



**John B. Connally High School
Band, and Color Guard**

Handbook 2023-2024

Table of Contents

Mission Statement	1
Communication	2
Calendar of Events & Financial Deadlines	3-4
Ensembles	5
Weekly Marching Band Schedule	6
Attendance Protocol	6
Academics & the UIL No Pass No Play Policy	7
PFISD Grading Policy	7
Facility Expectations	8
Online and Social Media Policy	9
Disciplinary Procedure	9
Rehearsal Safety Requirements	10
Football Game Day Expectations & Materials	10
Uniform and Inspection Expectations	11
Uniform Financial Responsibility	11
Transportation	12
Alternate Transportation	12
Decorum in the Stands	13
Equipment Usage & Financial Responsibility	13
Auditions	13
Solo and Ensemble Contest	14
Private Lessons	14
Band and Guard Lettering Requirements; Student Leadership	15
Boosters and Booster Fees	16
Handbook Acknowledgement Form	

Mission Statements - PFISD Fine Arts & Cougar Band

Pflugerville Independent School District is dedicated to giving all students the opportunity to participate in a highly competitive and comprehensive fine arts program. We believe that fine arts activities represent a microcosm of society. Through participation in our programs, students will inherently learn life skills enabling them to be productive members of society, capable of managing time, striving to set and obtain goals, and developing enhanced self-discipline. Three main themes are apparent in all successful fine arts programs: integrity, character, and honesty. Participation in extracurricular activities through PfISD fine arts is a privilege, and the student is held to a much higher standard than that of the general school population. The guidelines and rules that each director or teacher sets for the program may be stricter than those delineated in the Student Code of Conduct.

Connally High School Fine Arts Department Mission Statement

“Unite for change through the exploration of the arts for every learner!”

Foreword

The John B. Connally Band promotes the highest standards of musicianship and character. The success of any organization is dependent upon the hard work, dedication, pride, leadership, teamwork, and cooperation of its members. Certain rules, policies, and procedures are necessary so that the overall goals of the group are met and the welfare of each individual member is best served. By accepting membership in the Connally High School Band, you are agreeing to perform to the best of your abilities and work together with the band staff in making this year's band the finest musical organization that our combined efforts can produce. Band and Colorguard are year long commitments. Schedule changes must be done during course selection.

Band and Colorguard are double blocked courses. Although we will advocate for the student, being placed in a single-blocked version of a double-blocked course is at the discretion of the coach/director and the school's master schedule to see if it can fit into your schedule.

The directors will do their best to ensure that every student will be provided the opportunity to be successful, regardless of their ability as an incoming student or of their career ambitions following graduation.

Parent support is a necessary component to the success of any group. Every parent is a member of our Connally HS Band and Colorguard by virtue of your student joining an ensemble. Decisions and initiatives benefit every student in our program. Together, the Parents will help us create the type of program that will rival any program in the district and beyond. Parents are asked to volunteer at two events per year.

Communication

We will communicate regularly through the Band App and Charms. Band App allows us to post updates as well as allows you to contact us, sign up for events, and see recordings of our practices.

Join our Band App <https://band.us/n/afac94Uazby6P>

Join the Percussion Band App <https://band.us/n/a2ac92Ueh1a2a>

Join the Colorguard Band App <https://band.us/n/a6a597U5i9g6S>

Charms

We use Charms for all of our financial statements and emails. First time logging in?

- Go to www.charmsoffice.com
- Click LOGIN in the upper right corner and select PARENT/STUDENT/MEMBERS
- School Code is ConnallyHSBand
- Enter your student's school ID number in the STUDENT AREA PASSWORD
- You will be directed to change your password.
- Once your password is changed, please follow the directions below to update your information.

Already have a CHARMS account?

- Log in to your account.
- Click the UPDATE INFORMATION icon
- Verify that all information is correct
- If changes are needed, click on the green UPDATE button in the top right corner.

Don't forget to SAVE your changes!

