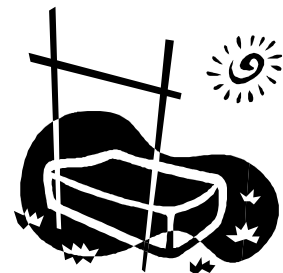


Terrell ISD

Student Athletic Handbook

2009-2010 EXTRACURRICULAR CODE OF CONDUCT



INTRODUCTION The athletic program is an integral part of the total educational experience for both boys and girls. It offers a variety of sports and activities to all students who have the desire to participate. The policies, procedures, and regulations in this handbook are in compliance with school board adopted policy and administrative procedures. This handbook is designed to provide for a successful experience for students and the efficient operation of the Terrell ISD Athletic Program. This handbook supersedes all other publications, except the student code of conduct, governing Terrell Athletic Teams and shall be used by all principals, coaches, and all athletes. **Nothing in the Extracurricular Code limits or otherwise restricts the authority of the coach, sponsor, or appropriate administrator to limit or restrict participation, or assign consequences for offenses not included in this extracurricular code.** In addition to the Extracurricular Athletic Code, all TISD athletes will conform to the rules and regulations of the TISD Student Code of Conduct. The student athletes are accountable and responsible for all rules and requirements contained within this handbook and for any additional ones that the respective coach might add.

PARTICIPATION It is the goal of this athletic program to offer the opportunity to participate to every student who has the desire to do so. However, no student is obligated to take part in athletics, nor is participation in athletics required. It is also stressed that participation in Terrell ISD's Athletic Program is a privilege, not a right. Since it is a privilege, the coaching staff, in accordance with Terrell ISD policy and due process procedures, has the authority to suspend or revoke the privilege when the rules and standards of the TISD Athletic Program are not followed. **Participation in the athletic program does not necessarily guarantee playing time.**

GENERAL POLICIES: RESPONSIBILITIES OF A TISD ATHLETE All athletes have the responsibility to give their best, play to win, follow training guidelines, exhibit good conduct and fair play at all times so as to be a credit to their school. Athletes as well as coaches are always on display. We are judged by the company we keep. Our actions in everyday life, both private and public, are a direct reflection on this athletic program and our school.

I. During competition, an athlete:

1. Learns that both winning and losing are part of the game and learns to accept both. Be modest in victory; gracious in defeat.
2. Does not use illegal tactics in an attempt to defeat the opponent or to beat the rules of the game.
3. Has complete control of himself/herself at all times, whether on the field, court, sideline, or bench. Horseplay, displays of temper, use of profanity and/or disrespect for coaches or officials will result in loss of respect for the athlete and in disciplinary action from the coach.
4. Will respect the decision of officials. The breaks of the game may go against you, but the officiating is not the blame. Officials are human beings who are doing their best to see that the contest is being run smoothly and honestly and also conducted in accordance with the established rules.

II. In the classroom, an athlete:

1. Must realize that he/she is a student first, an athlete second. The student/athlete must give time and energy to classroom studies to insure good and acceptable grades that meet the UIL requirements for participation.
2. Must maintain satisfactory citizenship and behavior record by giving respectful attention to classroom activities and by treating teachers, administrators, and fellow students with respect. Tardiness, horseplay, and unnecessary talking are unacceptable behavior habits that, if not corrected by the student-athlete, may result in removal/suspension from the athletic program.
3. Must be in attendance the day of or the day preceding a contest in order to be eligible to compete. The principal and athletic director will decide any exception to this rule.

III. On campus, an athlete:

1. Must maintain proper dress and appearance, good grooming and personal cleanliness. You are a leader and you have only one chance to make a good first impression.
 - A. Male/Female athletes will refrain from wearing jewelry while in uniform during the athletic period or during an athletic contest.
 - B. Students' hair shall be clean, neat, and well groomed in appearance and not below the collar.
 - C. Hair must be kept out of the eyes.
 - D. No facial hair for TISD athletes.
2. Will refrain from fighting, scuffling, horseplay and juvenile behavior in and around the school building.
3. Athlete's suspended from school will not be permitted to work out with, travel with, or participate with the team. Eligibility for subsequent contest(s) will be left to the discretion of the coach and/or administration.

