

NOGALES UNIFIED SCHOOL DISTRICT #1

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Tim Colgate

CERTIFIED ATHLETIC TRAINER

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Dear Parents

I would like to thank you for allowing the NHS athletics/activities staff work with your child, and I hope that it will be a positive experience for all involved. This handbook will help answers questions you may have about NHS athletics/activities.

One of our main focuses we have been working on for the past few years has been the “Pursuing Victory with Honor” program. This program emphasizes what is truly important in educational athletics....building character. We have had several clinics for the coaches, team captains, parents and the Nogales City Parks and Rec. We will be incorporating the themes of “Pursuing Victory with Honor” into all of our athletic and activity programs at Nogales High School.

Please take some time to review this handbook and if you have any questions please call the NHS athletic office 377-2021.

Sincerely

Tim Colgate
Athletic Director

PHILOSOPHY

We, the administration and coaching staff of Nogales High School consider interscholastic athletics a vital part of the total educational process. The Athletic Department is committed to the democratic process, which recognizes an equal opportunity for all students, regardless of sex, color, national origin, religion, or economic status.

Our philosophy is to provide all students with an environment that is safe and encourages active participation in a variety of activities under different teacher/coach role models. As members of the Nogales High School Athletic Staff, we strive to foster positive experiences, and guide our student athletes toward realizing their full potential.

Through practices, games and example, the staff works toward preparing students to succeed rather than merely to win games. **Win or lose, our students should learn lessons of a lasting and positive nature.**

Within high school sport programs, young people learn the values associated with discipline, performing under stress, citizenship, sportsmanship, confidence, leadership and organizational skills, participating within rules, physical well-being and chemical health, striving towards excellence, and many other characteristics that come quickly to the mind of any educator. If interscholastic athletics are to be justified as school activities, values such as these must be priorities of every program. Ethics, playing within the spirit of the rules and good sportsmanship (which is good citizenship) must be woven into the fabric of the high school athletic programs.

The elements that support this philosophy are as follows:

- Interscholastic athletics are completely voluntary. They are not required for graduation. We encourage every student within the district to take advantage of interscholastic athletics.
- Selection of participants will not be based only upon athletic performance, but also upon attitude, conduct, academic achievement, cooperation and an earnest desire to represent the school district in a manner that compliments the school and community.
- Our student athletes will be provided a well organized, coordinated program that provides proper instruction, sanctioned equipment, monitored practices and groomed facilities.
- Interscholastic athletics stress the values of integrity, fairness and good discipline.

NOGALES UNIFIED SCHOOL DISTRICT MISSION STATEMENT

“Working cooperatively within a positive environment, all students will be prepared to be successful”

NOGALES HIGH SCHOOL MISSION STATEMENT

“EVERY STUDENT ACHIEVING”

This booklet has been prepared to give you a better understanding of interscholastic athletics. Included are:

- Arizona Interscholastic Association rules of eligibility
- Nogales High School Athletic Department Policies
- General information enabling you to adjust to interscholastic athletics

General tips to prepare you as a student athlete:

- Be prepared to represent your parents, NHS, your coaches, your community, and yourself as well.
- Do everything your coaches ask of you. They have all been there before!
- Discipline yourself so others will not have to.
- It is not hard to say “please” and “thank you”.
- Remember it is easy to see the faults of others and not your own.
- It is easier to blame others than yourself.
- Actions should do your talking on the field, not your mouth around campus.
- Good luck ladies and gentlemen, but remember, luck is what happens when preparation meets opportunity.

`HAZING STATE LAW HB2476 (Hazing) Chapter 230, 2001 Laws

States that every educational institution (defined as a K-12 public school, public community college, or public university) must adopt, post and enforce a hazing prevention policy that includes the following:

1. Statement that hazing is prohibited;
2. Statement that soliciting engagement to haze is prohibited;
3. Statement that aiding and abetting another person to haze is prohibited;
4. Statement that consent to hazing is not a defense to a hazing violation;
5. Statement that all students, teachers and staff shall take reasonable measures to prevent hazing;
6. Description of the procedures for students, teachers and staff for reporting and filing hazing complaints;
7. Procedures to investigate hazing violation complaints;
8. Description of circumstances when a hazing violation is to be reported to law enforcement;
9. Description of appropriate penalties, sanctions, and appeal mechanisms for persons and organizations violating the hazing policy and shall include the revocation or suspension of an organization's permission to conduct operations at the educational institution and any teacher or staff that knowingly permitted, authorized, or condoned the hazing activity shall be disciplined by the education institution.

Defines ***hazing*** as any intentional knowing or reckless act committed by a student, whether individually or in concert with other persons, against another student, and in which both of the following apply:

1. The act was committed in connection with an initiation into, an affiliation with or maintenance in any organization that is affiliated with an educational institution;
2. The act contributes to a substantial risk of potential physical injury, mental harm or degradation or causes physical injury, mental harm or personal degradation. Student is defined as a person enrolled, been promoted or accepted to, or intends to enroll or be promoted within the next twelve months at an education institution and will continue to be defined as a student until the person graduates, transfers, is promoted or withdraws.

INSTRUCTIONS FOR ATHLETES AND PARENTS

We believe that keeping athletes and parents well informed encourages an environment which greatly reduces the potential for catastrophic injury.

- Parents and athletes must accept a degree of risk from participation in any sport.
- Staff members must communicate to athletes the full extent of and reasons for rules of safety related to their sport.
- Safety regulations appropriate to each unit shall be established for every activity and taught to all participants.
- Written and illustrated copies of safety rules and regulations shall be distributed to all athletes, and posted where appropriate.
- Open lines of communication (through meetings, written materials, phone calls, preseason parent meetings) must be established and maintained between staff and parents to make them aware of risks and how to reduce them.

BILL OF RIGHTS FOR THE ATHLETE

Participation in athletics is a privilege involving responsibilities and rights. The athlete has the responsibility to play fair, to give his or her best, to keep in training, and to conduct oneself with credit to the sport and NHS. In turn, the athlete has the right to optimal protection against injury as this may be assured through good technical instruction, proper regulation and conditions of play and adequate health supervision.

