

- During the National Anthem, students are to face the flag, remain quiet, listen to the public address announcer for instructions and remain still until the end of the anthem.
- Proper language is to be used at all times. No swearing or language that is offensive to others will be tolerated. Individual and group vulgarity is unacceptable, as are taunting, trash-talking and other verbal forms of harassment, and booing of players, coaches and officials.
- Obscene gestures are unacceptable.
- Dangerous and boisterous behavior—pushing, shoving or fighting is not acceptable.
- The throwing of objects, including toilet paper, at fellow spectators, band members, cheerleaders, officials, players, or onto the playing surface is unacceptable, and could result in injury or the team being penalized by the game official.
- Respect is the key to good sportsmanship. Opponents should be respected, as they are not enemies, but fellow teenagers who happen to attend different schools.
- Be humble in victory or defeat. It can be easy to be a good winner and difficult to show class when you lose.
- Work together with cheerleaders for positive chants and avoid obscene, degrading or elitist cheers.
- At halftime, watch any performance or presentation, acknowledge the work, preparation and performance of those involved, and do not in any way distract from the performance.
- After the game, do not tease or belittle the opponent in any way and be pleasant and gracious to everyone.

## WHAT THE SCHOOL WANTS MOST!

- A large turnout at student events.
- Exemplary sportsmanship from players and fans.
- To be proud of its teams and fans at contests.

# Covid-19 Testing - Concentric by Ginkgo + Arizona DHS

Testing empowers us to make informed decisions about returning to extra-curricular activities

- Every Monday beginning August 30th
- 25 swabs (per program), self tested, collected by admin., shipped, ran as a single test, results in 24-48 hours
  - Shallow nose swab!

Learn more = <https://www.concentricbyginkgo.com/how-it-works/>

# Covid-19 Testing - Concentric by Ginkgo + Arizona DHS

Positive Test? Follow-up testing for the group (rapid test or PCR)

Quarantine or Self-Isolate? CDC Guidelines

Close contact exposure - Vaccinated = no, Unvaccinated = yes

Positive test = Yes, both vaccinated and unvaccinated

<https://support.concentricbyginkgo.com/hc/en-us/articles/360057545911-Pooling-Overview->