



Saint Jo ISD

**Athletic Handbook
2020-2021**

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If you have difficulty accessing the information in this document because of disability, please contact Saint Jo ISD at the numbers listed above.

Extracurricular Participants of Saint Jo Independent School District and their Parents:

The Athletic Handbook you are about to read represents the combined efforts of a group of committed teachers, coaches, sponsors, parents, and administrators who care deeply about the welfare of our students and the success of our programs at Saint Jo Independent School District.

This Athletic Handbook will stress many important aspects of extra-curricular activities. The first aspect is the role of the student and their actions in the school, in the competitive arena, and in the community. As a student athlete involved in extracurricular activities, you have always been held in high esteem. Whether it is for exemplary personal achievement in individual competition or for outstanding contribution to your team or organization, you are often regarded as a role model. Other students and members of the community may look up to you as an example of good sportsmanship, determination, discipline, and perseverance. You need to work hard to earn and maintain a positive reputation. For this reason, you are held to a higher standard with regards to your behavior, both on and off the playing field. The Athletic Handbook is an effort by our school district to put this higher standard into writing so that everyone will understand the high moral and ethical ideals the district has for all of our students who are involved with athletics.

The second aspect of this document is to stress that **PARTICIPATION IN EXTRACURRICULAR ACTIVITIES IS A PRIVILEGE AND NOT A RIGHT**. The Athletic Handbook is not meant to be harsh, punitive, or repressive. It should not be seen as a burden on any student. This is our way of communicating clear expectations to students, promoting high moral and ethical behavior among students, and ensuring a safe and positive experience for everyone. I ask all students involved in extracurricular activities and their parents to join in embracing the Athletic Handbook and committing ourselves to achieving excellence in all of our programs here at Saint Jo ISD.

Sincerely,

Coach Stevens

Mark Stevens
Athletic Director
Head Football Coach
Saint Jo Independent School District
Saint Jo, Texas 76265
940-995-2532 (school)

FOUNDATION OF THE ATHLETIC PROGRAM

We need to promote and sell our programs here at Saint Jo ISD. We need to stress to the people in our community that our most important job is not in the sport specific skills that we teach or the offense or defense that we run, but in promoting life-long lessons such as:

- o Demonstrating the traits of self-confidence and self-worth.
- o Teaching the value of hard work and discipline.
- o Developing the habits of dedication and sacrifice.
- o Promoting leadership skills and fostering the student-athletes emotional growth.
- o Helping athletes understand the importance of a proper mental attitude.
- o Showing character traits that will help them succeed in life.

OBJECTIVES OF THE SAINT JO ATHLETIC PROGRAMS

If everything goes according to plan each player will receive an education and a diploma. These are not necessarily the same. The diploma will come if you follow the plan set forth by administration, teachers, counselors, and coaches. Education involves learning how to make a commitment to something that is bigger than you. It is learning to give and understanding that the more you give, the more you will receive. It is about learning to give all you have. When you learn this, you can focus on doing what is right, not what is popular.

Here at Saint Jo we want to establish excellence in athletics. You must want to compete at a level that your opponents cannot endure. We will demand a higher level of intensity, aggression, and perseverance here at Saint Jo than you have ever given in the past. We are demanding this in order to help you be successful.

Through athletic experiences; athletes will have the opportunity to become better people. It is the goal of all programs here at Saint Jo ISD to teach more than just fundamentals. Players will develop a genuine care and concern for other people. They will be more accountable and responsible than a normal student. They will learn to be positive about the following: their family, their team, their school, their community, and their country. They will learn about the influence they have on younger people and how to use this influence in a positive manner.

Athletics are supposed to be enjoyed. To be enjoyed thoroughly, they must be done correctly. Some people want to make the objective to be competition without any tension or pressure. Here at Saint Jo ISD we realize this is not possible, so we will help the student-athletes to manage the tension or pressure they may feel. The players will learn that their responsibility is to give their best physical and mental effort. Our athletes will realize that when you give your best effort then everything else will take care of itself.

Between the lines on the fields, courts, and our track we expect the most intense physically aggressive people we can have. We also want them to know that when they are off the field we expect good people. Do not get these confused, each has its place. These are learned traits and must be practiced and positively reinforced. The ultimate compliment would be for someone to say, "They are too nice to be that person I see on the court". This can only happen when you learn when and where aggressiveness is appropriate.