INFORMATION FOR PARENTS AND ATHLETES

1. The coaches and trainers accept responsibility for instructing all athletes of the full extend of and reasons for rules and safety related to their sport. Parents must accept responsibility for reinforcing these rules. Written copies of the rules are distributed to both athletes and parents and posted where appropriate.
2. Athletes who are mentally, emotionally, and physically conditioned for an activity are less susceptible to injury. With this thought in mind the following training rules will be applied to all sports:
 - A. Annual physical examinations performed by a qualified doctor are required before a student may participate in a sport. Many sport injuries occur because of inadequate screening before the season begins. This physical must be completed after **March 1** to be eligible the following school year.
 - B. Athletes are expected to be drug free. Athletes will be informed about the dangers of mixing sports and drugs. Each program will instill it's own discipline for violation of drug, alcohol and tobacco use and/or possession.
 - C. Parents and Student Athletes must also must understand the consequences when an athlete is suspended from school for possession, or being under the influence of drugs while in school or at school-sponsored events. Each program will instill it's own discipline for violation of drug, alcohol and tobacco use and/or possession.
 - D. Workouts will be scheduled during cooler mornings and evening hours when the weather is extremely hot. Outside practices will be cancelled if the temperature plus the relative humidity totals more than 150.
 - E. Athletes will be acclimated to hot weather activity by carefully graduated practice schedules.
 - F. Adequate body fluids are critical. Water intake is to be encouraged before practice. Fluid loss and intake during practice is to be monitored.
 - G. Water breaks will be provided every twenty minutes during the hot weather season. The athlete's water intake will not be limited.
 - H. **All athletes are provided with water individual water bottles at the beginning of the season. If they lose it or it breaks they need to go to the Trainer and get a new one. They can use this bottle or their own for practices and games. They should not share water bottles at any time. They are issued water bottles to help prevent the spread of disease, particularly: H1N1, Bacterial Meningitis, Mononucleosis and the Flu.**
 - I. Parents can assist coaches in watching for signs of trouble, particularly the determined athlete in any sport who may not want to report discomfort.
 - J. Athletes are not allowed to use dehydration devices.
 - K. Athletes may be provided with recommendations for off-season conditioning programs, including information on nutrition and motivation.
 - K. Athletes will not be required to perform beyond their current level of progress with regard to physical conditioning programs, performance techniques, or level of competition.
 - L. An athlete will not be allowed to return to physical activity after a serious illness or injury without written permission of the athlete's doctor. The Athletic Trainer can override the doctor's permission to allow participation if the Athletic Trainer does not believe the athlete is ready. An athlete who is injured playing their respective sport, practice or game situation, cannot be dismissed from a team unless one or more of the following:
 - The athlete does not make a reasonable effort to obtain proper medical attention and rehabilitation for the injury from the Athletic Trainer.

- The athlete does not attend practices and follow directions from the coach and Athletic Trainer.
 - The athlete's attitude becomes disruptive to the team's ability to perform in an acceptable manner.
- M. Year round conditioning is beneficial to the athlete's health, and a vital part of any sports program for maximizing performance and minimizing injury.
- N. Nogales High School has a Certified Athletic Trainer on staff. Certified Athletic Trainers are qualified in the care of, prevention and rehabilitation of athletic injuries and are available to the athlete for help and advice. Decisions regarding medical treatment for serious injuries are left to qualified Physicians.
4. If a parent has a complaint involving a coach, the parent must first speak with the coach to share the concern. If the parent is not satisfied, contact should be made with the Athletic Director who will arrange for a meeting with the parent and the coach. The parent may appeal the Athletic Director's decision to the site principal. The principal will then convene a meeting of the parent, coach and Athletic Director. The principal's decision is final.
 5. Parents and school staff must be willing to fully share all information regarding the athlete's health, including injuries, illnesses, and other symptoms, no matter how slight.

**ARIZONA INTERSCHOLASTIC SPORTS
OPPORTUNITIES FOR STUDENTS
AT NOGALES HIGH SCHOOL**

Fall Sports

Football
Volleyball (Girls)
Cross Country
Golf

Winter Sports

Basketball (Boys and Girls)
Soccer (Boys and Girls)
Wrestling

Spring Sports

Baseball
Softball
Tennis
Track

Multi-Season Sports/Activities

Stunt and Cheer
Chess
AFJROTC
Dance
Band

PARENTAL SUPPORT AND INVOLVEMENT

Parents of our athletes and students involved in other student activities are encouraged to become involved in our school booster club organizations. These groups are organized and run by parent boosters with the support of the school staff. Parents may contact the School Administrators or the Athletic Director for information regarding membership or any other means the parent may wish to support the program.

**NOGALES UNIFIED SCHOOL DISTRICT
ACADEMIC ELIGIBILITY**

- Students who, upon having their work checked on a cumulative basis at the end of each two week period, show that they are not working to capacity and have one or more failing grades will be required to attend mandatory tutoring with the teachers, or teacher from that department, in which they are failing.
- Athletes that do not attend tutoring will become ineligible immediately and remain ineligible until their grades have met the eligibility requirement.
- Students will also become ineligible if they fail are failing a course at a documented grading period (1st quarter, 1st semester, 3rd quarter, 2nd semester).
- Students must be enrolled in and passing all four courses and passing all classes the first six semester of high school and a minimum as determined by the District during the seventh and eighth semesters.

ATHLETIC ACADEMIC ELIGIBILITY

Student's grades will be monitored to determine eligibility. Each athlete will be required to receive a passing grade in all classes. If an athlete receives one or more failing grades at the end of a documented grading period that athlete will be allowed to practice, but **NOT PARTICIPATE IN ANY GAME** until that athlete receives a passing grade. Athletes not meeting the grade requirement will become ineligible immediately and remain ineligible until their grades have met the eligibility requirements.

**REQUIREMENTS FOR PARTICIPATION IN
ARIZONA INTERSCHOLASTIC
ASSOCIATION SPORTS**

- **Academic/Enrollment Rule**

- A. You must be enrolled and attending classes in your high school no later than the 14th day of the semester in order to establish eligibility.
- B. If you have been enrolled in school for 15 or more days during any one semester, it will count as one of the eight semesters of high school attendance during which you may possibly have eligibility.
- C. A student enrolled in four courses per day who earns one credit per semester needs to be enrolled in a minimum of three course per day.
- D. Each athlete will be required to receive a passing grade in all classes. If an athlete receives one or more failing grades, that athlete will not be allowed to participate until they receive a passing grade.
- E. An athlete who becomes ineligible for the last grading period can be dismissed from the team if they are not making an effort to achieve passing grades in their classes.

- **Health**

- A. Students must be cleared by a physician for participation in sports.
- B. Physical exams are required annually.
- C. Following illness or injury, a medical clearance may be required for return to practice or play.

