

Saint Jo ISD 2011-2012 Athletic Policy

According to University Interscholastic League Rules, being in athletics is a privilege and not a right.

When a young man or young woman signs up for athletics and becomes a member of the team, they make a commitment. The student and their parents should know they are obligated to follow the rules and regulations of the program. The student is under these rules and regulation from the date he or she enters ninth grade until graduation or removal from the program. The students should realize that they are not forced to participate. It is voluntary; therefore, they are expected to follow rules of order.

Parents should encourage their son or daughter to achieve success in athletics. Success is defined as participating at 100% of one's individual ability. We can never expect an athlete to do more than they are capable of; however, we do want him/her to obtain his/her fullest potential. A supportive parent can instill this desire in the student athlete long after his/her playing days are over.

Parents should strive to help their children achieve their potential by seeing that the student is on time, attends practices and games, and follows rules and regulations.

Each student must have the following documents on file to participate:

- A. Completed physical form
- B. Acknowledgement of UIL rules form
- C. Acknowledgement of Saint Jo ISD athletic handbook rules
- D. Emergency information sheet
- F. Illegal Steroid Use form

SAINT JO ATHLETIC DEPARTMENT POLICIES

1. **Drugs**

Drugs will not be tolerated. Possession of an illegal controlled substance will result in the following punishment:

First Offense: Two week suspension from date punishment is assigned with counseling, if counseling can be arranged.

Second Offense: Four week suspension from date punishment is assigned with counseling, if counseling can be arranged.

Third Offense: Suspended for one year and may be reinstated after providing documentation from a licensed rehabilitation program.

2. **Tobacco/Alcohol**

The use of tobacco or alcohol will not be condoned. It is illegal for a minor to consume tobacco or alcohol. The punishment will be agreed upon by the head coach, athletic director, and/or principal.

A student is guilty by association.

First Offense: One week suspension from date punishment is assigned with counseling, if counseling can be arranged.

Second Offense: Two week suspension from date punishment is assigned with counseling, if counseling can be arranged.

Third Offense: Suspended for one year and may be reinstated after providing documentation from a licensed rehabilitation program.

3. Earrings/Tattoos

Earrings on male athletes or visible rings in any other part of the body on athletes will not be tolerated. Tattoos will not be allowed on Saint Jo athletes.

4. Stealing

Taking things that do not belong to you will not be tolerated. A player caught stealing may be dismissed from our program. Depending on the seriousness of the offense, a player may be prosecuted by law. This also involves school issued equipment not turned in at the end of a season or school year. Any student-athlete who does not turn in **ALL** athletic equipment will not letter or receive awards in any sport. A student-athlete cannot participate in another sport until **ALL** equipment from the previous sport is turned in to the head coach.

5. Conduct

The athletes that have preceded you have given a great deal to our program. You should not act in any way that would take away from this. We are noted for clean, tough, competitive play. We show respect by not mouthing or gesturing to opponents, fans and officials. Praise others and play to the fullest extent of your ability. We expect you to follow rules and procedures while attending class at our school. You are to act properly in class, showing your teachers and administrator's courtesy and respect. We know that each of you do not have the same ability, but we expect each of you to perform to the best of your ability in the classroom and the athletic realm, and to conduct yourself properly. Ejection from an athletic contest will result in loss of game time and possible further punishment. If an athlete is expelled from school, he/she will be subject to disciplinary actions including possible suspension for activities upon return to school. If a student is assigned In School Suspension, the student will remain ineligible to participate in athletic activities during the time he/she is in I.S.S.

6. Attendance

You need to be at school. You need to be on time. If you must miss the athletic period and/or practice, be sure that it cannot be helped. Please make every attempt to schedule appointments that do not conflict with athletics unless no other time is available. If you must be absent, talk to one of the coaches ahead of time. You need to communicate with the coaches. Failure to communicate with a coach may result in suspension. You will be required to make up missed workouts before or after school.

7. Injury or Illness

Any injury needs to be reported to the coach immediately. If it is not reported to the coach, insurance coverage may not be in effect. In those instances involving certain injuries, the head coach may deem it necessary to contact your parents or guardian to discuss the injury with them. If you must leave school because of illness, check with your head coach first. If you are ill or injured, we do not expect you to workout, but you need to check in with your coach for instructions and treatment for injuries. You are expected to dress out and attend practices.

8. Respect for Coaches

Coaches should be addressed respectfully. Players in return will be treated with respect by their coaches. Whenever a coach is speaking with you, either individually or as a group, you will give him/her your undivided attention.

Parental conferences or complaints will be scheduled during coaches' conference periods of the regular school day. A coach will not have a conference with any parent immediately following an athletic contest. Parents should call the office the following school day.

9. Promptness

Always be on time. On trips, the bus will wait for no one. During school, you will have ten minutes after the athletic bell to be dressed and ready for workout. Tardiness will result in disciplinary action.