SAINT JO ISD ATHLETIC PROGRAMS

ATHLETIC CODE OF CONDUCT

Expectations:

The following are the expectations for our student athletes here at Saint Jo ISD:

- Obtain a quality education, this is the primary reason for attending school
- Compete at the highest level possible - while promoting good sportsmanship
- Exhibit positive leadership in your words and in your actions
- Develop and maintain the highest standard of morals and ethics
- Demonstrate conduct that is becoming a young adult, doing things the right way
- Demonstrate respect to coaches, faculty, officials, opponents, and your fellow students
- Develop and show school pride, what you do is far more important than what you say

STANDARDS FOR SAINT JO ATHLETIC PROGRAMS

(Dealing with misconduct that occurs outside of School)

Saint Jo ISD student athletes are expected to adhere to the *District Student Code of Conduct* as it applies to school-related and / or school sponsored activities. Prior to participation in a Saint Jo ISD Extra-Curricular activity, Saint Jo student athletes and parents must read and sign a copy of the *Athletic Handbook*. As previously stated, student athletes involved in extracurricular activities are expected to maintain high standards of moral and ethical conduct. Any misconduct that reflects negatively on Saint Jo ISD will fall under these Codes of Conduct. These guidelines are developed to deal with misconduct that occurs outside of the school's jurisdiction, regardless of time or location. Disciplinary action or suspension will be an option for any and all students who are involved in a disciplinary infraction (including, but not limited to drugs, alcohol, tobacco, violent behavior, and other illegal offenses) that results in the violation of the district Student Code of Conduct. Any offense or violation to the District Code of Conduct or Athletic Handbook will be considered an offense.

Coaches may develop, within their program, a team handbook or constitution with additional consequences and expectations for their student athletes.

CODE OF CONDUCT OFFENSES

(Dealing with misconduct that occurs outside of school)

At the Athletic Director's discretion, the student may continue to participate in activities while misconduct is being investigated.

Level 1 - Misconduct involving Drugs, Alcohol or Tobacco, E-Cig products

Including but not limited to: tickets received for Minor in Possession "MIP", Minor in Consumption "MIC", Minor DUI, or dealing with any misconduct that occurs outside of school.

Disciplinary Action Taken

1st offense

- Meeting with student athlete, parent, and coaches involved
- Student will be assigned by Athletic Director each of the following:
 - 1 Tire Flip / 5 Plate Pushes a day for a week
 - 1 Tire Flip equals 100 yards of flipping the big tractor tire
 - 1 Plate Push equals a down and back on the gym floor with 45 pound weight on towel

Depending on the circumstances the Athletic Director and Head Coach involved may add the following:

- Suspension of 1 game / event in Football, Track, Tennis, Golf, Cross Country
- Suspension from 3 games in Basketball

- In cases of involving substance abuse students may be asked to attend substance abuse intervention.
- Failure to attend assigned intervention can result in continued suspension.

2nd offense

- Meeting with student athlete, parent, and coaches involved
- Student will be assigned by Athletic Director each of the following:
 - 2 Tire Flips / 10 Plate Pushes a day for a week
 - 1 Tire Flip equals 100 yards of flipping the big tractor tire
 - 1 Plate Push equals a down and back on the gym floor with 45 pound weight on towel

Depending on the circumstances the Athletic Director and Head Coach involved may add the following:

- Suspension of 3 games / event in Football, Track, Tennis, Golf, Cross Country
- Suspension from 9 games in Basketball

- In cases of involving substance abuse students may be asked to attend substance abuse intervention.
- Failure to attend assigned intervention can result in continued suspension.

3rd offense

- Meeting with student athlete, parent, and coaches involved
- Students may be removed from athletic competition for 1 school year.
 - In cases of involving substance abuse students may be asked to attend substance abuse intervention.
 - Failure to attend assigned intervention can result in continued suspension.

Level 2 - If a student commits misconduct that contains the elements of a Class B misdemeanor or felony

1st offense

If a student athlete commits misconduct that contains the elements of a felony crime, Class B misdemeanor, or Class A misdemeanor:

- Student may be suspended from all activities until the case is completed
- Students found **NOT GUILTY** may return to the activity with no further penalty
- Students found **GUILTY** will be suspended and the Athletic Director will handle accordingly.
- In cases of involving substance abuse students may be asked to attend substance abuse intervention.
- Failure to attend assigned intervention can result in continued suspension.

DRESS/APPEARANCE

Student Athletes need to be in proper uniform when competing and in proper uniformity when travelling. We often have one chance to give a first impression, so it is up to us and it is very important that we do a good job of presenting ourselves and representing Saint Jo ISD. When we travel, the team will be in travel gear or professional dress outlined by the coaching staff.