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

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

- **Attendance**

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

- **Emergency Information**

- A. A complete and signed emergency Medical release form is required before practice begins.
- B. The coaches carry the Medical release form with them to all games. Parents are expected to keep the coach updated on any change in emergency information. The parent signature on the "Medical Release/ Parent Consent" form grant unto any medical doctor or hospital consent to render medical as needed. Please see "Permission/verification for Athletes" form at the end of the handbook.

- **Insurance**

- A. All athletes are required to purchase school insurance or provide proof of insurance and providing the school district with the policy number and name of insurance company and a copy of their insurance card.

- **Fees and Expenses**

- A. Athletes pay a fee of \$15.00 for participation for the year.
- B. The fee helps to defray travel expenses for away events, AIA dues, officials fees and for supplies to support the program.
- C. In some sports, the athlete is expected to purchase athletic shoes, socks, and other basic apparel. The coaches will explain these charges before the season begins.
- D. Under state law, up to \$400 may be taken as an Arizona State Tax Credit.

- **Equipment**

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

- **Residence**

- A. Generally speaking, athletes must reside within the Nogales Unified School District in order to participate in our high school program, unless they are accepted under open enrollment.
- B. Athletes establish eligibility on the first day of attendance in a high school in our district:
 - If the athletes and parents/guardians move to another attendance area within our school district, the athlete may attend the new school without loss of eligibility. The athlete may choose to remain in the first school without loss of eligibility provided he/she has been attending for at least one year. If there is any doubt regarding eligibility please see your school's Athletic Director.
- C. Parents and athletes should consult with the Athletic Director for information regarding other residential-related requirements.
- D. In all cases, the AIA constitution supersedes any rules printed by the school district.

- **Discipline**

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

- **Playing time**

Playing time is determined by the coach and it is the coaches' decision solely. If you have questions regarding playing time you need to speak with the coach directly.

PRACTICES

- A. If you are a member of a school team, you may not practice or compete with a non-school team in the same sport during the same season.
- B. You will become ineligible if you violate the above rule.

TRANSPORTATION

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

SPORTSMANSHIP RULE

- A. Our administrators, teachers, and athletic staff expect athletes to demonstrate good sportsmanship and citizenship at all times. Athletes not living up to this expectation may lose team membership or playing time.
- B. If you are ejected from an interscholastic contest for unsportsmanlike conduct, you will be ineligible for your team's next contest. Severe unsportsmanlike conduct may result in further suspensions or removal from the program.

PARENT DEPARTMENT

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

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

*Please refer to the Athletic Conduct Code for Parents and Fans

TEAM SELECTION

In some sports, there is a limit to the number of athletes that can be selected for the team. Our coaches have developed selection procedures which have been approved by the athletic director. Each athlete who shows up for tryouts is given a fair opportunity to demonstrate his or her skills and attitude. Decisions made by the coaches are final.

ATHLETIC ELIGIBILITY PROCEDURES

Before being allowed to participate in practice or athletic contests, every athlete must be cleared through the Athletic Office. When the following information is in the Athletic Office and all parties have signed off, he/she will be added to an eligibility sheet. That sheet will then be sent to the head coach in that sport and the athlete will be allowed to begin practice. If a student is not on that sheet they will not be allowed to practice, unless cleared by the Athletic Office with an Eligibility Clearance slip.

PARENT PERMISSION FORM

Parents must sign the permission form initialing all sports in which the student has permission to participate. The parent signature on the "Medical Release/ Parent Consent" form grants unto any medical doctor or hospital consent to render medical as needed. Please see "Permission/verification for Athletes" form at the end of the handbook.

PROOF OF INSURANCE

All athletes are required to purchase school insurance or provide proof of insurance by signing the insurance waiver and providing the school district with the policy number and name of insurance company.

PHYSICAL EXAMINATION

Each year all athletes must have satisfactorily passed a physical examination to participate in interscholastic competition. A M.D. or D.O. in the United States must fulfill this requirement. The physical examination for the following school year shall be given on or after March 1..

HEALTH HISTORY

Any prior injuries or illnesses must be reported accurately on this form.

BIRTH CERTIFICATE

Bring a certified birth certificate to the Athletic Director's office. A copy will be made and kept on file and the original will be immediately returned to your student.

LEGAL DOMICILE

Every athlete must show proof of his or her domicile. Domicile is where you live.

ACADEMIC ELIGIBILITY

Every athlete has his or her grades checked by the Athletic Director.

PAY TO PARTICIPATE

This \$15.00 fee must be paid in the bookstore.

MANDATORY PARENT MEETING

Each Program is required to conduct a parent meeting at the beginning of each sport season. It is highly recommended that at least one parent or guardian must attend these meetings with their child.

GENERAL ATHLETIC RULES

The athletes within Nogales High School occupy a position of influence and leadership within the school and the community. It is, therefore, acknowledged that certain procedures will be followed that are stricter than general school rules.

Each athletic team has its own specific guidelines toward the functioning of that particular sport. However, there are circumstances that fall into general categories and it is important for you to be aware of these prior to participation in athletics. Hopefully, the following will make you more aware of these situations.

Participation on two teams at NHS during the same season is an accepted procedure with the following guidelines:

- There must be mutual consent by the head coach of each sport.
 - An equitable practice schedule must be adhered to.
 - Game conflicts must be solved before the season begins.
 - Both teams must be satisfied with the situation.
1. **Cut-off dates:** All athletes must have all necessary paper work completed by a certain date to be determined season by season. Each program will be aware of the cut-off date and it will be announced several times at the beginning of each sport season.
 2. Athletes are expected to practice every day unless arrangements are made in advance directly with the head coach of that sport. Athletes who miss practice will be subject to disciplinary action set forth by that program.
 - An athlete will not dress out or participate in a game or practice unless they are in attendance at least 1/2 of that day. Excused absences are considered as being in attendance unless otherwise cleared by high school administration. Doctors appointments, funerals, other school activities, family emergencies may be considered as excused absences.
 - An unexcused absence from school automatically forfeits participation that day. The day the unexcused absence is discovered is the day of forfeiture.
 3. Equipment checked out to an athlete must be returned or paid for prior to beginning a new season. Athletic equipment returned in good condition (allowing for normal wear and tear) will be accepted.
 4. An athlete who quits or is removed from any level team will not be allowed to participate on another team without the complete consent of both coaches involved, along with the Athletic Director.
 5. An athlete who is dismissed from a team for disciplinary reasons will under no circumstances be allowed to begin practice for another sport until their original season of competition has been completed.
 6. Athletes representing Nogales High School will be expected to dress and groom themselves in an exemplary manner at all times during the season of practice and competition.
 9. All athletes **MUST** ride the TEAM BUS to the scheduled event. Parents may take the student home after the game with written notice signed by the Athletic Director and coach. **THE COACH MAY DENY THE REQUEST FOR TEAM REASONS.**

Volunteers

Parent Volunteers must complete form at NHS Administration office, fingerprint clearance is waived for those who have a child in the District. Parents will not be allowed to volunteer coach if their son/daughter is on the varsity team.

