

HSAA Baseball 2011-2012

Forms Packet

1. HSAA Athletic Release and Medical Authorization (1 page)
Please fill out & sign – requires parent signature. (*Due by 1st practice*)
2. Pre-Participation Physical Evaluation (3 pages total) (*Due by 1st practice*)
 - a. Medical History (2 pages)
Please fill out and sign – requires BOTH athlete and parent signatures.
 - b. Physical Examination (1 page)
Must be filled out and signed by physician (or qualified medical personnel). Your physician may use this form or another form.
3. HSAA Baseball Player Contract (1 page)
Requires player's name and signature (*Due by 1st practice*)
4. HSAA Expectations (3 pages)
Requires BOTH athlete and parent signatures (*Due by 1st practice*)
5. Appearance Guidelines (1 page)
Requires BOTH athlete and parent signatures (*Due by 1st practice*)
- 6/7. HSAA Mission & HSAA Vision Statements (1 page)
Please read.
8. HSAA Eligibility Requirements (3 pages)
Please read carefully. If you have ANY questions about eligibility, please contact Baseball Commissioner Ken Goode.
9. Goals Assignment (1 page)
This form must be completed for the Fall (*Due by 9/1/2011*) and the Spring (*Due by 12/15/2011*).

HSAA Athletic Release and Medical Authorization

School Year: 2011–2012

Athlete Name: _____ Date of Birth: _____ Grade: _____

Parents Names: _____

Address: _____

City: _____ Zip _____

Phones: Home (____) _____ Work (____) _____ Mobile (____) _____

Other Phone(s): _____

Primary e-mail: _____ Other e-mail: _____

Incorporated in 1997 as a non-profit organization, the Home School Athletic Association desires to provide homeschooled children with the benefits of participation in organized team sports in a setting which honors the God who created them.

EMERGENCY MEDICAL AUTHORIZATION AND AGREEMENT TO CHRISTIAN DISPUTE RESOLUTION

Emergency contacts other than parent or guardian:

1. Name _____ Hm phone _____ Other phone _____

2. Name _____ Hm phone _____ Other phone _____

Permission and Release: I give permission for my child to participate in this activity. I understand that there are risks associated with competitive sports. In the event he/she is injured, I waive and release all rights to any claim for damages against HSAA and its representatives. I further agree that any claim or dispute arising from or related to this agreement shall be settled by mediation and, if necessary, legally binding arbitration in accordance with the *Rules of Procedure for Christian Conciliation* of the Institute for Christian Conciliation, a division of Peacemaker[®] Ministries (complete text of the Rules is available at www.Peacemaker.net). Judgment upon an arbitration decision may be entered in any court otherwise having jurisdiction. The parties understand that these methods shall be the sole remedy for any controversy or claim arising out of this agreement and expressly waive their right to file a lawsuit in any civil court against one another for such disputes, except to enforce an arbitration decision.

Medical Release: In the event my child suffers sudden illness, accident, or injury and neither parents nor guardians can be contacted, I give permission for any emergency treatment that is deemed necessary by a licensed physician.

Family physician _____ Phone _____

Pertinent medical information (diabetes, allergies, etc.): _____

Parent Signature _____ Date _____

PREPARTICIPATION PHYSICAL EVALUATION -- MEDICAL HISTORY REVISED 1-11-06

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

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

In case of emergency, contact:

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

1. Have you had a medical illness or injury since your last check up or sports physical? **Yes** **No**
2. Have you been hospitalized overnight in the past year? **Yes** **No**
Have you ever had surgery? **Yes** **No** Please list: _____
3. Are you currently taking any prescription or non-prescription (over-the-counter) medication or pills or using an inhaler? **Yes** **No** Please list: _____
4. Do you have any allergies (for example, to pollen, medicine, food, or stinging insects)? **Yes** **No**
5. Have you ever passed out during or after exercise? **Yes** **No**
Have you ever been dizzy during or after exercise? **Yes** **No**
Have you ever had chest pain during or after exercise? **Yes** **No**
Do you get tired more quickly than your friends do during exercise? **Yes** **No**
Have you ever had racing of your heart or skipped heartbeats? **Yes** **No**
Have you had high blood pressure or high cholesterol? **Yes** **No**
Have you ever been told you have a heart murmur? **Yes** **No**
Has any family member or relative died of heart problems or of sudden unexpected death before age 50? **Yes** **No**
Has any family member been diagnosed with enlarged heart, hypertrophic cardiomyopathy, long QT syndrome, Marfan's syndrome, or abnormal heart rhythm? **Yes** **No**
Have you had a severe viral infection (for example, myocarditis or mononucleosis) within the last month? **Yes** **No**
Has a physician ever denied or restricted your participation in sports for any heart problems? **Yes** **No**
6. Do you have any current skin problems (for example, itching, rashes, acne, warts, fungus, or blisters)? **Yes** **No**
7. Have you ever had a head injury or concussion? **Yes** **No**
Have you ever been knocked out, become unconscious, or lost your memory? **Yes** **No**
If yes, how many times? When was the last concussion?
How severe was each one? (Explain below)
Have you ever had a seizure? **Yes** **No**
Do you have frequent or severe headaches? **Yes** **No**
Have you ever had numbness or tingling in your arms, hands, legs, or feet? **Yes** **No**
Have you ever had a stinger, burner, or pinched nerve? **Yes** **No**
8. Have you ever become ill from exercising in the heat? **Yes** **No**
9. Have you ever gotten unexpectedly short of breath with exercise? **Yes** **No**
Do you cough, wheeze, or have trouble breathing during or after activity? **Yes** **No**
Do you have asthma? **Yes** **No**
Do you have seasonal allergies that require medical treatment? **Yes** **No**
10. Have you had any problems with your eyes or vision? **Yes** **No**
11. Are you missing any paired organs? **Yes** **No**
12. Do you use any special protective or corrective equipment or devices that aren't usually used for your sport or position (for example, knee brace, special neckroll, foot orthotics, retainer on your teeth, hearing aid)? **Yes** **No**

13. Have you ever had a sprain, strain, or swelling after injury? **Yes** **No**

Have you broken or fractured any bones or dislocated any joints? **Yes** **No**

Have you had any other problems with pain or swelling in muscles, tendons, bones, or joints? **Yes** **No**

If yes, check appropriate box and explain below.

Head Elbow Hip

Neck Forearm Thigh

Back Wrist Knee

Chest Hand Shin/Calf

Shoulder Finger Ankle

Upper Arm Foot

14. Do you want to weigh more or less than you do now?

15. Do you feel stressed out?

16. Record the dates of your most recent immunizations (shots) for:

Tetanus Measles

Hepatitis B Chickenpox

17. Are you under a doctor's care?

Females Only

18. When was your first menstrual period?

When was your most recent menstrual period?

How much time do you usually have from the start of one period to the start of another?

How many periods have you had in the last year?

What was the longest time between periods in the last year?

An individual answering in the affirmative to any question relating to a possible cardiovascular health issue (question five 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.

It is understood that even though protective equipment is worn by the athlete, whenever needed, the possibility of an accident still remains. Neither the Home School Athletic Association nor the high 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 athletic competition, 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: _____

THIS FORM MUST BE ON FILE PRIOR TO PARTICIPATION IN ANY PRACTICE, SCRIMMAGE OR CONTEST BEFORE, DURING OR AFTER SCHOOL.