IV. During the athletic period and during before-or after-school practice, an athlete will:

1. Practice is an integral part of the development of an athlete. Missing a practice is unacceptable. The head coach should be informed prior to your missing. Make up conditioning is at the discretion of the coach.
2. Notify the coach if he/she needs to miss a game or practice session that is scheduled outside of school hours. Absences from athletic period practices should be handled according to school guidelines. **Any absence should be made up before an athlete participates in the next athletic contest.**
3. Be prompt for roll call. Tardiness to our class period is inexcusable as it is to any other class.
4. Maintain neat and clean locker space. Be proud of your dressing area and keep it neat. 4. Recommend taking a shower for hygiene purposes and for aiding the body in its temperature adjustment after workout. Rough horseplay, towel popping, or throwing objects is not allowed in the shower or the dressing room.
5. During school hours, be in proper dress code as he/she leaves the dressing room.

V. During team travel, an athlete will:

1. Travel to and from all out of town contests with the team. If, for some reason, you want to ride home with your parents, you must clear this with the coach, before leaving for the contest, and you must give written release from one of your parents to the coach. Under no circumstances will you be released to ride home with anyone other than your parents, or a person designated by your family unless a note has been provided the day before the contest letting the coach know in advance.
2. Be provided with an itinerary giving pertinent information regarding the current trip/athletic contest.
3. Dress neatly and properly on all trips. Coaches will advise you regarding the proper attire. On athletic trips, the team members will wear their uniforms and warm-ups to and from meets.
4. Conduct himself/herself properly on the school bus or in a school vehicle. He/she will follow the printed rules for bus ridership that govern all Terrell ISD bus riders.
5. Receive permission from the coach before bringing any radios, electronic games, etc., aboard the bus.
6. Leave the bus spotless and free of any trash.
7. Be informed of departure and return times for each trip by the coach. It is your responsibility to be on time for all departures and to inform your parents of the time to pick you up after the contest. Every effort will be made by the coaching staff to notify proper personnel as to unexpected changes in arrival times.
8. Not be allowed to bring parents, family members, or friends on bus trips. Only coaches, managers, athletes, are permitted to ride on the bus.

ELIGIBILITY

A student in grades 7-8 may participate in extracurricular activities on or off campus at the beginning of the school year only if the student has:

1. Been promoted from the 6th to 7th grade, by the beginning of the 7th grade year.
2. Been promoted from the 7th to 8th grade, by the beginning of the 8th grade year.
3. In High School, eligibility is gained at the beginning of the year by accumulating at least 5 credits from the previous school year or twelve month period.

In order to be eligible to participate in an extracurricular activity event for a six-week period following the initial six weeks period of a school year, a student must not have a recorded grade average lower than a 70 on a scale on 0-100 in any course for the preceding six-week period. At the end of a six week period, a student whose recorded six week average in any course that is lower than 70 shall be suspended from UIL contest participation in any extracurricular activity event during the succeeding three week period. If the student/athlete is passing all classes at the three week mark then he/she will be allowed to start participating in UIL competitions.

STUDENT CODE OF CONDUCT /DISCIPLINARY PROCEDURES

First, student-athletes must adhere to all TISD, THS and HFMS rules. Each coach will have the authority, with the concurrence of the Athletic Director, to suspend or place on probation for an extended period of time, any student-athlete for major or minor infractions of rules for that team. Any student's parents/guardians must be given notice of:

1. Reason for suspension(s)
2. The time and provision of the suspension
3. Procedures for reinstatement back into the program

OFFENSES

The following prohibited behaviors and consequences apply to athletes, whenever the athlete is on school property or at a school related activity. In addition, our athletes will abide by the student code of conduct as set by TISD and approved by our board of trustees.