Once a Volunteer is approved, he/she need not re-apply unless changing school where volunteerism would occur (i.e. a volunteer who assists at Carpenter where his/her child attend – when child gets promoted to high school, the volunteer needs to resubmit their application in order to assist a team at NHS).

NHS Athletic Passes

Student activity pass: \$20.00 for year

Family pass for 4 members: \$60.00

Family pass for 5-6 members: \$75.00

Family pass for 7-10 members: \$125.00

Please contact NHS Bookstore to purchase passes

Admission fees to Athletic Contests

Admission is charged for Football, Volleyball, Boys and Girls basketball.

5 and under: Free

Students \$3.00

Adults: \$4.00

Tax Payer Contribution

If you would like to donate to any program at Nogales High School, the taxpayer contribution is beneficial for not only the program, but for the contributor as well. Any donations will be refunded with your state income tax. The NUSD business office will send a receipt to the address provided on the contribution form (see page 31). Any athletic team, school activity program or club can receive and use the tax payer contributions. You may also donate to the general athletic fund, which goes to benefit all of the student athletes.

ATHLETIC AWARDS

All athletes meeting the minimum requirements will receive a Nogales High School Athletic Award. Special awards will be given to all division and state championship teams. The head coach in any specific sport may give individual awards.

Type of awards:

Varsity Letter	Eight inch chenille letter/sport pin
Junior Varsity Award	Four inch chenille letter/Certificate
Freshman Award	Certificate
Second Year Varsity Letter	Certificate designating the award earned and a bar signifying a second letter

Authority to make awards:

The head coach shall recommend to the Athletic Director all athletes meeting the requirements for an award. The Athletic director and coach will then review this recommendation. Awards will be given at the athletic banquet.

General criteria for earning an award:

- Attendance at all practices (unless excused by the coach) is mandatory.
- Athletes must abide by all training rules set by the athletic department.
- All athletes must FINISH the season in good standing.
- Each sport will also determine lettering and other awards procedures.

Special situations:

- Cheer and Spirit Line athletes will receive the same awards as other athletes.
- Managers and statisticians will receive the same awards as athletes.
- Special situations (injured athletes, transfer students, an athlete who plays on a varsity team for three months, but does not earn an award, etc.) can receive a letter based upon a recommendation from the coach and approval by the Athletic Director.

End of Year Senior Apache Awards Night

Each year Nogales High School has its end of the year athletic awards for seniors who have participated in athletics at NHS.

The following are some of the awards that will be presented:

- One, Two and three sport athletes
- Hispanic Enrichment award
- Wendy's High School Heisman
- AIA Academic awards
- Apache Senior Athlete Awards
- Sportsmanship awards
- Coach of the Year
- Assistant Coach of the Year
- Many ... many more

PURSUING VICTORY WITH HONOR CODE OF CONDUCT FOR SPECTATORS OF INTERSCHOLASTIC ATHLETICS

This Code of Conduct applies to spectators of interscholastic athletics.
**The Code has been adopted by the Arizona Interscholastic Association
and Nogales High School.**

Athletic competition of interscholastic age student athletes should be fun and should also be a significant part of a sound educational program, embodying high standards of ethics and sportsmanship, while developing good character and other important life skills. Essential elements of character building are intrinsic in the concept of sportsmanship and the six core ethical values: Trustworthiness; Respect; Responsibility; Fairness; Caring; and Citizenship (the “Six Pillars of Character”). The highest potential of sports is achieved through the T.E.A.M. concept (Teaching, Enforcing, Advocating and Modeling these values) and by committing to the ideal of pursuing victory with honor. Good-faith efforts to honor the words and spirit of this Code will improve the quality of our programs.

TRUSTWORTHINESS

- ***Trustworthiness*** — Be worthy of trust in all you do.
- ***Integrity*** — Live up to the high ideals of ethics and sportsmanship and always pursue victory with honor. Do what is right even when it is unpopular or personally costly.
- ***Honesty*** — Live and compete honorably. Do not encourage any dishonest or unsportsmanlike conduct.
- ***Reliability*** — Fulfill commitments. Do what you say you will do. Be on time. When you tell your children you will attend an event, be sure to do so.
- ***Loyalty*** — Be loyal to your school and team.

RESPECT

- ***Respect*** — Treat all participants with respect at all times and demand the same of student athletes.
- ***Class*** — Live and cheer with class. Be a good sport. Be gracious in victory and accept defeat with dignity, compliment extraordinary performance, and show sincere respect for all.
- ***Disrespectful Conduct*** — Do not engage in disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks of a sexual nature, trash-talking, taunting, boastful celebrations, or other actions that demean individuals or the sport. Do not participate in any negative or demeaning cheers.
- ***Respect for Officials*** — Treat game officials with respect. Do not complain or argue about calls or decisions during or after an athletic event.
- ***Respect for Coaches*** — Treat coaches with respect at all times. Recognize that they have team goals beyond those of your child. Do not shout instructions to players from the stands. Let the coaches’ coach.
- ***Respect for Fellow Spectators*** — Display respect for all other spectators. Do not insult or fight with other fans. Wait for breaks in the action before leaving or returning to your seat.

RESPONSIBILITY

- **Role Modeling** — Consistently exhibit good character and conduct yourself as a positive role model for the student athletes.
- **Self Control** — Exercise self control. Do not fight or show excessive displays of anger or frustration. Have the strength to overcome the temptation to demean others.
- **Integrity of the Game** — Protect the integrity of the game. Do not gamble on interscholastic events.
- **Privilege** — Understand that attendance at interscholastic sports is a privilege, not a right, and that you are expected to represent yourself, your team and your community with honor.

FAIRNESS

- **Fairness** — Treat all competitors fairly. Be open-minded. Always be willing to listen and learn. Acknowledge exceptional performance by all participants.

