LIBERTY DOLLS PACKET

2022-2023

Come and be a part of the Lakeview Centennial Liberty Dolls!!

You need <u>NO Experience</u> to be on JV Drill Team!!!!!

We will teach you ALL you need to know!!!



https://forms.gle/FPirqxezV7DW3iZj9

JV Drill Application



This packet is just for informational purposes. Use the FORM QR code above to submit all your information.

General Information about the Liberty Dolls Junior Varsity Drill Team at Lakeview Centennial High School:

Purpose: Drill team is great for all high school students because it provides them with friends who are actively supporting Lakeview before school even begins. Girls with zero dance experience are taught the fundamentals of dance and prepped to tryout for our Varsity Drill Team, the Yankee Doodle Sweethearts. Drill team builds self-esteem, provides a positive atmosphere, creates lifelong friendships, and encourages the development of self-discipline.

Officer Positions: We will not have officer positions. More experienced dancers and/or girls with leadership interests are encouraged to try out for Varsity Sweethearts drill team April 25th-29th.

Informational Meeting: More information about how Liberty Dolls will work will be discussed at the Informational Meeting on Monday, April 18th, 2022 at 6:00pm in the Lakeview Cafeteria.

Required Clothing purchases for team: Practice wear, as well as field uniform will be required.

Team Leader provides our practice wear and Cheer Etc. provides our field uniforms. Each girl and parent must attend the Fitting to choose sizes for their practice wear and uniforms. The price sheets form will be available at the Informational Meeting on Monday, April 18th at 6:00pm.

Costs: Liberty Dolls are responsible for all their own costs by their due date. This includes:

- 1. Purchasing Practice wear (approx.. \$300)
- 2. Cleaning Uniform Fee (\$30 fee)
- 3. Summer Camp (\$50)
- 4. Must buy your own extra items on your own: white ked-like shoes, jazz shoes, make-up, etc.)

Physicals: A physical will also be required by first day of summer practice, and must be dated AFTER May 1, 2022 to be valid for the new year. Will be due July 27th.

What do we do during the year?

Those who decide to join the team will have the opportunity to:

- -Perform field routines at three JV football games
- -Attend director designated Varsity games
- -Perform at basketball games
- -Perform in the Sweethearts Varsity Drill Team Spring Show
- -Learn dance skills for Varsity Drill Team tryouts

In Class Next Year: If you would like to join our team next year, be sure to register for JV drill team when you select your classes with your 8th grade counselors. Then carefully read this packet, fill out all the forms and turn them in as instructed. Please be sure to keep up with all of the dates listed in the packet! If all these are not complete by the due dates, you will be removed from the class in August.

If you have any questions or concerns please contact Mrs. Berry Gondran or Mrs. Mauldin at:

972-240-3740

EJBerryG@garlandisd.net LSMauldi@garlandisd.net

Important Dates Overview

Date	Events	Location	<u>Time</u>		
April 18, 2022	Informational Meeting -Candle Info Pass out	LC Cafe 6:00 pm			
May 6, 2022 5:00pm	LINE MEMBER APPLICATIONS DUE NOT be acceptedLine Application includes: Your information, Fine Arts Handbook Agreement Standard of Uniformity Agreem Pic of most recent Report Card, Pic of most recent Attendance of the commendations, Code of Conduct agreement JV Drill Team Essay Due no later than Friday, May 6th by 5:00	t Page, ent Report,			
May 23, 2022	First Required Meeting	LC Cafe	6:00 pm-8:00pm		
	 Candle Fundraiser Due (goes towards tear Practice wear Ordered and Paid for today Estimated \$300.00 (brand new) due for Pr Estimated \$30 for uniform cleaning 	- ,	(cash, money order, credit card)		
June 2, 2022	First Team Practice(& candle Pick-up)	LCHS Cafeteria	6:00pm- 8:00pm		
July 27, 2022	TEAM PRACTICE \$50 Camp fee due (cash) Physical Due	LCHS Cafeteria	9:00am-12:00noon		
July 28, 2022 July 29, 2022 July 30, 2022	Line Camp	Garland HS	9:00-3:00pm 9:00-3:00pm 9:00-12:30pm		
August 8, 2022	First Day of School				

^{**} Remember ALL scheduled events are MANDATORY!!

Liberty Doll Important Dates/Details

2022-2023

Informational Meeting

On Monday, April 18, at 6:00 pm, all <u>students</u> interested in JV drill team at Lakeview <u>and their parents</u> are invited to come and learn about time and cost obligations from the director. We will discuss the *Calendar of Events, Fine Arts Handbook, Candle fundraiser*, etc.

Liberty Dolls Sign Up Deadline

The JV Drill Team Line Application, a copy of your most recent report card, a copy of your most recent attendance record, the signed Fine Arts Handbook Agreement, JV Drill Team Essay, parent signed Code of Conduct and 3 Letters of Teacher Recommendations are due on or before Friday, May 6 at 5pm. All applications must be complete in order to sign up for Liberty Dolls. Applications will not be accepted after Friday, May 6 by 5pm using the VIRTUAL form. NO LATE APPLICATIONS WILL BE ACCEPTED.

Officer/Squad Leader

Liberty Dolls will not have officers. If more experienced or talented dancers want to challenge themselves, we encourage you to try out for Varsity Drill Team- Sweethearts. Throughout the year, you will be placed in squads, and report to JV Sergeants and the Director.

Dancewear Fitting

A mandatory fitting will be held on Monday, May 23 at 6:00pm. At this time, Team Leader is requiring that you pay *in full* by cashiers check, money order, cash or credit card. <u>Personal checks will not be accepted</u>. Please come prepared to try on the clothing, and order and pay for your clothes same day.

