

**CROSBY COUGARS FOOTBALL
2011**

**PARENT ORIENTATION
(BOOKLET)**



FAST...HARD...FINISH

COUGAR PRIDE 2011
FAST...HARD...FINISH

MONTGOMERY

PORT NECHES - GROVES

DAWSON

BAYTOWN LEE

NORTH FOREST

CE KING

GALENA PARK

GOOSE CREEK MEM

DAYTON

BARBERS HILL

**FROM THE
CROSBY ISD
ATHLETIC DEPARTMENT**

August 1, 2011

Dear Cougar Parents:

I would like to ask for your support for the 2011 football season.

Every parent thinks his/her son is a star, which is only human. However, being realistic, only 11 players can become starters offensively and 11 defensively. Other team members will get to play, but not wear the title of starter. YOU must ENCOURAGE, not COMPLAIN; MOTIVATE, not AGITATE, and be a TEAM PARENT, not a selfish parent, if your son happens to be a non-starter.

Regardless of the outcome of our season (wins and losses), your son will be a better person if the proper parental guidance is practiced. My experience over the past 24 years as a player and a coach has reinforced my beliefs in this position. Keep in mind the real purpose of why your son is playing football – TO BECOME A BETTER PERSON. Most of you know how we run our program; we demand Discipline, Teamwork, Sacrifice, and Motivation. All of these qualities will determine your son's ability to compete in the world for the rest of his life. You, as a parent, must be able to handle the "ups and downs" your son will through in our program.

POSITIVE FOOTBALL PLAYER GUIDANCE BY A PARENT will certainly help put your son on the "right track in life". He will be better able to cope with his future, bosses, company policies, wife, civil laws and any other institutions of authority. It takes a special type of young man to play this tough game. Parental influence is extremely vital. The great players I have coached, besides having talent, have had good parental influence.

In conclusion, I want to thank you for allowing your son to be a part of our program. I am certainly looking forward to coaching your son. As always, feel free to call or visit personally with any of our staff members. You are always welcome and we look forward to meeting with each of you.

Go Coogs,

Kevin Flanigan
Athletic Director/Head Football Coach
Crosby ISD

Some important Phone Numbers:

Crosby Coaches' Office – (281) 328-9200 press 7
Crosby High School – (281) 328-9200 press 3 press 1

TEN COMMANDMENTS OF CHAMPIONSHIP **FOOTBALL PARENTS**

1. Be POSITIVE with your son; let him know he is accomplishing something by simply being part of the team. Don't put him down if he is not getting to play as much as you would like to see him play.
2. Don't offer excuses for him if he is not playing. There is usually a reason for it. Encourage him to work hard and be his best. Tell him he will get his chance. Remind him of what Drew Breese did when he got his chance.

3. Don't put down his coaches, etc. Remember the coach represents the "Boss", the "Authority", the "Parent", the "Law", etc. If you talk bad about your son's coaches, how can you expect the youngster to respect the coach? You are teaching your son to be a complainer, not a doer.
4. Encourage your son to follow the team rules. Whether he is a first stringer or a seventh stringer, players must follow rules pertaining to curfew, drinking, smoking, girlfriends, promptness, and school. Football is a very demanding sport and a coach must concern themselves with a player's off the field activities in order to get the maximum physical and mental performances out of his players.
5. Insist on good grades. Check the number of hours your son spends on homework. It is the duty of the parents to see that their son is working in the classroom. (No matter how good a player is, if he doesn't have good grades, he doesn't get into college.) Eliminate use of the car, phone calls, television, etc. This cuts in on study time.
6. Don't develop envy toward other players because you don't like their parents, etc. Don't try to live your life vicariously through your son. Football is a kids' game – Let them play it. Don't show any animosity or jealousy to any of your son's teammates because they carry the ball more, score more touchdowns, or even get a write-up in the paper. This type of envy rubs off on your son and it can devastate the team. Who cares who scores, etc., as long as everyone does their job to the fullest and the Cougars win the game.
7. Don't think you know more than the coaches. The coaches work with the players 12 months a year and they know what each kid can do and what he cannot do. As a fan, you are entitled to scream your head off but don't become belligerent and arrogant toward players or coaches. Running teams become running teams because they don't have the God given passing talents. Conversely, passing teams sometimes can't become running teams. Coaches know their talent. Respect that!
8. Insist on your son's respect for team rules, school rules, game officials, and sportsmanship. Don't let him make fools out of his family, school, and team by some gesture or incident whereby he will bring shame. Self-respect begins with self-control.
9. Encourage your son to improve his self-image by believing in himself. Don't compare and contrast your son with former family members who played previously. Every youngster is different. Don't put added pressure on him by expecting him to be much better than his brother, etc.
10. Encourage your son to play for the love of the game, not a scholarship. This alleviates a lot of pressure on a youngster. Scholarships are something that are in the hands of college recruiters, Crosby High School does not give them. Some great players fizzle because the pressure on them to get a scholarship was so great. Players become

selfish, etc. Insist on unselfishness. Usually, good things happen to the unselfish, hard-working athlete.

WHAT WE EXPECT OF A COUGAR ATHLETE

“WIN!!!”

1. PRIDE WITH POISE.
2. BE POSITIVE.
3. SET GOALS AND STRIVE TO ACHIEVE THEM.
4. BE TOUGH!!
5. NEVER GIVE UP!!!
6. DO NOT LOAF!!