CARING

- **Encouragement** — Encourage your team regardless of their play. Offer positive reinforcement.
- **Concern for Others** — Demonstrate concern for others. Never berate or demean any player or promote behavior that might cause injury to others.

CITIZENSHIP

- **Knowledge of the Rules** — Maintain a thorough knowledge of all applicable game and competition rules.
- **Obedience and Compliance** — Listen to and obey the requests of the public address announcer and security personnel in attendance. Remember that all regular laws also apply to spectators at sporting events. Drunkenness, verbal assault and fighting are punishable by law.

SPECTATOR BEHAVIOR AND SPORTSMANSHIP FOR HIGH SCHOOL STUDENTS

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

WHAT IS EXPECTED IN GENERAL

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

WHAT IS SPECIFICIALLY EXPECTED

- During the National Anthem, students are to face the flag, remain quiet, listen to the public address announcer for instructions and remain still until the end of the anthem.
- Proper language is to be used at all times. No swearing or language that is offensive to others will be tolerated. Individual and group vulgarity is unacceptable, as are taunting, trash-talking and other verbal forms of harassment, and booing of players, coaches and officials.
- Obscene gestures are unacceptable.
- Dangerous and boisterous behavior—pushing, shoving or fighting is not acceptable.
- The throwing of objects, including toilet paper, at fellow spectators, band members, cheerleaders, officials, players, or onto the playing surface is unacceptable, and could result in injury or the team being penalized by the game official.
- Respect is the key to good sportsmanship. Opponents should be respected, as they are not enemies, but fellow teenagers who happen to attend different schools.
- Be humble in victory or defeat. It can be easy to be a good winner and difficult to show class when you lose.
- Acknowledge good plays by both teams.

- Be concerned with anyone who is injured. Give concerned applause when an injured athlete is aided from the field.
- Work together with cheerleaders for positive chants and avoid obscene, degrading or elitist cheers.
- At halftime, watch any performance or presentation, acknowledge the work, preparation and performance of those involved, and do not in any way distract from the performance.
- After the game, do not tease or belittle the opponent in any way and be pleasant and gracious to everyone.

WHAT THE SCHOOL WANTS MOST

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

CONSEQUENCES IN AFFECT FOR ALL GAMES

- All regular school rules are in affect.
- Violation of rules may cause: Ejection from the game/premises; in-school suspension or suspension from school; a required parental conference before re-admittance to class; prohibition from attending future events; possible revocation of all spectators' rights to attend a sport; and/or possible cancellation of sports.

SPECTATOR CONDUCT AT ATHLETIC AND EXTRACURRICULAR EVENTS

Any person, adult or child, who behaves in an unsportsmanlike manner during an athletic or extracurricular event may be ejected from the event that person is attending, and/or denied admission to school events for up to a year.

Some examples of unsportsmanlike conduct include:

- Using vulgar or obscene language.
- Possessing or being under the influence of any alcoholic beverage or illegal substance.
- Possessing a weapon; fighting or otherwise striking or threatening another person.
- Failing to obey the instructions of a security officer, referee, coach or school district employee.
- Engaging in any activity that is illegal or disruptive.

Let the Players... Play

Let the Coaches... Coach

Let the Official... Officiate

SAMPLE ATHLETIC FORMS

1. Clearance Letter
2. AIA Pre Participation Physical form
3. Medical Release form
4. Tax Credit Contribution
5. Sportsmanship
6. Opponent school addresses
7. Permission to travel with parent from away contest form

Welcome to NHS Athletics/Activities



NHS administration and coaches are pleased that you have expressed an interest in our extra curricular programs. We offer a wide variety of opportunities for all students to enrich their educational experience on our campus.

Attached you will find the necessary information and required forms for athletic and activity participation. All forms must be filled out completely front and back and signed where specified. **This packet must be returned to the administration office before you will be allowed to practice or check out equipment from ANY EXTRA CURRICULAR ACTIVITY AT NHS.**

1. The PHYSICAL EXAM must be taken every year for participation in sports, music, band, and clubs. Please make arrangements to have a physician or nurse practitioner complete this exam. The physician or nurse practitioner must be licensed to practice in the United States. *Note: the physical examination shall be given on or after March 1, in order to be valid for the following school year.
2. All Students who have not participated before in extra-curricular activities must submit a copy of their certified birth certificate.
3. Students must have insurance to participate. Front and back photocopy of the insurance card is required. If they do not have personal insurance, school insurance forms are available in the administration office. See page 2 for specific insurance coverage dates.
4. Parents must also return the AIA Concussion Acknowledgement form.
5. Listed below are the sports and activities, and clubs offered at NHS that require this packet to be returned.

Fall

Football
Golf
Boys Cross Country
Girls Cross Country
Chess
Cheers
Band
Poms
Flags
Volleyball

Winter

Boys Basketball
Girls Basketball
Wrestling
Boys Soccer
Girls Soccer

Others

Mariachi
AFJROTC

Spring

Softball
Baseball
Boys Tennis
Girls Tennis
Track

Exam Date _____



ARIZONA INTERSCHOLASTIC ASSOCIATION
7007 North 18th Street, Phoenix, Arizona 85020-5552
Phone: (602) 385-3810

2011-2012 ANNUAL PREPARTICIPATION PHYSICAL EVALUATION
(The Parent or Guardian should fill out this form with assistance from the student athlete.)

Name _____ Sex _____ Age _____ Date of Birth _____ Grade _____
 School _____ Sport(s) _____
 Address _____ Phone _____
 Personal Physician _____ Hospital Preference _____
In case of emergency, contact:
 Name _____ Relationship _____ Phone (H): _____ (W): _____ (C) _____
 Name _____ Relationship _____ Phone (H): _____ (W): _____ (C) _____

Explain "Yes" answers below.
Circle questions you don't know the answers to.

