



# ATHLETIC HANDBOOK

2020-2021

## **TABLE OF CONTENTS**

Welcome Letter	2
Introduction, Mission Statement, Program Goals	3
Core Values, Statement of Faith	4
Expectations, Roles	5
Parent/Guardian Expectations, Participation, Eligibility	6
FEAST Athletic Program, Program Levels	7
Homeschool Competitions and Tournaments	9
Skills Assessments, Quitting a Sport	10
Parent/Guardian Meeting, Fees and Registration, Attendance	11
Interactions, Discipline	12
Student-Athlete and Parent/Guardian Code of Conduct	13
Disciplinary Measures	15
Incident Report, Behavior at FEAST Athletic Events, Dress Code and Uniforms	16
Conflict Resolution and Communication	17
Travel Policies, Medical Policies, Fundraising	19
Varsity Letter, Closing Thoughts	20
Signature Pages	21
Appendix	22

Dear Parents and Student-Athletes,

Welcome to the FEAST Athletics program. Thank you for choosing FEAST to partner with on your athletic journey!

FEAST Athletics believes that interscholastic athletics provide the opportunity for participants to demonstrate values, such as humility, compassion, and respect, even under the stress of competitive play. Student-athletes are taught how to control their emotions and actions in a manner that will carry over into everyday life - as well as learn sportsmanship which is more than mere self-control. Sportsmanship is being thoughtful, kind, generous, and courteous while also being intensely competitive. They learn to refine their skills, improve their physical fitness, self-discipline, and the benefits of hard work. Student athletes have the privilege of being a part of a team and in doing so learn their responsibilities to their teammates, their coach, the spectators, and their opponents. Being a part of a team teaches the important life lesson of placing the goals of the group before personal ones. It also teaches how to make a personal contribution to the welfare of the team. Interscholastic athletics teach how to both win and lose with grace and dignity.

FEAST student-athletes have a genuine love for their sport and the confidence to represent FEAST Athletics on and off the field or the court. Our FEAST commissioners and coaches have a genuine love for the Lord and the student-athletes entrusted to them. They work hard to improve team skills, and model leadership and humility to everyone they meet. The parents and families of our student-athletes support our leadership team, our commissioners, coaches, and our student-athletes, as well as volunteer their time and energies toward the improvement of the athletic program. As a whole, they understand that athletic programs are an appropriate and necessary part of a complete, well-rounded educational program. The hope of FEAST Athletics is that all who participate in our program will be better people as a result of their participation.

FEAST Athletics is a faith-based program and therefore will promote and further the kingdom of God in all we do. While we never ask our student-athletes or their families/guardians to sign a statement of faith, we do ask that they are supportive of that philosophy and make the overall experience at FEAST positive for all families involved in the program.

May the Lord bless your student-athletes as they use their God-given abilities and their desire to serve Him through athletics and your family as they also serve.

GO PATRIOTS!

*Sherri Kunkel*  
**Athletic Administrator**

## **INTRODUCTION**

FEAST Athletics had a humble beginning in the mid 1980's when the FEAST Board began sports for their own children. They began with track and field as the track team was comprised of a large age span. They added girls' softball and then basketball which exploded into local, state, and national tournaments. As interest in athletics grew, FEAST added cross country, volleyball, baseball, tennis, soccer, and football. This growth represented years of negotiation with schools and leagues, coupled with coaches and student-athletes of integrity to build relationships.

FEAST policies are the result of building and storing reputation and the desire to maintain that reputation. As you become a FEAST Patriot family, you both benefit from it and have an obligation to continue to build on it in a positive way for families, student-athletes, and coaches of the future.

This handbook is a reference guide for student-athletes and their families, concerning the policies, procedures, rules, and regulations that govern interscholastic sports at FEAST.

It should be noted that the policies, procedures, rules, and regulations laid out in this handbook are the direct result of the FEAST Board of Directors and FEAST leadership. All policies, procedures, rules, and regulations will be followed as written.

Sound reasoning, good judgement, and adherence to FEAST Athletics core values will be the standard in which situations outside of these stated policies, procedures, rules, and regulations are determined and evaluated.

FEAST Athletics is a voluntary program. Participation is a privilege and not a right. Accompanying this privilege is the responsibility to adhere to the standards established by FEAST for its athletic program. This privilege may be removed if a student-athlete, or their family, fails or refuses to comply with the policies, procedures, rules, or regulations laid out in this handbook.

We look to and depend on God to lead the athletics programs and He has been faithful to do so for more than 25 years. God's provision of leaders, athletes, and coaches is a clear signal to FEAST leadership that now is the time for that sport to flourish. We also believe the same is true for your family. If now is the time for your student-athlete to engage and participate He will make that clear and also provide all the needs for your family to participate.

Participating student-athletes and their families are responsible for knowing the information contained in this Handbook. Registration for a FEAST team indicates that the policies stated in this Handbook have been read and that the registering student-athletes and their parents/guardians agree to adhere to these policies in their entirety.

## **FEAST ATHLETICS MISSION STATEMENT**

Our mission is to provide successful and sustainable athletic programs for homeschooling families in the South Texas region.

## **FEAST PROGRAM GOALS**

FEAST Athletics present limitless education and learning opportunities. Athletics encourage ongoing education in sport skills and personal and relational development. Student-athletes learn how to perform better also learn how to be better teammates.

## **FEAST ATHLETICS CORE VALUES**

FEAST is dedicated to helping student-athletes to realize their highest potential—physically, mentally and spiritually.

There are ten core values within the athletics department. Each coach strives to instill the following core values in every athlete:

1. **Diligence** ... they are hard workers; they keep to the task and finish it.
2. **Discipline** ... they conduct themselves in an orderly and obedient fashion.
3. **Humility** ... they are free from pride and arrogance; their achievements are a byproduct.
4. **Integrity** ... they are what they claim to be and demonstrate this by consistently do what is right.
5. **Self-control** ... they use wise self-restraint in all aspects of life.
6. **Responsibility** ... they are dependable; they know what they need to do, and they do it.
7. **Submissiveness** ... they are willing to yield to leaderships' authority, judgment, or decision.
8. **Attentiveness** ... they demonstrate interest in the words, actions, and feelings of someone else.
9. **Supportiveness** ... they help others in words and actions.
10. **Contentment** ... they are happy and satisfied with what they have.

**In addition, each coach teaches and exemplifies the following characteristics:**

1. **Safety** ... we always maintain the highest safety standards.
2. **Character** ... we focus on developing character traits in our athletes.
3. **Skill Development** ... we teach fundamental sport skills.
4. **Participation** ... we provide opportunity for maximum participation.
5. **Mentoring Relationships** ... we establish coaches as mentors to our student-athletes.
6. **Competence** ... we build competent teams.
7. **Competition** ... we build competitive teams.
8. **Peer Relationships** ... we strengthen peer relationships.
9. **Fun** ... we make the athletic experience enjoyable for the athlete.

## **FEAST STATEMENT OF FAITH**

- We believe the Holy Bible, both Old and New Testaments, to be the inspired Word of God, without error, the complete revelation of His will for the salvation of man, and the Divine and final authority for all Christian faith and life.
- We believe in one infinite, triune God: Father, Son and Holy Spirit.
- We believe Jesus Christ is the true God and the true man, having been conceived by the Holy Spirit and born of the virgin Mary. Having lived sinlessly, He truly died and was resurrected in His own body for our atonement and resurrection.
- We believe that only through His death by the shedding of His blood and His resurrection are we provided justification and salvation.
- We believe in the bodily resurrection of all mankind; of the believer to an everlasting dwelling with God, of the unbeliever to an everlasting, conscious hell without God.
- We believe that the ministry of the Holy Spirit is to glorify the Lord Jesus Christ, to convict men of sin, regenerate the believing sinner, indwell, guide, instruct and empower the believer for godly living and service.
- We believe in the imminent, bodily return of the Lord Jesus Christ.

**FEAST Athletics does not require our student-athletes or their families to sign the statement of faith.** We do require that all who partner with FEAST Athletics to be aware that we are a faith-based program and therefore will promote and further the kingdom of God in all we do. We do ask that you are supportive of that philosophy and make the overall experience at FEAST positive for all families involved in the sport.

## **FEAST ATHLETICS EXPECTATIONS**

FEAST Athletics expects that:

- Student-athletes will demonstrate respect for opponents with the highest standards of character and sportsmanship
- Student-athletes will display excellence and integrity in their schoolwork and that education will take precedence over athletic endeavors.
- Student-athletes will seek to win the right way – with honor, sportsmanship, and discipline.
- Student-athletes will believe in something bigger than themselves – TEAM – and will hold each other accountable.
- Student-athletes and their families will always conduct themselves with grace, humility, and high character.
- Student-athletes will realize that participation in athletics will prepare them to make a positive contribution to society in the years to come.
- Student-athletes and their families will understand that conflict will be managed constructively and in such a way that facilitates a positive outcome and reconciliation.
- Student-athletes and their families will understand that participating on a FEAST Athletics team can be demanding and that it requires a substantial commitment throughout the season for the program to be successful.

## **ROLES**

### **FEAST Board of Directors and Executive Director**

The Board of Directors along with the Executive Director are responsible for all policies, procedures, rules, and regulations related to FEAST Athletics activities and operations.

### **FEAST Athletics Committee**

The Athletic Committee serves at the pleasure of the Board and will be composed of such Board Members and other advisors as are appointed each year. They are charged with providing oversight of the Athletics program, keeping the Board informed on athletic activities, operations and advising the board on such athletics related matters as the Board shall determine. The following is the skeleton of this committee:

- Athletics' Committee Chairman (sitting board member)
- Executive Director
- Athletics Administrator
- All Current Commissioners
- Additional members and advisors can be added at the recommendation of the Athletics' Committee Chairman

### **FEAST Athletics Administrator**

The Athletic Administrator is responsible for administering the Athletics Program. The Administrator is expected to provide appropriate guidance and support to all Commissioners, Coaches, families, and student-athletes. This includes advising and communicating any changes in policies, procedures, rules, and regulations to the FEAST Athletics program.

## **FEAST Athletics Commissioners**

The Athletic Commissioner works in partnership with the Athletics Administrator to maintain, organize, and administer their specific sport. They are responsible for the overall direction of their specific sport as well as ensuring compliance with all league and FEAST Athletics policies, procedures, rules, and regulations.

