

Sinton
Independent School District
Athletic Handbook



Excellence without Compromise
The Sinton Way

ATH. DIR.
364-6681

H.S. BOYS
364-6677

H.S. GIRLS
364-6655

M.S. BOYS
364-6855

M.S. GIRLS
364-6840

TRAINER
364-6684

OVERVIEW OF THE SINTON ATHLETIC PROGRAM

The Sinton Athletic Program will provide all students an opportunity to be part of a safe and competitive athletic environment that prepares the student-athlete to excel in academic and athletic achievement while becoming productive citizens that have a positive impact throughout the school and community.

A culture will be established that is built on the foundations of discipline, accountability, leadership and family. The coaching staff will instill a strong work ethic that fosters the concepts of teamwork, integrity, respect and perseverance. Academic and athletic success is the top priority with our student-athletes and guiding them to strive for excellence, achieving graduation, and having high character is our ultimate commitment.

An environment will be provided for our student-athletes that develops team attitude and servitude. Our athletes will understand that holding your teammates accountable and caring for their success is the first step in establishing a Championship culture. We will always put what is best for the team in front of individual desires. Team success comes before individual recognition not vice-versa. Sacrifice is honor. Best players don't win games, best teams do.

What will distinguish the Sinton Athletic Program is the ability to follow through consistently by putting into practice what we preach. Our student-athletes will meet our expectations and know that we are serious and will not compromise the integrity of the athletic program. This will be proven to them daily. Consistency in the implementation of the program and expectations is most critical for our success. The Sinton Athletic Program is an elite athletic program. We will not look too far ahead, but rather take it one day at a time, by trusting the process and getting better each day with every opportunity. We believe that little things do make a difference as we strive for excellence in all that we do. Excellence without Compromise. THE SINTON WAY!

There is tradition of excellence that resonates within Sinton Athletics. Each and every year it is the goal to continue to strive to take our program to greater heights and consistently compete at the highest level in the state in every sport. The "Never Ending S" is a display of the unwilling compromise in the pursuit of excellence through the dedication and hard work of the student-athletes that make up our Athletic Program. Participation in school athletics is a privilege and not a right. The students who volunteer to participate in athletics represent Sinton ISD and our community. When a student signs up for athletics and becomes a member of a team, they make a commitment. For that reason, student-athletes will be held to a higher standard of conduct and are obligated to follow all rules and regulations of the program. Only those students who abide by school and athletic policies will be allowed to represent Sinton ISD. The Athletic Handbook is designed to orient you in the ways of Sinton Athletics. Through all our efforts, we will continue to build upon the tradition of excellence that has been established over time for Sinton High School and E. Smith Middle School.

ATHLETIC PROGRAM OBJECTIVES

- Provide opportunities for all our student-athletes to achieve academic success
- Establish discipline with concise expectations and consequences
- Develop successful athletic teams that are well coached and organized
- Encourage, support, and promote participation in all sports
- Develop and maintain a complete and comprehensive off-season program
- Establish a competitive culture that instills Pirate Pride in our schools and community
- Increase participation by creating a positive environment that our students want to be part of
- Maintain a positive influence and supportive relationship within the community
- Demonstrate good sportsmanship at all times
- Represent Sinton ISD and the Athletic Program with class and integrity