10. Dress

Everyone will wear their uniform in the same manner. No one will be different. We will furnish most of your equipment. Workout clothing issued is to be worn for practice only. You are not allowed to wear it in the school building during the regular school day. Take care of your equipment. You are responsible for any lost clothing or equipment. Men and women will wear attire requested by the coach.

11. Appearance

Your appearance away from the field or gym, especially at school, should reflect the same class and pride that you show in our program. To attain a team appearance and for safety reasons, hair should be neatly trimmed. Hair length on males will be such that it is above the eyebrows, the bottom of the ears should be seen, and it should be clearly off a collared shirt. Males should understand that if they trim or cut their hair *at* this length, they will need to trim it on a weekly basis. Men should have no facial hair and sideburns no longer than the bottom of the earlobe. Tails and long hair on the neck will not be allowed. Women should possess a hairstyle that will keep hair out of their eyes. Any abrupt change in hair color by unnatural means shall result in suspension from all contests until color of hair returns to natural look. The athletic director will determine natural and unnatural.

12. Multiple Sports

Athletes are strongly encouraged to participate in more than one sport, however, eligibility to participate in a particular sport will not be based upon participation in a second sport. In the event that two athletic events occur on the same day, the district event will take precedence.

13. Transportation

You are expected to behave appropriately on the bus. Horseplay will not be allowed. Disciplinary action will be taken.

Students who participate in school sponsored trips shall be required to ride in transportation provided by the school to and from the event. Exception may be made if the student's parent or guardian personally requests that the student be allowed to ride with the parent. The request may be made in writing to the coach. The District shall not

be liable for any injuries that occur to students while riding in vehicles not provided by the school.

14. Athletic Probation

An athlete may be subjected to a one year probation period for violation of any rules of the student handbook. A student convicted of a misdemeanor or felony may be dismissed from athletics. The discretion of the athletic director will apply.

15. Care of Equipment and Facilities

You are to hang your equipment in your locker. You are to clean your equipment before going into the dressing rooms. When you change into workout gear, your school clothes should be hung up in your locker. Clean up around your locker each day. Failure to adhere to this will result in discipline for the whole team. You will be provided a lock for your locker, and your locker should be locked anytime you are not in the locker room.

16. Quitting

Anyone quitting a sport will not be allowed to participate in that sport or any other sport until the season of the sport is completed. No one respects a quitter. The athletic director may, at his discretion, make an exception to this rule when an event outside the control of the athlete or his/her family causes the athlete to drop a sport. A clear understanding is to be reached by the athletic director and the athlete at the time the sport is dropped. Reinstatement to the program will be at the determination of the head coach. The head coach and the athletic director will set the requirements of reinstatement.

ATHLETIC AWARDS

A student may qualify for a major award only in a varsity sport. The coach reserves the right to use his discretion in the awarding of a letter. An athlete will receive a letter when one of the criteria is met:

1. An individual or members of a team who advance past district competition except in track. Track athletes must finish as a district champion, district runner-up, or qualify for the regional meet.
2. An athlete has competed at the varsity level for two consecutive years.
3. An athlete has been involved in the athletic program for three consecutive years.
4. An individual varsity athlete who is awarded all district honors for a team sport or who has contributed to the team sport for the entire season at the head coaches discretion.

SCHOOL INSURANCE

All students practicing for and competing in any activity under the regulation and jurisdiction of the district are covered under the insurance plan. This coverage is not full coverage. It pays for expenses that are not taken care of by the student's primary insurance, providing the student goes within the network of providers. A primary policy is available for purchase by the student if they have no primary insurance. This policy and the school's policy do have certain restrictions and riders. Students are covered under the best insurance available to us.

1. If your child is injured, you must contact the head coach of that sport or the athletic director.

2. You must file on your personal family insurance.
3. The school insurance will pay on what your personal insurance policy does not.
4. If you have no personal policy, coverage by the supplemental policy may not pay in full. The student will be responsible for balance not covered by the supplemental policy.
5. Parents are responsible for filling out forms and returning them to the athletic director.
6. Insurance forms must be filled out within 10 days of the injury.

NOTE: The following rules apply to all sports. Each sport will have some other specific point or athletic policy. When in question, the discretion of the athletic director will apply.

GENERAL RULES

1. No profanity
2. Keep your grades up. Failure in consecutive grading periods may result in termination from the athletic program at the discretion of the athletic director and head coach.
3. Show teachers the highest kind of respect.
4. Do not miss practice without seeing the coach first.
5. Make every practice a good one.
6. When we are the visiting team, leave their gym, field house, and dressing rooms clean.
7. Doing your best is all we expect of you. (Think: Did I do my best or could I have done better?)
8. Always be a good sport; not a winner who gloats or a loser who pouts.
9. Have a respectable haircut.
10. There is no room for a dirty player in any sport.
11. Always address your coaches as Mr., Mrs., or Coach. Address adults with respect.
12. Stealing will not be tolerated.
13. All punishment mileage must be completed prior to the athlete being able to compete in contests. The head coach and athletic director can extend the time in certain circumstances.