## **FEAST Athletics Coaches**

FEAST Athletic Coaches are responsible for creating a fun, safe, and challenging environment in which student-athletes will receive a high level of instruction and competition. They always have the responsibility to model Christ-like behavior and attitude and will take very seriously the opportunity to mold young lives for Christ.

## **PARENT/GUARDIAN EXPECTATIONS**

Parents/guardians are vital to the success of FEAST Athletics. We are so very appreciative of the assistance parents/guardians provide for their FEAST student-athletes, whether it is driving them to practice or to an athletic event or sacrificing family time to accommodate athletic schedules. Because FEAST is a non-profit organization, comprised mainly of volunteers, we need the participation of ALL our families to make it a successful organization. Please expect to be involved in the sport and to assist as needed.

FEAST Athletics parents/guardians are needed and expected to play a supporting role in this organization and are required to volunteer throughout the season:

- Scorekeeper/timeclock
- Team mom/dad
- Fundraiser coordinator
- Admissions
- Concessions
- Setup/cleanup
- Needs according to the sport

Parents/guardians will need to sign the FEAST Code of Conduct along with their student-athlete.

## **PARTICIPATION**

Student-athletes may participate in FEAST Athletics provided they are currently being home schooled in accordance with the laws of the State of Texas and are not enrolled or in attendance full-time at a public or private school outside the home. “Full-time” is defined as attending 4 or more classes at a primary or secondary school level and allows for earning 6 or more credit hours on campus at a college, university, trade school, etc. No person who has graduated from high school (homeschool, public, or private), or who has received a high school diploma (homeschool, public or private), or who has received a GED certificate may participate as an athlete in FEAST Athletics.

## **ELIGIBILITY**

There are several governing boards for athletics in the State of Texas. For high school, there is **UIL** – University Interscholastic League, **TAPPS** – Texas Association of Private and Parochial Schools, and **TAIAO** – Texas Association of Independent Athletic Organization (football only). For middle school,

there is **ISAL** – Independent Schools Athletic League and **STFC** – South Texas Football Conference (football only). While FEAST Athletics is not a member of either UIL or TAPPS, we have had a long-standing relationship with both organizations and therefore align our eligibility standards, rules, and regulations with both. This allows FEAST Athletic teams to schedule and compete against both public and private/parochial schools in the region as they recognize and respect our eligibility requirements to be very similar to their requirements. As per UIL and TAPPS, FEAST agrees that these are the eligibility guidelines to be followed:

- No player who has attained the age of 19 years old or older on or before the date of September 1<sup>st</sup> of the current school year may participate.
- No player who has graduated from high school (homeschool, public, or private) or who has received a GED certificate may participate in FEAST Athletics.
- A player must be living with and under the care of a parent or legal guardian.
- A player is allowed 4 years of consecutive high school participation in FEAST Athletics.
- No high school player may participate on a middle school level team.
- No player who has attained the age of 15 on or before the date of September 1<sup>st</sup> of the current school year may participate in ISAL middle school athletics.
- No player who has attained the age of 14 on or before the date of September 1<sup>st</sup> of the current school year may participate in TAI AO middle school football.
- A player is allowed 4 years of consecutive middle school participation in FEAST Athletics. The exception will be football which will be 3 years of consecutive middle school participation per STFC.
- No pre-high school player may participate on a high school level team. An exception may be granted by the Athletics’ Committee in certain sports, in certain circumstances where a team is being formed.
- The student-athlete and his/her family must be in “good standing” with the FEAST Organization.

## **FEAST ATHLETIC PROGRAM**

Teams and levels may change each year due to provision: availability of commissioner, coaches, and players. This model shows the teams formed in 2020. We may have different variations of levels.

<b>GIRL PROGRAM</b>	<b>BOYS PROGRAM</b>
Basketball – V, JV, MS	Basketball – V, JV, F, MS
Cross Country – V, MS	Baseball – V, MS
Soccer (co-ed) – V	Cross Country – V, MS
Softball – V, MS	Football – V, JV, MS
Tennis (instructional) – V, MS, E	Soccer (co-ed) – V
Track & Field – V, MS	Tennis (instructional) – V, MS, E
Volleyball – V, JV, MS	Track & Field – V, MS

V – Varsity JV – Junior Varsity F – Freshman MS – Middle School E – Elementary

## **PROGRAM LEVELS**

**Middle School** – 11-, 12-, 13- and 14-year-olds (football is ages 12-, 13-, and 14- years old only)

The middle school athletics program is designed to offer student-athletes in grades 5<sup>th</sup> -8<sup>th</sup> the chance to participate in a more competitive experience, than either intramural or recreation programs offer, with the



emphasis on developing skill and habits. It is important that players at this level learn the fundamentals correctly from the beginning. FEAST Athletics believes that the level of success found at the high school level has a direct correlation to the skills that are developed through the middle school program. The middle school program in skill development will mirror the high school program in skill development to allow for continuity throughout the program. FEAST Athletics believes that winning is a by-product of Colossians 3:23 “And whatsoever ye do, do it heartily, as to the Lord, and not unto men,” but winning games is not the typical priority or the emphasis.

Typically, 12 and under student-athletes will be placed on a younger level (B team or 12u) team based on their skill level. Typically, 13- and 14-year-olds will be placed on an older level (A team or 14u) team. Student-athletes who are younger than 13-years old may be placed on this older level team, providing there is evidence of advanced levels of physical development and athletic skill.

**Playing time is not a right; it is a privilege earned by attendance at practices and games, hard work, a good attitude, being a team player, skill level, etc. It is also affected by other reasonable requirements set by individual coaches.**

FEAST Athletics Guidelines for middle school playing time are as follows:

- Players on younger level teams are expected to receive almost equal playing time. This occurs irrespective of the outcome of the game.
- Players on older level teams should expect to play in every game but it may not be equal. The outcome of the game does factor into the playing time.

### **Freshman** – 14- and 15-year-olds

At this level, the focus is on continued learning of various skills and game rules, an expansion of the fundamentals of team play, continued social and emotional growth, and an emphasis on healthy competition. Freshmen teams are an excellent way for 9th graders to learn how to practice and compete in a high school setting, e.g., a longer season, higher level skill learning, more travel. FEAST Athletics believes that winning is a by-product of Colossians 3:23 “And whatsoever ye do, do it heartily, as to the Lord, and not unto men,” but winning games is not the priority or the emphasis.

**Playing time is not a right; it is a privilege earned by attendance at practices and games, hard work, a good attitude, being a team player, skill level, etc. It is also affected by other reasonable requirements set by individual coaches.**

FEAST Athletics Guidelines for Freshman play time are as follows:

- Players should prepare and expect to play in every game, but that playing time may not be equal.

### **Junior Varsity** – 17 and under

The Junior Varsity level is intended for those who display the potential of continued development into productive Varsity level performers. Sophomores occupy the majority of roster positions, though, freshmen may be included on the roster, depending on their skill level and if space is available. Developing juniors may also play on JV provided their skills level is at the beginner or intermediate level and their participation is appropriate (e.g. a highly skilled junior should play on the varsity level team and not on the JV level team provided there is room on the Varsity roster). Seniors are not allowed to play on a JV level team or in a JV competition without written permission from the Athletic Administrator and with the acknowledgment and support of the coach of the opposing team.

There is an increased emphasis on physical conditioning, refinement of fundamental skills, elements, and strategies of team play. The JV team works toward achieving a balance between continued team and

player development and striving for victory. The outcome of the contest becomes a consideration at this level but winning is still not the priority or the emphasis.

JV players play JV games. Any player may “need” to be called up to Varsity level of play temporarily or for the remainder of the season in order to keep the Varsity team/experience whole. FEAST does prioritize the season for seniors and Varsity team if required. This decision is made by the coach of the team and is considered part of what is best for the team with the support of the Commissioner.

**Playing time is not a right; it is a privilege earned by attendance at practices and games, hard work, a good attitude, being a team player, skill level, etc. It is also affected by other reasonable requirements set by individual coaches.**

FEAST Athletics Guidelines for Junior Varsity play time are as follows:

- Players should expect to play in most games, but that playing time likely will not be equal.

### **Varsity** – 18 and under

Varsity competition is the highest level of competition. The goal is to be competitive. The Varsity team is a culmination of the JV and Freshman programs moving up through the program. Normally, seniors and juniors make up the majority of rosters. Occasionally, sophomore student-athletes and at times freshman student-athletes may be selected to be on the team providing there is evidence of advanced levels of physical development, athletic skill, and appropriate social and emotional development or when sub varsity teams do not exist. More emphasis is placed on winning and competing at the highest level. Varsity team participation will always take precedence over all sub varsity teams. From season to season the number of athletes participating may not allow for a full Varsity team and a full JV team. Athletes participating may not allow for a full Varsity team and a full JV team. As the season develops injuries, illness and other unforeseen changes in circumstances may cause FEAST to choose to have a single team in place of two teams. In this situation, the choice will be to have a Varsity team and honor the last remaining year of eligibility of the senior(s) in the program.

Varsity players play Varsity games as this is typical in UIL and TAPPS. The primary rotation of players (starters and those getting many of the playing minutes) are not allowed to play in sub varsity games. Varsity players who are primarily play limited minute subs for Varsity games AND are underclassmen would qualify to “play down” to support a sub varsity team/game if “needed.” This may vary by sport.

**Playing time is not a right; it is privilege earned by attendance at practices and games, hard work, a good attitude, being a team player, skill level, etc. It is also affected by other requirements set by individual coaches.**

FEAST Athletics Guidelines for Varsity play time are as follows:

- Playing time is not guaranteed at this level.

## **HOMESCHOOL COMPETITIONS AND TOURNAMENTS**

In some sports there are exclusive homeschool competitions where only homeschool organizations are participating. In these competitions the teams formed are based upon age such as 18 and under, 16 and under, 14 and under, etc. For these specific homeschool competitions, FEAST will follow the rules set forth by the hosting organization. Many times, at these competitions the terms “Varsity” and “Junior Varsity” are not the appropriate description of the teams as they are replaced with terms such as the 18 and under team or the 16 and under team.

## **FEAST ATHLETICS SKILLS ASSESSMENTS**

It is the desire of FEAST Athletics to see many homeschool student-athletes involved in athletics each season. Provided FEAST Athletics has a coach for every level, there will be a place for every student-athlete that wishes to participate. Skills assessments and team selections will be handled by the commissioners and coaches. It is the desire of FEAST Athletics for every student-athlete to have a place in the athletic program.