PREPARTICIPATION PHYSICAL EVALUATION -- PHYSICAL EXAMINATION

Student's

Name _____ Sex _____ Age _____ DOB _____
Height _____ Weight _____ % Body fat (optional) _____ Pulse _____ BP ____ / ____
Vision Corrected: Y N Pupils: Equal _____ Unequal _____

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
Skin

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: _____

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

Phone
Number: _____
Signature: _____

I _____, HSAA High School Baseball player, agree to abide by the following guidelines:

1. Be courteous to opposing teams and treat all players and coaches with respect.
2. Be modest in victory and gracious in defeat.
3. Demonstrate good sportsmanship before, during, and after games.
4. Show respect for authority and umpires, whether you agree with a call or not.
5. Respect the privilege of using all playing facilities by cleaning up dugouts, practice fields, batting cages, stands, and grounds after a practice or game.
6. Show up for practice on time, with all equipment and ready to play.
7. Make reasonable efforts in advance to be excused from any scheduled classes or activities that conflict with playing in games or tournaments.
8. Communicate to the coach ahead of time when you will miss a practice or game.
9. Dress in uniform or practice attire at all HSAA games and or practices.
10. Tell the coach any concerns or problems instead of talking to others about them
11. Fully participate in all fundraising efforts
12. Turn in assignments or workout schedules as requested by coaches.
12. If you play on the Varsity, plan to participate in all tournaments that require travel.

Athlete signature

Date

HSAA Expectations

“So whether you eat or drink, or whatever you do, do it all to the glory of God.”

HSAA expects its Coaches to:

1. Be responsible for their own behavior and also the behavior of their team members, their parents, and fans.
2. Lead by example in being respectful of other players, coaches, fans, and officials at all times.
3. Provide a sports environment for their team that is free of drugs, tobacco, alcohol, and abusive language at all HSAA events.
4. Place the emotional and physical well being of their players ahead of a personal desire or external pressure to win.
5. Never publicly demean a player, official, opposing coach, or parent.
6. Ensure that their players are supervised by a coach or another designated adult and never allow their players to be left unattended or unsupervised at a game or practice.
7. Never knowingly permit an injured player to play or return to the game.
8. Take reasonable steps to see that all equipment used by their players is safe and conforms to standards.
9. Take the initiative in resolving any known or suspected conflict relating to a player or family.
10. Accept positive and negative feedback graciously as from the Lord.
11. Communicate expectations—including these HSAA expectations—clearly to players and parents.

HSAA expects its Players to:

1. Be courteous to opposing teams and treat all players, officials, and coaches with the utmost respect.
2. Be modest in victory and gracious in defeat.
3. Demonstrate good sportsmanship before, during, and after games. Stay composed and exercise “self-control.”
4. Show respect for authority to all officials, whether or not they agree with a call.

5. Respect the privilege of using playing facilities by cleaning up benches, locker-rooms, stands, and grounds after a practice or game.
6. Refrain from use of alcohol, tobacco, and illegal drugs.
7. Avoid profanity or demeaning speech on all occasions, even in the "heat of competition."
8. Be an Encourager.
9. Understand that the TEAM comes before the welfare of an individual player.
10. Be willing to serve in any role to build TEAM success.
11. Show up for practice on time, with proper equipment and ready to play.
12. Make reasonable efforts in advance to be excused from any scheduled classes or activities that conflict with practices, games, or team functions.
13. Communicate to the coach ahead of time when they will miss a practice or game.
14. Dress in a manner that could not be considered offensive or morally suggestive at all HSAA events.
15. Tell the coach of their concerns or problems instead of talking to others about them.
16. Seek to resolve personal conflicts with teammates. Speak to them first and seek reconciliation.

HSAA expects Parents to:

1. Trust the coach to coach the team.
2. Volunteer to help with team needs whenever possible.
3. Let the officials and umpires call the game, remembering that they too are only human and that rarely is the outcome of a game determined by a "bad call."
4. Demonstrate exemplary sportsmanship at games by using only positive cheers and never laughing at errors or jeering an opponent.
5. Advocate a sports environment that is free of drugs, tobacco, alcohol, and abusive language, including profanity, and refrain from their use during any HSAA event.
6. Assist their athletes to show up to practice and games on time, with proper equipment, and ready to play.

7. Direct their athletes to communicate to the coach in advance of any anticipated missed practices or games.

8. Speak to the coach privately (and not to others) about any issues concerning any aspect of their family or athlete's participation on an HSAA team.