Director Contact Information

Matthew Garrison, Director of Bands

matthew.garrison@pfsd.net

512-594-0867

Thomas Burnette, Associate Director of Bands

thomas.burnette@pfsd.net

512-594-0862

Kristen Hutchins, Assistant Director of Bands

kristen.hutchins@pfsd.net

512-594-0866

Lauren Gonzalez, Director of Percussion

lauren.gonzalez@pfsd.net

512-594-0868

Alejandro Garcia, Director of Colorguard

alejandro.garcia@pfsd.net

512-594-0863

Calendar of Events

Football Games

CHS Football Schedule

8/25	Football Game @ Marble Falls	Mustang Stadium	7:30PM
9/1	Football Game @ Lockhart	Lion Stadium	7:00PM
9/8	Football Game V. McCallum	The Pfield	7:00PM
	*Middle School Night		
9/14*	Football Game V. Lampasas	The Pfield	7:00PM
9/22	Football Game @ Elgin	Wildcat Stadium	7:00PM
9/28/22*	Football Game V. Rouse	The Pfield	7:00PM
10/13/22	Football Game @ Belton	Tiger Field	7:00PM
10/21/22	Football Game V. Chaparral	The Pfield	7:00PM
10/27/22	Football Game @ Waco U	Waco ISD Stadium	7:00PM
11/9/22	Football Game V. PHS	The Pfield	7:00PM
	*Senior Night		

Concert Evaluations

PreUIL Concert and Sightreading Evaluation - March 21st

UIL Concert and Sightreading - April 2024

Other Important Dates (*Tentative)

Marching Contests

September 2nd - USBands Judson

October 7th - Vista Ridge Marching Festival

October 14th - Friends and Family Tailgate

October 17th - UIL Region 26 Marching Contest

October 28th - UIL Area Marching Contest

November 4th - USBands Central Texas Championship

October 2nd - Pfestival of Bands

TMEA Region Clinic & TMEA Region Concert

TMEA All-State, Area, and Region

February 24th - UIL Solo and Ensemble

TCGC Winterguard Area and State

WGI Regional

Jazz Performances

May 9th - Spring Concert

May 10th - Band Banquet

May 25th and 27th - TSSEC

Financial Obligations

It is the philosophy of the Connally High School Band that no student should be denied the privilege of band membership due to financial hardship. For options in meeting financial obligations, parents should contact the director.

Instrument Usage Fee (\$75)

Band & Guard Merchandise (Roughly \$150 for New Members)

Deposit CHS Band Booster Payment \$75 (4/1)

First CHS Band Booster Payment \$75 (5/1)

Second CHS Band Booster Payment \$75 (6/1)

Third CHS Band Booster Payment \$75 (7/1)

Colorguard Fees \$300

Region Band Audition \$15 Deposit to be returned to student after audition (10/1)

UIL Solo and Ensemble

Solo - \$25 + Accompanist fee (12/1)

Ensemble - \$10 per student entry (12/1)

Spring Trip - Varies year to year (12/1)

Music/Material Replacement Fees

\$0.25 per replacement sheet

\$1.00 per replacement red pencil

\$2.00 per replacement camp name tag

\$5.00 per replacement band binder

\$10.00 per replacement drill book

Private Lessons

Lessons during class are 20 minutes with the option of weekly, or biweekly. The price of lessons is \$10 every 4 weeks for biweekly lessons and \$40 every 4 weeks for weekly lessons. Private lesson teacher will contact you about your lesson time. Some instruments may have limited enrollment. Sign up at <https://forms.gle/Ms1a7ZZf8oeRoebK9>

School Song

*O 'Connally High for black and green,
We stand together with our team.
In time of victory or defeat,
Our pride is strong, we're never beat.
Our loyalty will never die,
We're true to you, O 'Connally High.*

Fight Song

GO COUGARS FIGHT TONIGHT AND BRING HOME VICTORY
GIVE ALL THAT YOU CAN GIVE,
A WIN WE WILL ACHIEVE
SHOW OFF YOUR BLACK AND GREEN,
AND PUT THEM TO TEST.
AND IT'S ONE FOR ALL AND ALL FOR ONE,
AND IT'S CONNALLY WE LOVE BEST!
GO! FIGHT! COUGARS WIN TONIGHT

Ensembles

I. UIL Marching Band Season—Summer/Fall

All Connally Band members attend all Marching Band rehearsals & events

II. UIL Concert Season—Winter/Spring

Wind Ensemble and Percussion (Periods 1/5)

Symphonic Band (Periods 2/5)

Colorguard (Periods 4/8)

III. Extracurricular Activities—Winter/Spring Varsity Winterguard

Percussion Ensemble

Jazz Ensemble

Pit Orchestra/Musical

Solos and Ensembles (UIL and Local)

Weekly Marching Band Schedule

(Subject to change)

Monday - 4:30 pm – 7:00 pm

Tuesday - 4:30 pm – 7:00 pm

Thursday - 7:00 am – 8:30am

Friday - 7:00 am – 8:30 am

Members should arrive 15 minutes earlier than the scheduled rehearsal time. Section leaders may call additional sectionals with director approval. Students are expected to attend all rehearsals, football games, competitions, and performances. Directors must be given at least 48 hours advanced notice of a student's absence from rehearsals. The Connally Band Calendar should be checked weekly for any changes.