Uniform Fitting

On Monday, May 23, at 6:00pm (Same as the Dancewear Fitting), You will be using school purchased uniforms, so you need to turn in your waist size, and the cleaning fee of \$30. Make sure YOU measure yourself ACCURATELY. Cash ONLY.

Pre-Camp Team Practices-Required

Full Team practices will be held on July 27 from 9am-12noon. The whole team will learn and practice the school songs and make other preparations for camp the next day. The camp payment of \$50.00 (in exact cash) will be due at this time JULY 2022. You also must have your physical on this day.

Line Camp-Required

The team will attend a mandatory line camp in the summer. The camp will be held on July 28-29 from 9:00am-3:00pm, AND July 30, from 9:00am-12:30pm at Garland High School. On the 30th, there will be showoffs at 12:30pm. This camp is where the Liberty Dolls will learn all material for performances during football and basketball season.

After School Practice

This year, Liberty Dolls are focusing on preparing for Varsity level technique. We will not be performing as much, so we will **not** have regular practices after school. However, if it is necessary, the director will call an after school practice as needed.

Practices- During school or after school

Each unexcused absence will result in points deducted based on the GISD JV Drill Team Fine Arts Handbook, and removal from upcoming performances. Missing practices, even excused, will also exclude you from upcoming performances, as you would need to be here to know your parts.

Junior Varsity Football Games

The Liberty Dolls will perform at <u>some District Junior Varsity</u> football games as designated by the director. These are scheduled on either Wednesday or Thursday evenings during the fall semester and usually fall the day just prior to Varsity football games. Attendance at all District JV games is mandatory, whether you perform or not. You must ride the bus to and from games.

Varsity Football Games

The Liberty Dolls must attend all District Varsity football games **as designated by the director**. These are scheduled on either Thursday or Friday evenings during the fall semester, and usually fall on the day after the JV football games. Attendance and transportation are the same as above. Official schedules and calendars for these games will be sent out at the beginning of football season.

Tryouts for Performances

Every performance, including football, basketball, contest or spring show, will require a tryout. Tryouts will be used to determine if the Liberty Doll has enough memory, showmanship, and technique to perform the required movements in the dance. These determinations will be made by the director, and/or assistant director and magnet coordinator for each performance. Consideration will be made to make sure girls get as many chances to perform as possible. However, it is up to each individual Liberty Doll to ask for help, feedback and to practice on their own outside of school.

Other Mandatory Performances

Liberty Dolls are required to attend two parades: the Labor Day Parade in August, as well as the MLK parade in January. Liberty Dolls are also required to attend District Dance Festival.

JV Drill Team Line Application

Name ID#	
Home Address	
Student Cell Phone Number	
Student Email Address	
Father's Name Work/Cell Phone #	
Father's Email Address	
Mother's Name Work/Cell Phone #	
Mother's Email Address	
School Presently Attending	
Present Grade Level Birth Date	
As a member of the Lakeview Centennial Liberty Dolls, I have fully read and und uphold the honor and dignity of being a Liberty Doll by respecting my director, of and principals at all times. I understand that I am required to attend summer car fully aware of and agree to accept the responsibility of being a member of the La Varsity Drill Team.	ficers, teammates, school, teachers, mp and all practices as scheduled. I a
Member's Signature Date	
As a parent/guardian of a student who wishes to become a member of the Libert understand the information packet and what is expected of my student. I realize summer camp and all practices and performances. I give my student permission Centennial Liberty Dolls Junior Varsity Drill Team.	my student will be required to attend
Parent/Guardian Signature Date	



This packet is just for informational purposes. Use the FORM linked in the QR above to submit.

Junior Varsity Drill Team Fine Arts Handbook Agreement

As a student, and parent, we have read the Garland ISD Drill Team Fine Arts Handbook found on the GISD website at https://garlandisd.net/media/15517/download?inline
We understand the regulations and policies for the JV Drill Team. I agree to abide by the standards of conduct and point system while being a member of the JV Drill Team.
We also understand, as stated in the handbook, if I quit or am removed for any reason, I will not be able to wear any attire related to Liberty Dolls.

Parent Signature	 	
-		
Liberty Doll Signature		

Standard of Uniformity

Hair:

Performance hair is high bun, no part, with all sides back and no wispies at all, using a hair tie that matches your hair color. Use a hair net, if needed to control extra hair.

not be

Parent Signature:_____

JUNIOR VARSITY DRILL TEAM ESSAY

Being a part of the Liberty Dolls is an honor and a privilege. Drill Team promotes school spirit, teamwork, and good sportsmanship. In 200 words or more please include the following topics:

- 1. Describe yourself...Things you like? Things you dislike? What are your interests?
- 2. Dance Experience...Have you had any dance experience? If so, for how long have you been dancing? What is your favorite type of dance?
- 3. Why do you want to be a Liberty Doll?
- 4. What qualities will you bring to the JV Drill Team?
- 5. What is your favorite subject in school?
- 6. What are you looking forward to most about attending Lakeview Centennial High School?

Please TYPE YOUR ESSAY and turn it in with the rest of your paperwork by Friday, May 6!!

LIBERTY DOLLS APPLICATION CHECKLIST

- 1. Line Application
- 2. Most Recent Report Card
- 3. Most Recent Attendance Record
- 4. Standard of Uniformity Agreement
- 5. 3 Letters of Teacher Recommendations
- 6. Liberty Dolls Essay
- 7. JV Fine Arts Handbook Agreement
- 8. JV Code of Conduct Agreement
- 9. Standard of Uniformity Agreement

*ALL PAPERWORK MUST BE COMPLETE AND TURNED IN Electronically Use the Google Form-

https://forms.gle/FPirqxezV7DW3iZj9
BY Friday, MAY 6 by 5:00pm.