9. Speak to the particular HSAA Commissioner about any issue not adequately resolved with a coach.

10. Be familiar with the HSAA Rules of Eligibility and to notify the coach of any reason their athlete might not qualify to play with HSAA.

11. Fill out the post-season evaluations with truth and love.

Adopted this 4th day of August, 2010, by the HSAA Board of Directors.

Player Signature_____

Parent Signature_____

APPEARANCE GUIDELINES

The most valuable asset belonging to HSAA is its reputation. Our reputation among the schools we play is determined by not only our competitive play, but our behavior and our appearance. "You only get one chance to make a first impression." Most schools have dress codes that limit individual expression in appearance during school activities. HSAA desires to put forth a positive statement with our appearance and, most of all, our character. In our appearance, we want to refrain from drawing attention to ourselves or from detracting from the TEAM.

All HSAA Athletes, Commissioners, Coaches, Board Members, and all others who represent HSAA are encouraged to dress in a manner that could not be considered offensive or morally suggestive but would, in every way, glorify our Lord Jesus Christ and would represent HSAA without reproach.

All HSAA Athletes will be expected to abide by the following guidelines when attending all HSAA functions, sporting events, fundraisers, or whenever representing HSAA.

Commissioners and Coaches are encouraged to provide guidance to student-athletes with regard to dress and appearance for all HSAA sporting events, practices, traveling for sporting events, fundraisers, and whenever representing HSAA.

The HSAA Board reserves the right to make final determination of what appearance is considered unsatisfactory, whether addressed in these guidelines or not.

Male Athletes

- Uniform shirt-tails must remain tucked /untucked while in uniform, consistent with the requirements of the sport.
- When taking the court/field "warming up" for a game, all team members should be consistent with the uniform.
- Team members must not remove any part of their uniform until they leave the court/field unless receiving treatment for injury.
- Hair must be maintained in a "clean cut" look. (Each commissioner will set hair guidelines for his/her own sport.)
- Sideburns must be no longer than ear lobes; same width throughout.
- Face must be clean-shaven at practices, games, and HSAA-sponsored events.
- No visible tattoos or piercings.
- No visible undergarments.
- Caps to be worn front and centered.

Female Athletes

- Uniform shirt-tails must remain tucked /untucked while in uniform, consistent with the requirements of the sport.
- When taking the court/field "warming up" for a game, all team members should be consistent with the uniform.
- Team members must not remove any part of their uniform until they leave the court/field unless receiving treatment for injury.
- Hair must be maintained neatly.
- No visible tattoos or piercings (with the exception of pierced ear lobes for female athletes).
- No earrings or jewelry at practices or games.
- No visible undergarments.

Adopted this 1st day of June, 2009, by the HSAA Board of Directors.

I have read and agree to the HSAA Appearance Guidelines. (Circle One) Yes No

Player Signature: _____

Date: _____

Parent Signature: _____

Date: _____

Home School Athletic Association, Inc.

Mission Statement

HSAA exists to provide homeschooled children with the benefits of participation in organized team sports in a setting that honors God, Who created them. HSAA desires to provide homeschooled students with excellent instruction in the skills required for the sports in which they participate, and to provide them with opportunities to use those skills at appropriate competitive levels, including the highest level of secondary school competition. HSAA is committed to modeling and teaching Christian character traits, including self-discipline, self-respect, respect for authority, and good sportsmanship.

HSAA Vision – The HSAA Dream

Teams. The HSAA vision, our dream, is to provide every homeschooler with attractive opportunities to participate in the team sport of his/her choice. These teams would consist of all homeschoolers with a common goal of physical, spiritual, and emotional development. Coaches would be homeschool parents who emphasize Christ-like character and manner. Students would be taught the value of Godly character development, Biblical values, self-respect, respect for authority, respect for peers, self discipline, physical conditioning, and development of athletic skills.