BELIEFS OF SINTON PIRATES / LADY PIRATES

- 1. We believe in playing by the rules.** We will exhaust every possible opportunity that might give us an advantage in competition and /or in life. However, we will never resort to cheating or foul play. We will not jeopardize the integrity of this program, this school system, or this community.
- 2. We believe in superior physical condition.** Every athlete will be expected to participate in the athletic program for the entire year. We believe that games are won in the off-season and that all athletes are part of a complete and comprehensive Strength and Conditioning program if they are not in season. We also believe that, while in season, athletes will continue to lift weights and run in order to maintain their physical strength and stamina. It is imperative that every athlete make a commitment to becoming stronger and faster. Our belief is that we win because of what we do but most importantly how we do it that makes us Champions.
- 3. We believe in discipline.** We realize the importance of both discipline and self-discipline in this program and in life. Although every situation is dealt with on an individual basis, every athlete must believe that it is important to continuously strive to conduct themselves in a manner that is conducive to the program and his/her teammates. We support the guidelines set forth by the academic student handbook. We accept the decisions of officials without complaint, and we will be good sports at all times.
- 4. We will play the game with great enthusiasm.** We will not forget that contests are meant to be FUN. That is why we all began participating in athletics to begin with. There is no greater feeling than winning. Winning, however, is not the measure of success. Working hard, playing for the “love” of the sport, and never giving up are criteria that we will gauge our success by.
- 5. We believe in family.** There is nothing more important than our relationships with our families. This is true for our immediate family and our brothers and sisters in our athletic family. The communication and commitment to our families will prove to be the difference between being good or great. It is our goal that athletes, parents, coaches, faculty, and the community all believe in the same set of goals and values. With this, we hope that all parties will encourage and support decisions to produce great athletic programs and harvest individual athletes that will be successful in athletics and in life.

ATHLETIC PROGRAM EXPECTATIONS

Everyone plays a role in the success of Sinton Athletics. It is beneficial to coaches, student-athletes, and parent/guardian(s) to understand what is expected of each.

Coaches expect the following things from our student-athletes:

- To pass all classes and graduate. Getting an education is your most important thing.
- To put the team before yourself. Be a selfless teammate.
- To lead by example. Set the standard in the school and the community.
- To be 1-0 in everything you do. Compete to win.
- To work hard every day. Give great effort with everything you do.
- To focus on doing the little things right. It makes a big difference.
- To be aware of your weaknesses. Strengthen them through hard work.
- To embrace the grind. Be 100% committed to everything you do.
- To be accountable. Have the discipline to make good choices.
- To hold your teammates accountable. Love and care for each other as a family.
- To stay positive. Don't be a cancer to your team and yourself.
- To be reliable. Be at school and at practice every day.
- To demonstrate good sportsmanship. Represent yourself and the team with class.
- To fight instead of flight. Overcome adversity and never give up.

- To know your role. Embrace your part and be the best at it.
- To be dependable. You are being counted on to do your part.
- To put in the time. Success comes with sacrifice.
- To make the most of every opportunity. Seize the day and appreciate what you have.

Student-athletes can expect the following things from your coaches:

- To be loyal to you in all areas.
- To be totally honest.
- To provide the leadership and training necessary to achieve our goals.
- To work you harder than you have ever worked before.
- To assist you in any way possible now and after you graduate.
- To treat you as a man/woman and to love and respect you.
- To make all decisions predicated on what is best for the team and then what is best for the individual.
- To do everything within our power to improve our facilities and make this the best place in Texas.
- To help you mature and grow as a man/woman.
- To help you reach your goals.

Coaches and student-athletes can expect the following things from our parent/guardian(s):

- Provide positive support to your child and their team(s).
- Do not offer excuses to your child if they are not playing. Encourage them to do their best.
- Encourage your athlete to play for the love of the game.
- Demonstrate sportsmanlike conduct at your child’s practices and games, as well as towards coaches.
- Avoid using SOCIAL MEDIA negatively towards coaches, school and/or athletic programs.
- Encourage your child to attend all practices and games.
- Provide or arrange transportation home from practices, and to practices if needed.
- Be sure your child has any necessary equipment not provided by the district.
- Assist with the Sinton Sports Booster Club and/or fundraising efforts where possible.
- Raise concerns directly with the coach so that the coach has an opportunity to address it first.

PARENT / COACH COMMUNICATION

Both parenting and coaching are very difficult vocations. By establishing an understanding between coaches and parents, both are better able to accept the actions of the other and provide a more positive experience for everyone. Parents have the right to know, and understand, the expectations placed on them and their children. Coaches have the right to know that if parents have a concern, they will discuss it with the coach at the appropriate time and place. **Do not confront the coach before, during or after a practice or contest. These can be emotional times for both the parent and coach. Meetings of this nature do not promote resolution of the situation, but often escalate it.**

Communication parents should expect from their child’s coach:

1. Coach’s philosophy.
2. Expectations the coach has for your son or daughter, as well as other players on the team.
3. Locations and times of practices and contests.
4. Team requirements, i.e., fees, special equipment needed, school & team rules, off-season expectations.
5. Procedures that will be followed if your child becomes injured during participation.