Included Below:

- 1. Fine Arts Handbook Agreement- Initialed and Signed by parent and student- pictures of signed turned in with electronic App.
- 2. Physical completed after May 1, 2022- due by July 27
- 3. Concussion Protocol Signed by parent-due by July 27
- 4. Fine Arts Media Release- due by July 27

_

Garland Independent School District Fine Arts Handbook Cheerleading, Drill Team, Step, and World Dance Company Permission, Commitment, and Signature Page

Student Name (Please Print)
Legal Parent/Guardian (Please Print)
Check the Fine Arts Group you are auditioning for/joining:
Cheer Junior Varsity Drill Team Varsity Drill Team
Step Team World Dance Company
Please read each statement and initial. A candidate/member and a legal parent/guardian signature and date is required at the end of the statements.
Candidate/Member:
I have received, read, and understand all of the information in this tryout packet and agree to abide by all rules and regulations regarding tryouts.
I understand that the judges' decision is final.
I have received, read, and understand the Fine Arts Handbook and agree to abide by all rules and regulations of the Fine Arts Group.
I have received, read and understand the GISD District Code of Conduct and agree to abide by all rules and regulations. (Internet access www.garlandisd.com)
I have received, read and understand the financial obligation involved with being a member. I also understand that I will not receive any items, but I must still attend any events/performances, if I have not fulfilled my financial contract.
I have received, read and understand that in addition to yearly tryouts, to remain on the team, there may be weekly tryouts conducted by teacher (coach, director, and sponsor).
I have received, read and understand that I must pass all of my classes, with the exception of waived classes, to be eligible to perform. (Refer to TEA/UIL Regulations).
I have read and understand my behavior and conduct will be held to a higher standard on this team, both in and out of school.
I have read and understand that I am required to attend all mandatory practices, performances, contest(s), and events. An unexcused absence will receive consequences.
I understand that I am to ride to and from all events and performances on school transportation with my team. All members are to be pick up from the school after games/competitions/performances/events no later than 20 minutes after being dismissed by the teacher.

I understand and agree to abide by the Standard of Uniformity (hair, makeup, and nails) that was established by a committee of my peers.
I understand that I will be responsible for returning all uniforms, poms, props etc. in good condition. Uniforms must be cleaned according to the instructions given by the director/coach. A cleaning receipt attached to the uniform may be required.
Legal Parent/Guardian:
I have received, read, and understand all of the information in this tryout packet and agree to abide by all rules and regulations regarding tryouts.
I understand the judges' decision is final.
I have received, read, and understand the Fine Arts Handbook and agree to abide by all rules and regulations of the Fine Arts Group.
I have received, read and understand the GISD District Code of Conduct and agree to abide by all rules and regulations. (Internet access www.garlandisd.net)
I have received, read and understand the financial obligation and payments involved with my student being a member. I also understand that my student will not receive any items, but must still attend any events/performances, if I have not fulfilled my financial contract.
I have received, read and understand that in addition to yearly tryouts, to remain on the team, there may be weekly tryouts conducted by the teacher (coach, director, and sponsor).
I have received, read and understand that my student must pass all classes, with the exception of waived classes, to be eligible to perform. (Refer to TEA/UIL Regulations).
I have read and understand that my student's behavior and conduct will be held to a higher standard on this team, both in and out of school.
I have read and understand that my student is required to attend all mandatory practices, performances, contest(s), and events.
I understand that my student is required to ride to and from all events and performances on school transportation with their team. All members are to be picked up from the school after games/competitions/performances/events no later than 20 minutes after being dismissed by the teacher.
I understand and agree to the Standard of Uniformity (hair, makeup, and nails) that was established by a committee within the Fine Arts Group.
I understand that I will be responsible for returning all uniforms, poms, props etc. in good condition. Uniforms must be cleaned according to the instructions given by the director/coach. A cleaning receipt attached to the uniform may be required.
Candidate/Member Printed Name
Candidate/Member Signature
Date
Legal Parent/Guardian Printed Name
Legal Parent/Guardian Signature
Date