Facilities. HSAA would own and operate first-class athletic facilities dedicated to homeschool sports. There would be lighted soccer and baseball fields, indoor training facilities, batting and pitching cages, indoor basketball and volleyball courts as well as seating for games. All facilities would be staffed and operated by homeschool students and employees of HSAA.

Competition. All sports would provide opportunities for both recreational and competitive teams. At the middle school and high school levels, teams would compete against the best private and public school teams. Homeschooled children would have the opportunity to develop their God-given talents in preparation for collegiate-level participation. HSAA teams would set the standard for both sportsmanship and skill level and maintain a reputation for excellence state and nationwide. Instead of re-entering institutional schools to participate in sports, students would be seeking to begin homeschooling in order to play on HSAA teams.

Financial Considerations. First-class sports programs and facilities are not inexpensive. Our vision is that every homeschool student should have the opportunity to play and develop, regardless of family financial resources. We believe there are businesses and private foundations that would financially support the HSAA dream. Toward this goal, HSAA has received tax-exempt recognition from the IRS to allow it to solicit and accept tax-deductible donations for both scholarships and facilities.

HSAA is a homeschool sports organization that serves the Dallas / North Texas areas.

www.HSAA.org

HSAA Eligibility Requirements

Academic Qualifications

A player must be homeschooled. "Homeschooled" means that a player must be receiving his or her primary educational direction through the home. See [Explanation of How HSAA Interprets Homeschooling](#).

A player must be living at home with a parent or guardian.

A player is ineligible if that player is enrolled in more than 9 hours of dual-credit and/or college courses.

A player is ineligible if that player has gone through a homeschool, public school, or private school high school graduation ceremony prior to that season's first game.

A player must be passing all courses in order to participate in a contest or tournament. In performing the role of administrator for the homeschool, the parent is solely responsible for enforcing this rule.

Athletic Grade Classifications and Designations

HSAA, a grade-based athletic program, is designed for Middle School and High School homeschooled students. Middle School includes grades 6 through 8; High School includes grades 9 through 12.

An athletic grade designation must be declared prior to the tryouts and must conform to HSAA maximum age qualifications.

After or during the tryout of the first year of high school participation (whether participation took place at HSAA or another homeschool, public, or private school team), an athletic grade re-classification is *not* allowed.

A player shall become ineligible after 4 years of high school participation. **Note:** An exception is if the HSAA Board approves the participation of an 8th grader on an HSAA high school sub-varsity team, in which case that player is granted 5 years of high school participation.

A high school player is ineligible to play on a middle school team. In other words, a ninth grader is prohibited from playing on a middle school team regardless of his or her age.

A middle school player is ineligible to play on a high school team, unless the middle school player is prevented from playing on a middle school team due to the age requirement, in which case the middle school player is considered a 9th grader for sports eligibility purposes. **Note:** An exception is if the HSAA Board approves the participation of an 8th grader on an HSAA high school sub-varsity team.

A 12th grader is prohibited from playing on a sub-varsity team regardless of his or her age.

Age Qualifications

A player is ineligible to play on any team on the next September 1st following that player's 19th birthday.

A player is ineligible to play on a middle school team on the next September 1st following that player's 15th birthday.

Transfers and Expulsions

If a player started the season on another homeschool, public, or private school team, no transfer shall be allowed during the season without the approval of the HSAA Board.

If a player was expelled from a public or private school during the academic school year or in the year prior, no transfer shall be allowed without the approval of the HSAA Board.

A player cannot play on another homeschool, public, or private school team in the same sport at the same time as playing on an HSAA-sponsored team.

Age-Based Participation

Periodically, such as the National Christian Homeschool Basketball Championships, an HSAA team may have the opportunity to participate in a pure, age-based contest or tournament. In those cases, teams may, at the discretion of the Commissioner, be re-configured in such a way as to disregard grade classifications and adhere to only age guidelines.