Communication coaches expect from parents:

1. Concerns regarding their son or daughter expressed directly to the coach at the appropriate time and place.
2. Specific concerns in regard to the coach’s philosophy and/or expectations.
3. Notification of any schedule conflicts, illness or injury well in advance.

Appropriate concerns to discuss with a coach:

1. The mental and physical treatment of your child.
2. What your child needs to do to improve.
3. Concerns about your child's behavior.

Issues NOT appropriate for discussion with your child's coach:

1. How much playing time each athlete is getting.
2. Position playing.
3. Team strategy.
4. Play calling.
5. Any situation that deals with other student-athletes.

ATHLETE / PARENT / COACH CONFERENCE PROCESS

As your son/daughter becomes involved in the Sinton Athletic Program, they will experience some of the most rewarding moments of their lives. It is important to understand that there will be times when things do not go the way your child wishes. This is the opportunity for your child to talk with their coach and discuss the situation. When your child handles the problem it becomes part of the learning and maturation process. There will also be situations requiring a parent/coach conference (meeting, email, or phone). These are encouraged. It is important that both parties have a clear understanding of the other's position. Please follow these procedures to help promote a resolution:

1. The athlete will meet with the coach that is directly responsible for his/her team or position.
2. If not resolved, the parent/guardian and athlete meet with the coach and the head coach of the team.
3. If still not resolved, the parent/guardian, athlete, coach and head coach will meet with the Athletic Director.

DISCIPLINE

Discipline is a vital part of athletic success and will be expected. It brings out the best in all of us and allows our teams the opportunity to be successful. Lack of discipline will result in being disciplined. The student-athlete will be held accountable for the choices and actions they make in athletics, the classroom, and the community.

The coaching staff will work with each individual student-athlete to ensure appropriate behavior. The coaching staff will address any violation of policies (sportsmanship, training rules, missing practice, poor attitude, etc.) with the desire to help the student-athlete. Student-athletes who behave in a manner which reflects poorly on the athletic department will subject themselves to disciplinary action. A coach has the right to discipline an athlete on his/her team. Athletic participation is a privilege. Therefore, it is possible that the privilege can be taken away. If the violations are repeated, the student will receive/could receive disciplinary action up to and not excluding removal from athletics. This will be the decision of the head coach in conjunction with the Athletic Director and could take place for any offense after a parent conference has been held. The consequences for these behaviors are based on the seriousness of the offense.

The athletic department will strive to be as fair and as equitable as possible in the administration of disciplinary action. Each student-athlete's case will be evaluated on an individual/case-by-case basis. The department will take such action as it feels is in the best interest of the student and the welfare of the athletic program.

Behavioral expectations will be based on the following principles:

1. Be where you are supposed to be
2. Be there when you are supposed to be there
3. Be doing what you are supposed to be doing
4. Be your best at what you are doing
5. Be honest and upfront
6. Be a positive representation of the Sinton Athletic Program

Disciplinary action which may be taken includes but is not limited to the following areas:

1. Extra physical training as assigned by the coach
2. Limited playing time
3. Missing one or more future contests
4. Suspension from athletics for a period of time specified by the coach
5. Probation
6. Expulsion from the program
7. Combinations of the actions listed above

MANAGEMENT OF FELONY CRIMES

The Sinton ISD Athletic Department will follow the guidelines of the Texas High School Coaches Association's Code of Ethics when dealing with felony crimes. Article IX of the T.H.S.C.A. Code of Ethics states: It will be considered a breach of the Code of Ethics to willingly allow a student-athlete who is charged with, and/or under indictment for, a felony crime to participate in an athletic contest. This action should not be considered a presumption of guilt, but, rather it affords the accused athlete the time and opportunity to clear his/her name. The student-athlete may be allowed to remain on his/her team as a suspended member, but should not be allowed to represent his/her school or community in an athletic contest while under this suspension.