Skills Assessments dates and times will be announced in the MANNA and on the specific sports web page for two months prior. These assessments are usually held the week prior to the first official week of practice in each sport. Every student-athlete is evaluated in a fair and impartial manner. Commissioners and coaches will be evaluating skill level, athleticism, physical conditioning, positional play, trainability, punctuality, and various other attributes.

Student-athletes should not attend skills assessments for a sport unless they are willing and able to make the emotional, physical, financial and time commitments necessary.

### **Special Note:**

Placing each student-athlete at the level they can contribute physically and gain positive feelings for their efforts is important to FEAST Athletics. We believe in the people we have chosen to be commissioners and coaches and trust their ability to evaluate and select student-athletes for teams. Parents/guardians must understand and agree that FEAST Athletics is a program and as such, the needs of the program will be looked at first. It is up to leadership, commissioners, and coaches, to place players where they will suit the needs of the program. While FEAST Athletics respects the authority of parents/guardians regarding their student-athletes, placement of players will be at the sole discretion of the commissioner and coaches of each sport.

## **QUITTING A SPORT**

FEAST Athletics feels that once a student athlete is chosen for a team and has made a commitment (registration and payment) to that team that commitment should be honored through to the end of the season. Character is not built by quitting nor does it teach our student-athletes to persevere through adversity. If the desire to quit is due to injuries or academic ineligibility, FEAST Athletics, desires that the student-athlete still see themselves as part of the team.

It is understood that there will be times that a student-athlete and/or his family make the decision to leave a sport during the season, although it is highly discouraged. Whatever the reason may be, a student-athlete must follow the procedures listed below:

- An injured player is expected to attend all practices and games if they are physically able.
- A student-athlete and their parent/guardian, who are considering quitting a team, must schedule a face to face meeting with the coach and commissioner to seek a solution.
- It is highly recommended that a conference be scheduled with the parents/guardian, the student-athlete, the commissioner, and the Athletic Administrator prior to the final decision of a player to quit.
- Should the final decision be made to quit, the student-athlete and his family are responsible for the immediate return of all FEAST Athletics equipment and/or uniforms - clean and undamaged. Any equipment or uniforms not returned or that may be damaged must be paid to FEAST at the replacement costs.
- A player that quits a team may not attend skills assessments for another team that same season, unless permission is gained from commissioners, both coaches and the Athletic Administrator.
- The Athletic Administrator, the Executive Director and the FEAST Board will decide any

exceptions to these policies. Exceptions do not include personality clashes, insufficient playing time, or a change of heart. In order to be considered an exception, the situation must be serious and must have unusual consequences for the persons involved.

There will be a one-week grace period, at the start of the season, that a student-athlete can use to decide that a certain sport is not for them.

## **PARENT/GUARDIAN MEETING**

Shortly after teams have been selected, the commissioner of each sport will hold a meeting for parents/guardians. The purpose of these meetings is the distribution and explanation of team policies, the collections of necessary paperwork, discussion of team goals and expectations, etc. Attendance is mandatory for these meetings by at least one parent/guardian and the student-athlete. If a meeting is not held due to extenuating circumstances, commissioners are expected to provide a sport specific handout (electronic form is acceptable) with all pertinent information to each participating family.

## **FEES AND REGISTRATION**

- FEAST Athletics requires the purchase of a Patriot Pass to participate in any FEAST Athletics sport. The Patriot Pass is \$75 per family per year. We never wish the Patriot Pass to become an economic burden to anyone, so if it is for your family, contact the Athletic office to work out an alternate arrangement.
- All FEAST Athletics registrations are online. A fully completed online registration must be submitted to FEAST prior to participation in any sport. Each student-athlete must have a completed registration for each sport in which they are registering.
- Registration fees are due at registration. The fees for each sport are based on how many players are on the team at the start of the season. Field rental, tournament fees and the cost of officials are all calculated and distributed evenly among the team based on those numbers. For that reason, fees will differ for each sport as well as by level – a varsity level sport will have higher fees than a middle school level sport.
  - Note: All fees and monies are paid directly to FEAST and not to commissioners, coaches, or other leaders. FEAST is a 501©3 organization and is audited for federal tax-exempt purposes and must maintain appropriate bookkeeping and accounting of all registration fees and monies associated with each sport.
- If needed a family may contact the FEAST Athletics office to make payment plan arrangements. A down payment will be required. Those requesting payment plans MUST contact the Athletic Administrator BEFORE registering. All registration fees must be paid in full prior to the first competition of the season. Student-athletes may not participate in a sport for which they have not paid their registration fees or made payment arrangements.
- Once practices have begun, after the first week of participation, no registration fees may be refunded. The FEAST Athletics Committee may approve a refund in whole or part based on a case by case basis. Families that are requesting a refund in whole or part must present that request in writing to the FEAST Athletics office.

## **ATTENDANCE**

A team can only effectively function when all participants are present. A student-athlete who misses practice not only hurts themselves but their team. Players have an obligation to their team and their coach. This obligation includes consistent attendance at practices and competitions/games. Student-athletes and their families are provided a schedule of both practices and competitions/games by the first week of practice. It is recommended that student-athletes and their families use those schedules to plan

accordingly.

Emergency situations do arise, (doctor's appointment, illness, death of a family member, etc.) that will make it impossible for the student-athlete to make a practice or an athletic competition. Absences should be few and far between.

Student-athletes should make every effort to notify the coach at least 24 hours prior to the day of the missed practice or competition. Repeated absences and/or unexcused absences can result in decreased playing time.

### **Excused Absences**

- Personal illness or accident – either the parents/guardians or the student-athletes must call or email the coach 24 hours before the scheduled activity to notify of absence. Failure to do so will result in an unexcused absence.
- Doctor or dentist appointments. When possible, appointments should be scheduled so that they will not conflict with athletic activities.
- Funeral or death in family.
- Special school activities approved in advance by the coach.
- Weddings in immediate family.
- Pre-approved church activities.
- Special, unavoidable circumstances approved by the coach.

If for some reason parents/guardians are not able to be there for the entire practice or game, they should be prompt in picking up their student-athlete when the practice or game is over. Failure to comply with this procedure may result in a disciplinary action.

## **INTERACTIONS**

We believe that it is possible to have healthy social interaction and mature Christian relationships. For the protection of our families, our Christian fellowship, and our testimony within the community, it is vital that we always exercise ourselves with godliness and adhere to moral purity.

FEAST Athletics is not a forum for dating. Therefore, we ask that in all FEAST Athletic activities, the behavior between singles be above reproach by avoiding the appearance of improper behavior or action.

Flirtations or suggestive communications are discouraged. The FEAST Board reserves the right to make the determination of what interaction is not considered satisfactory.

It is strongly suggested that while being a part of the FEAST Athletic program the student-athletes do not have/entertain significant others while participating in FEAST Athletic related activities such as practices, games, travel, meals, etc. This is not to say they cannot attend a game, a practice or a team building event but that the student-athletes focus needs to be on the game, the practice or the team building and not on the significant other. Each family approaches this subject and territory differently. Feel free to choose the path that is best for your student-athlete and family.

Ephesians 4:29-32, Psalm 133:1-3

## **DISCIPLINE**

By virtue of participation in FEAST Athletics, student-athletes and their families voluntarily accept the following codes of conduct as stated by FEAST Athletics. All participants are expected and encouraged to exercise personal self-discipline, restraint, and genuine kindness toward others.

## **STUDENT-ATHLETE CODE OF CONDUCT**

The actions of a student-athlete are a direct reflection of themselves, their parents/guardians, their team, and their community. A student-athlete's involvement in FEAST Athletics, provides opportunities and experiences that are important to the development of a well-rounded student-athlete. Because participation in FEAST Athletics is a privilege, a high standard of conduct will be expected both on and off the field or court.

Student-athletes shall follow this code and avoid any actions which may lead to an unfavorable view of the student-athlete, their teammates, coaches, family, FEAST Athletics, or the community. Any alleged violations will be subject to review by the coaches, commissioners, Athletic Administrator, Executive Director, and FEAST Board and may result in subsequent action. This listing is not intended to be all inclusive, as FEAST Athletics reserves the right to make final determination of what conduct is considered unsatisfactory.

- Bullying (physical, emotional, or electronic), hazing, or harassment
- Disorderly or destructive actions
- Unsportsmanlike conduct
- Profanity, vulgarity, obscenity, offensive speech and/or gestures
- Any posting or communication via social networks or media outlets (Facebook, Twitter, Snapchat, Instagram, blogs, etc.) which advocates the violation of any FEAST Athletics policy and/or team policy would be considered unacceptable and inappropriate.
- Dishonesty in any form, including lying, theft, or cheating
- Gambling
- Defiance of authority including flagrant disrespect, disobedience, and/or rebellious or disrespectful attitude.
- The possession and/or distribution of literature, pictures, posters, or recordings presenting an indecent or immoral activity or ungodly belief or philosophy. This includes distribution of sexually suggestive material via cell phones, cameras, computers, or "sexting" of any kind. The definition of sexting is the sending, receiving, or forwarding sexually explicit or suggestive messages, photos, or images via cell phone, computer or other digital or electronic devices.
- Sale, possession, and/or use of tobacco (this includes electronic cigarettes and vapor products), alcohol or illegal drugs (including any prescription drugs not prescribed to the student-athlete), marijuana, or other controlled substances or the implied use of these.
- Attending or hosting a party that involves alcohol, illegal drugs, marijuana, or other controlled substances. It is the obligation of the student-athlete to immediately leave the premises once they learn a gathering or party involves alcohol, drugs, etc.
- The use of, possession of, or the distribution of anabolic/androgenic steroids or other performance enhancing substances
- Immoral conduct, immodesty and conduct implying immorality
- Use or possession of weapons and/or dangerous items at any athletic event to include guns, knives, explosive devices, etc.
- Any violations of the law

## **PARENT/GUARDIAN CODE OF CONDUCT**

It is important that you understand the important role you play as a parent/guardian of a FEAST Athletics student-athlete. You and your student-athlete represent your family and our program.

Parents/Guardians shall follow this code and avoid any actions which may lead to an unfavorable view of themselves, coaches, family, FEAST Athletics, or the community. Any alleged violations will be subject to review by the coaches, commissioners, Athletic Administrator, Executive Director, and FEAST Board and may result in subsequent action. This listing is not intended to be all inclusive, as FEAST Athletics reserves the right to make final determination of what conduct is considered unsatisfactory.