7. BE AGGRESSIVE.
 - A. Run Hard
 - B. Tackle Hard
 - C. Block Hard

8. SCHOOL AND FOOTBALL – YOU WILL NOT HAVE TIME FOR OTHER ACTIVITIES. NIGHT LIFE AND FOOTBALL DO NOT MIX.

9. ALWAYS, ALWAYS THINK IN TERMS OF WINNING.

10. PAY THE PRICE TO BE A WINNER.....EFFORT
SWEAT
SACRIFICE

11. HAVE THE COURAGE TO SAY NO TO ANYONE OR ANYTHING THAT WILL HURT OUR TEAM.

12. STRIVE FOR PERFECTION...SEE HOW MUCH YOU CAN DO, NOT HOW LITTLE.

13. LOOK IN THE MIRROR AND EVALUATE YOURSELF. ASK, “AM I PAYING THE PRICE FOR THE COUGARS TO WIN?”

14. SHOW RESPECT FOR MANAGERS AND TRAINERS. THEY HAVE AN IMPORTANT JOB TO DO.

15. BE IN SHAPE. ALL ELSE BEING EQUAL, THE BETTER CONDITIONED ATHLETE WILL WIN.

16. THINK IN TERMS OF TEAM, NOT “I”. INDIVIDUAL GLORY COMES AFTER TEAM SUCCESS.

17. BE PROMPT - BE EARLY - NEVER MISS A PRACTICE.

18. REMEMBER THAT A COACH’S CRITICISM IS CONSTRUCTIVE AND FOR YOUR IMPROVEMENT NOT TO DEMORALIZE YOU.

ACADEMICS AND SCHOOL ROUTINE

All athletes are expected to be in regular attendance. As a coaching staff we are extremely concerned with the attendance of our athletes. It is a state law that if a student misses 10% of a class, he may not receive credit for that course even if he is passing. It is very important for our student athletes to be in school and at practice.

Your conduct in class should be ABOVE THAT OF OTHER STUDNETS. They are looking to you for leadership. You must be a leader in behavior and in supporting your faculty and administration. If you need extra help in a subject, ask your teacher if you can come early, before school, lunch period, or any time the teacher will allow. Most teachers will be more than happy to help you if you show proper respect and display an interested attitude of desiring to learn.. These things will have a direct bearing on the kind of support we will receive from the faculty and administration. WE NEED THEIR SUPPORT.

NO PASS, NO PLAY has been a part of athletics for such a long time, there should be no excuses for not knowing the consequences of failing a class. Although the legislature has changed the rule to some degree, a student athlete that fails and is out of competition hurts the team. If the team cannot count on an individual to be disciplined and dedicated to passing, how can the team count on that individual to be disciplined and dedicated to building and maintaining a winning tradition at Crosby.

The coaches realize that very few high school athletes will make a living playing or being involved in athletics after they graduate from Crosby High School. We are all concerned and dedicated to the academic achievement of each Cougar athlete. A well rounded and useful education is the main purpose for attending school; all other activities should enhance and extend that education.

On the following pages are some suggestions and hints on how your student athlete can obtain the kind of education he can use in later life to become a productive and contributing member of our society. Please read over these with your athlete and discuss other ways in which he can reach his full potential.

STUDY SUGGESTIONS THAT WORK

A new school year, with all its' possibilities and promise, lies ahead for us all. The grades you make this year can pave your way for later success by helping you enter the college you want, obtaining the job you want later in life, and perhaps receiving a college scholarship upon high school graduation.

AT THIS MOMENT, THE YEAR IS AHEAD. MAKE THE MOST OF IT!!!

Efficient ways of study are not a matter of guess. Psychologists have been working for years on how to study. Research on the best method of study has been conducted at top universities including Stanford, Ohio State, and Chicago University. Careful experiments with groups of students have shed light on ways to efficient study methods. By utilizing these techniques, you should learn more easily, remember longer, and save hours of study time.

The suggestions that follow are based on the results of these experiments:

1. **Make and Keep a Study Schedule**

Set aside certain hours each day for homework. Keep the same schedule faithfully from day to day. The amount of time needed to study will vary with the individual student and the courses on his schedule.

2. **Study in a Suitable Place – The Same Place Each Day**

Is concentration one of your study problems? Experts tell us that the right surroundings will help you greatly in concentration. Your study desk or table should be in a quiet place, as free from distractions as possible. You will concentrate better if you study in the same place every day.

3. **Collect All The Materials You need Before You Begin**

Your study desk or table should have certain standard equipment – paper, pen, pencil, eraser, and a dictionary. For certain assignments you'll need a ruler, paste, compass, or scissors. With all your materials at hand, you can study without interruption.

4. **Don't Wait For Inspiration To Strike – It Probably Won't**

We can learn a lesson about studying from observing an athlete. Can you imagine seeing an athlete who is training for a mile sitting on the field waiting for inspiration to strike before he starts to practice? He trains strenuously day after day whether he wants to or not. Like the athlete, we train for our tests and examinations by doing things we are expected to do over a long period of time.

5. **A Well Kept Notebook Can Help Raise Your Grades**

Guidance counselors tell us that there is a definite relationship between the orderliness of a student's notebook and the grades he makes. Set aside a special section for each of the subjects on your schedule. When your teachers announce important dates for tests and examinations, you will find how priceless orderly notes can be.

6. **Make A Careful Record Of Your Assignments**

Why lose time phoning all over town to find someone who knows the assignment? Put it down in black and white – in detail – in a place in your notebook. Knowing just what you are expected to do and when you are expected to do it is the first long step toward completing important assignments successfully.

7. **Use "Trade Secrets" For Successful Study**

Flash cards are “magic helpers.” On the front side of a small card you write an important term in history, biology, English, etc and on the back, a definition or an important fact about that term. Carry your flash cards with you. At off times, take them out and ask yourself the meaning of the term. If you don’t know, turn to the other side and review the answer.

The “divided page” is another trick of the study trade. Make a dividing line down the center of a sheet of notebook paper. Then write the “self-recitation” method of study. Cover the right hand side and try to give the answer. Then check and re-check until you are sure you know the material.