The uniform is designed for conforming to a standard. There is no room for individualism with your uniform or in athletics. Athletics must be a team effort. Student athletes need to have normal hair color and be free of jewelry during practice and competition. If attire, hair, or jewelry becomes a problem the Athletic Director will step in to correct the situation. This will be handled on a case by case basis.

The uniform should be clean, neat, and conform to standards of our program.

Your dress and appearance reflect the importance you place on your job as a student athlete.

We must take every opportunity we have to represent ourselves, our family and our school positively.

We need to make sure we do so in a manner that is suitable and becoming to this school district.

OVERALL EXPECTATIONS

There are 3 groups of people who are necessary for any student athlete to be successful; the student athlete, the coach, and the parents. Each has specific roles, and if each does his / her part the athlete will be successful.

- Student Athlete - Has two expectations: attendance and attitude. The student athlete must come on time every day with and have a great attitude.
- Coach - The coach must teach sport specific skills, give the athlete a plan to improve physically and mentally, and must make sure the athlete understands what it takes to be great. The coach should use athletics to teach positive life skills and character building traits.
- Parents - The parents are a tremendous asset to our athletic program. Parental support is fundamental to any student athlete's success. Each sport's head coach will have additional procedures that will include rules, policies, expectations, and guidelines for their sport. These additional procedures will be communicated in a parent meeting before each season of competition. We highly encourage all parents to attend these meetings.

PARTICIPATING AND THE ATHLETIC PERIOD

Student athletes must be enrolled in the athletic period in order to participate in certain sports.

Exceptions to this rule are: Golf, Tennis, and Cross Country – which take place before or after school. Students who are unable or unwilling to participate in the athletic period **WILL BE REMOVED** from the athletic period and put into a different class. You will be expected to participate in athletics unless you have a note from a doctor (a note from your parent or guardian **WILL NOT** be accepted).

Athletics is a class and your attitude and attendance will be the major factors in your grade. Athletics is not another tutorial period. If you need extra help in a class, tutorials is the time for that. Athletics is for improving your physical skills to make yourself the best athlete that you can be.

Football

Students must be in the athletic period to participate.

Student/Athletes must be enrolled in the athletic period both semesters of the school year to participate.

Basketball (Boys & Girls)

Students must be in the athletic period to participate.

Student/Athletes must be enrolled in the athletic period both semesters of the school year to participate.

Volleyball

Students must be in the athletic period to participate.

Student/Athletes must be enrolled in the athletic period both semesters of the school year to participate.

Baseball

Students must be in the athletic period to participate.

Student/Athletes must be enrolled in the athletic period both semesters of the school year to participate.

Track

Students must be in the athletic period to participate.

Student/Athletes must be enrolled in the athletic period both semesters of the school year to participate.

Cross Country, Golf, and Tennis

Cross Country, Golf, and Tennis are sports that do not require an athlete to be in the athletic period.

Extenuating circumstances may allow an athlete to participate in a sport without being in the Athletic Period with the Athletic Director and Head Coaches consent.

OVERNIGHT STAYS

Rules and Regulations

- Room curfew is up to the Head Coach or Athletic Director – based on event times.
- Coaches will use a number of confidential strategies to check rooms.
- The athletes may be subjected to the “taped door” method of insuring athletes’ safety.
- Any student-athletes’ luggage, on the trip, may be searched at any time and for any reason by a coach.
- Student athlete’s conduct during an overnight stay must exceed the standards for normal students.
- Any problems could lead to being excluded from any future overnight stays as well as being disciplined.

RESPECT FOR ADULTS

Adults should and will receive a “Yes Sir / Yes Ma’am” and “No Sir / No Ma’am” response from all student athletes. Whenever an adult is speaking to you, either individually, or as part of a group, you will give them your undivided attention and always establish eye contact.

LETTERING POLICIES

Each student athlete is allowed one jacket during his/her high school career. The school district will provide one letterman's jacket and the first "SJ" for a student athlete that has completed any of the requirements below to qualify for a letter. A family may purchase a jacket prior to the completion of this guideline, or to replace a lost or damaged jacket. Saint Jo ISD will use Jostens to size jackets in the fall (Usually around Thanksgiving) and may host another sizing in the spring (around Spring Break). Jostens will bill parents for any additional add ons to the jacket not covered by the district in this policy.

Lettering Requirements:

Football

1. Complete the season as a varsity athlete in good standing.
2. Be a member of the varsity team and suit up for and participate in at least 50% of the games.
3. Be a member of the varsity team that advances to the Regional Championship game (or further).
4. Injured players may be awarded a varsity letter at Head Coaches' discretion.
5. Head Coach may award a letter to a student-athlete due to extenuating circumstances.