Attendance Protocol

1. Students & parents should read the calendar frequently. All rehearsals, football games, and competitions are required. The calendar can be found at <http://www.connallyband.org/calendar>
2. Complete the [Absence Request form](#) for every absence. The form can be found online.
3. Parents should receive email confirmation once the Absence Request form is submitted.
4. Students must also communicate their request via email to the appropriate director.
5. Any unexcused absence from rehearsal in one week may result in the student not marching in the contest and/or game that week. The directors determine what is excused and what is not. Recurring excused OR unexcused absences may lead to a student losing a primary position in the marching band.
6. UIL Football Games, UIL Evaluations, & BOA Competitions should NEVER be missed unless there is an illness, family emergency, or special circumstance communicated well in advance.

Academics & the UIL “No Pass, No Play” Policy

The Connally Band values academic proficiency. Many Connally Band students are enrolled in Honors and AP Classes. Numerous AP Scholars and National Merit Scholars in the Connally Band program have successfully balanced the demands of the band and their academic coursework.

In compliance with University Interscholastic League (UIL) eligibility regulations, students in the Connally Band must pass all classes with a 70 or above. Ineligible students cannot travel with the band or perform at football games, or marching competitions. To quote UIL guidelines, “In the event an ineligible contestant participates in any music competition, knowingly or unknowingly, the minimum penalty shall be forfeiture of the ratings and awards.”

Primary vs. Secondary Academic Policy: A student in a primary position is expected to pass all classes. If a student has below a 70 in any class, at any time in the season, their position may be changed from primary to secondary. This is to protect the band from marching holes in the drill.

If any Connally Band member fails more than one 9-week grading period and loses eligibility, he or she may be subject to removal from the program. To remain in good standing, the student must pass all classes with a 70 or above in the following 9-week grading period.

Students will submit Weekly Grade Snapshots using Google Classroom in an effort to constantly monitor their grades.

PFISD Grading Policy

Major Grades 4 or more per quarterly grading period	Minor Grades 10 or more per quarterly grading period
Category Weight 70%	Category Weight 30%
<ul style="list-style-type: none"> • Marching band performance • Local and region etude performance • Local or UIL solo • Concert band performance 	<ul style="list-style-type: none"> • Preparation/materials ready for class • Independent practice & progress • Benchmarks (pass-offs) • Weekly Grade Snapshots

Facility Expectations

- No food, gum, or drinks are allowed in the band hall or band facilities.
- Only students in the band program are allowed to enter and use the facilities.
- The practice rooms are not to be used for any reason besides practicing.
- Facilities should be used for their intended purpose. The color guard room to be used only by color guard members to retrieve equipment.
- Be considerate of Private Lesson Staff. Practice room priority must always be given to lessons taught by staff.
- The band hall and dressing rooms should be cleaned regularly by students.
- Students should not enter the band hall unless a director is present.
- No student is to use the band office computers, phone, or copier without permission.
- Be respectful of groups rehearsing in the band hall and do not disturb them.
- Do not leave valuables unlocked in the band hall or instrument slot. Do not leave valuables in the dressing rooms.
- Instrument lockers shall remain locked and clean.
- All students should be considerate of the directors' requests for assistance and/or performance of tasks around the band hall.

Online and Social Media Policy

Students must maintain a high standard of online and social media conduct. It is the responsibility of students to ensure that private or public member-led conversations, group chats, and websites are appropriate, and to follow the PFISD Student Code of Conduct.

It is also the students' responsibility to immediately report instances of inappropriate behavior to a band director. Any online or social media communication such as Facebook, Twitter, Instagram, Snapchat, emailing or texting is subject to scrutiny by the band directors, teachers, and PFISD administrators.