A simple, but effective, study device is a “cover card”. As you are studying, look at your notebook or textbook and read what you are trying to memorize. Then use your “cover card” to conceal what you have just read, and try reciting or writing the facts from memory. Check until you are sure you have mastered these facts.

8. Good Notes Are Your Insurance Against Forgetting

Learn to take notes efficiently as your teachers stress important points in class and as you study your assignments. Good notes are a “must” for test reviewing. Without notes, you will often need to reread the whole assignment before a test. With them, you can call the main points to mind in just a fraction of the time. The time you spend in taking notes is not time lost, but time saved.

THREE GREAT RULES FOR GREAT GRADES!!

- 1. Always Attend Class!**
- 11. Always Be On Time!!**
 - A. To Class**
 - B. With Assignments**
- 111. Do something Extra!!!**

The University Interscholastic League and the Texas Education Agency have enacted a No Pass – No Play rule for all Texas High School athletic participants. This is a great advantage for our athletic teams because all we have to do is commit ourselves to these three rules and everyone will remain eligible while other teams struggle to keep players

on the field. If our team commits, everyone will be eligible and we will have a much better chance of obtaining a championship next season. **JUST FOLLOW THESE RULES!!!**

The first rule is: **Always Attend Class!** Far and away the most common reason for a “D” or an “F” grade is missing too many classes. Don’t screw around. Don’t miss a class for any reason. Plan your doctor appointment, or any other appointment very carefully. Don’t look for an excuse to miss but take pride in perfect attendance. If you’re not feeling well, suck it up and go to class. If you are really, really sick, stay home, get well and be responsible for getting your homework assignments. If you lounge around and watch TV all day, then cruise around in your car at night, **YOU HAVE MADE A PLAN TO FAIL. WINNERS PLAN TO WIN!**

The second rule is **Always be on Time!** The second most common reason for bad grades is Tardies! Don’t screw around in the hall. Most teachers hate or refuse to give good grades to someone who is late all the time, no matter how smart that person may be. A teacher is also more apt to give a student extra consideration at grade time, if attendance and tardies have been perfect. The second part of rule two is to be on time with all assignments. Teachers, like coaches, are not interested in excuses. If you have to stay up past midnight or get up at 4:00 a.m., so what. Get it done! If you procrastinate and watch a TV program or do anything but study, **YOU HAVE MADE A PLAN TO FAIL. WINNERS PLAN TO WIN!**

The third rule is amazing. It’s amazing because of the shock value to teachers. Most teachers are just thankful if a kid behaves in class and looks halfway attentive. But, here you come with **something extra!** Tell the teacher with sincerity you were really getting into the subject and did extra work. Don’t ask for bonus points, but do ask the teacher to evaluate your extra work. Your teacher will be dazzled. She might not even be able to finish her lunch. If you are between a C and a D at grade time and you have done extra work on your own, the big majority of teachers will give you the higher grade. Aren’t coaches expecting extra efforts from great players and great teams? Well, do it in the classroom. **JUST PLAN TO WIN!**

HAZING

“Hazing” means any intentional, knowing, or reckless act directed against a student by one person alone or acting with others that endangers the mental or physical health or the safety of a student for the purpose of being initiated into, affiliating with, holding office in, or maintaining membership in any organization whose members are to include other students. The term includes but is not limited to:

1. Any type of physical brutality, such as whipping, beating, striking, branding, electronic shocking, placing of a harmful substance on the body or similar activity.
2. Any type of physical activity, such as sleep deprivation, exposure to the elements, confinement in a small space, calisthenics, or other activity that subjects the student to an

unreasonable risk of harm or that adversely affects the mental or physical health or the safety of the student.

3. Any activity involving consumption of a food, liquid alcoholic beverage, liquor, drug, or other substance that subjects the student to an unreasonable risk of harm or that adversely affects the mental or physical health or the safety of the student.

4. Any activity that induces, causes, or requires the student to perform a duty or task that involves a violation of the Penal Code.

No student or school employee shall engage in any form of hazing, nor encourage or assist any other person in hazing. Acts of hazing and failure to report known hazing can result in criminal penalties, as well as school discipline.

CROSBY COUGARS

Absence – Tardy Policy

Athletic Phone Number – 281-328-9200 press 7 (If no answer, leave message)

- I. If an athlete is going to be absent, he must call in or speak personally to a football coach. A coach will determine if the absence is excused or unexcused.
Not calling in or speaking to a coach is an automatic unexcused absence. The reason for the absence then becomes irrelevant.
 - A. An **excused** absence will require 5X gassers for make-up running.
 - Backs – SM – Def. Backs-SS-R-LB’s – must be in less than 55 seconds each or it will not count.
 - Off. & Def. Linemen – must be in less than 65 seconds each or it will not count.

- B. An **unexcused** absence will require 10X Gassers for make up running with the same time requirements.
Backs – SM – Def. Backs-SS-R-LB's – must be in less than 55 seconds.
Off. & Def. Linemen – must be in less than 65 seconds.
 - C. Absences **must** be made up as soon as possible or the first day an athlete is physically able.
 - D. If an athlete accumulates 100 gassers without any attempt to make them up, **He will be removed from the athletic department.**
 - E. Playing time may be affected by an excused absence. Playing time WILL be affected by an unexcused absence.
- II. Tardy or late for workouts
 - A. If athlete arrives within the first 15 minutes of practice – 2X Gassers
 - B. After first 15 minutes if athlete arrives at practice – 5X Gassers
 - C. Playing time may be affected by the first and all subsequent tardies.
- III. Profanity
 - A. 1X Gasser for profanity on the field. (This will be left to the discretion of the coach as to the number of Gassers in relation to the language used)
Position coach or coach who assigns gassers will administer the running!