questions are designed to determine if the student has develope Student's Name: (print)								
Address								
Grade School						- riiolie_		
Personal Physician						Phone		
In case of emergency, contact:						riiotic		
Name Relationship			Dhone (III)		(W)		
				n)		(w)		
ain "Yes" answers in the box below**. Circle questions you do	n't know	the ans	wers to.					
University but a modified illeger or initiative interest about	Yes	No						Yes
Have you had a medical illness or injury since your last check up or physical?			13.			unexpectedly short of	breath with	
Have you been hospitalized overnight in the past year?				Dow	use? ou have asthma?			
Have you ever had surgery?	$\overline{}$	П				allergies that require r	medical treatment?	H
Have you ever had prior testing for the heart ordered by a	H	П	14.			al protective or correct		H
physician?						ally used for your activ		
Have you ever passed out during or after exercise?				(for e	xample, knee bra	ace, special neck roll, f	oot orthotics,	
Have you ever had chest pain during or after exercise?				retain	er on your teeth,	, hearing aid)?		_
Do you get tired more quickly than your friends do during			15.			sprain, strain, or swelli		
exercise?				Have	you broken or f	ractured any bones or o	dislocated any	
Have you ever had racing of your heart or skipped heartbeats?				joint				_
Have you had high blood pressure or high cholesterol?		Щ				her problems with pain	or swelling in	
Have you ever been told you have a heart murmur? Has any family member or relative died of heart problems or o	. 📙				les, tendons, bo			
sudden unexplained death before age 50?				If ye	s, check appropr	iate box and explain be	elow:	
Has any family member been diagnosed with enlarged heart,					Head	Elbow	T III	
(dilated cardiomyopathy), hypertrophic cardiomyopathy, long					Neck	Forearm	Hip Thigh	
OT syndrome or other ion channelpathy (Brugada syndrome,					Back	Wrist	Knee	
etc), Marfan's syndrome, or abnormal heart rhythm?					Chest	Hand	Shin/Calf	
lave you had a severe viral infection (for example,					Shoulder	Finger	Ankle	
nyocarditis or mononucleosis) within the last month?				_	Upper Arm	Foot		
las a physician ever denied or restricted your participation in			16.			th more or less than yo	u do now?	
ctivities for any heart problems?		_	17.		ou feel stressed			Ħ
lave you ever had a head injury or concussion?			18.	Have	vou ever been	diagnosed with or trea	ted for sickle cell	Б
Have you ever been knocked out, become unconscious, or lost		Ħ			or sickle cell dis	_	ica for sienie cen	
our memory?			Females O	nly				
f yes, how many times? When was your last concussion?					your first menstr			
low severe was each one? (Explain below)					_	t menstrual period?		
						ially have from the star	rt of one period to the	start (
Have you ever had a seizure? Do you have frequent or severe headaches?	Ħ	Ħ			indo bassassa	u had in the last year?		
Have you ever had numbness or tingling in your arms, hands,	H	Ħ				between periods in the		
legs or feet?					ine iongest time	between periods in the	last year?	
Have you ever had a stinger, burner, or pinched nerve?			Males On	ly s vou m	issing a testicle	?		
Are you missing any paired organs?		Ħ						
Are you under a doctor's care?		Ħ		_		swelling or masses? _ i) is not required. I hav	e read and understan	d the
Are you currently taking any prescription or non-prescription						creening on the UIL Si		
(over-the-counter) medication or pills or using an inhaler?						ng this box, I choose to		
Do you have any allergies (for example, to pollen, medicine,						ac screening. I underst	and it is the responsib	ility o
ood, or stinging insects)?			_	_		oay for such ECG.		
Have you ever been dizzy during or after exercise?			EXPLA	IN 'YES	ANSWERS IN T	THE BOX BELOW (attack	h another sheet if necess	ary):
Do you have any current skin problems (for example, itching, rashes, acne, warts, fungus, or blisters)?								
Have you ever become ill from exercising in the heat?								
lave you had any problems with your eyes or vision?								
t is understood that even though protective equipment is worn by ath	detes, who	never ne	eded, the pos	ibility o	f an accident still	remains. Neither the Un	iversity Interscholastic I	League
or the school assumes any responsibility in case an accident occurs.			tata, inc pos				,	
If, in the judgment of any representative of the school, the above stud								
consent to such care and treatment as may be given said student by school and any school or hospital representative from any claim by any							indemnify and save ha	irmless
f, between this date and the beginning of participation, any illness or in njury.							ol authorities of such illn	ess or
hereby state that, to the best of my knowledge, my answer subject the student in question to penalties determined by t		ibove q	uestions are	compl	ete and correct.	. Failure to provide t	ruthful responses co	uld
	arent/Guar	rdian Sign	nature:				Date:	
Any Yes answer to questions 1, 2, 3, 4, 5, or 6 requires further med	ical evalu	ation wh	ich may inch		-	m. Written clearance fro	om a physician, physici	ian
assistant, chiropractor, or nurse practitioner is required before any PARTICIPATION IN ANY PRACTICE, SCRIMMAGE, PERFOR							FILE PRIOR TO	
School Use Only:								
This Medical History Form was reviewed by: Printed Name_					Date	Signature		

PREPARTICIPATION PHYSICAL E	VALUATION PHY	SICAL EX	XAMINAT	ION	
Student's Name		Sex	Age	Date of Birth_	
Height Weight					
Vision: R 20/ L 20/	Corrected	: 🔲 Y	□N	Pupils: Equal	Unequal
As a minimum requirement, this Ph					
prior to first and third years of high					
the student's MEDICAL HISTORY FOR	M on the reverse sid	e. * Loca	ul district p	policy may require an annual physic	al exam.
	NORMAL		ADNOL	RMAL FINDINGS	INITIALS*
MEDICAL	NORMAL		ABNOI	CHAL FINDINGS	INITIALS
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) if indicated					
Skin					
Marfan's stigmata (arachnodactyly,					
pectus excavatum, joint					
hypermobility, scoliosis)					
Neck					
Back					
Shoulder/Arm					
Elbow/Forearm					
Wrist/Hand					
Hip/Thigh					
Knee Leg/Ankle					
Foot					
root					
*station-based examination only					
-					
CLEARANCE					
□ Cleared					
□ Cleared after completing evaluation	n/rehabilitation for:				
□ Not cleared for:			Passon:		
Recommendations:					
The following information must be fill	ed in and signed by	either a Pl	hysician, a	Physician Assistant licensed by a Stat	e Board of
Physician Assistant Examiners, a Reg.					
					Lateriners,
or a Doctor of Chiropractic. Examina					
Name (print/type)				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.