	YES	NO	YES	NO
1. Has a doctor ever denied or restricted your participation in sports for any reason?	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>
2. Do you have an ongoing medical condition (like diabetes or asthma)?	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>
3. Are you currently taking any prescription or nonprescription (over-the-counter) medicines or supplements? (Please specify): _____	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>
4. Do you have allergies to medicines, pollens, foods, or stinging insects? (Please specify): _____	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>
5. Have you ever passed out or nearly passed out DURING exercise?	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>
6. Have you ever passed out or nearly passed out AFTER exercise?	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>
7. Have you ever had discomfort, pain, or pressure in your chest during exercise?	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>
8. Does your heart race or skip beats during exercise?	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>
9. Has a doctor ever told you that you have (check all that apply): <input type="checkbox"/> High blood pressure <input type="checkbox"/> A heart murmur <input type="checkbox"/> High cholesterol <input type="checkbox"/> A heart infection	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>
10. Has a doctor ever ordered a test for your heart? (ex: ECG, echocardiogram)	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>
11. Has anyone in your family died for no apparent reason?	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>
12. Does anyone in your family have a heart problem?	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>
13. Has any family member or relative died of heart problems or of sudden death before age 50?	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>
14. Does anyone in your family have Marfan syndrome?	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>
15. Have you ever spent the night in the hospital?	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>
16. Have you ever had surgery?	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>
17. Have you ever had an injury (sprain, muscle/ligament tear, tendinitis, etc.) that caused you to miss a practice or game? If yes, circle affected area in the boxes below:	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>
18. Have you had any broken/fractured bones or dislocated joints? If yes, circle affected area in the boxes below:	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>
19. Have you had a bone/joint injury that required x-rays, MRI, CT, surgery, injections, rehabilitation, physical therapy, a brace, a cast, or crutches? If yes, circle affected area in the boxes below:	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>
<input type="checkbox"/> Head <input type="checkbox"/> Neck <input type="checkbox"/> Shoulder <input type="checkbox"/> Upper Arm <input type="checkbox"/> Elbow <input type="checkbox"/> Forearm <input type="checkbox"/> Hand/Fingers <input type="checkbox"/> Chest <input type="checkbox"/> Upper Back <input type="checkbox"/> Low Back <input type="checkbox"/> Hip <input type="checkbox"/> Thigh <input type="checkbox"/> Knee <input type="checkbox"/> Calf/Shin <input type="checkbox"/> Ankle <input type="checkbox"/> Foot/Toes				
20. Have you ever had a stress fracture?	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>
21. Have you been told that you have or have you had an x-ray for atlantoaxial (neck) instability?	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>
22. Do you regularly use a brace or assistive device?	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>
23. Has a doctor told you that you have asthma or allergies?	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>
24. Do you cough, wheeze, or have difficulty breathing during or after exercise?	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>
25. Is there anyone in your family who has asthma?	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>
26. Have you ever used an inhaler or taken asthma medicine?	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>
27. Were you born without, are you missing, or do you have a nonfunctioning kidney, eye, testicle or any other organ?	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>
28. Have you had infectious mononucleosis (mono) within the last month?	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>
29. Do you have any rashes, pressure sores, or other skin problems?	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>
30. Have you had a herpes skin infection?	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>
31. Have you ever had an injury to your face, head, skull or brain (including a concussion, confusion, memory loss or headache from a hit to your head, having your "bell rung" or getting "dinged")?	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>
32. Have you ever had a seizure?	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>
33. Do you have headaches with exercise?	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>
34. Have you ever had numbness, tingling, or weakness in your arms or legs after being hit, falling, stingers or burners?	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>
35. When exercising in the heat, do you have severe muscle cramps or become ill?	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>
36. Has a doctor told you that you or someone in your family has sickle cell trait or sickle cell disease?	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>
37. Have you ever been tested for sickle cell trait?	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>
38. Have you had any problems with your eyes or vision?	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>
39. Do you wear glasses or contact lenses?	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>
40. Do you wear protective eyewear, such as goggles or a face shield?	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>
41. Are you happy with your weight?	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>
42. Are you trying to gain or lose weight?	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>
43. Has anyone recommended you change your weight or eating habits?	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>
44. Do you limit or carefully control what you eat?	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>
45. Do you have any concerns that you would like to discuss with a doctor?	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>
FEMALES ONLY				
46. Have you ever had a menstrual period?	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>
47. How old were you when you had your first menstrual period?			<input type="text"/>	
48. How many periods have you had in the last year?			<input type="text"/>	
Explain "Yes" answers here: _____ _____ _____				

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

Signature of athlete _____ Signature of parent/guardian _____ Date _____



2011-2012 ANNUAL PREPARTICIPATION PHYSICAL EVALUATION

Name _____ Date of birth _____ Age _____ Sex _____
 Height _____ Weight _____ % Body fat (optional) _____ Pulse _____ BP ____ / ____ (____ / ____, ____ / ____)
 Vision R 20 / ____ L 20 / ____ Corrected: Y N Pupils Equal ____ Unequal ____

	NORMAL	ABNORMAL FINDINGS	INITIALS *
MEDICAL			
Appearance			
Eyes/Ears/Nose/Throat			
Hearing			
Lymph Nodes			
Heart			
Murmurs			
Pulses			
Lungs			
Abdomen			
Genitourinary †			
Skin			
MUSCULOSKELETAL			
Neck			
Back			
Shoulder/Arm			
Elbow/Forearm			
Wrist/Hand/Fingers			
Hip/Thigh			
Knee			
Leg/Ankle			
Foot/Toes			

* Multi-examiner set-up only.

† Having a third party present is recommended for the genitourinary examination.

Notes: _____

- Cleared without restriction
- Not cleared for: All sports Certain sports _____ Reason: _____

Recommendations: _____

Name of physician (print/type) _____ Date _____
 Address _____ Phone _____
 Signature of physician _____, MD / DO / NP / PA-C



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

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

By signing below, I acknowledge:

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

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

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

Student Athlete:

Print Name: _____ Signature: _____

Date: _____

Parent or legal guardian must print and sign name below and indicate date signed.

Print Name: _____ Signature: _____

Date: _____

FORM 15.7-C 06/11

Nogales Unified School District #1 2011 Tax Credit Contribution Form

The Arizona School Tax Credit program allows individuals to claim a credit for making contributions to public schools. When you contribute to a school at NUSD your contributions support the district's extracurricular and character education programs, including after-school activities, athletics, music, and educational field trips. Your contribution must be received by December 31, 2011 in order to be credited against your 2011 Arizona personal income taxes. Your state tax liability will be reduced by the amount you contribute. In other words, you get your money back, dollar-for-dollar, in the form of a tax reduction. The credit amount is \$200 for single taxpayers or heads of household and \$400 for married taxpayers filing jointly.