As the parent/guardian of a FEAST Athletics student-athlete, I agree with the following:

- **Be positive and encouraging.** Uplift your student-athlete, coaches, team, commissioner, and FEAST.
- **Teach your students/athletes to abide by the rules of the game in letter and spirit.** Tactics promoting unfairness will not be tolerated. Ensure that your student-athlete is being homeschooled in accordance with the laws of the State of Texas.
- **Develop good relationships with your student-athlete and their teammates.** Your student-athlete has been placed on this team for a purpose. Use this opportunity to minister and encourage others. You never know who is hurting and needs your show of love in their life.
- **Develop good relationships with other parents/guardians.** You need their support as much as they need yours!
- **Develop good relationships with the coaches.** Get to know them. Communicate with them with an open heart and mind. Set appointments to meet with them rather than approaching them before or after games or practices. Be open, honest and use respectful words. Inform the coach and/or commissioner if your student-athlete does not maintain a satisfactory academic level.
- **Help your student-athlete develop unity within their team.** Teach them to respect the seriousness of their commitment by making sure they attend all practices, meetings, games, and team building opportunities.
- **Do not use profanity, questionable slang or “trash talk.”** Anything that can be construed as negative or insulting must be avoided.
- **Never criticize coaches or officials.** Officials and coaches represent authority and obedience to their authority is not predicated on whether one agrees with it or not. If you “bad mouth” your student-athlete’s coaches or officials, you cannot expect them to play for or respect these individuals.
- **Never be involved in negative cheering.** Booming officials or opponents or getting into negative chants sets a bad example for your student-athletes and is counter to all we say and believe at FEAST Athletics. Examples might include chanting “Air Ball” when the other team misses a shot or screaming while an opponent is on the free throw line.
- **Never speak negatively around student-athletes or other parents/guardians about:**
  - **FEAST Athletics:** a negative atmosphere is contagious. Instead, create a positive atmosphere of gratitude.
  - **Other student-athletes or parents/guardians:** speak to parents/guardian only about you and your student-athlete(s). Speak to student-athletes only in an encouraging manner.
  - **Your student-athlete’s teammates:** this only allows your student-athlete to make excuses for their own performance. Do not offer excuses for your student-athlete if they are not playing. Encourage them to do their best and to keep striving for worthwhile goals.
- **Always resolve differences with coaches privately.** Call to make an appointment to speak with the coach privately, honoring the “24 Hour Rule” and following the Matthew 18 principle. Think about what you will say and what is motivating your discussion.
- **Maintain class and character.** Your actions reflect upon you, your family, and FEAST Athletics. You set the example for your student-athlete. Refrain from the use of tobacco products, alcoholic beverages, and illegal drugs before and during all FEAST Athletics activities.

- **Be an example and a guard.** Set the standard high for behavior and appearance. Do not be afraid to speak in love to those whose behavior might undermine FEAST Athletics reputation.
- **Always dress appropriately.** Modest attire that does not attract attention to you and away from your student-athlete should be worn.
- **Be modest in victory and gracious in defeat.** Both parents/guardians and spectators need to be strong in this area. Smile and shake hands with visitors before and after games regardless of the outcome.
- **Recognize the success of your opponent.** Compliment good play of student-athletes from the opposing team. Congratulate their coaches on a well-coached game.
- **Insist that your student-athlete follow instructions.** Coaches depend upon a player's ability to follow orders immediately and without question. Questions may be raised at an appropriate time such as at practice or after games when there is a time for explanation. This builds respect for authority and trust between student-athletes and coaches.
- **Work with the officials...do not work the officials.** Badgering officials works against our teams and comes at the price of our testimony and ability to influence others. There is never a time at any contest where a parent/guardian is afforded an opportunity to say anything to an official other than, "Thank you." Without these men and women and their willingness to officiate, there would be no game.
- **Remain in the stands.** Never attempt to approach the field, court, bench, press box, score table or officials before, during or after a game. Socially visiting with coaches briefly after the game is encouraged. Game officials are off-limits.
- **THIS IS A GAME!!! Have fun, touch lives, and grow yourself!** You can be a positive influence, like no one else may be able to, in the lives of your student-athletes and their peers. Enjoy this time in their lives and help them to enjoy it as well. Games, plays and officials will all be forgotten, but your behavior and attitude will stay with your student-athlete forever.

## **DISCIPLINARY MEASURES FOR STUDENT-ATHLETES AND PARENTS/GUARDIANS**

It is the goal of FEAST Athletics to work in conjunction with parents/guardians within the process of discipline, guide in the restoration of relationships with those the offense is against, use relational influence to produce growth, correction and right choices, and finally do so in the context that seeks the best interest of both parties involved and the program as a whole.

Disciplinary measures may include fines, compensation for damages, work assignments, probation, suspension, and/or dismissal. Work assignments and probation may be levied by the coach, suspensions must be approved by the commissioner, fines and dismissals must be approved by the commissioner in coordination with the Athletic Administrator.

- Work assignments are to be completed exactly as requested within a specified time limit.
- Probation may involve loss of privileges and exclusions from sports activities.
- Compensation for damage will not exceed the cost to repair or replace property damaged by the individual and may include any unexpected expense that may be incurred.
- Suspension is a removal from the roster with an option to reapply after a specified period. This normally requires an individual to leave the facility immediately and they may not participate (practices, games, or tournaments) with the team until permission is granted to return.
- Dismissal is the last resort and means permanent removal from the program. A dismissed individual may not be present in any facilities or at any functions related to FEAST Athletics without the written permission of the Athletic Administrator and the FEAST Board.



## **INCIDENT REPORT**

When an individual violates policy or rules, a parent/guardian, coach, or anyone involved may submit an incident report. The incident report is used as documentation for disciplinary measures that may need to be carried out by the administration. Incident reports must be filled out online.

The incident report online form is found on our website: [www.homeschoolfeast.com](http://www.homeschoolfeast.com) in the footer of the home page. This form is an essential part of resolution to an issue when the issue is not able to be resolved on an individual level.

## **BEHAVIOR AT FEAST ATHLETIC EVENTS**

For the sake of our young people, it is important that we all rise above the typical competitive sports atmosphere that tends to stir up and encourage negative responses toward opponents. Let us all put aside these negative responses and encourage one another in love; may our desire be to build up EVERY person. This applies to the players and coaching staff as well as spectators.

The following apply to all athletic events:

- While at any FEAST Athletics event, students-athletes must remain in designated areas for that event.
- Cheerleading is not allowed - “cheerleading” is defined as a person or persons appearing before the spectators and leading them in an organized cheer or yell. When cheering for a FEAST Athletics team, only cheer FOR the Patriots. There is NEVER any reason to cheer against the other team.
- Ridicule, manipulative intimidation (e.g. making noises during an opponent’s free throws), boastful chanting, jeering, booing, and belittling, angry or hurtful gestures are not admirable and are therefore prohibited.
- Student-athletes participating in FEAST Athletics should never start or contribute in any way to a fight on or off the field or court. No FEAST player should ever leave the bench during a fight.
- Banners, posters, signs, etc. containing positive, encouraging, and supportive messages are allowed. Negative or insulting messages in any form are never allowed.
- Never abuse or misuse the facilities of another organization. Remember FEAST Athletics is a guest.

## **DRESS CODE AND UNIFORMS**

The following dress code applies to all student-athletes, when representing FEAST Athletics.

- **Always dress appropriately.** Modest attire that does not attract attention to you and away from your team should be worn when not on the court/field.
- Extreme hairstyles—this includes mohawks, shaved heads, hair dyed an unnatural color. Hair length for boys should be above the shoulders. The intent of this rule is to encourage an appearance of team unity and to discourage individual attention-getting.
- Beards or moustaches—sideburns must not extend below the middle of the ear.
- Tattoos or other permanent or temporary body markings must not be visible.
- Body-piercing jewelry of any kind.

This dress code is not exhaustive and due to variety in clothing styles, the FEAST Board reserves the right to make final determination of what dress is considered unsatisfactory. At all times, our dress should be neat and modest.

Uniforms are the property of FEAST, not the players, unless the commissioner of a sport has the student-athletes purchase their own uniforms. The uniforms are to be worn at games and game-related activities only, not at practice, at home, etc. Each team member is responsible for the proper care of their game uniform. If a player damages or loses a uniform, that player must pay for a replacement.

- Whenever the uniform is worn, it must be worn in its entirety.
- No undergarments of any kind may be visible at any time.
- Clothing worn during practice times must be as modest as the game uniform.

## **CONFLICT RESOLUTION AND COMMUNICATION**

Parenting and coaching can both be difficult vocations. By keeping lines of communication open between parents/guardians and coaches, many potential problems may be avoided. This begins with clear communication from the coaching staff to the parents/guardians and student-athletes. The following guidelines are in place to help resolve conflicts, if they occur, in an appropriate manner that upholds the dignity of student-athletes, parents/guardians and coaches. One of the goals of FEAST Athletics is to instill in our student-athletes a sense of ownership and responsibility for their actions. Therefore, it is important that student-athletes learn necessary communication skills and how to resolve conflicts.

### **A. Student-athletes and parents/guardians should expect the following communications from coaches:**

1. Coaching philosophy and goals
2. Team requirements
3. Individual coaching rules and consequences
4. Location and times of all practices and contests

### **B. Coaches should expect the following communications from parents/guardians and student-athletes:**

1. Concern expressed directly to the coach. Student-athletes should make this first step.
2. Notification of scheduling conflicts (practice or games) well in advance
3. Concerns about philosophy/expectations BEFORE commitment is made to team
4. Positive role-modeling at contests and practices

### **C. Appropriate concerns to discuss with coaches:**

1. Treatment of student-athletes, mentally and physically
2. Ways to help student-athlete improve
3. Concerns about a student-athlete's behavior
4. College options and recruiting

### **D. Concerns not appropriate to discuss with coaches:**

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

*FEAST Athletics understands it is difficult to accept when a student-athlete is not participating or playing as much as a parent/guardian had hoped. We trust our coaches and commissioners to make decisions and believe that they will always make decisions that are best for the program.*

## **The Matthew 18 Principle**

Matthew 18:15-17 states – “Moreover if thy brother shall trespass against thee, go and tell him his fault between thee and him alone: if he shall hear thee, thou hast gained thy brother. But if he will not hear thee, then take with thee one or two more, that in the mouth of two or three witnesses every word may be

*established. And if he shall neglect to hear them, tell it unto the church: but if he neglect to hear the church, let him be unto thee as an heathen man and a publican. ”*

FEAST Athletics strongly believes in this principle. There is a five-step process we ask student-athletes and their families to follow:

**Step 1:** One of the greatest opportunities for student-athletes is learning skills for effective and Biblical conflict resolution. When a concern arises, student-athletes are encouraged to speak with their coach directly. When a coach and a student-athlete can find mutually agreeable solutions it can be very satisfying

**Step 2:** If the student-athlete and the coach could not come to a mutually agreeable solution or are unable to resolve the issue together, then the parents/guardians may contact the coach. If the parent/guardian has an issue or concern, the parent/guardian should contact the coach at an appropriate time for both parties. An upset parent/guardian should abide by the 24-hour rule.

