



## **Schulenburg ISD Athletic Handbook 2023–2024**

**Vision-** Every student is encouraged to be the best version of themselves and athletics will help provide an avenue for them to learn, strengthen and grow their abilities throughout their high school years.

**Philosophy-** We believe that an exemplary athletic program is an extension of the classroom. As such, athletics offers students an opportunity to develop and grow physically, intellectually, emotionally, and socially. The positive benefits that participation in athletics offers include, but are not limited to self-esteem, self-discipline, self-confidence, and the development of team spirit. Further, participants learn the values associated with competition and benefit from the experience of both winning and losing. For the participating athlete, these experiences provide an integral part of the foundation needed to be a productive citizen capable of leading a full and enriching life.

**Introduction-** The Schulenburg athletic program is part of the total school experience for both boys and girls. Schulenburg ISD offers a variety of sports and activities to all students who have potential skill and desire to participate. The policies, procedures and regulations in this handbook are in compliance with school board policy and administrative procedures.

### **Participation-**

You, the student athlete, are accountable and responsible for all policies contained within this handbook and for any additional policies that your respective coaches might add.

It is the goal of the Schulenburg athletic program to offer the opportunity of participation to every student who has the ability and desire to do so. However, no student is obligated to take part in athletics, nor is participation in athletics required.

It is also to be stressed that participation in Schulenburg ISD's athletic program is a privilege, not a right.

Since it is a privilege, the coaching staff, in accordance with Schulenburg ISD policy and due process procedures, has the authority to suspend or revoke the privilege when the rules and standards of this athletic program are not followed.

Schulenburg ISD athletes are expected to look and act with pride and dignity at all times.

### **Available sports**

The following sports are available for High School Athletes entering grades 9-12

Football	Volleyball	Cross Country
Basketball	Powerlifting	Golf
Baseball	Softball	Track and Field
Tennis		

The following sports are available to all Junior High athletes grades 7th-8th

Boys- Football, Cross Country, Basketball, Track and Field, Tennis

Girls- Volleyball, Cross Country, Basketball, Track and Field, Tennis

### **General Policies: Responsibilities of an Athlete and Parent**

All athletes have the responsibility to give their best, play to win, follow training guidelines, and 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 (on and off campus). We are judged by the company we keep. Our actions in our everyday life, both private and public, are a direct reflection on this athletic program and our school.

#### **A. During competition, an athlete:**

1. Will learn that both winning and losing are part of the game and learn to accept both. Be modest in victory and gracious in defeat.
2. Will not cheat. No illegal strategies will be used to beat the opponent or rules of the game.

3. Will learn self control. horseplay, temper tantrums, use of profanity, and disrespect for coaches or officials will result in loss of respect for the athlete and will result in disciplinary actions for the athlete from the coach.
4. We will always respect the officials even if we do not agree with them. We control what we can control and we have trust that all officials are doing their best to officiate in a fair manner.

**B. In the Classroom, an athlete:**

1. Must realize that they are a student first and an athlete second. We will adhere to all school rules and work to be in good standing with the UIL requirements for participation.
2. Equal importance is the athlete's citizenship in the classroom. An athlete must set the example of how to act in class by treating teachers and fellow students with respect and striving to follow guidelines set forth by the teachers. If an athlete's poor behavior goes uncorrected, punishment will be assessed by the athletic program and suspension from athletic participation may occur.
3. School attendance is a high priority for our student athletes. Low attendance rates from an athlete can be used as a reason for limiting an athlete in competing or even dismissal from the athletic program.

**C. On campus, an athlete:**

1. Must maintain proper dress and appearance, good grooming and personal cleanliness is a must. We are always representing Schulenburg Athletics.
  - a. Male athletes will refrain from wearing earrings of any kind.
  - b. All dress, hair, makeup and clothing shall be clean, neat, and well groomed. It shall not be excessive, exceptional or designed to draw attention to the individual. Facial hair will not be permitted.
  - c. Boys hair must be off the collar and out of the eyes.
2. If suspended from school, the athlete will not be allowed to work with, travel or participate with a team. Eligibility for subsequent contests will be left to the discretion of the coach and or administration.

**D. During Team Travel, an athlete will:**

1. Travel to and from all contests with the team. If for some reason you must return home with your parents you must clear this with the coach before leaving the contest and you must have a written release from the parents to the coach.
2. Dress neatly and properly for all trips. Coaches will advise you regarding the proper attire for each team.
3. Conduct himself/herself properly on the school bus or any school vehicle.
4. Be on time for the bus departure.
5. Dress for all home contests according to the school and team dress policies. Your appearance before and after home games is as important as our out of town trips.