All make-up running for absence or tardies will be done in the morning before school, after practice, or after weight workouts in the evening.

INSURANCE

Crosby I.S.D. strives to provide each and every student athlete with the best care possible under the guidance of a certified and/or licensed Athletic Trainer. Each year we hope to avoid injuries, but unfortunately that is something that can not be controlled. The reality is that all medical expenses resulting from an athletic injury are inherently the parent's responsibility. Therefore, Crosby I.S.D. has elected to purchase an excess insurance policy for all U.I.L. sanctioned participants even under these tough economic times. Crosby I.S.D. also provides all students the opportunity to purchase an insurance policy with the current insurance company under contract at a minimal cost. We encourage all parents to check with the head athletic trainer for details to see if this is something that may benefit them.

Listed below are two scenarios when a child is hurt during an athletic event and the steps a parent must follow in order to qualify for our “excess” coverage.

I. If the parent and/or guardian carry primary insurance on the student, the following steps apply:

1. All injuries must be reported and documented by the head athletic trainer or his assistant.
2. Injury must have resulted during a sanctioned practice or competition under the supervision of a coach.
3. All visits to the doctor or other providers must be approved by the head athletic trainer.
4. Parent and/or guardian must fill out a claim form within 90 days of injury.
5. Parent and/or guardian must show proof of insurance when claim form is filled out.
6. Parent and/or guardian will submit itemized bills in a timely fashion from all doctors, hospitals or other providers that rendered services to the student athlete.
7. Insurance company will pay on whatever the primary insurance has not covered. Parents should be aware that the “excess” coverage may not totally pay all the remaining balances.
8. Parent and/or guardian are asked to submit a copy of all correspondence from the “excess” insurance company to the head athletic trainer in a timely fashion.

II. If the parent and/or guardian do not carry primary insurance on the student the following steps apply:

1. All injuries must be reported and documented by the head athletic trainer or his assistant.
2. Injury must have resulted during a sanctioned practice or competition under the supervision of a coach.
3. All visits to the doctor or other providers must be approved by the head athletic trainer.
4. Parent and/or guardian must fill out a claim form within 90 days of the injury.
5. Parent and/or guardian will submit itemized bills in a timely fashion from all doctors, hospitals or other providers that rendered services to the student athlete.
6. Insurance company will become primary and pay on reasonable and customary charges on any athletic related injury. Parents should be aware that any balances remaining after the insurance has paid, are the sole responsibility of the parent and/or guardian.
7. Parent and/or guardian are asked to submit a copy of all correspondence from the “excess” insurance company to the head athletic trainer in a timely fashion.

FRIDAY READERS

The Friday Reader Program will begin Friday, August 26, 2011. This is where the varsity football players spend time with the students in the elementary schools. The goals of this program are two fold. First, the varsity players learn community service by giving of their time to help those younger than themselves. Last year's football players became mentors to our students encouraging them to do their best. Secondly, our students have role models that they can look up to, and see that working hard does pay off. We had great success last year with this program. The students developed lasting friendships with many of the players. Listed below are some reminders concerning how the program will be run. If you have a problem or concern, please see Coach Flanigan.

- Players are to report to the high school office each Friday after 4th period.
- The players will go to a different elementary each Friday during football season fifth period (11:45-12:15) as long as they are eligible.

- If the Friday Reader becomes ineligible due to grades, Coach Flanigan will not allow them to go until they become eligible again. If this happens, the class will be informed why the player is not in attendance.
- The Friday Reader may either assist with the lesson which is planned, listen to students read, read themselves to the students, or help individuals who may need tutoring. If they go during lunchtime, they will sit with their class at lunch.
- Players will not be left alone in the classroom.
- They will follow the class wherever they go, such as recess, lunch, P.E. or music during this period.
- Players will talk to the students on the first day so that the students get to know the player. The class can ask the player questions as to what else he is involved in at school, or what he plans to do when he graduates.
- The players are not to go to their class at any other time unless they are invited for a special program or celebration. If you have a problem with this, please let us know.

COUGAR FOOTBALL PRACTICE SCHEDULE 2011

GENERAL WEEKLY SCHEDULE:

	<u>VARSAITY & JV</u>	<u>FRESHMEN</u>
MONDAY	PM 2:45 – 6:00 PM*	PM 2:45 – 4:10 PM
TUESDAY	PM 3:45 – 6:00 PM*	PM 3:45 – 5:30 PM
WEDNESDAY	PM 2:45 – 5:00 PM*	PM 2:45 – 4:10 PM
THURSDAY	PM 3:45 – 4:30 PM* (JV GAME)	GAME DAY
FRIDAY	GAME DAY	NO PRACTICE

*Varsity and JV players will workout on weights Monday - Thursday 6:00 am or after the evening practice (1 hour)

OTHER DATES TO REMEMBER:

AUG 19 - FRIDAY - SCRIMMAGE vs TEXAS CITY @ CROSBY 5:00 & 7:00

AUG 25 - THURSDAY – FRESHMAN @ MONTGOMERY 4:30/6:00

JV vs MONTGOMERY @ CROSBY 6:30

AUG 26 – FRIDAY – VARSITY @ MONTGOMERY 7:30

SEP 5 - MONDAY (LABOR DAY) PM 4:30–7:30 PM - NO FRESHMEN PRACTICE

NOV 23-27 AM 8:00 – 10:30 AM

****All varsity athletes will attend the team meal on Fridays immediately after school. The school district will provide meals for all road games but according to UIL rules we can not pay for meals on home game dates. Therefore, all varsity athletes need to pay \$25 (\$5 per meal) prior to the first meal August 26TH. Athletes are not required to purchase the meals if they bring their own food or choose not to eat. Athletes will board the bus immediately after the pep rally or 7th period without exception.**