1. **Illegal Drugs and Alcohol:** The illegal consumption, use of or possession of alcoholic beverages or illegal drugs is prohibited.
 - a. **First offense:** Removal from in season sport and placed in off-season
 - b. **Second offense:** Removal from the Athletic Program
2. **Smoking and Tobacco:** The use or possession of tobacco products is illegal and prohibited:
 - a. **First offense:** Removal from in season sport and placed in off-season
 - b. **Second offense:** Removal from the Athletic Program
3. **Stealing:** Will not be tolerated.
 - a. **First offense:** Removal from in season sport and placed in off-season
 - b. **Second Offense:** Removal from the Athletic Program
4. **Felony offenses:** ANY criminal conduct that results in a felony indictment will result in suspension from participating in athletic contest(s). This is not a presumption of guilt; rather it affords the accused athlete the time and opportunity to clear his or her name. The athlete will be on the team as a suspended member. The athletic director and administration will remove any student convicted of a felony from athletics for one year pending a review.

REMOVAL FROM ATHLETICS

An athlete may be removed from athletics for violations of the athletic code. Removal from Athletics because of failure to follow the Athletic Code is for the remainder of the season, the remainder of the school year, or one calendar year. This time period will be determined at the time of removal. An athlete also might choose to get out of athletics because of lack of interest or to pursue other interests.

REINSTATEMENT INTO ATHLETICS

Reinstatement to athletics will be done through a meeting with the AD, Head Coach, Parents, and Player. This meeting will take place after the suspension time has been completed. This will be determined by the Head Coach and Athletic Director.

CONDUCT

As stated in our General Policies, athletes are held to a higher standard. In addition, the following behaviors are deemed **detrimental** and might fundamentally alter the Terrell Athletic Program.

1. Fighting or arguing with teammates
2. Use of profanity
3. Dirty play and unsportsmanlike conduct on the field, court, sideline, or bench
4. Arguing or making contact with an official
5. Arguing or refusing to comply with a coach's directive
6. Disloyalty to team, athletic program, and school
7. Acts of poor sportsmanship & disruptive behavior at home or at another school
8. Failure to take care of athletic equipment and facilities
9. **Excessive Tardy**

Failure to follow these rules of conduct will result in the following:

- a. **First offense:** Verbal Warning and disciplinary action
- b. **Second offense:** Disciplinary action and face 1 game suspension
- c. **Third offense:** Further disciplinary action and 2 games suspension
- d. **Fourth Offense:** Removal from in season sport and placed in off-season
- e. **Fifth Offense:** Removal from Athletics

QUITTING

Any student/athlete that decides not to finish a sport because of lack of interest, parent pulls him/her out, or quits the sport without a valid Medical reason must complete the following before he/she will be allowed to compete in the next in-season sports athletic contests.

*With a mutual agreement between the exiting coach, receiving coach, and Athletic Director (s), a player may be cleared for participation in an upcoming sport. Both coaches and AD have to agree before a clearance is granted. Should one coach disagree, the athlete may not participate until the season is over and has completed the ten (10) mile run not walk. The athlete has 5 (five) consecutive days to complete the run at a time agreeable by the coach.

- a. **First Offense:** Student must complete ten miles of running before the next in-season sport begins in order to play in an athletic contest.
- b. **Second Offense:** Will not be allowed to compete in another sport during the remainder of the year.

***** If a student quits track at the end of the year he/she must run the ten miles before he/she starts a UIL sport the following year.**

INJURIES

We must distinguish between pain and injury. A young woman/man who is injured and cannot practice will need a valid doctor's excuse with the estimated date of return. In the RARE EVENT that you are injured, remember the following:

1. Tell the coach you are injured before leaving the field/court to see a doctor.
2. Report all injuries to the coach.
3. All treatment is to take place at the time the coach/trainer designates.
4. No one is expected to miss practice without the coach/trainers permission.
5. During the early hot practices, anyone who becomes sick, nauseated, dizzy, and/or very hot should notify the coach immediately. A player knows better than anyone else if she/he is becoming overheated.

LOCKER ROOM AND EQUIPMENT

Since you will be spending a great deal of time in the locker room, we expect you to keep this facility as neat and sanitary as possible. We want you to take great pride in this facility. We expect each member of our team to adhere to the following locker room guidelines.