**24-Hour Rule** - Do not confront a coach immediately before or after a contest or practice. Wait for a full twenty-four hours before making contact of any sort (including emails or text messages). Because meetings of this nature rarely promote resolution, the “24 Hour Rule” will always be in effect. This not only allows for reflection, but for emotions to settle so rational, facts-oriented discussions can take place.

Under no circumstances should a parent/guardian approach a coach or another parent/guardian in a harsh manner.

**Step 3:** If the discussion between the coach and parents/guardians does not resolve the issue then the matter may be brought before the Commissioner of the sport. The student-athlete, parents/guardians, and coach should all be present at this meeting. This step shall be accomplished in writing preceding the in-person meeting with the commissioner.

**Step 4:** If the Commissioner is not able to provide a satisfactory solution, the issue or concern will be brought before the Athletic Administrator who will meet with all parties involved. This step shall be accomplished in writing preceding the in-person meeting with the Athletic Administrator. If this meeting does not bring resolution, the parents/guardians should fill out an incident report.

**Step 5:** The final step in the process is to bring the matter before the Executive Director and the FEAST Board if all other steps have been followed. This step shall be accomplished in writing preceding the in-person meeting with the Executive Director and FEAST Board.

All aspects of an issue should be kept confidential. Even in disagreements, your student-athlete must understand that parent/guardians and coaches are a team and want what is best for the student-athlete.

FEAST will always prefer to find common ground and reconcile issues as we believe that we as adults model community, forgiveness and peaceful resolution to our children and those lessons are more valuable than any skill in any sport.

Unfortunately, even after many attempts to seek counsel and reconcile concerns, times have and will occur where a family might determine that quitting the FEAST organization is their preferred option. Though FEAST never desires the outcome to be so, sometimes that departure does not occur on “good terms”.

FEAST will consider reconciliation with a family (parents/guardians) that have previously quit FEAST assuming there is authentic intentions and a clear sense of awareness and responsibilities for the challenges that caused the original departure of the family from FEAST. There are specific and pre-determined steps that a family needs to take in order to seek reconciliation with the FEAST organization.

Both FEAST leadership and the family must pursue and achieve genuine forgiveness and reconciliation prior to a family rejoining the FEAST organization and regaining “good standing” within the organization. In extreme or extenuating circumstances, it could involve a probation period and could also preclude eligibility for leadership roles until such time as trust is returned between FEAST leadership and the family.

## **TRAVEL POLICIES**

Athletic competition is local, state, and national. Therefore, it may involve some travel away from home. In the event that a student-athlete’s parent/guardian are unable to accompany them on a scheduled trip out of town, it is required that the parents/guardians provide an adult sponsor to take their place. The parents/guardians are responsible for briefing the sponsor on FEAST Athletics policies, ensuring that the sponsor will continue the commitment already indicated by the parents/guardians and student-athlete. It is the responsibility of the parents/guardians and the designated sponsor to settle issues such as transportation, expenses, medical releases, etc. A written sponsor form must be on file in the Athletic office

See Appendix for the complete Child Safety & Youth Protection Policy

## **MEDICAL POLICIES**

Participation in athletics involves a certain degree of risk for injury. Such physical injury can occur in any type of sports activity and can vary in nature. Athletic injuries can run from minor injuries, such as bruises and scrapes, to more serious injuries such as fractures, dislocations, concussions, paralysis and even death.

It is strongly recommended that all FEAST student-athletes have a current sports physical. These physicals are valid for one year and parent/guardians must be able to provide a copy upon request by FEAST Athletics.

All injuries sustained by a student-athlete are to be reported to their coach immediately. This is the responsibility of the student-athlete.

Student-athletes with illness/injury sustained in an athletic event that require a visit to the doctor, hospital or primary care facility **must receive written clearance by a physician in order to return to participate** in FEAST Athletic activities. Student-athletes should, when necessary, seek care from their family physician or a specialist.

Student-athletes must always ensure they are healthy prior to participating in a practice, contest, or team event. This action helps the team stay healthy and it helps the student-athlete return to health quickly. Anyone with a fever of 100.9 degrees F or above or other indications of being contagious should stay home until their health is better.

## **FUNDRAISING**

FEAST is a 501©3 organization and as such must abide by tax laws and regulations consistent with the tax-exempt status. Any person or group wishing to run a fundraiser associated with FEAST must complete a Fundraising Guidelines and Request form from the Athletic Office and return it to the Athletic Office to be submitted to the Board for approval. No fundraiser activity may begin until the form is approved and returned to you.

See Appendix for the complete fundraising policies.

## **VARSIITY LETTER**

### **General Requirements for all Awards:**

To be eligible for an athletic award, a student-athlete must complete the season, although the coach may make exceptions (pending approval by the Athletic Administrator) in unusual cases. The student-athlete must be a good representative of FEAST and team and abide by all the rules and regulations outlined in this Athletic Handbook. Letter awards will be made only upon the recommendation of the coach. Coaches have the autonomy to not award a Varsity letter if a student-athlete is not conducting themselves as a respectful and responsible participant of the program.

- Letters: An athlete may receive one felt Varsity “P” and/or JV “P” during their athletic career.
- Emblem: A student athlete will receive an emblem pin with their first letter in a sport.
- Service Bar: A service bar is given to a student athlete who has already received a Varsity felt “P” and emblem. A student/athlete will earn one additional bar each year they participate.

Requirements for issuing a Varsity letter will be determined by the commissioner and approved by the Athletic Administrator.

## **CLOSING THOUGHTS**

May we all encourage one another to not only receive the Lord Jesus Christ as our Savior but also to walk in the Spirit, growing up into Christ who is the Head, living out Christ in all aspects of leadership, self-discipline, individual responsibility, personal integrity and good citizenship.

May we with our whole heart actively seek to be filled with the Lord, developing, and maintaining an appetite for God’s word, diligent to keep the oneness of the Spirit.

May we be one with the Lord to such an extent that we bring into obedience to Christ our dress, appearance, thought life, conversation, attitudes, habits, and relationships, glorying in the Lord and not ourselves.

May we walk in humility before God and with one another, submitting to authority and being subject to one another.

**FOR STUDENT-ATHLETES:**

I have read the FEAST Athletic Handbook, including the Student-Athlete Code of Conduct and understand that I may not participate without a signed copy of this document on file in the athletic office. I understand that these expectations are in place to help me grow and mature spiritually, emotionally, and physically. I understand that failure to uphold the expectations outlined will endanger my athletic eligibility and may include, but not limited to, extra conditioning, suspensions, or removal from the team.

1. Student-Athlete Signature: \_\_\_\_\_

Printed Name: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

2. Student-Athlete Signature: \_\_\_\_\_

Printed Name: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

3. Student-Athlete Signature: \_\_\_\_\_

Printed Name: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

4. Student-Athlete Signature: \_\_\_\_\_

Printed Name: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

**FOR PARENTS/GUARDIANS OF STUDENT-ATHLETES:**

I have read the FEAST Athletic Handbook, including the Parent/Guardian Athletic Code of Conduct. I will always support the FEAST athletic program and personnel by following all requirements and by attending and volunteering at FEAST athletic events. I understand that misconduct may result in my expulsion from an event and possibly future events as well.

\_\_\_\_\_  
Parent / Guardian's Signature

\_\_\_\_\_  
Parent / Guardian's Signature

\_\_\_\_\_  
Parent / Guardian's Name (Printed)

\_\_\_\_\_  
Parent / Guardian's Name (Printed)

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

*\*One signature sheet per family, per school year*

# **APPENDIX**

## **CHILD SAFETY & YOUTH PROTECTION POLICY**

“Say NO, then GO and TELL”

Sometimes even people that we trust do things that are wrong and can intend to misuse our trust and hurt us. Any act that threatens to harm another’s physical, mental, emotional or spiritual health is wrong. Unfortunately, there are some adults or even other youth who sexually abuse children. FEAST is dedicated to equipping our leadership (Commissioners, Coaches and volunteer adult support) to guide young men and women to honor God, act with integrity, serve others, and experience a healthy and safe environment through a program of education and the establishment of procedures and policies focused on the prevention of emotional, physical, spiritual and sexual abuse. All members – both adults and youth – hold the KEYS (“Knowledge of Establishing Youth Safety”) to protecting and safeguarding our youth. These Keys include the following:

- A. Volunteer Leader screening to be “Registered” as a supervisory Adult with FEAST, including:
  - Volunteer applications, including reference checks and agreement to this policy
  - Agreement with the FEAST Statement of Faith and Values
  - Successfully passing Criminal Background Check before approval of adult volunteer leaders
  - Additional Criminal Background Check every three years.
  
- B. Know the Environment to Keep Youth Safe:
  - Being aware of other events and individuals who might have access to the area
  - Previewing facilities before events and evaluating the safety of the location
  - Knowing who will be in attendance
  - Education about protecting the health and safety of youth
  - Being vigilant for signs of child neglect, physical abuse, emotional abuse and child sexual abuse – including sexual abuse or inappropriate sexual conduct by other youth
  - Abusers cannot be easily identified and are typically trusted by children and their families

**NOBODY IS ABOVE THE RULES – ALL SUSPICIOUS BEHAVIOR OR VIOLATIONS OF POLICIES MUST BE REPORTED**

- C. Mandatory Reporting and documentation of incidents and/or allegations:
  - Regardless of whether you observe it or hear it second hand, FEAST requires you to report to law enforcement and/or child protective services, any good-faith suspicion or reasonable belief that any child is or has been physically, sexually or emotionally abused or neglected, has been (whether in person, online or through communication devices) exposed to sexual exploitation, child pornography, solicitation or enticement, or obscene material.
  - It is also mandatory to report to FEAST any violations of FEAST Policies. Use the Incident Report form located online at <https://homeschoolfeast.com>. Report what you have seen or heard immediately and document.