Estas preguntas están diseñadas para determinar si el estudiante ha des Nombre del estudiante: (letra imprenta)		-	
Dirección:			
Grado: Escuela:			
Médico personal			
En caso de emergencia, comuniquese con:			
Nombre: Parentesco:	Teléf	fono: (C	(C) (T)
	Si	No	Si
¿Ha tenido una enfermedad o lesión desde su última revisión médica o			13. ¿Alguna vez le ha faltado el aire de manera inesperada mientras hacía
examen fisico?			ejercicio?
¿Ha estado hospitalizado durante al menos una noche en el último año?			¿Tiene asma?
¿Alguna vez se ha sometido a una cirugia?			¿Tiene alergias estacionales que requieren un tratamiento médico?
¿Alguna vez un médico le ha solicitado que se realice pruebas cardiacas previas?			Unitza aigun equipo correctivo o de protección especiai, o dispositivos
¿Alguna vez se ha desmayado mientras hacía ejercicio o después de			que no suelen utilizarse para su actividad o posición (por ejemplo,
hacerlo? ¿Alguna vez ha experimentado un dolor en el pecho mientras			rodilleras, un rollo especial para el cuello, aparatos ortopédicos para los pies, retenedores en los dientes o audifonos)?
hacia ejercicio o después de hacerlo?		_	Alguna vez ha tenido un esguince, distensión o hinchazón después de
¿Se cansa más rápido que sus amigos durante el ejercicio?			una lesión? ¿Se ha roto o fracturado algún hueso, o dislocado alguna
¿Alguna vez ha tenido latidos cardíacos acelerados o interrumpidos? ¿Ha			articulación?
tenido presión arterial alta o colesterol alto?			15. ¿Ha tenido algún otro problema de dolor o hinchazón en
¿Alguna vez le han dicho que tiene un soplo cardiaco?			los músculos, tendones, huesos o articulaciones?
¿Algún miembro de su familia o pariente ha muerto por problemas			En caso afirmativo, marque la casilla correspondiente y explique en el
cardiacos o por muerte súbita e inesperada antesde los 50 años?	_	_	cuadro de abajo:
¿Algún miembro de su familia tiene un diagnóstico de agrandamiento del			Cabeza Codo Pie
conzón (miocardiopatía dilatada), miocardiopatía hipertrófica, sindrome			Cuello Antebrazo Muslo
del QT largo u otra canalopatia iónica (como el síndrome de Brugada, entre otros), sindrome de Marfan o ritmo cardiaco anormal?			Espalda Muñeca Rodilla
¿Ha tenido una infección viral grave (por ejemplo, miocarditis o	_	_	□ Pecho □ Mano □ Tobillo □ Hombro □ Canilla/Pantorrilla □ Dedo
mononucleosis) en el último mes?			☐ Hombro ☐ Canilla/Pantorrilla ☐ Dedo ☐ Brazo
¿Alguna vez un médico le ha negado o restringido su participación en			16 ¿Quiere pesar más o menos de lo que pesa ahora?
actividades debido a un problema cardiaco?	_	_	17. ¿Se siente estresado?
	_		18. ¿Alguna vez le han diagnosticado o ha recibido tratamiento para el
¿Alguna vez ha sufrido una lesión en la cabeza o una conmoción cerebral?			18. rasgo de células falciformes o la enfermedad de células falciformes?
¿Alguna vez lo han noqueado, ha quedado inconsciente o ha perdido		S	Solo mujeres
la memoria?			19. ¿Cuándo tuvo su primer período menstrual?
En caso afirmativo, ¿cuántas veces?			¿Cuándo tuvo su período menstrual más reciente?
¿Cuándo fue su última conmoción cerebral?			¿Cuánto tiempo suele pasar desde el inicio de un período hasta el inicio
¿Qué tan severa fue cada una? (Explique en el cuadro de abajo) ;Alguna vez ha convulsionado?			del otro? ¿Cuántos períodos ha tenido en el último año?
¿Tiene dolores de cabeza frecuentes o intensos? ¿Alguna vez ha sentido			¿Cuál fue el tiempo más largo que pasó entre un período y el otro en el últir
entumecimiento u hormigueo en los brazos, manos, piemas o pies?	_	_	
¿Alguna vez ha tenido un nervio oprimido, irritado o pinzado?		□ Si	Solo hombres 20 ¿Tiene dos testiculos?
¿Le falta algún órgano par?			21 Tiene hinchazón o masas en los testículos?
	_		
¿Se encuentra bajo el cuidado de un médico? ¿En la actualidad, toma algún medicamento o pildora con receta médica o			No es necesario que se realice un electrocardiograma (ECG). He leido y entiendo la información sobre el examen cardiaco en el Formulario de concientización sobre
sin ella (de venta libre), o utiliza un inhalador?			 información sobre el examen cardiaco en el Formulario de concientización sobre paro cardiaco repentino de la UIL. Al marcar esta casilla, elijo que se le realice un
¿Tiene alguna alergia (por ejemplo, al polen, a medicamentos, alimentos o	_	_	ECG a mi estudiante para un examen cardiaco adicional. Entiendo que es
insectos que pican)?			responsabilidad de mi familia programar y pagar dicho ECG.
¿Alguna vez se ha mareado mientras hacía ejercicio o después de hacerlo?			EXPLIQUE SUS RESPUESTAS "SÍ" EN EL CUADRO DE ABAJO (adjunte otra hoja si es necesa
¿Tiene algún problema cutáneo actual (por ejemplo, picazón, sarpullidos,			EAPLIQUE SUS RESPUESTAS SE EN EL CUADRO DE ABADO (agunic ora roja se os recesa
acné, verrugas, hongos o ampollas)?			
¿Alguna vez se ha enfermado por hacer ejercicio en el calor?			
¿Ha tenido algún problema con sus ojos o visión?	_	_	
Se entiende que, a pesar de que los atletas usan un equipo de protección siemp escuela asumen ninsuna responsabilidad en caso de que ocum un accidente.	re que es	necesan	rio, la posibilidad de un accidente sigue existiendo. Ni la Liga Interescolástica Universitaria ni la
	o anterion	mente n	necesitase atención y tratamiento inmediatos como resultado de cualquier lesión o enfermedad; po
			o o representante de la escuela le provea tal atención y tratamiento a dicho estudiante. Por la prese
acepto indemnizar y mantener indemne a la escuela y a cualquier representar estudiante.	ne de la e	scuela t	u hospital ante cualquier reclamo de cualquier persona a causa de tal atención y tratamiento de die
	alguna en	fermedo	dad o sufriera alguna lesión que pudiese limitar su participación, acepto notificar a las autoridades
escolares sobre dicha enfermedad o lesión.			
		pregu	intas anteriores son completas y correctas. No proporcionar respuestas veraces podri
someter al estudiante en cuestión a las sanciones que determine la U		m o test	tor: Fecha:
	i del padi uiere un		tor: Fecna: luación médica adicional que puede incluir un examen físico. Se requiere una
autorización por escrito de un médico, asistente médico, quiroprác	ctico o er	nferme	ero practicante antes de participar en prácticas, juegos o partidos de la UIL. ESTE
	A PART	ICIPA	ACIÓN EN CUALQUIER ENTRENAMIENTO, PRÁCTICA, PRESENTACIÓN
para uso de la escuela: Este formulario de historial médico fue revisado por: Nombre en letra	imprent	a:	Fecha: Firma:

EVALUACIÓN FÍSICA PREVIA A LA PARTICIPACIÓN: EXAMEN FÍSICO

	e del estudiante:			Sexo:	E	dad:	Fecha de	nacimiento:		
Talla:_	Peso:	Porcentaje de	grasa corporal	(opcional):_		Pulso:	PA	\:/	Previón arterial braqui) al mientras está sentado
Visión:	D 20/1 20/	Corregida:	Sí		No	Pupilas:		☐ Iguales	Desiguale	s
Como requisito mínimo, este formulario de examen físico debe completarse antes de la participación en la escuela intermedia y otra vez antes del primer y tercer af de participación en la escuela secundaria. Asimismo, <i>debe</i> completarse si hay respuestas afirmativas a las preguntas específicas del FORMULARIO DEL HISTORIA										
MÉDIC	O del estudiante que se	encuentra en el r	everso. * La poli	tica del distrito	local pu	iede requerir	un examen j	fisico anual.		
			NORMAL			HALLAZO	GOS ANORM	IALES		INICIALES*
EXAME	N MÉDICO									
Aparienc	ria									+ -
Ojos/oide	os/nariz/garganta									+
Ganglios	linfáticos									
Corazón:	auscultación del corazó	in en								
posición :	supina									
Corazón	: auscultación del coraz	in de pie								1
Corazón	: pulsos de las extremida	ides inferiores								
Pulsos										
Pulmone	s									
Abdome	n									
Genitale	s (solo hombres)									
Piel										
Estigmas	de Marfan (aracnodaci	tilia, pectus								
excavatu	m, hipermovilidad artic	ular, escoliosis)								
EXAMI	EN MUSCULOESQU	ELÉTICO								
Cuello										
Espalda	ı									
Hombro	/brazo									
Codo/ar	itebrazo									
Muñeca	/mano									
Cadera/	muslo									
Rodilla										
Pierna/t	obillo									
Pie										
			<u> </u>							
* Solo p	ara los exámenes que	se realizan en e	staciones							
AUTO	RIZACIÓN									
☐ Aut	torizado									
☐ Au	torizado después de o	completar una e	evaluación o rel	iabilitación pa	ara:					
					-					
□ No	autorizado para:						Razón:			
_	ndaciones:						Kazon.			
Un médi	ico, un asistente médico	que cuente con	la autorización d	e una Junta del	l Estado	de Examinado	ores Asistent	es Médicos, u	n enfermero regis	trado que
cuente c	on el reconocimiento d	e la Junta de Enf	fermeros Examina	idores, como ui	n enferm	ero de práctic	cas avanzado	, o un doctor	en Quiropráctica	debe
complete	ar y firmar la siguiente	información. No	se aceptarán los	formularios de	examen	que tengan la	a firma de cu	alquier otro i	médico.	
Nombro	e (letra imprenta)			1	Fecha d	el examen:				
Direcci										
1	o de teléfono:									
L										
Firma:										

Debe completarse antes de que un estudiante participe en cualquier práctica, antes, durante o después de la escuela (tanto durante la temporada como fuera de la temporada), o en cualquier presentación, juego o partido.

CONCUSSION ACKNOWLEDGEMENT FORM

Name of Student		

Definition of Concussion - means a complex pathophysiological process affecting the brain caused by a traumatic physical force or impact to the head or body, which may: (A) include temporary or prolonged altered brain function resulting in physical, cognitive, or emotional symptoms or altered sleep patterns; and (B) involve loss of consciousness.

Prevention – Teach and practice safe play & proper technique.

- Follow the rules of play.
- Make sure the required protective equipment is worn for all practices and games.
- Protective equipment must fit properly and be inspected on a regular basis.

Signs and Symptoms of Concussion – The signs and symptoms of concussion may include but are not limited to: Headache, appears to be dazed or stunned, tinnitus (ringing in the ears), fatigue, slurred speech, nausea or vomiting, dizziness, loss of balance, blurry vision, sensitive to light or noise, feel foggy or groggy, memory loss, or confusion.

Oversight - Each district shall appoint and approve a Concussion Oversight Team (COT). The COT shall include at least one physician and an athletic trainer if one is employed by the school district. Other members may include: Advanced Practice Nurse, neuropsychologist or a physician's assistant. The COT is charged with developing the Return to Play protocol based on peer reviewed scientific evidence.

Treatment of Concussion - The student-athlete/cheerleader shall be removed from practice or participation immediately if suspected to have sustained a concussion. Every student-athlete/cheerleader suspected of sustaining a concussion shall be seen by a physician before they may return to athletic or cheerleading participation. The treatment for concussion is cognitive rest. Students should limit external stimulation such as watching television, playing video games, sending text messages, use of computer, and bright lights. When all signs and symptoms of concussion have cleared and the student has received written clearance from a physician, the student-athlete/cheerleader may begin their district's Return to Play protocol as determined by the Concussion Oversight Team.