GENERAL HOME TREATMENT GUIDELINES FOR COMMON ATHLETIC INJURIES

INJURY:

SPRAINS...Stretch or tear to a ligament

STRAINS...Stretch or tear to a muscle or tendon

CONTUSIONS...Bruise to a muscle, tendon, or other

TREATMENT:

“RICE”

1. R=REST Rest the area, non-weight bearing if so advised
2. I=ICE Ice area for 15 minutes and wait at least an hour in between treatments
3. C=COMPRESS Compression wrap or Ace wrap the area, rewrap if too tight and loosen at bedtime
4. E=ELEVATE Elevate area as much as possible
5. Watch for a great amount of swelling
6. Watch for a great amount of pain
7. Watch for discoloration in the urine

8. Watch for fever

*Never put heat on an acute (new) injury unless directed to by a doctor. Heat will make the injury feel better for the short term. However, heat causes an acute injury to swell more and take longer to heal. Heat treatments usually may begin three days after the injury but very rarely before.

INJURY

HEAD INJURY...Any trauma to the head or brain

TREATMENT:

1. Keep in mind that any head injury, however minor, has the potential to become serious and life threatening
2. Limit activity for 24-48 hours
3. Do NOT give any pain relievers such as Tylenol or aspirin
4. Look for the following signs and symptoms:
 - increased drowsiness...athlete should be awakened every two hours during the night
 - nausea and vomiting
 - slowing of pulse
 - continued or worsening headache
 - any pain in the neck
 - bleeding or clear fluid from the ears or nose
 - weakness in either the arms or legs
 - convulsions
 - unusual or strange behavior
 - unequal pupil size
 - blurred vision
 - inability to control bowel or urination
5. If there are any one of the signs or symptoms present...athlete needs medical attention ASAP!

PREVENTION OF HEAT ILLNESSES:

1. Acclimatization...get used to the heat and activity in the heat slowly
2. Continue conditioning...athlete must be in top shape throughout the season
3. Fluid intake and replacement...athletes must have fluids every 20 minutes during physical activity and should replace their fluids before the following practice
 - *Weigh before practice
 - *Weigh after practice
 - *For every pound lost at practice, the athlete must drink 16 oz. of fluid
 - *Weigh the following day before practice...athlete must have regained his weight...if not, the athlete is going into practice already dehydrated!
4. Cold water is the best fluid for athletes...sports drinks are good but not in excess
5. Stay away from tea, cokes, or other drinks high in sugar and caffeine
6. **Do not drink energy drinks during the season!**

7. Proper nutrition is vital for athletes at any level
8. Proper rest is also key for highly active athletes

CROSBY INDEPENDENT SCHOOL DISTRICT ATHLETIC COVENANT

The Crosby Independent School District provides an athletic program for the benefit of the students in this school district. We believe that participation in a competitive athletic program can provide students an opportunity to learn responsibility, dedication, leadership, hard work, respect for rules, respect for authority, and many other qualities. The rules are established to promote these qualities, and to help build and maintain a strong athletic program. A respected and competitive athletic program provides the best opportunity for our students. It is recognized that some of the expectations for athletes exceed the expectations for the general student body. Athletes are expected to follow the established rules. Violations of the rules will result in corrective and/or disciplinary action. The facts and circumstances will be taken into consideration when determining what actions will be taken. Students may be dismissed from the athletic program for violation of the rules.

1. If you are arrested or charged for possession of or under the influence of an illegal drug.
The consequences for the above action (#1) will be:
1st Offense – Suspension from the Athletic Program for 1 calendar year. **(This is a ‘No Tolerance’ policy)**
2. Use of alcohol will not be condoned. This includes, but is not limited to, being issued a citation for Minor in Possession, Driving While Intoxicated, Under the Influence, etc.
3. If you are arrested or charged with any criminal activity that brings disgrace or dishonor to the Crosby Athletic Program.

The consequences for the above actions (#2 & #3) will be:

1st Offense: 2 week suspension from the sport

2nd Offense: Expulsion from the Athletic Program for one calendar year.

4. Any emotional outburst towards a teacher, administrator, coach, or fellow player. Any activity which is considered disrespectful on the field or in the school environment will not be tolerated.

5. Any use of tobacco products in the public or school environment.

The consequences for the above actions (#4 & #5) may be:

1st Offense: 1 week suspension from the sport

2nd Offense: 2 week suspension from the sport

3rd Offense: Expulsion from that sport for the remainder of the season

All offenses will be included in the Peer Committee Discipline Program and are subject to additional consequences thereby outlined.

I have read and agree to the above contract:

Date

Student Signature

Athletic Director Signature

Parent Signature

Parent's Phone Number

ACKNOWLEDGEMENT OF RULES

Attention School Authorities: This form must be signed yearly by both the student and parent/guardian and be on file at your school before the student may participate in any practice session, scrimmage, or contest. A copy of the student's medical history and physical examination form signed by a physician or medical history form signed by a parent must also be on file at your school.

Student's Name _____ Date of Birth _____

Current School _____

Parent or Guardian's Permit

I hereby give my consent for the above student to compete in University Interscholastic League approved sports, and travel with the coach or other representative of the school on any trips.

It is understood that even though protective equipment is worn by the athlete whenever needed, the possibility of an accident still remains. Neither the University Interscholastic League nor the high school assumes any responsibility in case an accident occurs.

I have read and understand the University Interscholastic League rules on the reverse side of this form and agree that my son/daughter will abide by all of the University Interscholastic League rules.

The undersigned agrees to be responsible for the safe return of all athletic equipment issued by the school to the above named student.

If, in the judgement of any representatives of the school, the above student needs immediate care and treatment as a result of any injury or sickness, I do hereby request, authorize, and consent to such care and treatment as may be given to said student by any physician, athletic trainer, nurse, hospital, or school representative; and I do hereby agree to indemnify and save harmless the school and any school representative from any claim by any person whomsoever on account of such care and treatment of said student.