Any sexual contact with a youth – regardless of who the other person is – is wrong and should be reported. The following guidelines can help to reduce the possibility of that happening:

**ALL MEMBERS ARE TO ADHERE TO THE FEAST GUIDELINES AND POLICIES.**

1. Immoral conduct, including physical violence, insults, drugs, alcohol, sexual conduct,



- inappropriate language, theft and deceit are inconsistent with FEAST's values and policies.
2. Everyone should respect youths' privacy – especially when it comes to toilets, showering, and sleeping arrangements.
  3. Separate accommodations, showers, dressing/changing areas and restrooms for adults and youth are required.
  4. It is never acceptable for an adult to be on or in the same bed.
  5. No interaction between adults and youth in a bedroom or a bathroom except in limited situations required due to health and safety concerns, in which case the no one-on-one rule must still be followed.
  6. While youth will be in close proximity with one another during these times, additional safety procedures apply even youth-to-youth.
  7. Any sexual activity or overtures are strictly prohibited.
  8. A minimum of two (“registered”) FEAST adult leaders must be present for each activity
    - Of the two required leaders, those 18-20 years of age may count for one of the two-deep leadership positions required in the Youth/Leader Ratios and for satisfying the two-deep leadership requirement.
    - The second leader must be age 21 or above except overnight activities where the second leader must be age 25 or above.
  9. A youth should never be alone with only one adult (unless it is his/her parent/guardian)
    - This includes electronic communications such as texting and on-line communications
    - This includes transportation to and from FEAST activities. If a FEAST coach is transporting their own student-athlete, then they may also transport student-athletes that are not related to them, provided there is written permission from the parent/guardian, without the need of another adult. Note, this does not extend to coaches without their student-athlete in the vehicle or to coaches without student-athletes in the program. A coach who wishes to transport one or more student-athletes that are not their own without their own student-athlete along will need a second adult in the vehicle.
    - This includes overnight stays in hotel rooms or other overnight accommodations. Youth shall not stay in a room with one adult unless that adult is his/her parent/guardian.
    - Youth shall not be in hotel rooms or other overnight accommodations by themselves. At least 2 adults (“registered”) must be a part of the room accommodations.
    - Stay in areas designated for the activities and keep doors open
  10. Adults and youth are not to have “secrets,” nor are adults to provide “special treatment,” gifts or “forbidden items” (e.g., tobacco, alcohol or allowing risky behavior) to youth
  11. There should be no secret activities, meetings or clubs
  12. Appropriate clothing should always be worn – especially for swimming activities
  13. Hazing, bullying, physical hitting and/or corporal punishment (even if intended as discipline) are strictly prohibited
  14. Youth leadership should always be monitored by adult leaders
  15. No inappropriate physical contact
    - No “rough-housing,” butt-slapping, massages, or inappropriate hugs
    - No touching of children in the genital, breast or buttocks areas
    - Children may not sit on the lap of an adult other than their parent/guardian
    - Children should never be touched against their will unless they are in clear danger
    - Cameras, cell phones and other electronics should never be used inappropriately or in any way that can violate someone's privacy or cause them any harm.

**Youth are instructed that if anyone fails to follow these guidelines, they should report them to their leaders and to their parents/guardians. It is the right thing to do and can help to protect them and others from harm.**

**Likewise, adult leaders are to report any violations of the guidelines directly to FEAST. All adults are required to support and help youth adhere to the coaching and instruction they are given in the FEAST Program.**

Your mind, your body and your soul are three things over which you have certain rights that other people cannot take away. A doctor may need to examine you in a very personal and private way, but if it makes you feel uncomfortable tell your parents/guardians or ask one of them to be with you during the examination.

People may say things to you about ideas with which you do not agree. If people go beyond what you think or have been taught is reasonable, or if they ask you to see, read or do things that make you feel uncomfortable—whether it’s a physical act or a spiritual one—you have the right to refuse it, and that is precisely what you should do.

If they offer you alcohol, illegal drugs, or ask you to help them steal something, or they touch you or ask you to touch them in inappropriate ways, go find someone you trust and tell them. Tell them more than once if you must or tell other trusted adults. If you cannot get through to them, find someone else until you are believed.

How do you know if something is wrong? One of the best things to do is to look for God’s direction. It is that gut feeling based on reason, love, and developing your conscience by studying moral issues and the Bible’s teaching on them. The more you develop your conscience, the easier it will be to know what the right thing to do is.

Adults should know better than to ask young people to perform sexual acts, disobey the law, or violate their religious principles. It is never your fault if someone asks you to do something wrong, even if they say it is.

“Say NO, then GO, and TELL.”

## FUNDRAISING AT FEAST

The following information on fundraising is for the use of the FEAST Organization, Clubs, Sports Teams, and others involved with FEAST. FEAST is a 501c3 non-profit organization, and as such has governmental regulations on organizational fundraisers.

**Clarification – Donations and Fundraisers** are not one in the same and must be tracked and documented differently by the FEAST Office. If you encounter someone wishing to donate during your fundraiser, they may do so by check paid to the order of FEAST. If they wish to donate using a credit card, they may do so by contacting the FEAST Office directly. (210 342-4674) The staff person can process their donation over the phone and note that it is a donation for the \_\_\_\_\_ fundraiser. There are regulations on tracking donations and if gifts or services were received what the balance of the donation would be, so make sure to contact the FEAST Accounting office so they can handle that paperwork. [accounting@homeschoolfeast.com](mailto:accounting@homeschoolfeast.com)

**FEAST** as an organization may have two major fundraisers to sustain the operations of our organization. These may be a golf tournament, gala, banquet, capital campaign or other large event. The profits would go straight to the needs of FEAST and cannot profit a person or individuals. All funds will be deposited through FEAST and reported to the IRS. Each type of fundraiser has its own guidelines. If a product is sold, tax must be collected from the purchaser and reported to the State Comptroller's Office. **The FEAST Executive Director and Administrative Team are responsible for organizational fundraisers with approval from the FEAST Board of Directors.**

**Athletics Teams** may run fundraisers for specific needs such as new uniforms, facility improvements, tournament travel cost, for equipment or to subsidize the budget for that sport. All moneys are deposited with FEAST and may be used for the expense or purpose given less 10% administration fee (or a maximum of \$100). This fee will help offset all the expenses of tracking and reporting to the IRS. Receipts for purchased items and expenses must be tracked with receipts. The FEAST office is not responsible for any aspect of the fundraiser except for tracking the deposited funds.

EXAMPLE - A Volleyball team may desire to run a fundraiser for new nets, poles, or other equipment. Items purchased through fundraising remain at FEAST. An individual team member may not run a personal fundraiser at FEAST or in FEAST name. Babysitting, washing windows or other creative ways to earn money are good ways that an athlete might raise funds to offset their own individual registration or travel expenses. Individuals earning money for themselves are not responsible to report or track those through FEAST. **The FEAST Commissioner, Coach and Team Mom are responsible for Sports Fundraisers with approval from the FEAST Executive Director.**

**Clubs and special projects** sponsored by FEAST occasionally want to run fundraisers. These will be handled on an individual basis. EXAMPLE A: children's gardening group may want to raise funds for a tool shed and to build raised gardens. This would be handled similar to a team fundraiser. Items purchased through fundraising remain at FEAST. EXAMPLE a Student/athlete Council Club may want to raise funds to attend a leadership summit in Washington DC. They may do so, but the funds are to be used for expenses and registration and cannot be dispersed to individuals to spend on personal items. Funds will be deposited with FEAST and may be used for the purpose given (receipts required) less 10% admin fee. **All fundraisers must be approved by the FEAST Executive Director.**

**Fundraising Questions** - Before you do anything, think through and discuss the following questions with

your fundraising team.

1. What is the purpose or need for your fundraiser?
2. Do you have a fundraiser team and leader that are willing to handle details?
3. How much money do you need to raise?
4. Have you looked at the sample list of fundraisers?
5. Is everyone in agreement to participate? If not, are those individuals willing to chip in the expected amount that each student/athlete would raise?
6. Discuss the “What ifs” what if we don’t raise the money, what if someone doesn’t get their product, what if we have a hot check, what if someone wants a refund, etc.
7. What would be the start and stop dates? (These may be determined by the fundraiser selected.)

**Fundraising Selection** – Choose a fundraiser that suits your needs and the students/athletes participating. There are scores of fundraisers to choose from, not all are profitable. Please do not select a fundraiser that yields less than 50%. It is not worth the time of your students/athletes and the effort needed to accomplish your goals. We also discourage fundraising aimed only at team families or your small circle of FEAST families. You should select a fundraiser that will appeal to outside family and friends. Clothing apparel with the FEAST or Patriot names or logos are not permitted. These may be purchased in the FEAST Bookstore. Once a fundraiser is selected, get the idea approved by your Coach, Co-op Director, or Teacher and then submit the idea to the FEAST Executive Director for the initial go ahead for planning.

**Fundraising Scope** – A detailed fundraising scope or plan should be submitted to the FEAST Executive Director to determine if everything has been covered and is ready for implementation without breaking any governmental or FEAST rules.

This document should include:

- Fundraiser title (EXAMPLE - Cookie Dough Fundraiser) including company name, email, representative contact number, etc.
- Who will be participating (EXAMPLE - Eighth grade soccer team) including the name of the team parent/guardian in charge and contact number?
- Start and stop dates. Including deadlines for orders, advertising, and product pick up etc.
- Sample letter to parents/guardians – Three letters should be drafted. See parent/guardian letter section below

When the above items are submitted the Executive Director will approve or send questions back for submission.

### **Parent/Guardian Letters Tips and Samples for Fundraisers**

Keeping parents/guardians informed about your fundraising activities is a must. The most effective way to communicate the specifics of a fundraiser (mission statement, selling dates, pick up dates, product details, etc.) is through a fundraising parent/guardian’s letter.

You cannot trust children to properly convey this information. Many times, kids don’t even tell their parents/guardians about fundraisers. So direct communication between the organizer and the

parents/guardians is essential.

