

ATHLETIC HANDBOOK

For

SHALLOWATER INDEPENDENT SCHOOL DISTRICT

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Forward

The following material was developed to familiarize coaches, athletes, administrators, and parents with the policies and procedures of the Shallowater Independent School District's athletic department. It was derived as a result of established practices, and needs that have evolved over a period of years.

This handbook may also serve as an excellent aid for new personnel to acquaint them with the program.

This material can be very valuable in the attempt to promote better communications and public relations with those who are concerned about the growth and development of the athletic program,

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OUTLINE OF THE PROGRAM

SECTION 1

THE PROGRAM GOAL

To build the character and integrity of young men and women and develop within them worthwhile goals that will remain with them for the rest of their lives.

The purpose of the athletic program is to promote the physical, mental, social, emotional, and moral well being of the participants. It is our goal that participation in the athletic program will be a positive force in preparing youth to excel in life and contribute to society.

THE PROGRAM OBJECTIVES

To provide a year round program of competitive athletics in as many sports as possible and involving a majority of the student body through participation or support groups.

To establish a winning habit no matter what the outcome of the game/event might be.

To accept losing only as a means of learning from mistakes and the opportunity to improve skills, attitudes, and work habits.

BASIC PHILOSOPHY OF ATHLETICS

The athletic program functions as an integral part of the total school program and is open to participation by all students. We believe that the opportunity for participation in a variety of student-selected activities is a vital part of the student's educational experiences. Such participation is a privilege, one that along with being a great honor carries with it many responsibilities. The student-athlete must adhere to the training rules and regulations which are unique to an athletic program. In order to contribute to the welfare of the group, the athlete must willingly assume obligations and make individual sacrifices.

Winning is not a score or the outcome of a contest, it is a lifelong attitude of doing one's best in all situations and circumstances.

There should be no competition between sports, and each sport should complement the other.

All athletes are encouraged to participate in the sport in season.

Specialization is acceptable, but not encouraged.

All sports programs should emphasize elements that are common among athletic activities. These elements include speed, strength, quickness, endurance, poise, competitiveness, responsibility, discipline, teamwork, sacrifice, respect, and a willingness/cooperative attitude.

Discipline is a basic ingredient of success. Discipline must be firm, demanding, purposeful, and most importantly, consistent. Methods of discipline should be fair and reasonable. Never should an athlete be belittled or talked down to. Enforcement must be consistent among coaches. Discipline can be a positive learning experience if handled in the right way.

ORGANIZATION OF THE ATHLETIC PROGRAM

The Athletic Director:

The Athletic Director should have the responsibility of general supervision and coordination of the competitive sports programs of the Junior and Senior high schools. It is to the Athletic Director that the coaches look to for direction, guidance, and assistance in the improvement and effective cooperation of the athletic program.

He/She shall support the policies of the **SISD** particularly as they relate to: 1) participation of large numbers of pupils; 2) development of superior standards of sportsmanship, competitive spirit, and moral character; and 3) recognition that the principle standard of class work and general school behavior is a pre-requisite to representation of the school in interscholastic teams.

The Athletic Director has the authority to make decisions that deal with any situation which might not be specifically addressed in the athletic policy.

The Head Coach of Each Sport:

The specific duties and responsibilities of the head coach of each sport are as follows:

1. Responsible for submitting a participation list to the Athletic Director/ Principal to be used for checking eligibility. This list should be completed as soon as possible for office personnel to check and mail to district chairman before the first scheduled contest.
2. Responsible for obtaining and acknowledging the principal's eligibility list.
3. Responsible to the principal for furnishing a travel list of players and obtaining approval from the principal when school time is to be missed. Travel lists should be submitted as soon as possible.
4. Responsible to the Transportation Director for a current schedule of all games associated with their sport for the purposes of arranging bus transportation.
5. Responsible for submitting requests for purchases of equipment and supplies for his/her sport.
6. Responsible for staying with athletes until they have dressed and left the athletic facilities.
7. Responsible for locking and securing facilities after use.
8. Responsible to attend all district meetings when his/her sport is an item for discussion.
9. To confer with the Athletic Director when an athlete is to be dismissed from the program.
10. Responsible to secure game officials, meet visiting teams on arrival, supply visiting team needs, and oversee arrangement for the preparation of facilities for game/events.
11. Responsible for the care and storage of all equipment used by participants of his/her sport.
12. Responsible to submit to the Athletic Director an inventory of equipment used by his/her sport shortly after the conclusion of each season.
13. Responsible for other duties requested by the Athletic Director in regard to coaching assignments.
14. Responsible for the direction of assistant coaches of their sport as assigned by the Athletic Director.
15. Responsible for the implementation of their sport into the Junior High program if that sport is offered in the Junior High.
16. Responsible to promote good public relations through keeping the public informed of teams progress by the press, booster club, ect.
17. Responsible to be knowledgeable of all UIL rules that relate to his/her sport, and enforce those to the letter.
18. Responsible to submit to the Athletic Director a complete varsity and sub-varsity schedule for approval well in advance of the season.
19. Responsible to notify the Athletic Director and Principal of any changes on the schedule as soon as they occur.
20. Responsible to support all the sports of the athletic program in a positive and productive manner

The Assistant Coaches:

A coach may be a head coach in one sport and an assistant in another. The specific duties and responsibilities of the assistant coach are as follows.

1. Responsible to the Athletic Director for direction, guidance, development, conduct, character, policies, procedures, assignments, duties, responsibilities, use of facilities, ect.
2. Responsible to the head coach of each sport he/she coaches in regard to coaching methods, techniques, strategy, drills, formations, offenses, defenses, practice schedules, etc.
3. Responsible to the building principal for all academic affairs, extra duty, and responsibilities related to the daily operation of the school day.
4. Responsible to the school for personal behavior, reputation, attitude, and general conduct as a professional employee.

ATHLETIC CODE

The following policy will be in effect for all athletes to be eligible to participate in any competitive sport or practice or program directly related to improvement in a sport.

GENERAL REGULATIONS

1. The University Interscholastic League Rules must be followed in all cases of eligibility, transfer, physical examination, insurance coverage, starting dates, ect. Each coach has the responsibility both to inform team members and parents of school and U.I.L. regulations and to enforce those rules.
2. An athlete quitting the team after the first contest will:
 - a. Forfeit his or her award for the sport.
 - b. Not be allowed to participate in another sport until the season of the sport they quit in season has concluded. The only exception to this rule is when prior arrangements have been made between the two coaches and the athlete involved.
3. Athletes must travel to and from contests in transportation provided by the school. The only exceptions are:
 - a. Injury to a participant which would require alternate transportation.
 - b. Prior arrangement between the participants, parent/guardian, and the coach for the student to ride with the parent/guardian.
4. A coach must be consulted ahead of time if any athlete must miss a practice or contest. Missing a practice or contest without permission will result in a decision by the head coach of that sport with possible suspension.
5. All athletes in the junior and senior high school will be expected to dress in an acceptable manner when traveling with the team and conduct themselves in a manner that includes:
 - a. Punctuality for all trips.
 - b. Dress neatly as directed by the coach.
 - c. Act respectful and mannerly in restaurants.
 - d. Each athlete shall return his/her equipment to the proper place at school.

CODE OF CONDUCT

We have one basic training rule: What an athlete does at home under the jurisdiction of his/her parents is his/her business. What he/she does at school, downtown, on school trips, in the classroom, at the practice facility or any other place where his/her actions are a negative influence or a negative reflection on our athletic program is our concern and we expect him/her to act accordingly. Negative behavior includes but is not limited to:

1. Theft or malicious destruction of any school or individual's equipment or property.
2. Disrespect to a teacher, coach, or member of the school administration.
3. Use or possession of illegal drugs including alcohol, abusive drugs and tobacco.
4. Unsportsmanlike conduct toward an opponent or official or use of profanity during a game or contest.