Disciplinary Procedure

Connally Band members are expected to follow all school and district rules including the PFISD Student Code of Conduct and the PFISD Fine Arts Handbook. Violation of any expectations laid forth by band staff, school, or school district may result in the following:

1. Conference with student/warning
2. Conference with parent
3. Conference with grade-level principal
4. Probationary contract (see attached)
5. Expulsion from band program
6. Other (as designated by school administration)

Students & parents should speak with band directors directly and as soon as possible to address concerns. Failure to follow the PFISD Student Code of Conduct may result in removal from the program. Excerpt from the PFISD Handbook: "Standards of Behavior Sponsors of student clubs and performing groups such as the band, choir, and drill and athletic teams may establish standards of behavior—including consequences for misbehavior—that are stricter than those for students in general. If a violation is also a violation of school rules, the consequences specified by the Student Code of Conduct or by board policy will apply in addition to any consequences specified by the organization's standards of behavior."

Rehearsal Safety Requirements

Practices are held on the marching band parking lot. Texas weather can be extremely hot, so plan accordingly. The PFISD temperature protocol is found here: p. 18. On unusually hot days, the Fine Arts Director will determine a course of action in the best interest of students. The directors will constantly monitor the weather conditions and make adjustments as necessary for the safety of the students.

1. Shirts are mandatory. Attire for all marching band rehearsals includes shorts, practice shirt, hat or cap, athletic shoes (converse-style is not acceptable), & socks.
2. Sunglasses and sunscreen are strongly encouraged.
3. Students must bring their individual Connally Band/Guard water jug clearly labeled with their name to all rehearsals. Students should not share water bottles.
4. Students should immediately notify a band director if dizzy, weak, or injured

Football Game Day Expectations & Materials

On game days, the band will rehearse and run through the half-time show. Practice takes place in the CHS football stadium starting promptly at 7am. Members should report with all materials to inspection. The CHS Band Boosters provide meals on all game days and at contests as per the required meal plan. Home games will take place at the Pflugerville Pfield. There are Thursday and Friday football games, so plan accordingly.

Band Inspection Checklist

Black marching shoes
Long Black socks
Black Compression Shirt
Green Connally Band Dri Fit for Games
Show Shirt for Competitions
Section Shirts when appropriate
Flip Folder & Music Instrument Water Jug

Colorguard Inspection Checklist

Uniform Gloves
All Equipment Tape
Shoes
Black Socks
Performance Make-Up
Water Jug

Uniform and Inspection Expectations

Students should report to inspection early prior to games and performances. Students that do not fully pass inspection will sit out 1 quarter during the game. Inspection criteria:

1. Proper wear, fit, and condition of uniform and all parts.
2. No exposed jewelry, including earrings. Earrings should be covered with bandaids.
3. No distracting makeup
4. No unnatural hair colors (no blue, purple, green, pink, etc).
 - a. Plan ahead - hair needs to be dyed a natural color by the first football game. Hair should be neatly kept so that it does not reach the collar of the uniform. Long hair should be styled in a bun.
5. Condition of equipment Brass: horns polished
6. Woodwinds: horns polished & at least five good reeds
7. Percussion: battery sticks taped correctly & instruments polished
8. Colorguard: all equipment properly taped; all silks checked for wear and tear
9. Flip folder in superior condition, labeled, with all music.
10. Connally Band water jug.

Uniform Financial Responsibility

It is the responsibility of each band member to track uniform parts for every marching and concert performance, respectively. If any parts of the uniform are lost or damaged beyond normal wear, students are financially responsible for the full value of the replacement. All uniforms will remain in the uniform room except when in use or during laundering.

Transportation

All transportation to events will be on buses. Riding the bus is a privilege, not a right, and members are subject to suspension from bus travel if PFISD Fine Arts (p.15) or Connally Band expectations are violated.

- Students must travel with the group.
- Remain seated at all times.
- Talking is to be kept at a reasonable level. Screaming, yelling, etc. is not acceptable.
- Connally Band members must act in a dignified manner at all times.
- Keep all body parts and belongings inside the bus at all times.
- Only headphones are permitted; no external speakers.
- Bus lists will be made prior to the first game and students must remain on their assigned bus.
- No public displays of affection.