Volleyball

1. Complete the season as a varsity athlete in good standing.
2. Be a member of the varsity team and suit up for and participate in at least 50% of the meets.
3. Be a member of the varsity team that advances to the Regional Championship game (or further).
4. Injured players may be awarded a varsity letter at Head Coaches' discretion.
5. Head Coach may award a letter to a student-athlete due to extenuating circumstances.

Cross Country

1. Complete the season as a varsity athlete in good standing.
2. Be a member of the varsity team and suit up for and participate in at least 50% of the meets.
3. Qualify for the regional meet as an individual or as a member of a team
4. Injured players may be awarded a varsity letter at Head Coaches' discretion.
5. Head Coach may award a letter to a student-athlete due to extenuating circumstances.

Basketball (Boys & Girls)

1. Complete the season as a varsity athlete in good standing.
2. Be a member of the varsity team and suit up for and participate in at least 50% of the games.
3. Injured players may be awarded a varsity letter at Head Coaches' discretion.
4. Be a varsity athlete on a team that qualifies for a playoff game.
5. Head Coach may award a letter to a student-athlete due to extenuating circumstances.

Baseball

1. Complete the season as a varsity athlete in good standing.
2. Be a member of the varsity team and suit up for and participate in at least 50% of the games.
3. Injured players may be awarded a varsity letter at Head Coaches' discretion.
4. Be a member of the varsity team that advances to the Regional Championship game (or further).

5. Head Coach may award a letter to a student-athlete due to extenuating circumstances.

Golf

1. Complete the season as a varsity athlete in good standing.
2. Be a member of the varsity team and suit up for and participate in at least 50% of the events.
3. Qualify for regional tournament as an individual or as a member of a team.
4. Seniors who have been in golf 2 years and are in good standing with the team.
5. Injured players may be awarded a varsity letter at Head Coaches' discretion.
6. Head Coach may award a letter to a student-athlete due to extenuating circumstances.

Tennis

1. Complete the season as a varsity athlete in good standing.
2. Be a member of the varsity team and suit up for and participate in at least 50% of the events.
3. Qualify for regional tournament as an individual or as a member of a doubles team.
4. Seniors who have been in tennis 2 years and are in good standing with the team.
5. Injured players may be awarded a varsity letter at Head Coaches' discretion.
6. Head Coach may award a letter to a student-athlete due to extenuating circumstances.

Track

1. Complete the season as a varsity athlete in good standing.
2. Be a member of the varsity team and suit up for and participate in at least 50% of the events.
3. Qualify for regional tournament as an individual or as a member of a relay team.
4. Seniors who have been in track 2 years and are in good standing with the program.
5. Injured players may be awarded a varsity letter at Head Coaches' discretion.
6. Head Coach may award a letter to a student-athlete due to extenuating circumstances.

Managers

1. Complete the season as a varsity manager and be in good standing with the team.
2. Must be a Junior or Senior to receive a jacket.
3. Must have worked: in one sport for at least two seasons / or two sports for one entire school year.
4. Head Coach may award a letter to a manager due to extenuating circumstances.

GENERAL RULES

1. Education comes first: If a student athlete fails any course at any grading period, he / she will be ineligible to participate in any games, but will be expected to be at all practices. "You Must Pass In Order to Play". Saint Jo ISD will publish an "Eligibility Calendar" which will be approved by UIL and contain dates stating the time and date students will lose and gain their eligibility.
2. Do not miss school, do not miss practice. You must be there to get better. Consequences for missed practices will be determined by individual head coaches or Athletic Director if necessary.
3. If a player is aware he or she is going to miss practice, they must notify the coach of the circumstances. Examples of an excused absence: any reason involving illness or death in the family; that was communicated to the coach ahead of time (or as soon as possible during extenuating circumstances). Even

if a player is missing practice for an educational purpose the athlete may still be required to make up a portion of practice (usually the conditioning).

4. A student athlete must understand that when they miss practice, they miss a great deal of conditioning. This time must be made up, and extra work may be assigned by the coach of the sport involved.
5. Practice clothing issued to each student shall be worn at all practices, no exceptions. The new dress code will be black shorts and grey shirts. The student-athletes will have some provided for them. It is a good idea to get another pair of all black shorts and a grey shirt in case theirs get dirty or is misplaced.
6. No jewelry at practice or during any contest. Females hairstyles should be easily managed and be able to be kept off the face. All hair styles should be conservative. The Athletic Director and Head Coach of each sport shall have final say regarding dress and hair.
7. Any student athlete placed in The Alternative Education Program (AEP) will be suspended for the rest of the semester that student athlete was assigned to AEP. If a student athlete is assigned in late November or December, that student athlete may be suspended for the following semester. The Athletic Director and / or Administration can modify the length of the suspension by taking into consideration any extenuating circumstances.
8. If you lose or damage anything that belongs to the school, you will be required to reimburse the school for the replacement cost of the item.
9. Student athletes who participate in school-sponsored trips shall be required to ride in transportation provided by the school to and from the event. Exceptions may be made if the student athlete's parent or guardian personally requests the student athlete be allowed to ride home with another adult. Arrangements must be made in writing with the Head Coach prior to the contest. The district is not liable for any injuries that occur to student athletes riding in vehicles that are not provided by the school.
10. When going out of town the bus will leave on time. The bus does not have to wait on anyone. If you are early, you are on time. If you are on time you are late.