Return to Play - According to the Texas Education Code, Section 38.157:

A student removed from an interscholastic athletics practice or competition (including per UIL rule, cheerleading) under Section 38.156 may not be permitted to practice or participate again following the force or impact believed to have caused the concussion until:

- the student has been evaluated, using established medical protocols based on peer-reviewed scientific evidence, by a treating physician chosen by the student or the student 's parent or guardian or another person with legal authority to make medical decisions for the student;
- the student has successfully completed each requirement of the return-to-play protocol established under Section 38.153 necessary for the student to return to play;
- (3) the treating physician has provided a written statement indicating that, in the physician 's professional judgment, it is safe for the student to return to play; and
- (4) the student and the student's parent or guardian or another person with legal authority to make medical decisions for the student:
- (A) have acknowledged that the student has completed the requirements of the return-to-play protocol necessary for the student to return to play;
- (B) have provided the treating physician's written statement under Subdivision (3) to the person responsible for compliance with the return-to-play protocol under Subsection (c) and the person who has supervisory responsibilities under Subsection (c); and
 - (C) have signed a consent form indicating that the person signing:
- (i) has been informed concerning and consents to the student participating in returning to play in accordance with the return-toplay protocol;
- (ii) understands the risks associated with the student returning to play and will comply with any ongoing requirements in the return-to-play protocol;
- (iii) consents to the disclosure to appropriate persons, consistent with the Health Insurance Portability and Accountability Act of 1996 (Pub. L. No. 104-191), of the treating physician's written statement under Subdivision (3) and, if any, the return-to-play recommendations of the treating physician; and

(iv) understands the immunity provisions under Section 38.159.	
Parent or Guardian Signature	Date
Student Signature	Date



FORMULARIO DE ACUSE DE RECIBO DE CONMOCIÓN CEREBRAL

Nombre de estudiante		

Definición de conmoción cerebral: significa un proceso fisiopatológico complejo que afecta al cerebro y es causado por una fuerza física traumática o un impacto en la cabeza o el cuerpo que puede: (A) incluir una función cerebral alterada temporal o prolongada que resulta en síntomas físicos, cognitivos o emocionales o patrones de sueño alterados; e (B) implicar pérdida de conciencia.

Prevención: enseñar y practicar el juego seguro y la técnica adecuada.

- Siga las reglas del juego.
- Asegúrese de que se use el equipo de protección requerido para todas las prácticas y los juegos.
- El equipo de protección debe caber correctamente y ser inspeccionado regularmente.

Signos y síntomas de la conmoción cerebral: los signos y síntomas de la conmoción cerebral pueden incluir, entre otros: Dolor de cabeza, parecer estar aturdido o atontado, tinnitus (zumbido en los oídos), fatiga, dificultad para hablar, náuseas o vómitos, mareos, pérdida de equilibrio, visión borrosa, sensibilidad a la luz o al ruido, sensación de mareo o borroso, pérdida de memoria o confusión.

Supervisión: cada distrito designará y aprobará un Equipo de Supervisión de Conmociones cerebrales (COT). El COT debe incluir al menos un médico y un entrenador atlético si uno es empleado del distrito escolar. Otros miembros que pueden incluir: Enfermera de práctica avanzada, neuropsicólogo o asistente de médico. El COT se encarga de desarrollar el protocolo Regreso al Juego basado en evidencia científica revisada por pares.

El tratamiento de la conmoción cerebral: el estudiante-atleta/porrista deberá ser retirado de la práctica o participación de inmediato si se sospecha que tiene una conmoción cerebral. Todo estudiante-atleta/porrista sospechoso de sufrir una conmoción cerebral deberá ser visto por un médico antes de que puedan regresar a la participación de atletas o porristas. El tratamiento para la conmoción cerebral es el descanso cognitivo. Los estudiantes deben limitar la estimulación externa, como mirar televisión, jugar videojuegos, enviar mensajes de texto, usar computadora y las luces brillantes. Cuando todos los signos y síntomas de la conmoción cerebral se hayan despejado y el estudiante haya recibido la autorización escrita de un médico, el estudiante-atleta/porrista podrá comenzar el protocolo de Regreso al Juego de su distrito, según lo determinado por el Equipo de supervisión de conmociones cerebrales.

Regreso al juego: según el Código de Educación de Texas, sección 38.157:

A un estudiante retirado de una práctica o competencia interescolar de atletismo (incluidos, por regla de la UIL, los porristas) bajo la Sección 38.156 se le puede no permitir practicar o participar nuevamente después de la fuerza o el impacto que se cree que ha causado la conmoción cerebral hasta que:

- estudiante haya sido evaluado, usando protocolos médicos establecidos basados en evidencia científica revisada por pares, por un médico tratante elegido por el estudiante o el padre o el tutor del estudiante, u otra persona con autoridad legal para tomar decisiones médicas por el estudiante;
- el estudiante haya completado con éxito cada requisito del protocolo de regreso al juego establecido en la Sección 38.153 necesaria para que el estudiante regrese a jugar;
- (3) el médico tratante haya proporcionado una declaración por escrito que indique que, según juicio profesional del médico, es seguro para el estudiante para volver a jugar; y
- (4) que el estudiante y el padre o el tutor del estudiante, u otra persona con autoridad legal para tomar decisiones médicas para el estudiante:
- (A) haya reconocido que el estudiante ha completado los requisitos del protocolo de regreso al juego necesarios para que el estudiante vuelva a jugar;
- (B) haya proporcionado la declaración escrita del médico tratante bajo la Subdivisión (3) a la persona responsable del cumplimiento del protocolo de regreso al juego bajo la Subsección (c) y la persona que tiene responsabilidades de supervisión bajo la Subsección (c); y
- (C) haya firmado un formulario de consentimiento que indique que la persona que firma:
 - (i) haya sido informado y consiente que el estudiante participe en regresar a jugar de acuerdo con el protocolo de regreso al juego;
 (ii) entiende los riesgos asociados con el regreso del estudiante a jugar y cumplirá con todo requisito continuo en el protocolo de regreso al juego;
 - (iii) aprueba la divulgación a las personas apropiadas, de conformidad con la Ley de Portabilidad y Responsabilidad del Seguro Médico de 1996 (Pub. L. No. 104-191), de la declaración escrita del médico tratante bajo la Subdivisión (3) y, en su caso, las recomendaciones de regreso al juego del médico tratante; y entiende las disposiciones de inmunidad bajo la Sección 38.159.