**E. Parent Expectations**

1. As a parent and sports fan, it is important to set an example for your students

2. Parents are asked to cheer on our teams and support our athletes whenever possible.
3. Parents should not approach coaches before, during and or after practices or games to discuss their individual child. Athletes with questions should schedule a meeting with the head coach first. If after that meeting, the athletes' concerns still exist, then the parents may set up a meeting with the Athletic Director.

#### Parent Role

- a. Be knowledgeable of the game
- b. Be supportive
- c. Be positive and cheer for the team at games
- d. Set the example for children by exemplifying the highest standards of sportsmanship.
- e. Respect the players and coaches on each team.
- f. Respect the authority of officials
- g. Expect your own children to be respectful
- h. Do not converse with any official or scorekeeper
- i. Do not enter the field of play without permission of the referee
- j. Never criticize the coach publicly
- k. All concerns should be brought to the coach respectfully

### **ELIGIBILITY AND REGULATIONS**

Eligibility: A student in grades 7-12 may participate in extracurricular activities on or off campus at the beginning of the school year, only if the student has earned the cumulative number of credits in state-approved courses indicated.

1. At the beginning of the 7th grade year, the student must have been promoted from the 6th to 7th grade.
2. At the beginning of the 8th grade year, the student must have been promoted from the 7th to 8th grade.
3. At the beginning of the 9th grade year, the student must have been promoted from the 8th to 9th grade.
4. At the beginning of the 10th grade year, the student must have at least five credits towards graduation.
5. At the beginning of the 11th grade year, the student must have at least 10 credits toward graduation or have passed five credits during the previous 12 months.
6. At the beginning of the 12th grade year, the students must have at least 15 credits toward graduation or have passed five credits during the previous 12 months.

1. Participants must meet the minimum grade standards of UIL and TEA. At the present, a participant must be passing "all subjects" with a 70 average at the end of the first 6-weeks of school and each 9 week grading period thereafter.

2. If an athlete is ineligible for two consecutive nine week grading periods, he/she may be removed from athletics for the remainder of the school year. The athlete may not be reinstated until the athletic director determines that satisfactory progress has been made academically.

## **Attendance**

Being at school and practice is part of making a commitment. We will expect all athletes to be in class on time and to be at practice and the athletic period unless we are otherwise notified.

Athletes will only be deemed excused from a workout or practice if the coach is contacted before the workout has begun. Conditioning will still apply to the student athlete who missed the workout. Valid reasons for missing a practice or workout do exist but are rare. Coaches will be understanding and help the athlete makeup conditioning and be prepared to compete with the team upon return. Athletes should remember that missing crucial practice time will limit their preparedness for the game and can affect playing time based on lack of preparation.

Unexcused – an unexcused absence will occur when an athlete misses a practice, game or athletic period without having communicated with his/her coach. (This is not normal and should be a rarity in our program) Conditioning for unexcused absences – Make up of previous days conditioning, plus extra If an athletic period is missed. The head coach will have discretion to the amount of game time missed for missing the workout or practice.

ISS- If an athlete is in ISS, they will not be permitted to practice or compete with the team until their days are up. Upon return they will make up the conditioning they missed and playing time will be determined by the head coach.

## **Breaking the Law**

We stress to our student athletes that they are not only representing themselves, but their coaches, Schulenburg I.S.D., and the Schulenburg community. If one of our athletes does make a poor choice and is caught with an illegal substance (alcohol, tobacco, drugs) or is caught committing other criminal offenses they will be disciplined accordingly. As classified by the legal system each will fall under two categories: misdemeanor or felony offense. Felony offenses will be dealt with according to local school policy. Misdemeanor punishments will be dealt with by the head coach and school administrators. Participation in games will not be allowed until punishments are completed.

### **TOBACCO (Vaping)**

Although accepted by a certain percentage of the American society, smoking of cigarettes, vaping and the use of other tobacco products are dangerous, unhealthy, unlawful for teenagers and incompatible with desirable training programs for extra-curricular activities. A participant who is smoking, using tobacco products or vaping is willing to jeopardize his/her own and his/her teammates' chances for success during the season and has shown that he/she cares

little for either. They have further shown that they are very easily misled or that their program is not important to them or both. An athlete will be deemed 'guilty' of breaking this rule when:

- receives an MIP, etc. by the police.
- visibly seen by a school employee or coach

**ILLEGAL DRUG USE** A person's performance in mental and physical capacities has been proven time and again to be affected adversely by the use of both legal (medicine both prescribed and over the counter) and illegal drugs. A participant using legal drugs such as medicine must inform his/her coach of such action. Illegal drug and alcohol use of any type, including narcotics, marijuana, hallucinating agents, sedatives, steroids not prescribed by a licensed physician, and amphetamines are never acceptable. Due to the illegality of obtaining and using these drug types, a participant violating these rules is subject to a more severe penalty. An athlete will be deemed 'guilty' of breaking this rule when:

- receives an MIP, DUI, DWI, etc. by the police.
- visibly seen by a school employee using drugs or alcohol illegally

All reported and alleged instances of illegal substance use will be investigated. Confirmed illegal use of drugs or alcohol will result in disciplinary action being taken. Admission of guilt may result in a less severe penalty than those listed below (must be admitted prior to notification by authorities)

**Alcohol/Drug Violation- Run 20 Miles Done in a timely manner based on coaches discretion.**

**Repeat offenders will be removed from athletics based on coaches and administrators discretion.**

### **Quitting a Sport**

There will be times when some athletes find it necessary to quit playing a sport before, during, or after the season. Whatever the reason, an athlete must follow the steps listed below:

1. The athlete should think the whole situation through before reaching a final decision.
2. The athlete should talk to the coach to see if a solution can be reached without having to quit. A conference between parents, athlete, and coach, or any combination thereof, may be required, and is highly recommended before an athlete will be permitted to quit.
3. A student athlete that decides to quit a sport may not begin to practice or play another sport until the season for the sport he/she quit has ended. Consequence for quitting is completion of 25 miles of running before beginning practice with another program (to be done before or after school).

**\*\*Miles to be done in a timely manner based on coaches discretion.**

a. **Grace Period:** There is a 2 week grace period at the beginning of each sport's season that an athlete has to make a decision to quit the sport. The athlete will need to be in

communication with the coach and leave in good standing. If the athlete quits within this grace period then there is no consequence and they can move on to their next sport.

4. All equipment must be turned in clean. The athlete must pay for any equipment not returned prior to returning to competition status.

5. If a student athlete quits a sport and is not going to compete in another sport, then he/she will be removed from athletics.

*\*\*\*If you are not in athletics at the end of the school year then you will not start in athletics the following school year. In order to be considered, you will be required to schedule a meeting with the athletic director and you will need to get written approval to turn into the counselor's office.*

## **PROCEDURES WHEN ILL OR INJURED**

1. Your health is of concern to every member of your team. In the event you feel ill and your condition does not improve within two days, see a doctor as soon as possible and inform your Athletic Trainer. (Always communicate illness or injury to your head coach)

2. An injury that could possibly hamper your ability to participate must be reported to your coach and the Athletic Trainer as soon as possible. Specific instructions regarding treatment by the Athletic Trainer will be given to you at the start of your season.

3. If the Athletic Trainer sends you to the doctor, be sure that you bring back WRITTEN instructions from the doctor as to your care. If you feel that you need to see a doctor about an injury, make sure that you check with the Athletic Trainer since they have been licensed to provide proper care for you and may be able to provide you with information regarding your injury and the type of doctor you should see.

4. Going to the doctor for an athletic injury without informing the Athletic Trainer is discouraged.

5. Parent notes will **not** be accepted as a reason to miss practice.

6. If an athlete is too ill or injured to practice, then he/she must report to the Athletic Trainer or head coach or bring a written note from a doctor specifying the illness/injury and the number of days the athlete is to miss.

7. Whenever you are injured or have an illness of a minor nature, you may be required to dress out (but not participate) and stay with your group during the workout. You learn from each practice session, whether you are practicing or simply observing. Being injured or ill rarely involves staying home.

8. Following any injury, an athlete should immediately report it to the Athletic Trainer.

9. When injured or when considered injured, each athlete is required to receive treatment every day until released by the Athletic Trainer.

10. Athletic periods will not be used for treatments of injuries or for the evaluation of injuries except under special circumstances.

11. Treatment periods are before school, after school, or as designated by the Athletic Trainer according to his schedule.

**Strength and Conditioning**

Athletes wanting to participate in a sport will be enrolled in the athletic period unless extenuating circumstances are present.

**INSURANCE**

As with almost every school in the state our athletic insurance is a SECONDARY policy. This means the family's insurance is filed first. The school insurance pays after the primary policy. If the family does not have insurance the school's insurance will be filed, but will not pay the full amount. Our policy does include a network of doctors. If care is given within this network the amount covered by insurance will be better than if a doctor out of network is used.

**NON-SCHOOL ATHLETIC PARTICIPATION**

The Schulenburg athletic department encourages non-school athletic participation as long as it does not interfere with school activities. We do not encourage absences from class, athletic activities, or other school functions for the purposes of participating in non-school related athletic activities (select leagues, etc.). Although these activities can be helpful to athletes and programs, we encourage the building of SISD teams and programs above all others. Any nonschool related athletic activities that could interfere with participation in school events, practices, etc. must be cleared with the school coach of that sport before the season begins. It is the school coach's discretion whether to allow absences for non-school athletic participation or not. All circumstances will be taken into account by the school coach to determine what is best for the school team and program.