I have been provided the UIL Parent Information Manual regarding health and safety issues and my responsibilities as a parent/guardian. I understand that failure to provide accurate and truthful information on UIL forms could subject the student in question to penalties determined by the UIL.

Your signature below gives authorization that is necessary for the school district, its trainers, coaches, associated physicians and student insurance personnel to share information concerning medical diagnosis and treatment for your student.

- | | | | | | |
|---|--|-----------------------------------|--|--|------------------------------------|
| To the Parent: | <input type="checkbox"/> Baseball | <input type="checkbox"/> Football | <input type="checkbox"/> Softball | <input type="checkbox"/> Tennis | <input type="checkbox"/> Wrestling |
| Check any activity in which this | <input type="checkbox"/> Basketball | <input type="checkbox"/> Golf | <input type="checkbox"/> Swimming & Diving | <input type="checkbox"/> Track & Field | |
| student is allowed to participate. | <input type="checkbox"/> Cross Country | <input type="checkbox"/> Soccer | <input type="checkbox"/> Team Tennis | <input type="checkbox"/> Volleyball | |

Date _____

Signature of parent or guardian _____

Street address _____

City/State/Zip _____

Home area code and telephone _____

Business telephone _____

The student's signature is required on the reverse side of this form.

GENERAL INFORMATION

School coaches may not:

- Transport, register, or instruct students in grades 7-12 from their attendance zone in non-school baseball, basketball, football, soccer, softball, or volleyball camps (exception: school coaches may hold one 6-day camp in their school district for incoming 7th, 8th and 9th grade students),
- Give any instruction or schedule any practice for an individual or a team during the off-season except during the one in school day athletic period in baseball, basketball, football, soccer, softball, or volleyball.
- Schools and school booster clubs may not provide funds, fees, or transportation for non-school activities.

GENERAL ELIGIBILITY RULES

According to UIL standards, students are eligible to represent their school in interscholastic activities if they:

- are not 19 years of age or older on or before September 1 of the current scholastic year. (See 504 handicapped exception.)
- have not graduated from high school.
- are enrolled by the sixth class day of the current school year or have been in attendance for fifteen calendar days immediately preceding a varsity contest.
- are full-time day students in a participant high school.
- initially enrolled in the ninth grade not more than four calendar years ago.
- are meeting academic standards required by state law.
- live with their parents inside the school district attendance zone their first year of attendance. (Parent residence applies to varsity athletic eligibility only.) When the parents do not reside inside the district attendance zone the student could be eligible if: the student has been in continuous attendance for at least one calendar year and has not enrolled at another school; no inducement is given to the student to attend the school (for example: students or their parents must pay their room and board when they do not live with a relative; students driving back into the district should pay their own transportation costs); and it is not a violation of local school or TEA policies for the student to continue attending the school. Students placed by the Texas Youth Commission are covered under Custodial Residence (see Section 442 of the *Constitution and Contest Rules*).
- have observed all provisions of the Awards Rule.
- have not represented a college in a contest.
- have not been recruited. (Does not apply to college recruiting as permitted by rule.)
- have not violated any provision of the summer camp rule. Incoming 10-12 grade students shall not attend a baseball, basketball, football, soccer, or volleyball camp in which a seventh through twelfth grade coach from their school district attendance zone, works with, instructs, transports or registers that student in the camp. Students who will be in grades 7, 8, and 9 may attend one baseball, one basketball, one football, one soccer, one softball, and one volleyball camp in which a coach from their school district attendance zone is employed, for no more than six consecutive days each summer in each type of sports camp. Baseball, Basketball, Football, Soccer, Softball, and Volleyball camps where school personnel work with their own students may be held in May, after the last day of school, June, July and August prior to the second Monday in August. If such camps are sponsored by school district personnel, they must be held within the boundaries of the school district and the superintendent or his designee shall approve the schedule of fees.
- have observed all provisions of the Athletic Amateur Rule. Students may not accept money or other valuable consideration (tangible or intangible property or service including anything that is usable, wearable, salable or consumable) for participating in any athletic sport during any part of the year. Athletes shall not allow their names to be used for the promotion of any product, plan or service. Students who inadvertently violate the amateur rule by accepting valuable consideration may regain athletic eligibility by returning the valuable consideration. If individuals return the valuable consideration within 30 days after they are informed of the rule violation, they regain their athletic eligibility when they return it. If they fail to return it within 30 days, they remain ineligible for one year from when they accepted it. During the period of time from when students receive valuable consideration until they return it, they are ineligible for varsity athletic competition in the sport in which the violation occurred. Minimum penalty for participating in a contest while ineligible is forfeiture of the contest.
- did not change schools for athletic purposes.
- **I have been provided the UIL Parent Information Manual regarding health and safety issues and my responsibilities as a parent/guardian. I understand that failure to provide accurate and truthful information on UIL forms could subject the student in question to penalties determined by the UIL.**

I have read the regulations cited above and agree to follow the rules.

Date

Signature of student

Information on Staphylococcal Infections

Instructions for the Athlete

This information is provided to assist you in the control and prevention of staphylococcal (commonly called staph) infections. These infections usually are easy to treat with inexpensive, well-tolerated antibiotics. However, some staph bacteria have developed resistance; that is, the antibiotics can no longer kill the bacteria. Although antibiotic-resistant infections pose a significant health threat, the following measures are effective against many other infectious diseases.

WHAT IS A STAPHYLOCOCCAL INFECTION?