A good fundraising strategy is having 3 direct correspondences regarding the fundraiser. You may also get your information out via email, MANNA Newsletter or by phone. You will have to make a determination on what works best for your group, but we feel that the below 3 steps are essential:

1. **Intro letter on the upcoming fundraiser.** This should include the mission statement on why you are raising funds. A detailed explanation of the types of fundraiser you will be doing also helps. This is sent out a few weeks before the fundraiser begins and following discussions during the idea stage of planning.
2. **Kick off letter.** This letter will have all of the details and instructions of the fundraiser. The exact selling dates, selling of each participant's money collection procedure, fundraising safety precautions, etc. It is important to list the contact information of the fundraising organizers because your parents/guardians will have questions. This should be sent out no later than the week before the fundraiser begins.
3. **Pick up letter.** This should give detailed instructions on when the products should be picked up and how it should be distributed. This letter should be sent out once the selling period of the fundraiser is complete, or as needed to meet fundraising deadlines.

In all of your fundraising parent/guardian letters, be as direct as possible. Get to the point and give as many specific details as you can. If the letters are too vague, you'll be inundated with phone calls from confused parents/guardians.

Below are a few sample parent/guardians' letters, but keep in mind these are very basic. Each group has their own style and ideas on what should be included. So, we've kept these as simple as possible.

### **Sample Parent/Guardian Letter #1**

Dear Parents/Guardians,

This is the time of year when we all pitch in to run our "Annual Soccer Fundraiser". The money we raise this year is going toward purchasing equipment and new nets. Every penny...every dollar...we raise is important and will go to benefit the children...!

This year we will be selling cookie dough from School-Fundraisers.com. The cookie dough is delicious...and makes a great idea for all your get-togethers, parties and especially play dates for the kids...buy an extra tub to take to the grandparent's.

The official start date is "January 18th" and the official completion date is "February 4th". Please keep all order forms in the collection envelope provided. Please make all checks out to FEAST.

Never allow young children to solicit orders alone or door to door. They should always be in the company of a responsible adult.

THANK YOU FOR YOUR CONTINUED SUPPORT

## **Sample Parent/Guardian Letter #2**

Dear Parents/Guardians:

The FEAST Soccer Team will be conducting a Cookie Dough Fundraiser from January 18th-February 4<sup>th</sup>. The money raised will be used for equipment and new nets.

Please help your child or young friend with our campaign. Please sell to friends, family, neighbors, church friends and people at work. We would like each child to try and sell at least 12 items. Our profit goal is \$2,000.

Please read the following on how to fill out the order form.

1. Collect money at the time of taking order. Collect NO sales tax. (or give chart for sales tax)
2. Make checks for the full amount due for your child's goal payable to FEAST.
3. Please tally the item columns and the money column. This needs to be done.
4. Make sure the money collected adds up to the cost of the items sold.
5. All orders, money and checks are due on February 4th.
6. Advise your child not to sell to strangers and to be careful.

We appreciate your help in making this fundraiser a success. If you would rather not participate in the sales aspect of this fundraiser you may opt out and donate the profit goal for your child. We appreciate your participation.

Best Regards,

---

## **Sample Parent/Guardian Letter #3 (Parent/Guardian Pick-up Letter)**

Dear Parent/Guardian,

It's time to pick up your fundraising order. The cookie dough fundraiser that our group participated in recently is soon coming to a close. Only one step left and all of this hard work will pay off. Here are the specific details

Date: February 17<sup>th</sup>

Time: 3 – 5 PM

Location: Soccer field

Please be prepared to pick up the products that you have ordered. You will need to pass these products out to the people who have ordered within 24 hours.

We want to thank everyone who has made this fundraiser a success and I know that all of us will reap the benefits.

Thank you,

## FEAST ATHLETICS CONCUSSION GUIDELINES

Concussions become dangerous when they go unreported or are improperly treated. Due to ignorance or a desire to play, student-athletes may decide that they do not have a concussion or that it is not a big deal. This could be **life threatening**. **FEAST Athletics is committed to ensuring that any participant who is suspected of having received a concussion will be removed from play and be seen by a physician before returning to play.** Parents/guardians and student-athletes need to help with this commitment. Please carefully review the following concussion information with your student-athlete.

A concussion is a mild traumatic brain injury (MTBI) that alters the way the brain works. Effects are usually temporary. Although concussions typically are caused by a blow to the head, they can also occur when the head and upper body are violently shaken. These injuries can cause a loss of consciousness, but **MOST concussions do NOT**. As a result, some have concussions and don't realize it. Concussions are most often caused by contact with another player, the ground, or a piece of equipment or object. The brain needs time and rest to heal properly. Most concussive traumatic brain injuries are mild, and people usually recover fully.

### **Signs and symptoms of a concussion:**

These may be subtle and may not be immediately apparent. They can last for days, weeks or longer.

### **Signs and symptoms of a concussion observed may include:**

- ~ Appears dazed or stunned
- ~ Loses consciousness
- ~ Can't recall events before/after injury
- ~ Is confused
- ~ Moves clumsily
- ~ Is unsure of score or opponent
- ~ Forgets play
- ~ Answers questions slowly
- ~ Behavior changes

### **Symptoms reported by athlete:**

- ~ Headache
- ~ Confusion
- ~ Blurred or double vision
- ~ Feeling sluggish
- ~ Dizziness or "seeing stars"
- ~ Feel as if in a fog
- ~ Memory problems
- ~ Sensitivity to light/noise
- ~ Balance Problems
- ~ Nausea or vomiting
- ~ Concentration problems
- ~ Fatigue

### **When to see a doctor:**

**See a doctor within 1 to 2 days if:** Your student-athlete experiences a head injury and you suspect a possible concussion, even if emergency care wasn't required. If worrisome signs develop later, seek emergency care.

**Seek emergency care for a student-athlete who experiences a head injury and symptoms such as:** Repeated vomiting, loss of consciousness lasting longer than 30 seconds, headache that gets worse over time, changes in physical coordination, such as stumbling or clumsiness, confusion or disorientation, difficulty recognizing people or places, slurred speech, seizures, pupils that are bigger than normal (dilated pupils) or pupils of unequal sizes, lasting or recurrent dizziness, obvious difficulty with mental function or physical coordination, symptoms that worsen over time.

### **When the student-athlete can return to play:**

No one should return to play while signs or symptoms of a concussion are present. Experts recommend that a student-athlete with a suspected concussion not return to play until they have been medically

evaluated by a health care professional trained in evaluating and managing concussions. Experts also recommend that child and adolescent student-athletes with a concussion not return to play on the same day as the injury. Any return to play criteria established by doctors should be carefully followed. This is usually gradual, occurring over several days once the student-athlete is symptom free.



**Family Educators Alliance of South Texas Athletics  
CONCUSSION MANAGEMENT FORM**

**Athlete's Name:** \_\_\_\_\_ **DOB:** \_\_\_\_\_

**Injury Date:** \_\_\_\_\_ **Today's Date:** \_\_\_\_\_

Dear Parents/Guardians & Treating Physician,

In 2011 Texas Education Code 38.157, Natasha's Law was passed by the Texas Legislation. This law mandates that secondary school athletics manage concussions with a specific protocol. The policy being used will be a FEAST Athletics policy across the board. Furthermore, the law requires that an athlete suspected of having a head injury must be removed from activity. **The student-athlete will not be permitted to resume activity until he/she receives a written release from a physician and completes the return to play (RTP) protocol.**

**General outline of FEAST Athletics concussion management protocol is as follows:**

- A.** Potential concussion recognized, removed from play, referred for medical evaluation.
- B.** Provider evaluation utilizing a multimodal assessment which includes a thorough history and physical neurologic exam with specific attention to cognitive function, cervical spine, vestibular, balance, ocular examinations, and symptom screening including emotional state. Neurocognitive testing is strongly recommended.
- C.** Once medically clear, have the provider of the parent/guardian's choosing, provide a written release date student-athlete may start FEAST Athletics default RTP protocol.
- D.** Once student-athlete has a full day of school activity without symptoms (if injury occurs during school year) athlete will progress through RTP process and may return to sport per FEAST Athletics protocol. Unless a graduated RTP protocol is specified by the treating provider, the following FEAST Athletics RTP protocol will apply. The graduated protocol must be at least 5 steps and have a minimum of 24 hours between each step.

Return to Play (RTP) occurs over a minimum of 5 steps. Student-athlete must wait until the next day to progress to the next step.

- Step 1** - Light aerobic activity for 10-15 minutes with no head movement during the exercise
- Step 2** - Moderate to heavy activity for 20-30 minutes - no head movement during the exercise
- Step 3** - Non-Contact practice
- Step 4** - Full Contact practice
- Step 5** - Return to game participation

If symptoms increase during any step, the student-athlete must repeat this step until no additional symptoms occur. If the student-athlete continues to no progress, then they must return to the treating physician for evaluation.

*After fulfillment of FEAST Athletics concussion management protocol, including successful completion of RTP protocol, the athlete may return to full activity unless otherwise stated by treating physician.*

Additional information can be found at: <http://www.uiltexas.org/health/info/concussions>,

**Treating Physician Please Select:**

Will use a multimodal assessment as stated in part B above with or without a neurocognitive tool.

\_\_\_\_\_ With Neurocognitive Tool (Strongly Suggested) (ImPACT, C3 Logix, Axon)

\_\_\_\_\_ Without Neurocognitive Tool

**Athletic Recommendations:**

1. Fully recovered clinically, begin Return to Play Protocol on: \_\_\_\_\_ (date).
2. Multimodal Assessment Tool re-testing recommended on: \_\_\_\_\_ (date).
3. Athletes follow up appointment is: \_\_\_\_\_ (date).
4. Other recommendations: \_\_\_\_\_

**Academic Recommendations:**

Concussion may affect the ability to learn at school. The athlete may need to miss time from school after a concussion. When returning to schoolwork, athletes may need to go back gradually and may need to have some changes made to their schedule so that symptoms do not get worse. If an activity makes symptoms worse, then the athlete should stop the activity and rest until symptoms get better. It is important that the health care provider, parents/guardians, caregivers and teachers discuss a plan for each student athlete.