Alternate Transportation

This is discouraged. If for some reason, a Connally Band member requests to ride with parents either to or from a band event, written notice and director approval is required, as per district policy. Only an adult driver has permission to transport students to or from an event. Student drivers holding a driver's license may not transport any student other than themselves. Prior to leaving an event, members must inform their director and specific bus chaperone. Please fill out the One-Way Form

Decorum in the Stands

- Connally Band members are expected to act in a dignified manner at all times. This includes following the PFISD Student Code of Conduct.
- Once in the stadium, students should remain in their respective sections. Non-band members, including alumni, are not allowed in the band area at any time.
- All students must have their music in a flip folder.
- No food, drink or gum. Only food & drink provided by boosters is permitted.
- Permission from a drum major is required to use the restroom. Never go to the
- restroom alone - always go with at least one other person. Wait to use the restroom until third quarter unless there is an emergency.
- Members should not play their instruments unless the entire band is performing.

Equipment Usage & Financial Responsibility

The utmost care for school-owned instruments, props, uniforms and equipment is expected. Equipment of all kinds should be handled delicately. If any instruments, props, uniforms, or equipment are lost or damaged beyond normal wear, students are financially responsible for the full value of the replacement. The Band staff will handle all repairs. Students and guardians should not take school equipment for repairs on their own.

School-owned instrument users pay a fee of \$75 annually and must agree to the terms of this contract. Most band members are expected to provide their own instruments, in special cases (such as percussion, color guard, low brass, or other larger instruments), school owned equipment may be available for rent. The usage fee is \$75 per year. Students who play more than one rented instrument in a semester pay only one rental fee. The fee may be waived if the family can demonstrate severe financial hardship or if the student is playing a secondary instrument at the specific request of the directors to help the band's instrumentation.

Auditions

There will be two major auditions each year, at the end of Spring and Fall semesters, to place students in band classes and/or to assign parts or chair placements within each ensemble. Students will be evaluated by the directors and/or independent adjudicators. Chair placement within a band may change during the semester at the director's discretion. The process of auditioning is important to the continued development of the individual players at Connally. Hearing Times and auditioning for the TMEA Region Band largely determines band & chair placement for Spring semester.

Private Lessons

The John B. Connally High School Band strongly encourages 100% participation in the private lesson program. In cases of financial hardship, students can obtain an CHS Band Booster scholarship application, available upon request at the beginning of each semester.

All applications should be submitted to matthew.garrison@pfisd.net by designated deadlines. Typically this is the first week of school in August for the Fall Semester, and the last week of school in December for Spring Semester.

1. Students should register here for private lessons to request a teacher assignment.
 - a. <https://forms.gle/Ms1a7ZZf8oeRoebK9>
2. The fee structure as per PFISD policy follows these guidelines.
3. Private lessons are 20 minutes, typically weekly.
4. Most lessons are scheduled during the student's band class period.
5. If a student is unable to attend a lesson, they are expected to communicate with the private instructor 24 hours in advance. If advanced notice is not given and the student does not show up for the lesson, payment for that lesson is still required.

Lessons during class are 20 minutes with the option of weekly, or biweekly. The price of lessons is \$10 every 4 weeks for biweekly lessons and \$40 every 4 weeks for weekly lessons. Private lesson teacher will contact you about your lesson time. Some instruments may have limited enrollment.

Band & Guard Lettering Requirements, PFISD Policy

Students may earn a letter jacket when they have met any of the following criteria:

- The student has completed three years of high school band/color guard and is enrolled in band/color guard for their senior year.
- The student is enrolled as a senior in color guard and has participated in any combination of three winter guard or marching band seasons.
- The student qualifies for Area or All-State Band.
- The student qualifies for an All-Region ensemble twice in high school (Band/Jazz/Orchestra).

The student is an underclassmen and has fulfilled all three of the following requirements:

- Made a region ensemble once (Band/Jazz/Orchestra)
- Has remained eligible for at least one entire year in high school
- Has been enrolled in private lessons continually for at least 2 years in high school

Student Leadership

The Connally Band gives students the opportunity to develop leadership qualities. As a member of the Connally Band, all students will be in an environment to develop their leadership and interpersonal skills. Student staff is responsible for the majority of the tasks of operating a successful band program. The band directors will delegate a large number of jobs to students not only to make the logistics of running the band easier, but also to develop responsibility in students. The student staff go through an extensive audition process in order to be selected and are held to the highest possible standards.

Leadership auditions are held in the spring each year and are available to all Connally Band members who have completed at least one year with the program.