Firma del padre o el tutor	Fecha
Firma del estudiante	Fecha

Aviso



Sobre los datos de directorio y la respuesta de los padres sobre la divulgación de datos estudiantiles

La ley estatal requiere que el distrito le provea la siguiente información:

Cierta información acerca de los alumnos del distrito es considerada como datos de directorio y se divulgará a cualquier persona que siga los procedimientos de solicitud de información, a menos que el padre o tutor objete la divulgación de los datos de directorio del alumno. Si usted no desea que Garland ISD divulgue los datos de directorio del expediente educativo de su hijo sin su consentimiento escrito previo, deberá notificar al distrito por escrito dentro de diez días escolares del primer día de clases de su hijo para este año escolar.

Esto significa que el distrito se verá obligado a revelar ciertos datos personales de su hijo (conocidos como "datos de directorio"), a cualquier persona que los pida, a menos que usted haya ordenado al distrito, por escrito, no hacerlo. Además, usted tiene el derecho de indicar al distrito que puede, o no puede, usar ciertos datos personales de su hijo para efectos específicos auspiciados por la escuela. El distrito le ofrece este formulario para que usted le pueda comunicar sus deseos en relación con estos temas.

(Para más información, vea datos de directorio en el Manual Estudiantil.)

Garland Independent School District ha designado la siguiente información como datos de directorio:

- Nombre del alumno
- Domicílio
- Teléfono
- Dirección de correo electrónico
- Fotografía

- Fecha y lugar de nacimiento
- · Campo principal de estudios
- Títulos, honores y premios recibidos
- Fechas de asistencia
- Nivel académico

- Escuela más recientemente asistida
- Participación en actividades y deportes oficialmente reconocidas
- Peso y estatura, si es miembro un equipo deportivo

Padre/Tutor: Por favor señale una de las siguientes opciones

- SI Permito divulgar al público los datos de directorio de mi alumno. Cualquier persona que solicite datos de directorio de alumnos de GISD los puede recibir.
- SI Permito divulgar los datos de directorio de mi alumno solamente para fines de publicidad distrital. Esto puede incluir, pero no se limita a: publicaciones de actividades extracurriculares, anuarios, boletines del distrito/campus, directorios de campus, comunicados de prensa para los medios locales, cobertura por los medios de comunicación, sitios web distritales/de campus, vídeos distritales/de campus, publicaciones distritales/de campus, redes sociales distritales/de campus y reconocimientos públicos.
- NO No permito divulgar los datos de directorio de mi alumno. Al señalar esta casilla, confirmo que entiendo que el nombre de mi alumno, su fotografía, etc., no se incluirán en las publicaciones distritales/escolares entre ellas, el anuario ni se divulgarán a los medios de comunicación. Entiendo además que es necesario presentar esta solicitud anualmente para que tenga validez en cada año escolar.

Nombre del alumno (en letra de molde)		
Apellido	Primer Nombre	Inicial
# ID Escolar	Grado	
Firma del Padre/Tutor		Fecha

De no entregarse este formulario en el plazo especificado arriba, el distrito supondrá que se ha dado permiso para divulgar esta información.

Notice



Regarding **Directory Information** and **Parent's Response** Regarding Release of Student Information

State law requires the district to give you the following information:

Certain information about district students is considered directory information and will be released to anyone who follows the procedures for requesting the information unless the parent or guardian objects to the release of the directory information about the student. If you do not want Garland ISD to disclose directory information from your child's education records without your prior written consent, you must notify the district in writing within ten school days of your child's first day of instruction for this school year.

This means that the district must give certain personal information (called "directory information") about your child to any person who requests it, unless you have told the district in writing not to do so. In addition, you have the right to tell the district that it may, or may not, use certain personal information about your child for specific school-sponsored purposes. The district is providing you this form so you can communicate your wishes about these issues.

[See Directory Information in the Student Handbook for more information.]

Garland Independent School District has designated the following information as directory information:

- Student's name
- Address
- Telephone listing
- E-mail address
- Photograph
- Date and place of birth

- Major field of study
- Degrees, honors, and awards received
- Dates of attendance
- Grade level

- Most recent school previously attended
- Participation in officially recognized activities and sports
- Weight and height, if a member of an athletic team

Parent/guardian: Please select one of the choices below

Farency guardian. Flease select offe	e of the choices perow				
I want directory information about my child GISD students may receive it.	released to the public. Anyone requesting di	rectory information for			
I want directory information about my child limited to: extracurricular activity publications, news releases to local media, media coverage videos, district/campus publications, district/	yearbooks, district/campus newsletters, carr e, district/campus websites, district/campus	npus directories,			
I do not want directory information about my child released. By marking this box, I understand that my child's name, photograph, etc., will NOT be included in district/school publications—including the yearbook—or released to the media. I also understand that this request must be made annually to be valid for each school year.					
Student Name (please print)					
Last	First	Middle Initial			
T		Dave			

If this form is not returned within the specified timeframe above, the district will assume that permission has been granted for the release of this information.