Staphylococcus aureus commonly causes boils and soft-tissue infections as well as more serious conditions such as pneumonia or bloodstream infections. According to the Centers for Disease Control and Prevention (CDC), twenty to thirty-five percent of adults and children in the United States are "colonized" with staph—the bacteria are present but do not cause illness. *Staphylococcus aureus* colonization usually occurs in the armpit, groin, genital area, and, most frequently, the inside of the nose. Most infections occur through direct physical contact of the staph bacteria with a break in the skin (cut or scrape) or during contact with inanimate objects (such as clothing, bed linens, or furniture) soiled with wound drainage. Your hands must be clean before you touch your eyes, nose, mouth, or any cuts or scrapes on the skin. The bacterium is not carried through the air and is not found in dirt or mud.

Methicillin resistant *Staphylococcus aureus* (MRSA) A MRSA (often pronounced mer-sa) infection, unlike a common *Staphylococcus aureus* infection, cannot be treated with methicillin-related antibiotics (such as penicillin). The treatment may be longer, expensive, more complicated, and infections can reappear frequently. Originally, MRSA was limited to hospitals and long-term care facilities. In the past few years, sporadic reports of MRSA not associated with the medical environment have been confirmed. Since the summer of 2002, MRSA outbreaks associated with sports teams have been reported. These outbreaks have included wrestling, volleyball, and most frequently, football teams.

STRATEGIES TO PREVENT STAPHYLOCOCCAL INFECTIONS

HAND WASHING IS THE SINGLE MOST IMPORTANT BEHAVIOR IN PREVENTING INFECTIOUS DISEASE.

The proper way to wash your hands:

1. Use warm water.
2. Wet your hands and wrists.
3. Using a bar or liquid soap.
4. Work soap into a lather and wash between fingers, up to wrists, and under fingernails

for at least 15 seconds.

5. Dry, using a clean cloth towel or paper towel.
6. Use alcohol-based hand sanitizers to wash hands immediately if they come in contact with any body fluid at the playing field or other places where hand-washing facilities are not available.

Wash your hands as described above:

1. After sneezing, blowing, or touching your nose.
2. Before and after close contact or using the toilet.
3. Before leaving the athletic area.

OTHER PRECAUTIONS:

1. Keep your hands away from your nose and groin.
2. Do not share towels, soap, lotion or other personal care items, even on the sidelines at games.
3. Shower with soap and water as soon as possible after direct contact sports
4. Dry using a clean, dry towel.
5. Use a moisturizing lotion to prevent dry, cracked skin.
6. Pre-wash or rinse with plain water items that have been grossly contaminated with body fluids.
7. Wash your towels, uniforms, scrimmage shirts, and any other laundry in hot water and ordinary detergent and dry on the hottest possible cycle.
8. Inform your parents of these precautions if laundry is sent home.
9. More specific directions may be provided by your athletic trainer or coach.

HOW TO CARE FOR DRAINING WOUNDS

MRSA may be more difficult to treat. However, treatment is usually successful after prompt, appropriate evaluation by a doctor or clinic and when the correct antibiotic(s) (if indicated) is prescribed. Other types of treatments may be indicated.

WITH YOUR PHYSICIAN:

A physician or advanced practitioner should examine the wound. A culture and susceptibility test should be performed to determine what bacteria you have and what antibiotic would be the most effective with the fewest side effects. If the practitioner determines you do not have a bacterial infection, you will not receive an antibiotic. Antibiotics are not effective against non-bacterial infections.

1. Take all medication even after the infection seems to have healed.
2. If a topical ointment is prescribed, apply as directed.
3. Follow all other directions the physician/practitioner gives you.
4. Inform the physician/practitioner if you are not responding to treatment.

HOW TO TAKE CARE OF WOUNDS AT HOME:

1. Avoid direct contact with others until the wound is no longer draining and you have been instructed by your physician to resume your usual activities.
2. Wash your hands frequently, especially before and after changing band-aids, bandages,

or wound dressings.

3. Keep the wound covered. The dressing must be changed at least twice a day; or, more frequently, if drainage is apparent.
4. All disposable materials that come into contact with the wound (including dressings or bandages) need to be placed in a separate plastic bag and closed before being disposed of in the household trash. Wash your hands after removing and disposing of the soiled dressing.
5. Use isopropyl alcohol (available at pharmacies or grocery stores) to disinfect reusable materials, such as scissors or tweezers after each use.
6. All items that come in contact with the wound must be disinfected with a fresh (prepared daily) mix of one tablespoon of household bleach to one quart of water or a phenol-containing product such as Lysol® or Pine-sol®. Use a phenol-containing spray to disinfect any cloth or upholstered surface. Other commercially available products may be appropriate.
7. Have a designated chair or area for sitting. It should have a hard surface or an easily cleaned plastic or similar cover for easy disinfection. No one else should sit there until the wound has healed completely.
8. Utensils and dishes should be washed in the usual manner with soap and hot water or using a standard home dishwasher.
9. Carry laundry away from the body in a plastic or other lined bag that will not allow wet articles to drain through.
10. Handle and launder all clothing, towels, and linens that come in contact with the wound separately from those of other members of the household. Use a separate hamper.
11. Articles that come in contact with the wound should be washed in hot water with the usual detergent.
12. Dry clothes thoroughly using the hottest setting.
13. Towels and linens should be changed daily.
14. Do not share ointments or antibiotics.

AT SCHOOL:

1. Follow any instructions that your athletic trainer, coach, or school nurse give you regarding direct contact with other persons at school.
2. Carry and use an alcohol-based hand sanitizer when soap and water are not available.
3. Wash hands immediately after contact with the wound.
4. Do not take antibiotics to prevent an infection.

ADDITIONAL SOURCES OF INFORMATION

When in doubt of the correct procedure to follow, contact your healthcare provider, your local or regional health department, or the Texas Department of Health.