MANAGEMENT OF OTHER CRIMES AND SUSPICION OF CRIMES

The Athletic Director reserves the right to suspend any student athlete, who is suspected of committing any crime depending on the circumstances. The Athletic Department's decisions will not conflict with any state, or federal laws or the State Student Code of Conduct. (see Chapter 37)

THE CLASSROOM

The student-athlete is a student first, and athlete second. He/she must give time and energy to the classroom to ensure acceptable grades that meet the UIL requirements for participation. Coaches will monitor grades through a grade check system. If a student is struggling, he/she may be required to attend a study hall. The head coach of each sport will outline his/her expectations for study hall or tutorials. If a student-athlete fails two consecutive grading periods, he/she may be subject to removal from the athletic period.

Student-athletes are expected to maintain a satisfactory citizenship and behavior record by giving respectful attention to classroom activities and by treating teachers, administrators, and fellow students with respect. Tardiness, horse play, and unnecessary talking are unacceptable behavior habits that will have disciplinary action, if uncorrected by the student-athlete, it may result in suspension from the athletic program.

HAZING

Hazing is against the law. It is any action taken or any situation created intentionally that causes embarrassment, harassment or ridicule and risks emotional and/or physical harm to members of a group or team, whether new or not, regardless of the person's willingness to participate. Hazing will not be tolerated in any form within the confines of Sinton Athletics. Any violation of this will result in a conference and/or disciplinary action from the coach and/or Athletic Director.

CLUB, LEAGUE, or SELECT TEAM PARTICIPATION

It is the expectation of Sinton Athletic Coaching Staff that school sponsored sports take precedence over non-school sponsored club sports. Failing to follow this expectation may result in suspension or dismissal from the school sponsored sport. An athlete in season for any Sinton ISD sport must notify the head coach of the sport of participation in a non-school sponsored/club sport.

ELIGIBILITY REQUIREMENTS

1. Physical Examination

A physical examination is required for incoming 7th, 9th, and 11th grade student-athletes or if the student-athlete was injured the previous year. The physical examination form is available from the athletic trainer or the coaches. Use only the approved UIL form to record physical examinations. Club or organization forms will not be accepted. A group physical will be scheduled by the athletic trainer during the month of May of the proceeding school year for all student-athletes.

2. Athletic Department Forms Packet

This packet must be filled out completely and includes:

- Physician's and Parent's Certificate for Athletic Participation (Travel Emergency Card Information)
- UIL Anabolic Steroid Use and Random Steroid Testing Form
- UIL Sudden Cardiac Arrest Awareness Form / Concussion Acknowledgment Form
- Medical History / Physical Examination Form
- Student Acknowledgement of UIL Rules / Parent or Guardian Permit
- Helmet Warning (Football participants only)
- Medication Permit

3. Acknowledgement of Sinton ISD Athletic Handbook

Signed by the student-athlete and the parent or guardian stating that they have read and agree to abide by the rules set forth in the Athletic Handbook.

4. Academic Eligibility

A student-athlete may participate in extracurricular activities on or off campus at the beginning of the school year only if the student-athlete meets the following requirements:

- Senior: 15 credits
- Junior: 10 credits
- Sophomore: 5 credits
- Freshman: promoted from 8th grade
- Middle School: pass the previous grade and be promoted

In order to remain eligible a student-athlete must pass all courses each grading period. If a student-athlete fails one or more courses for a grading period, the grades for all courses will be checked at the end of the designated reporting period (approximately 3 weeks) and the student-athlete will regain eligibility if he/she is passing every course. When any change in eligibility takes place, it is seven days before the change is effective. **An academically suspended student-athlete must attend and participate in all practices and/or training sessions.** Failure to comply with this requirement may result in removal from the athletic program.

5. Enrollment in Athletic Period

All athletes are required to be enrolled in the athletic period for the entire year. Special circumstances will be evaluated by the Athletic Director.

6. Placement in ISS / Detention

Student-athletes who are assigned ISS or Detention will be disciplined by the athletic department. Athletes who continuously are assigned are subject to removal from the team and/or athletics. Athletes who are assigned will do extra work (consisting of sport specific conditioning/penalty) for everyday they are assigned. The extra conditioning must be completed before the next contest or the athlete will not be able to participate in the contest. Athletes are expected to attend practice while assigned. An athlete will not be able to participate in a contest until he/she has completed the ISS placement.