CLASSROOM CONDUCT

Student athletes will observe all disciplinary rules established for regulating the conduct of students in the Saint Jo Independent School District as published in the student handbook. These rules not only apply at school, but at school sponsored activities as well. Classroom misconduct by a student athlete may also result in additional consequences from the coach or Athletic Director. You must remember that as a student-athlete you are to be a positive example for the rest of the student body.

SOCIAL MEDIA

(Facebook, Twitter, LinkedIn, Snapchat, Instagram, YouTube, or any other media sites)

Social Media misconduct is defined as anything that is detrimental to you, your family, or the Saint Jo ISD.

Discipline will be at the discretion of the Athletic Director in regards to social media misconduct.

Think twice before you post something – it may cost you a job someday.

ON THE COURT CONDUCT

Student athletes will obey all instructions given to them by the coaches. Insubordination during practice or in games will not be tolerated. Good sportsmanship is the essence of any athletic program. Fighting and public displays of temper constitute unsportsmanlike conduct and appropriate disciplinary action will follow any such conduct at the discretion of the coach or Athletic Director.

STUDENT ATHLETES WHO QUIT A SPORT

Each student athlete will be given a two week window to come out and try a sport. If that student athlete decides that the sport is not what they want to do, they may drop out of the sport with no penalty as long as they communicate respectfully with the head coach of that sport. If the student athlete quits after the two week window, he / she will not be able to participate in another sport until the sport they quit is over. If student athlete quits two sports in a year they may be removed from the program for the rest of the year and may or may not be allowed to re-enter the following year. Exceptions will be allowed by mutual consent of the Athletic Director and the coach involved. Re-entry into a sport quit will be at the discretion of the Head Coach of that sport.

HAZING

Hazing is contrary to team building and illegal. HAZING WILL NOT BE TOLERATED IN ANY FORM.

PROFANITY

The head coach of each individual sport may have more stringent policies if they are approved by Athletic Director. Profanity will NOT BE TOLERATED.

INJURY OR ILLNESS

If you are sick or hurt, it is expected you do what you can for workout. It is also expected you wear appropriate practice attire (maroon shirt with black shorts). If you are injured and have a medical note you will not be released to play until released from a doctor. A parents' note does not excuse you from athletic period. Only a doctors' note will excuse you from participating. If you are unable to participate in athletics you may be removed. You must report ALL injuries to a coach and / or trainer immediately.

EQUIPMENT / FACILITIES

All student athletes are to have "Perfect Lockers". Coaches will describe to all student athletes how they want lockers to be kept and all lockers will remain in perfect order. Student Athletes must pay for all items checked out to them which have been lost or misplaced. To ensure school facilities are well cared for, student athletes must take the attitude of "owner". Our athletes need to set the example for the entire student body that we should all help maintain the upkeep of our facilities and our school.

PAP FORM REQUIREMENT

A Previous Athletic Participation Form is required for all transfer situations 8th grade and above.

PARENT INFORMATION MANUAL

If you would like a copy of the UIL Parent Information Manual, the manual is available on the UIL website:

<http://ww.uil.utexas.edu/athletics/manuals/>

**SAINT JO ISD
ATHLETIC HANDBOOK
ATHLETE / PARENT SIGNATURE PAGE**

This page must be signed by both the student-athlete and parent or legal guardian of the student and returned to the coach or athletic director before student can participate in the activity.

Signing this sheet signifies that the student-athlete and parent or legal guardian of the student has read and understands the procedures and punishments set aside for a violations in the Saint Jo ISD Athletic Handbook.

Student Name (please print): _____ **Date:** _____

Student's Signature: _____ **Date:** _____

Parent/Legal Guardian (please print): _____ **Date:** _____

Signature of Parent/Legal Guardian: _____ **Date:** _____

This signature page must be signed and turned into a coach or the Athletic Director prior to any practice or competition.