Boosters & Booster Fees

Mission Statement: The Connally Band Booster organization is dedicated to supporting students, directors, and the band program in creating, producing, and performing the best possible marching and concert program. UIL Booster Guide

The Connally Band Boosters charge an annual Band Fee to cover meals, social events, and other miscellaneous expenses the band incurs throughout the year. Additional fees apply to Winterguard and Winter Percussion members. Scholarships are offered annually by the Boosters for Marching Band Packages and Private Lessons.

The Boosters usually meet on the second Tuesday of every month. The meetings are open to the public and begin at 7:00pm in the Band Hall. Support activities provided by the boosters include serving meals to students before games, providing chaperones for trips, providing chaperones for social events, financing of social events, providing parents to assist in various aspects of the marching band production, and numerous other activities. There is a place for every parent in this organization. Your service is not only encouraged, but also needed. We ask all parents to assist at two events per year.

Please sign up here: <https://forms.gle/grof9T42LGmZkEAs9>

Chris Carrillo, Connally Band Booster President



Connally Band Member Name

Grade

Band Handbook Acknowledgement Form 2023-2024

I, the undersigned, acknowledge that I have completely read the Connally Band Handbook. I have no questions regarding any portion of the handbook, and agree that the expectations of the Connally Band Program are clear. I understand that failure to follow the PFISD Student Code of Conduct may result in removal from the program. Excerpt from p. 58 of the PFISD Student Handbook:

‘Standards of Behavior:

Sponsors of student clubs and performing groups such as the band, choir, and drill and athletic teams may establish standards of behavior—including consequences for misbehavior—that are stricter than those for students in general. If a violation is also a violation of school rules, the consequences specified by the Student Code of Conduct or by board policy will apply in addition to any consequences specified by the organization’s standards of behavior.’

I understand that violation of any of these handbook policies may affect a Connally Band member’s position in the band and they may be subject to removal from the program.

Student Signature:

Date:

I understand the above, and the booster expectations on the previous page.

Parent/Guardian Signature:

Date:

Student Name:

PARENT/STUDENT UIL MARCHING BAND ACKNOWLEDGEMENT FORM

Updated 2018

No student may be required to attend a marching band related practice for more than eight hours outside the academic school day per calendar week (Sunday through Saturday). This provision applies to students in all components of the marching band. Exception: For schools that begin instruction prior to the fourth Monday in August the limit of eight hours of rehearsal outside of the academic school day per calendar week shall begin on the Tuesday immediately following Labor Day. Schools under this exception shall be limited to eight hours of rehearsal outside of the academic day per school week (12:01 AM on the first day of school of the calendar week through the end of the school day on the last day of instruction of the school week) until the Tuesday immediately following Labor Day.

On performance days (football games, competitions and other public performances) bands may hold up to one additional hour of warm-up and practice beyond the scheduled warm-up time. Multiple performances on the same day do not allow for additional practice and/or warm-up time.

Examples of Activities Subject to the UIL Marching Band Eight Hour Rule.

- Marching Band Rehearsal (Both Full Band and Components)
- Any Marching Band Group Instructional Activity
- Breaks
- Announcements
- Debriefing and Viewing Marching Band Videos
- Passing Off Marching Band Music
- Marching Band Sectionals (Both Director and Student Led)
- Clinics for The Marching Band or Any of its Components

The Following Activities Are Not Included in the Eight Hour Time Allotment:

- Travel Time to and From Rehearsals and/or Performances
- Rehearsal Set-Up Time
- Pep Rallies, Parades and Other Public Performances
- Instruction and Practice For Music Activities Other Than Marching Band And Its Components

NOTE: More information about Marching Band practice limitations can be found at:

www.uiltexas.org/music/marching-band

“We have read and understand the Eight-Hour Rule for Marching Band as stated above and agree to abide by these regulations.”

Parent Signature _____ Date _____

Student Signature _____ Date _____

This form is to be kept on file by the local school district.

PREPARTICIPATION PHYSICAL EVALUATION -- MEDICAL HISTORY

This **MEDICAL HISTORY FORM** must be completed *annually* by parent (or guardian) and student in order for the student to participate in activities. These questions are designed to determine if the student has developed any condition which would make it hazardous to participate in an event.