7. Placement in Alternative Education (DAEP)

Any athlete placed in the Alternative Education Program (DAEP) will be ineligible for participation in the athletic program for the duration of their placement. Athletes will be assigned extra conditioning for each day they are placed in the alternative program. This conditioning must be finished prior to competing in the next contest (it should be noted that this conditioning may not be started until the placement has been completed). Placement in an alternative education program may result in dismissal from the team and possible removal from the athletic program at the discretion of the Athletic Director and the head coach.

8. Failure to Complete a Sport (Quitting)

It is the belief of the athletic program and the desire of the coaching staff to see as many students as possible participate in the athletic program. It is also a goal of our program to encourage and persuade athletes to participate in as many sports as possible. However, if an athlete quits a sport in season, he/she will not be able to participate in another sport until the entire season, including playoffs, of the sport dropped is completed. Unique situations will be evaluated and assessed by the head coach in conjunction with the Athletic Director. It is important to note that quitting a team is considered to be a serious matter and the athlete may lose all future athletic privileges. If an athlete does quit, he/she will:

- forfeit his/her letter or award for the sport quit
- may not be allowed to participate in the sport in the future (discretion of head coach and Athletic Director)
- will be required to do extra work/sport specific conditioning to participate in another sport, if both sports are in season at the same time
- may be suspended/removed from the athletic period

8. Choosing to Sit out a Year

If an athlete plays a season in a sport and chooses to sit out a year (not due to illness or injury) and asks to return back to play the following year, it will be left to the discretion of the head coach in conjunction with the Athletic Director whether he/she will be eligible to play. It is the belief of the athletic program that sitting out a year for reasons not health related or a rare circumstance with future intent of returning another year is not a team attitude.

DAILY ATTENDANCE

Student-athletes are expected to be dressed and on time to the athletic period, practice, games, or any other event specified by the coach. It is the student-athletes' responsibility to notify the coach if he/she is going to be late or absent. Failure to notify the coach may result in disciplinary action.

An absence for any reason is still an absence and will be made up prior to the next contest. The make-up is done to make up for the workout missed by the athlete, both in the athletic period and after school practice. The athlete will be required to make up the conditioning work out, as set by their coach, before they will be able to participate in the next game or meet. Each sport has their own set of make-ups. **Make-ups are not punishment.**

Excused Absence - Excused absences include, but are not limited to, illness or injury of the athlete, illness or death in the athlete's family, doctor's appointments, and participation in practice, meetings, or events of other Sinton ISD school activities. Prior notification is required for an excused absence and communication with the coach is the responsibility of the student-athletes.

Unexcused Absence - an unexcused absence is failure to communicate an absence with a coach. Unexcused absences include, but are not limited to, assignment to in-school suspension (ISS), after school detention, absences due to work commitments, civic commitments or situations where an athlete made a conscious choice to participate in a non-school activity instead of athletics (i.e. family vacations, club sports, skipping practice).

If an athlete was in school the last period of the school day and fails to report to practice without having contacted the coach, it will be an unexcused absence. If an athlete is absent from school, he/she must communicate with the coach before practice. Every athlete must be in attendance in the athletic period unless

the Athletic Director has given prior approval. Do not make appointments during practice time or during your athletic period. This includes during off-season as well.

EXTRACURRICULAR ACTIVITY ABSENCE POLICY

Students will be allowed a maximum of ten (10) absences for extra-curricular events/competitions through the district level, five (5) additional days for post-district, and two (2) for state level events/competitions.

[See policy FM LOCAL]

EQUIPMENT ISSUE and RETURN

Sinton Athletics provides each team member with the best and safest equipment available. All athletes will wear school issued practice uniforms during the athletic period and practices. All equipment issued to an athlete is expected to be returned in the same condition as when issued (except normal wear and tear) or the athlete is expected to compensate the athletic program for the lost or damaged equipment. A student will not be allowed to participate in any other sport until all issued uniforms and equipment are returned in good condition or paid for. All equipment that is issued may not be worn outside of the game or practice situation, unless the head coach has approved it. If a senior athlete does not return equipment, the district reserves the right to place a hold on his/her transcript.