*Examples that fall under this code: MIP's, DUI's, DWI's, Burglaries, Serious Misdemeanors, by athlete admission or if a coach observes the athlete in the act.

The Athletic Code of Conduct is based on the principle that athletes will make mistakes or bad decisions on occasion, but they deserve a second chance. If an athlete makes a mistake or bad decision, they will be placed on athletic probation along with serving the punishment outlined by each coach in his/her sport. It then becomes the responsibility of the athlete not to make a mistake or bad decision while on athletic probation or he/she will be suspended from athletic contests

for 30 school days. The probation period will last until the end of the current school year and through the summer. The athlete will have a clean slate at the beginning of the next school year.

If an athlete is suspended, the suspension period will last 30 school days provided that the athlete demonstrates good behavior and a positive reflection on himself/herself. Once an athlete is reinstated, he/she will not be granted anymore probationary periods, but will automatically be suspended from the athletic program for violation of training regulations. When an athlete receives a second suspension within a school year, the suspension will last the remainder of the school year. Any decision to place an athlete on athletic probation or athletic suspension will be determined by the Athletic Director.

This policy will be in effect for any male or female athlete in the junior high school or high school athletic program.

This is an example of an athlete breaking code of conduct three times within a school year. The school year begins on the first day of school, or the first day of practice and ends on the last day of summer, or the last day before practice begins.

- 1st Offense- physical punishment and placed on athletic probation**
- 2nd Offense- physical punishment and 30 school day suspension from competing in athletic events representing the school**
- 3rd Offense- dismissal from athletic program for remainder of school year**

The physical punishment will be running 20 miles or something equivalent. It will not be done during the athletic period, but before or after school. A coach must supervise the punishment.

SCHOOL EQUIPMENT

The athlete is financially responsible for all equipment checked out to him/her. Any athlete who has school equipment charged against them will not be given an award or receive his/her records until the matter is cleared. Athletes who continue to owe for equipment will be referred to the principal's office.

LETTERING AND AWARDS

The UIL defines the monetary value to be placed on awards given to high school athletes. At the present time a letter jacket, not to exceed \$60 in cost, may be given one time in an athlete's high school career.

1. An athlete will receive a letter when he/she has competed in at least ½ of the varsity competition offered.
2. Managers must complete two years to qualify for a letter.
3. Student trainers must complete two years in order to qualify for a letter.

SISD athletes must participate in the entire season, finish in good standing, and be recommended by their respective head coach. Participants who enter the program during the season will letter at the discretion of the head coach. Varsity athletes that become inactive before the completion of the season due to injury received as a result of participation should be strongly considered for letter award if the athlete is close to qualifying standard. The head coach may recommend the athlete in these cases.

All seniors will automatically letter if they have been in the program in previous years and have made a positive contribution to the sport and/or program.

NO PASS/ NO PLAY

Students must maintain a 70 average in all subjects each six weeks in order to be eligible for UIL activities. Certain advanced courses are exempt from this provision.

Students who do not pass all subjects are ineligible to participate in games or contests. They may continue to practice with their teams. Ineligible students will have their grades rechecked in three weeks to determine whether they are passing all subjects and have regained eligibility. Students who become ineligible will be required to attend study hall and tutoring sessions within the guidelines set by the principal and faculty. Students will remain in study hall until they pass all classes and regain eligibility. Students who regain eligibility at the end of a three or six-week period will have a seven-day waiting period before being allowed to participate in a contest.

As a student athlete of Shallowater ISD, I will abide by the above stated policy

(Signature of Student-Athlete)

(Date)

As a parent/legal guardian of a student -athlete, I support my son/daughter in the endorsement.

(Signature of Parent/Legal Guardian)

(Date)