Student's Name: (print) _____ Sex _____ Age _____ Date of Birth _____
 Address _____ Phone _____
 Grade _____ School _____
 Personal Physician _____ Phone _____

In case of emergency, contact:

Name _____ Relationship _____ Phone (H) _____ (W) _____

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

	Yes	No		Yes	No
1. Have you had a medical illness or injury since your last check up or physical?	<input type="checkbox"/>	<input type="checkbox"/>	13. Have you ever gotten unexpectedly short of breath with exercise?	<input type="checkbox"/>	<input type="checkbox"/>
2. Have you been hospitalized overnight in the past year?	<input type="checkbox"/>	<input type="checkbox"/>	Do you have asthma?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever had surgery?	<input type="checkbox"/>	<input type="checkbox"/>	Do you have seasonal allergies that require medical treatment?	<input type="checkbox"/>	<input type="checkbox"/>
3. Have you ever had prior testing for the heart ordered by a physician?	<input type="checkbox"/>	<input type="checkbox"/>	14. Do you use any special protective or corrective equipment or devices that aren't usually used for your activity or position (for example, knee brace, special neck roll, foot orthotics, retainer on your teeth, hearing aid)?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever passed out during or after exercise?	<input type="checkbox"/>	<input type="checkbox"/>	15. Have you ever had a sprain, strain, or swelling after injury?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever had chest pain during or after exercise?	<input type="checkbox"/>	<input type="checkbox"/>	Have you broken or fractured any bones or dislocated any joints?	<input type="checkbox"/>	<input type="checkbox"/>
Do you get tired more quickly than your friends do during exercise?	<input type="checkbox"/>	<input type="checkbox"/>	Have you had any other problems with pain or swelling in muscles, tendons, bones, or joints?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever had racing of your heart or skipped heartbeats?	<input type="checkbox"/>	<input type="checkbox"/>	If yes, check appropriate box and explain below:		
Have you had high blood pressure or high cholesterol?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Head	<input type="checkbox"/> Elbow	<input type="checkbox"/> Hip
Have you ever been told you have a heart murmur?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Neck	<input type="checkbox"/> Forearm	<input type="checkbox"/> Thigh
Has any family member or relative died of heart problems or of sudden unexpected death before age 50?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Back	<input type="checkbox"/> Wrist	<input type="checkbox"/> Knee
Has any family member been diagnosed with enlarged heart, (dilated cardiomyopathy), hypertrophic cardiomyopathy, long QT syndrome or other ion channelopathy (Brugada syndrome, etc), Marfan's syndrome, or abnormal heart rhythm?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Chest	<input type="checkbox"/> Hand	<input type="checkbox"/> Shin/Calf
Have you had a severe viral infection (for example, myocarditis or mononucleosis) within the last month?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Shoulder	<input type="checkbox"/> Finger	<input type="checkbox"/> Ankle
Has a physician ever denied or restricted your participation in activities for any heart problems?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> Upper Arm	<input type="checkbox"/> Foot	
4. Have you ever had a head injury or concussion?	<input type="checkbox"/>	<input type="checkbox"/>	16. Do you want to weigh more or less than you do now?	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever been knocked out, become unconscious, or lost your memory?	<input type="checkbox"/>	<input type="checkbox"/>	17. Do you feel stressed out?	<input type="checkbox"/>	<input type="checkbox"/>
If yes, how many times? _____			18. Have you ever been diagnosed with or treated for sickle cell trait or sickle cell disease?	<input type="checkbox"/>	<input type="checkbox"/>
When was your last concussion? _____			<i>Females Only</i>		
How severe was each one? (Explain below)			19. When was your first menstrual period? _____		
Have you ever had a seizure?	<input type="checkbox"/>	<input type="checkbox"/>	When was your most recent menstrual period? _____		
Do you have frequent or severe headaches?	<input type="checkbox"/>	<input type="checkbox"/>	How much time do you usually have from the start of one period to the start of another? _____		
Have you ever had numbness or tingling in your arms, hands, legs or feet?	<input type="checkbox"/>	<input type="checkbox"/>	How many periods have you had in the last year? _____		
Have you ever had a stinger, burner, or pinched nerve?	<input type="checkbox"/>	<input type="checkbox"/>	What was the longest time between periods in the last year? _____		
5. Are you missing any paired organs?	<input type="checkbox"/>	<input type="checkbox"/>	<i>Males Only</i>		
6. Are you under a doctor's care?	<input type="checkbox"/>	<input type="checkbox"/>	20. Do you have two testicles? _____		
7. Are you currently taking any prescription or non-prescription (over-the-counter) medication or pills or using an inhaler?	<input type="checkbox"/>	<input type="checkbox"/>	21. Do you have any testicular swelling or masses? _____		
8. Do you have any allergies (for example, to pollen, medicine, food, or stinging insects)?	<input type="checkbox"/>	<input type="checkbox"/>			
9. Have you ever been dizzy during or after exercise?	<input type="checkbox"/>	<input type="checkbox"/>			
10. Do you have any current skin problems (for example, itching, rashes, acne, warts, fungus, or blisters)?	<input type="checkbox"/>	<input type="checkbox"/>			
11. Have you ever become ill from exercising in the heat?	<input type="checkbox"/>	<input type="checkbox"/>			
12. Have you had any problems with your eyes or vision?	<input type="checkbox"/>	<input type="checkbox"/>			