Additional information regarding athletics can be found in the UIL Parent's Manual at

http://www.uil.utexas.edu/athletics/manuals/pdf/parent_information.pdf

Crosby Independent School District
Crosby High School
14703 FM 2100
Crosby, TX 77532

TRAVEL RELEASE AND MEDICAL INFORMATION SHEET

_____ has my permission to go to the _____. We have read the guidelines and rules as stated, and we agree to abide by them. We understand that the sponsor and chaperone(s) have the right to search handbags or any personal belongings for illegal items in order to protect the entire group. We understand that the Crosby Independent School District, the sponsor, driver, and chaperone(s) cannot be held liable for accidents.

Signed: _____
Parent or Guardian

Signed: _____
Student

Home Phone _____ - _____

Other Phone _____ - _____

My child will need the following medication on the trip:
(List all medication in space below.)

Family Physician's name and Phone _____

Known Allergies of Student _____

Hospitalization Policy _____ Policy No. _____

Other Insurance _____ Policy No. _____

In the event that emergency treatment or surgery is needed, a minor cannot be operated on without the consent of a parent or guardian. Parents should consider and act at their discretion on the following:

I give my permission for _____ to receive emergency treatment or surgery by a qualified physician if the need should arise.

I also give my permission for _____ to receive emergency treatment or surgery in any duty licensed hospital by any qualified physician on the hospital staff if the need should arise.

Signed: _____ Parent or Guardian

Other pertinent medical information:

Crosby Cougar Parent Information

Athlete's Name: _____ **Grade:** _____

Sport(s) _____

Parent/Guardian #1 Name: _____

Relationship: _____ Email Address: _____

Home Phone: _____ Cell Phone: _____

Employer: _____ Work Number: _____

Parent/Guardian #2 Name: _____

Relationship: _____ Email Address: _____

Home Phone: _____ Cell Phone: _____

Employer: _____ Work Number: _____

The Crosby ISD Athletic Department will be sending out "FAN ALERT" emails throughout the school year to announce athletic accomplishments, announcements, and upcoming events. If you have friends or relatives who would also like to be included on our list, please list their emails below or email the athletic secretary at LFRANTA@crosbyisd.org

Name: _____ Email: _____

Name: _____ Email: _____

Name: _____ Email: _____

Name: _____ Email: _____

Name: _____ Email: _____

Name: _____ Email: _____

Name: _____ Email: _____



**2011 Crosby Cougar Football
District 19 -AAAA**

Varsity

<u>Date</u>		<u>Opponents</u>	<u>Site</u>	<u>Time</u>
Aug 19	Friday	Texas City (Scrimmage)	Crosby	7:00
Aug 26	Friday	Montgomery	Montgomery	7:30
Sep 2	Friday	Port Neches-Groves	Crosby	7:00
Sep 9	Friday	Pearland Dawson	Pearland	7:00
Sep 16	Friday	Bye		
Sep 23	Friday	Baytown Lee	Crosby	7:00
Sep 30	Friday	North Forest	North Forest	7:00
Oct 7	Friday	C E King - Homecoming	Crosby	7:00
Oct 14	Friday	Galena Park	Galena Park	7:00
Oct 21	Friday	Goose Creek Memorial	Crosby	7:00
Oct 28	Friday	Dayton - Parent Night	Crosby	7:00
Nov 4	Friday	Barbers Hill	Barbers Hill	7:00

Junior Varsity / Freshmen

			9 th		9 th		JV		JV	
			<u>White</u>	<u>Time</u>	<u>Red</u>	<u>Time</u>	<u>Red</u>	<u>Time</u>	<u>White</u>	<u>Time</u>
Aug 19	Friday	Texas City (Scrimmage)	Home	5:00	Home	5:00	Home	5:00		
Aug 25	Thursday	Montgomery	Away	4:30	Away	6:00	Home	6:30	Home	5:00
Sep 1	Thursday	Port Neches-Groves	Home	4:30	Home	6:00	Away	6:00	Away	4:30
Sep 8	Thursday	Pearland Dawson	Away	4:30	Away	6:00	Home	6:00	Home	4:30
Sep 15	Thursday	Bye								
Sep 22	Thursday	Baytown Lee	Away	3:30	Away	5:00	Away	7:00	@BaytownSterling	4:30
Sep 29	Thursday	North Forest			Home	5:00	Home	7:00		
Oct 6	Thursday	CE King	Away	5:00	Away	5:00	Away	7:00	Home	4:30
Oct 13	Thursday	Galena Park	Home	3:30	Home	5:00	Home	7:00		
Oct 20	Thursday	Goose Creek Memorial	Away	3:30	Away	5:00	Away	7:00		
Oct 27	Thursday	Dayton	Away	3:30	Away	5:00	Away	7:00		
Nov 3	Thursday	Barbers Hill	Home	3:30	Home	5:00	Home	7:00		

SUPERINTENDENT: Dr. Keith Moore

PRINCIPAL: Dr. Marley Morris

AD / HD FOOTBALL: Kevin Flanigan

ASSISTANT COACHES: Chuck McKeon (Def Coor/Asst Hd Coach), Grover Smith (Off Coor), Marty Murr, Paul Walker, Chris Wiggins, Troy Fox, Leland Douglas, Michael Keel, Michael Kuroski (Hd 9th), Nathan Helburg (9th), Kyle Toney (9th), Chris McKeller (9th), TK Harrison (MS Coor), Aaron Bales (MS), Aaron Mears (MS), Eric Oney (MS)

TRAINERS: Roy Hardy (Hd), Liza Hardy

BAND: Kevin Knight

CHEERLEADERS: Wanda Haynes (Varsity), Lindsey Knowles - Cook (Sub-Varsity)

DRILL TEAM: Heather Boerke

MASCOT: COUGARS

COLORS: RED AND WHITE