For more information on School Tax Credits please visit the Arizona Department of Revenue website at www.azdor.gov/TaxCredits.aspx

Name:	Social Security #:
Address:	
City, State, Zip:	Phone#:

Please apply my enclosed contribution to the following school(s):

School	Program (Optional)	Amount
A. J. Mitchell Elementary School		
Challenger Elementary School		
Fco. Vasquez de Coronado Elementary School		
Lincoln Elementary School		
Mary Welty Elementary School		
Robert Bracker Elementary School		
Desert Shadows Middle School		
Wade Carpenter Middle School		
Nogales High School		
Pierson Vocational High School		

NUSD EMPLOYEES -you may elect to make your contribution through a voluntary payroll deduction by filling out the following information:

I, _____ give authorization to deduct the following amount from my payroll check:

Amount Per Bi-Weekly Pay: \$ _____ Number of Bi-Weekly Payments: _____
 Total Amount To Be Contributed: \$ _____ Effective Date: _____

(Please indicate on this form how much you are contributing to each school).

Please accept my contribution as shown above. The school district will provide a written receipt for my files. As a taxpayer, it is my responsibility to file the proper forms at the Arizona Department of Revenue to qualify for the credit.

Taxpayer Signature

Date

Please mail form and contribution to: Nogales Unified School District #1 Business Office - 310 W Plum Street - Nogales, AZ 85621

SPORTSMANSHIP

Athletic contests are sports and games participated within the confines of a rule system that assures participants equality in competition. The National Federation of Interscholastic Athletics Association designs most of these rules. They are set up by committees of coaches throughout the United States to assure safe and equitable competition.

This issue addresses those rules set up by an ethics and sportsmanship committee to assure that we not only abide by a standardized set of rules, i.e. spearing, 4 balls and three strikes, 3 point field goals, etc. but also a behavioral set of rules. Sportsmanship rules involve, but are not limited to “trash talking,” profanity, delivering a blow after the whistle, throwing at a batters head, etc.

At Nogales High School, we will support following the letter of the obvious rules and, just as strongly, following the Sportsmanship and Discipline Code.

If an athlete is ejected from any athletic contest, he/she will miss the next contest. The ejection due to sportsmanship is an AIA rule and cannot be appealed. If the athlete feels that they have been unfairly treated, regarding any issue other than the bad sportsmanship ejection rule, he/she can appeal this decision to the Athletic Director. Only the incident will be evaluated. The AD will review the incident during the next school day decide on the appeal that day. If the appeal is granted, the athlete will be immediately reinstated.

If the incident occurs at a Friday contest and the athlete appeals this ruling, the athlete in question will remain eligible until the following Monday, when the Athletic Director will hear the appeal. If the appeal is turned down by the Athletic Director, I understand that I can appeal that decision to the building principal.

By signing this agreement, I understand that if my behavior during athletic contests warrants my being expelled from the contest, I will not be allowed to participate in the next athletic contest. If this action occurs a second time, I will be dismissed from the athletic program for the remainder of that season.

If an athlete is placed in out of school suspension he/she will be dismissed from the team for the remainder of the season. The same appeal process will be in effect for this rule.

I also understand that if my school time behavior warrants out of school suspension that I will be immediately dismissed from the athletic program for the remainder of the season.

High School Addresses and Directions

Amphi High School

125 West Yavapai
Tucson, AZ. 85705
(520)696-5340

I-19 North to I-10 / Exit on Prince Road Turn right and travel east. Cross Oracle-Keep traveling east. Turn Right on Stone- School is on the right.

Buena High School

3555 Fry Blvd.
Sierra Vista, AZ. 85635
(520)515-2800

East on Hwy. 82. Right on Hwy 90 to Hwy. 90 by-pass. Turn Left at Light after Huachuca City. Pass 2 intersections, at 3rd traffic light is Hwy, 90 and Charleston Road (Target Stor. Turn Left- Travel up to 2nd traffic Light and turn left onto Guilo Cesare.

Canyon Del Oro High School

25 West Calle Concordia
Tucson, AZ. 85704
(520)696-5560

I-19 North to I-10. Exit Right on Orange Grove traveling east. Turn Left on North Oracle. Turn Left traveling west on East Calle Concordia.

Catlina Foothills High School

4300 East Sunrise Drive
Tucson, AZ. 85718
(520)577-5090

I-19 North to I-10 Exit towards Phoenix. Exit Ina Road. Turn Right Traveling east. School is Located on right before Swan.

Catlina High School

3645 East Pima
Tucson, AZ. 85716
(520)232-8405

North 1-19 to I-10 west. Exit right on Grant. Travel east to Dodge (Los Betos) , turn right. School located on right.

Cienega High School

12775 E. Mary Ann Cleveland Way
Vail, AZ. 85641
(520) 762-2855

North I-19 to Exit 75 (Sahuarita), turn east. Travel east until you come to Wentworth Road. Take left on Wentworth travel North Cienega High School (follow signs).

Cholla High School

2001 West 22nd Street/Star Pass Blvd

Tucson, AZ. 85713

(520)225-4113

Take I-19 North to I-10 West. Exit on 22nd Street Turn Left. Travel west 1 mile on Star Pass Blvd. Cholla HS is on the Left.

Desert View High School

4101 E Valencia Road.

Tucson, AZ. 85706

(520)545-5100

Take I-19 North Exit Valencia. Turn Right on Valencia-travel east school located on left side of Valencia.

Douglas High School

1500 S. 15th Street

Douglas, AZ. 85607

(520)364-2447

East on Hwy. 82 to Hwy. 90. Make a Right on Hwy. 90. At mustang Junction go to Sierra Vista. At first light (Hwy 90 by-pass) turn left and travel to Fry Blvd. Take a Left on Fry Blvd. to Bisbee. Travel traffic Circle and take 3rd right to Douglas. Follow into Douglas to 15th and Estrella.

Flowing Wells High School

3725 N. Flowing Wells Road

Tucson, AZ. 85705

(520)690-2247

Take I-19 North to I-10 West. Turn right on Prince Road. School is Located on Left Side of Road at the Corner of Prince and Flowing Wells.

Ironwood Ridge High School

2475 W. Naranja Drive

Tucson, AZ. 85706

(520)696-4000

Take I-19 North to I-10 west. Travel to Cortaro Road exit right, travel east to La-Cholla. Turn Left on La Cholla taveling North to Naranja. Turn Left on Naranja School is on the left.

Marana High School

12000 East Emigh Road

Tucson, AZ. 85743

(520)616-6426

Take I 19 north to I-10 West. Travel on I-10 to Avra Valley Road. Exit at Avra Valley road and travel west to Sandario Road (Airport). Take left on Sandario travel to Emigh Road, take a Right-MHS on the Right.