An individual answering in the affirmative to any question relating to a possible cardiovascular health issue (question three above), as identified on the form, should be restricted from further participation until the individual is examined and cleared by a physician, physician assistant, chiropractor, or nurse practitioner.

**EXPLAIN 'YES' ANSWERS IN THE BOX BELOW (attach another sheet if necessary):

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

If, in the judgment of any representative of the school, the above student should need 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 said student by any physician, athletic trainer, nurse or school representative. I do hereby agree to indemnify and save harmless the school and any school or hospital representative from any claim by any person on account of such care and treatment of said student.

If, between this date and the beginning of participation, any illness or injury should occur that may limit this student's participation, I agree to notify the school authorities of such illness or injury.

I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct. Failure to provide truthful responses could subject the student in question to penalties determined by the UIL

Student Signature: _____ Parent/Guardian Signature: _____ Date: _____

Any Yes answer to questions 1, 2, 3, 4, 5, or 6 requires further medical evaluation which may include a physical examination. Written clearance from a physician, physician assistant, chiropractor, or nurse practitioner is required before any participation in UIL practices, games or matches. **THIS FORM MUST BE ON FILE PRIOR TO PARTICIPATION IN ANY PRACTICE, SCRIMMAGE, PERFORMANCE OR CONTEST BEFORE, DURING OR AFTER SCHOOL.**

For School Use Only:

This Medical History Form was reviewed by: Printed Name _____ Date _____ Signature _____

PREPARTICIPATION PHYSICAL EVALUATION -- PHYSICAL EXAMINATION

Student's Name _____ Sex _____ Age _____ Date of Birth _____

Height _____ Weight _____ % Body fat (optional) _____ Pulse _____ BP ____/____ (____/____, ____/____)
brachial blood pressure while sitting

Vision: R 20/____ L 20/____ Corrected: Y N Pupils: Equal Unequal

As a minimum requirement, this **Physical Examination Form** must be completed prior to junior high participation and again prior to first and third years of high school participation. It **must** be completed if there are yes answers to specific questions on the student's MEDICAL HISTORY FORM on the reverse side. * **Local district policy may require an annual physical exam.**

	NORMAL	ABNORMAL FINDINGS	INITIALS*
MEDICAL			
Appearance			
Eyes/Ears/Nose/Throat			
Lymph Nodes			
Heart-Auscultation of the heart in the supine position.			
Heart-Auscultation of the heart in the standing position.			
Heart-Lower extremity pulses			
Pulses			
Lungs			
Abdomen			
Genitalia (males only)			
Skin			
Marfan's stigmata (arachnodactyly, pectus excavatum, joint hypermobility, scoliosis)			

MUSCULOSKELETAL

Neck			
Back			
Shoulder/Arm			
Elbow/Forearm			
Wrist/Hand			
Hip/Thigh			
Knee			
Leg/Ankle			
Foot			

*station-based examination only

CLEARANCE

Cleared
 Cleared after completing evaluation/rehabilitation for: _____

Not cleared for: _____ Reason: _____

Recommendations: _____

The following information must be filled in and signed by either a Physician, a Physician Assistant licensed by a State Board of Physician Assistant Examiners, a Registered Nurse recognized as an Advanced Practice Nurse by the Board of Nurse Examiners, or a Doctor of Chiropractic. Examination forms signed by any other health care practitioner, will not be accepted.

Name (print/type) _____ Date of Examination: _____

Address: _____

Phone Number: _____

Signature: _____

Must be completed before a student participates in any practice, before, during or after school, (both in-season and out-of-season) or performance/games/matches.