**If mental activity does not cause any symptoms, the athlete may be able to skip to step 2 or 3 and return to school activities.**

**Treating provider fill in dates for each step below:**

Mental Activity	Activity at Each Step	Goal of Each Step	Dates
1. Daily activities that do not give the athlete symptoms – <b>EXCUSED FROM SCHOOL</b>	Typical activities that the athlete does during the day if they do not increase symptoms (reading, texting, screen time). Start with 5-15 minutes at a time and gradually build up.	Gradual return to typical activities.	
2. School activities <b>EXCUSED FROM SCHOOL</b>	Minimal homework, reading, or other cognitive activities <b>OUTSIDE</b> the classroom. Once tolerated progress to step three.	Increase tolerance to cognitive work.	

<p><b>3. Return to school or part-time</b></p>	<p>Gradual introduction of schoolwork. May need to start with a partial school day or with increased breaks during the day.</p> <p>Homework (Circle):</p> <p>0%    50%    75%</p> <p>Testing (Circle):</p> <p>0%    50%    75%</p>	<p>Increase academic activities.</p>	
<p><b>4. Return to school full-time</b></p>	<p>Full day of school. If student-athlete regresses, return to step 3.</p>	<p>Return to full academic activities and catch up on missed work.</p>	

**If the athlete continues to have symptoms with mental activity, some other accommodations that can help with return to school may include the following. Please check appropriate areas for this student=athlete:**

	<p>Starting school later, only going for half days or going to certain classes</p>		<p>Taking rest breaks during class, homework, tests</p>
	<p>More time to finish assignments/tests</p>		<p>No more than one exam per day</p>
	<p>Quiet room to finish assignments/tests</p>		<p>Shorter assignments for concept learning only</p>
	<p>Avoiding noisy areas like cafeteria,</p>		<p>Repetition or memory cues</p>

	assembly halls, sporting events, music class, shop class, etc.		from teachers
	Reassuring from teachers that the child will be supported while getting better.		Use of a student-athlete helper or tutoring

**Other Adjustments:**

**Technology Note:** Restricting technology use may include computers, texting with cell phones, music with headphones, tablets or similar devices. This does not include watching most educational films unless the level of intensity or volume causes the student-athlete to have symptoms. Of special concern should be the amount of time spent viewing electronic screens.

**To be Completed by Treating Physician:**

Treating Physician's Name: (Print/Stamp): \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

Physician's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Required to be Completed by Parent/Guardian of the Student-Athlete:**

I, \_\_\_\_\_, parent/guardian of \_\_\_\_\_, acknowledge that:

I have read and understand the FEAST Athletics concussion management protocol requiring completion before returning to athletic activity. I understand that upon my signature and return of this release form to FEAST, the above athlete will be allowed to return to full contact practices in FEAST Athletics. I have supervised and certify that the Return to Play Progressive Exercises as instructed by the Physician have been completed by the athlete with no return of symptoms and the athlete has been released by a licensed Physician to return to play. I authorize the above athlete to return to contact practices. I understand the consequences of returning to activity too soon; withholding information can lead to permanent brain injury or second impact injury. The adolescent brain needs time to heal. I understand that these are the physician's orders for my child.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Student-Athlete's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**Please Return This Document to the FEAST Athletics Office**

# **Family Educators Alliance of South Texas Athletics**

## **SUDDEN CARDIAC ARREST INFORMATION SHEET**

### **What is Sudden Cardiac Arrest?**

Sudden Cardiac Arrest (SCA) is the sudden onset of an abnormal and lethal heart rhythm, causing the heart to stop pumping adequately. When this happens, blood stops flowing to the brain and other vital organs, and, if left untreated, can quickly result in death.

### **How common is Sudden Cardiac Arrest?**

While SCA in student-athletes is rare, it is the leading medical cause of death in young student-athletes. The chance of SCA occurring to any individual student-athlete is estimated to be about one in 80,000 to 100,000 per year.

### **What causes Sudden Cardiac Arrest in student-athletes?**

SCA is caused by several structural and electrical conditions of the heart. These conditions predispose an individual to have an abnormal heart rhythm. SCA is more likely during exercise or physical activity, placing student-athletes with undiagnosed heart conditions at greater risk. Some of these conditions are listed below.

- Inherited conditions present at birth of the heart muscle (passed on from family): Hypertrophic Cardiomyopathy (HCM), Arrhythmogenic Right Ventricular Cardiomyopathy (ARVC), and Marfan Syndrome
- Inherited conditions present at birth of the electrical system: Long QT Syndrome (LQTS), Catecholaminergic Polymorphic Ventricular Tachycardia, and Brugada Syndrome (BrS)
- Non-Inherited conditions (not passed on from the family, but still present at birth): Coronary artery abnormalities, Aortic valve abnormalities, Non-compaction Cardiomyopathy, and Wolff-Parkinson-White Syndrome (occurs from an extra conducting fiber in the heart's electrical system)
- Conditions do not present at birth but acquired later in life: Commotio Cordis (occurs from a direct blow to the chest), Myocarditis (infection or inflammation of the heart), and Recreational/Performance Drug Use
- Idiopathic: Sometimes the underlying cause of Sudden Cardiac Arrest is unknown, even after autopsy.

### **What are the warning signs that Sudden Cardiac Arrest may occur?**

- Fainting, passing out, or seizure - especially during or right after exercise
- Chest pain or discomfort - especially with exercise
- Excessive Shortness of breath - with exercise
- Racing heart or irregular heartbeat - with no apparent reason
- Dizziness or lightheadedness - especially with exercise
- Unusual Fatigue/Weakness - with exercise
- Fainting - from emotional excitement, emotional distress, or being startled
- Family history of sudden cardiac arrest prior to the age of 50

While a heart condition may have no warning signs, in more than a third of sudden cardiac deaths, there were warning signs that were not reported to an adult or taken seriously. If any of the above warning signs are present, a cardiac evaluation by a qualified health care provider such as a physician, physician

assistant, or advanced practice nurse is recommended. If the health care provider has concerns, a referral to a pediatric cardiologist is recommended.

### **What are the risks of practicing or playing after experiencing SCA warning signs?**

Ignoring such signs and continuing to play could be catastrophic and result in sudden cardiac death. Taking these warning symptoms seriously and seeking timely appropriate medical care can prevent serious and possibly fatal consequences.

### **When is a student-athlete required to be removed from play?**

Any student-athlete who collapses or faints while participating in an athletic activity is required by law to be removed by the coach from participation at that time.

### **What is required for a student-athlete to return to play?**

Any student-athlete who is removed or prevented from participating in an athletic activity is not allowed to return to participation until evaluated and cleared for return to participation in writing by a qualified health care provider such as a physician, physician assistant, or advanced practice nurse is recommended. If the health care provider has concerns, a referral to a pediatric cardiologist is recommended.

### **What are the current recommendations for screening student-athletes?**

A complete annual sports preparticipation examination based on recommendations from the American Heart Association (AHA), American Academy of Pediatrics (AAP) and American College of Cardiology (ACC) is the cornerstone of screening for preventable causes of SCA. Each year student-athletes in Texas are required to have a Sports Preparticipation Physical Examination based on these recommendations completed by a health care provider such as a physician, physician's assistant, or advanced nurse practitioner and filed with the student athlete's school prior to beginning practice. The Sports Preparticipation Examination includes a personal and family health history to screen for risk factors or warning signs of SCA and measurement of blood pressure and a careful listening to the heart, especially for murmurs and rhythm abnormalities.

Noninvasive testing such as an electrocardiogram (ECG) or echocardiogram (ECHO) may be utilized by your health care provider if the sports pre-participation examination reveals an indication for these tests. Screening using an ECG and/or and ECHO is available to student athletes as an option from their personal health care provider, but is not mandatory, and is generally not routinely recommended by either the AHA, AAP or ACC.

### **What is the treatment for Sudden Cardiac Arrest?**

- RECOGNIZE Sudden Cardiac Arrest
  - Collapsed and unresponsive
  - Abnormal breathing
  - Seizure-like activity
  
- CALL 9-1-1
  - Call for help and for an AED
  
- CPR
  - Begin chest compressions
  - Push hard/fast (100/min)

- AED
  - Use an AED as soon as possible
  
- CONTINUE CARE
  - Continue CPR and AED until EMS arrives

All schools and teams should be prepared to respond to a cardiac emergency. Young athletes who suffer SCA are collapsed and unresponsive and may appear to have brief seizure-like activity or abnormal breathing (gaspings). Time is critical and an immediate response is vital. An AED should be placed in a location that is readily accessible. AEDs are safe, portable devices that read and analyze the heart rhythm and provide an electric shock (if necessary) to restart a normal heart rhythm.

**Remember, to save a life: recognize SCA, call 9-1-1, begin CPR and use an AED as soon as possible!**

**Family Educators Alliance of South Texas Athletics**  
**SUDDEN CARDIAC ARREST ACKNOWLEDGEMENT STATEMENT**

---

I have received and read the Sudden Cardiac Arrest Information Sheet for Student-Athletes and Parents/Guardians. I understand the warning signs and seriousness of sudden cardiac arrest (SCA) related to participation in athletic programs and the need for immediate evaluation for any suspected condition.

_____	_____	_____
<b>Signature of Student-Athlete</b>	<b>Print Student Athlete's Name</b>	<b>Date</b>

_____	_____	_____
<b>Signature of Parent/Guardian</b>	<b>Print Parent/Guardian's Name</b>	<b>Date</b>

**Please Return This Document to the FEAST Athletics Office**





### **Patriots Baseball**

Season: January – April

High School and Middle School  
male

feastbaseball@gmail.com



### **Patriots Soccer**

Season: October-February

High School  
Coed

feastathletics@homeschoolfeast.com



### **Patriots Basketball**

Season: October-March  
Skills Camp: Aug- Sept.

High School and Middle School  
male and female

feastbasketball@gmail.com



### **Patriots Softball**

Season: January – April

High School and Middle School  
female

feastsoftball@gmail.com



### **Patriots Cross Country**

Season: August-November

High School and Middle School  
male and female

run4eternity@yahoo.com



### **Patriots Track & Field**

Season: January-May

High School and Middle School  
male and female

feasttrack@gvtc.com



### **Patriots Football**

Season: August-November  
Spring Training: May

High School and Middle School  
male

robert.benitez@sbcglobal.net



### **Patriots Volleyball**

Season: August-November  
Skills Camp: Jan-May  
Summer Camp: End of May

High School and Middle School  
Female

volleyball@homeschoolfeast.com