Exceptions

Exceptions to any eligibility requirement (except age limitations) may be made only by express approval of the HSAA Board. No exceptions will be permitted to the age limitations.

These Eligibility Requirements Last Revised:

May 7, 2010 (dual-credit or college hours increased from 8 hours to 9 hours; added **Explanation of How HSAA Interprets Homeschooling**)

HSAA Education Descriptors

Sort	Type	Description	Homeschooling Status
1	Public ISD (including Homebound Education and Online Courses)	Educational Program dictated by the <i>local</i> /ISD, under the State direction and oversight of the UIL.	Ineligible
2	Local Charter School	Educational Program dictated by local Charter School, under the direction of the Charter School Board and oversight of the UIL.	Ineligible
3	Community College (including "Dual Credit Hours")	Educational Program dictated by Community College under direction and oversight of the State.	Use 50% Rule (maximum 9 hours)
4	Private School (e.g., Prestonwood, Prince of Peace, ESD, Cistercian, Hockaday, etc.)	Educational Program dictated by School, under the direction and oversight of TAPPS, SPC, etc.	Use 50% Rule (disallow full-time students)
5	University Model School (e.g., Coram Deo, Lucas, Lakewood, Grace Prep, Dallas Learning Center)	Educational Program dictated by School, under the direction and oversight of TAPPS or other extracurricular Organization.	Use 50% Rule (disallow full-time students)
6	Distance Learning Program (e.g., Bob Jones, Abeka, Texas Tech High School, K12.com, etc.)	Educational Program dictated by <i>non-local</i> Sponsor and classes monitored by <i>Parent at Home</i> .	Eligible
7	Hired Instructor or Tutor (at home or another location)	Educational Program dictated by Parent and classes sometimes monitored by Parent at Home.	Eligible
8	Enrichment Coops	Educational Program dictated by Parent.	Eligible
9	Contracted Services / Course-Level Coops (RHSA, THEO, N-Tech, WorldView program)	Educational Program dictated by Parent and conducted by "hired" teachers under the direction of the Parent.	Eligible
10	Parent-Taught Classes (may include CDs, online, video school, etc.)	Educational Program directed wholly by the Parent using purchased or developed curriculums.	Eligible

What Is the 50% Rule?

For a player to be considered "homeschooled," 50% of his/her education must arrive from at least one of the following sources:

- Class taught at home by parent, grandparent, legal guardian, or an older sibling of at least 18 years of age (may include CDs, online courses, video school, etc.)
- Class taught by hired instructor or tutor (designated by the parent) at home or another location (does *not* include community college)
- Homeschool co-op
- Class at any location where homeschoolers gather to receive contracted educational services from volunteers and/or hired teachers, and where each parent manages the transcript and diploma of the particular student (does *not* include community college)
- "Distance" learning program, such as Bob Jones, Abeka, Texas Tech High School, K12.com, or other non-local high school-level correspondence program, as long as the classes are overseen by a parent at home (does *not* include homebound or online courses administered by a local ISD or charter school)
- Participation on an HSAA sports team (constitutes only 1 homeschool class per semester)

Note: If a student is attending "part-time" at a TAPPS, SPC, or UIL school, and that school deems the student eligible to participate in its sports program(s), then that student is ineligible for the HSAA sports program. This doesn't apply to schools that already allow homeschoolers to participate on their sports teams.



Home School Athletic Association

High School Baseball Goals Assignment

Fall 2011 Goals Due 9/1/2011 and Spring 2012 Goals Due 12/15/2011

Personal Goals:

Choose One: **Fall 2011 Goals** or **Spring 2012 Goals**

1) _____

How I Plan To Accomplish: _____

2) _____

How I Plan To Accomplish: _____

3) _____

How I Plan To Accomplish: _____

Signature:

Date:

If you turn in a hard copy, please give it to Debbie Fusselman.

If you fill it out, scan & email the form, please send to both email addresses below:

Ken Goode
Ken_Goode@dell.com

and

Debbie Fusselman
dkfusselman@gmail.com