Mountain View High School

3901 West Linda Vista
Tucson, AZ. 85742
(520)579-4400

Take I-19 North to I-10 West, Travel on I-10 to Ina Road. Exit on Ina turn Right and Travel east to Thornydale Road. Turn Left on Thornydale, Travel north to Linda Vista Road. Turn Left School is on left.

Palo Verde High School

1302 South Avenida Vega
Tucson, AZ. 85710
(520)584-7411

Take I-19 north to I-10 West. Travel on I-10 to 22nd street. Take 22nd street exit turn right. Travel east just past Wilmot. Take right on Avenida Vega. School is located on the right.

Pueblo High School

3500 South 12th Ave.
Tucson, AZ. 85713
(520)617-7800

Take I-19 North to Ajo Exit. Turn Right onto Ajo Turn Left on 12th Ave. travel about 2 blocks, School on the left.

Rincon High School

421 N. Arcadia Blvd.
Tucson, AZ. 85711
(520)232-5608

Take I-19 north to I-10 West. Take 22nd street exit. Turn Right on 22nd street travel east to Swan. Turn Left on Swan travel north to 5th. Turn Right on 5th next block is Arcadia, take left to school.

Sabino High School

5000 N. Bowes Road.
Tucson, AZ. 85749
(520)584-7700

I-19 North to Valencia. Right on Valencia. Travel east on Valencia to Kolb Road. Left on Kolb to Irvington. Take right on Irvington. Travel east to Houghton Road, turn left on Houghton. Travel North on Houghton to E. Snyder Road. Turn Left on E. Snyder Road. Travel west to N. Bowes Road. Turn Right on N. Bowes Road. School on Right.

Sahuaro High School

545 N. Camino Seco
Tucson, AZ. 85710
(520)731-7100

I-19 North to I-10 West. Exit on Broadway. Travel east on Broadway to Camino Seco. Turn Left on Camino Seco School is on Left.

Salpointe High School

1545 E. copper St
Tucson, AZ. 85719
(520)547-1958

I-19 north to I-10 West. Exit on Grant. Right on Grant to Mountain Ave. Travel North School on Right Hand Side.

Santa Rita High School

3951 S. Pantano Road.
Tucson, AZ. 85730
(520)731-7500

I-19 north exit on Valencia. Travel East to Kolb Road. Left on Kolb, travel north to Irvington. Turn Right on Irvington, travel east 2 miles to Pantano turn left. Travel north on Pantano, SRHS on right side of road.

St. Gregory High School

3231 N. Craycroft Road.
Tucson, AZ. 85712
(520)327-6395

I-19 north to I-10 west exit on Grant Road. Travel east to Craycroft turn left. School 2 blocks down.

Sunnyside High School

1725 East Bilby Road
Tucson, AZ. 85705
(520)545-5300

I 19 North to Valencia exit. Travel East to Campbell and turn left traveling to Bilby Raod. Left on Bilby to SHS.

Tucson High School

400 North 2nd Ave.
Tucson, AZ. 85705
(520)225-5000

I-19 North to I-10 west. Exit on Congress/Broadway. Travel east stay in left hand lane and turn left on Euclid. Travel North 2 blocks turn left on 8th street.

NHS ACTIVITY TRANSPORTATION GUIDELINE FORM

With respect to transportation of interscholastic students, the philosophy of the Nogales High School is that as a member of an interscholastic team, individuals should be transported to and from "AWAY" events.

PARTICIPANTS IN INTERSCHOLASTIC PROGRAMS AT NOGALES HIGH SCHOOL ARE NOT PERMITTED TO TRANSPORT THEMSELVES TO OR FROM "AWAY CONTESTS".

However, situations do arise where parents/guardians find it necessary to transport student-athletes to their homes after an "OFF SITE" contest. The following form has been developed to address these unique transportation needs and document that appropriate communications have taken place between student-athletes, parent/guardians, coaching staffs and the site.

PARENTAL CONSENT TO STUDENT TRAVEL IN PRIVATE VEHICLES(S)

The undersigned parent/guardian ("the Guardian") gives permission for the student listed below to travel from the school activity listed below in the personal vehicle of the Parent or Guardian. The Guardian acknowledges that the Nogales Unified School District ("the District") is not responsible for any accidents or injuries that may occur while the listed student is in the care of and is being transported by the listed adult. The Guardian assumes all responsibility for his/her choice to transport the student from the contest.

The Guardian agrees to hold the District, its officers, and its employees harmless from any and all claims arising from or relating in any way to the Guardian's decision to permit the student to travel in the listed adult's private vehicle rather than traveling in a District vehicle. The Guardian hereby waives any and all claims, whether known or unknown, against the District or its officers and employees for any harm or injury which may occur to the student arising out of the travel authorized by this consent.

Student Name:

School Activity and Location:

Parent/Guardian that will be transporting student

Name: _____

Telephone: _____

Parent/Guardian Signature

Date

NOGALES HIGH SCHOOL ATHLETICS

Permission Form for Photos, Videos, Interviews, Web Publication and Sale. Nogales High School Athletic parental permission for media use, district broadcast, web or other publication of student's photograph, likeness, and/or voice.

Throughout the year, while participating in athletics/activities at Nogales High School your son /daughter will have photos and videos taken of them that are open to the public and where large group photographs or videos will be taken by the media, contracted photographer and/or school/district staff.

In addition, to the above situations, there may be times the media (newspaper, television, or radio), school district staff, or students may take photographs, audio/videotape students, or interview students individually. The school district may display student pictures, videos and interviews in a variety of ways that reasonably portray programs at Nogales High School. Student photos and Videos may also appear on the district website, thereby making it available to the public.

The school district assumes no responsibility for photographs, audio/videotapes, etc. that may be made by parents or other non-school personnel at public events.

Directions: Check one option below:

_____ I **GIVE** permission for my child to be photographed, audio/videotaped, or interviewed. I understand that this permission covers all academic, sporting, and yearbook events/activities as related to Nogales High School and may be used by the school in print, video and on the district website.

_____ I **DO NOT GIVE** permission for my child to be photographed, audio/videotaped, or interviewed for use of public viewing.

Student Name: _____ Date _____

Parent/Guardian/Custodian Name (Please Print) _____

Parent/Guardian/Custodian Signature: _____

Once signed and dated, this form shall remain in effect throughout the student's at Nogales High School and kept on file with the Athletic Director. However, at any time during the school year, you may amend this form only by notifying the Athletic Director in writing of your request.