1. Hang all equipment in your locker in the proper place. Lock up after practice.
2. Keep all your valuables locked up. Your locker provides a lock for your convenience in storing valuables. (If not, turn valuables in to your Coach. Do not leave valuables out in the open!)
3. Do not throw tape on the floors. Trash receptacles are in our locker room for this purpose.
4. Keep the floors neat and clean.
5. Do not leave cups or bottles in the lockers or on the floors.
6. Do not leave towels on the floor; return to the equipment room.
7. There will be absolutely no horseplay in the locker room.
8. Do not bring visitors into the locker room without first clearing it with a coach.
9. Remove muddy workout shoes before entering locker room or a gym.
10. We feel that we provide you with the finest equipment that money can buy. We want you to always look sharp and it is up to you to take care of all equipment issued. It is extremely important that all equipment that is issued fits properly. This is important for safety reasons. If a piece of equipment does not fit, make sure that you see that equipment coach for a change.

EQUIPMENT GUIDELINES

1. Wear all equipment issued unless the practice schedule calls for less.
2. Wear only equipment issued unless approved.
3. Do not put tape on the outside of game uniform.
4. Do not cut jerseys unless given permission.
5. Do not take any equipment from the locker room.
6. You are responsible for all equipment checked out in your name.

WEIGHT ROOM RULES

1. Shirt, shoes, and shorts are required in the weight room whenever you are using the equipment.
2. Have a spotter present when doing heavy free bar exercises.
3. Do not move weight equipment from its designated area.
4. All weights have a rack where they are to be kept. Put them back on this rack in the proper order.
5. You are in the weight room to lift, not to play tag or other games. You will only distract someone else from her/his workout by doing so.
6. No food or drinks are allowed.
7. No horseplay of any kind is allowed.
8. Weight room equipment must stay in the weight room at all times.
9. Keep feet off the walls at all times.

ATHLETIC COMPLEX HALLWAY EXPECTATIONS

The training room is the cutoff. **All** male athletes are expected to enter and exit the dressing area on the East Door. **All** female athletes are expected to enter and exit the dressing area on the North Door. **No male athlete** is allowed to go past training room without being escorted by a coach. **No female** is allowed to go past the gym door without being escorted by a coach.

LETTER OF ACCEPTANCE

The rules, regulations and standards set forth in this Athletic Handbook are designed to give each athlete a sense of responsibility and pride through membership in TISD'S Athletic Program whether he/she are on the fields of play, in the classroom, in our community or while visiting another city. Therefore, your signature commits you to abide by all rules and regulations set forth in the Athletic Handbook of the TISD Athletic Department, in addition to the specific regulations set forth in a particular sport. Failure to do so may result in suspension from the team or the athletic program.

This is to certify that as a student athlete, parent/guardian, I have read this manual and am aware of all rules, requirements and operational procedures concerning the Terrell ISD Athletic Department.

We ask you to assist us, as your son/daughter's coaches, to see that his/her experience in our athletic program is a worthwhile, rewarding part of his/her school years. Pledge so that you will realize what is expected of your child while they are representing our school and help them to adhere to these standards. Thank you for your cooperation and support. Please keep the handbook and return only this letter of acceptance.

1. I will strive for excellence in all my activities, at all times, while I am a member of TISD's Athletic Program.
2. I will faithfully abide by the training rules set forth in the Athletic Handbook. I realize that failure to do so may result in probation or suspension {from one week to the entire season,}, depending upon the coach's/administration's recommendation.
3. I will abide by the practice schedules and complete my workout each day.
4. I will personally notify my coach when I cannot attend after school practice, and I will miss only under extreme circumstances.
5. I will be responsible for the proper care/cleaning of my practice and game clothing.
6. I will pay for any equipment I am personally responsible for losing, damaging, or destroying.
7. I have read the Athletic Handbook from cover to cover and fully understand my obligations, responsibilities and duties to myself, my parents, my coaches, and my school and to my community.

Student Signature: _____ Date _____

Parent Signature: _____ Date _____