DRESS CODE and APPEARANCE

Sinton Athletic Program athletes act as representatives of the school and community and therefore are required to exhibit a well-groomed and appropriate appearance. This appearance will be exhibited the ENTIRE school year (not just when the athlete is in season). All athletes will abide by the guidelines for dress, grooming, and appearance outlined in the student handbook. Likewise, athletes are expected to comply with the following rules in order to participate in Sinton Athletics:

1. On game day, all athletes are expected to dress as a team. The head coach of the team will make this decision. This is part of having team unity and school pride.
2. Male or Female athletes will not have outlandish haircuts or any outlandish colors in the hair.
3. Male athletes will not wear an earring and/or body piercing jewelry of any kind while representing the Sinton Athletic Department in any contest, practice or school function.
4. Female athletes will not wear any body piercings during competition or practices.
5. There will be no facial hair, sideburns will be no longer than the earlobe, and hair will be out of the face for male athletes.
6. Visible tattoos will not be allowed by any athlete. They must be covered up.

The athletic director and school administration will determine what is, or is not, outlandish. We will be well groomed and neat at all times as representatives of the Sinton Athletic Program.

TEAM TRAVEL

All athletes are required to travel to and from athletic contests and special events in school approved vehicles under adult supervision. A coach of the team must ride in the provided transportation with his/her athletes. Team members are strictly forbidden to drive an automobile, transporting members of an athletic team or to be driven by another student to an athletic contest.

While traveling it is important to be on time. The athlete should know the departure time and be at the designated departure site. The bus will not wait. All athletes are expected to ride to and from all athletic competitions together as a team. Exceptions will only be made in special situations with the pre-arranged consent of the head coach in conjunction with the Athletic Director. In the instance that an athlete must leave the competition with a parent or

guardian, he/she must sign out with their respective coach. If you are participating in another activity following a contest, a sponsor and/or parent must make appropriate arrangements for proper supervision following the contest.

Expectations in regards to team trips:

1. All athletes will act like gentlemen or ladies at all times.
2. All athletes will be dressed in appropriate and neat attire. Each head coach will determine the attire of team.
3. All athletes represent Sinton Athletics. If it is not represented well, there will be no trips.
4. There will be no horseplay or loud noises on the bus.
5. When we eat in a restaurant, all athletes will behave in a refined manner.

FIELD HOUSE / LOCKER ROOM BEHAVIOR (HOME or AWAY)

1. No running, horseplay, hazing, or throwing objects.
2. Keep all equipment in your locker (not on the floor) and locked at all times.
3. Must maintain a clean locker. Throw away all trash.
4. Will not borrow another player's equipment; the athlete should ask a coach for equipment.
5. Will not keep food overnight.
6. Will be encouraged to shower after each practice/contest.
7. Will lock up cell phones in lockers.
8. Cleats will not be worn in the locker room and will be taken off when entering the field house.

ATHLETIC INJURY

Athletic Trainers are healthcare professionals who collaborate with physicians, coaches, athletes and their families. The services provided by our Athletic Trainer comprise of prevention, emergency care, clinical diagnosis, therapeutic intervention and rehabilitation of injuries and medical conditions. Athletic Trainers are licensed to provide proper care of athletes, give information in regards to an athlete's injury and can make recommendations for physician referrals or other healthcare providers as needed.

All athletes that have been injured should report to the training room for evaluation and/or treatments by the Athletic Trainer. Evaluation and treatment periods are before school or as designated by the Athletic Trainer. Athletic periods will not be used for treatments of injuries or for the evaluation of injuries except under special circumstances. Failure to attend treatment times will result in the presumption that the injury is healed and the athlete will be expected to practice. All athletes receiving treatment should continue to report to the Athletic Training Room until fully released by the Athletic Trainer.

If the Athletic Trainer sends the athlete to a physician or the athlete feels they need to see their physician about an injury or illness, the athlete must bring the Athletic Trainer a note from their physician with a diagnosis, recommendation for activity and any other written instructions regarding athletic participation. Going to the doctor for an athletic injury without informing the Athletic Trainer or head coach is highly discouraged.

Following an injury, the athlete should immediately report it to the Athletic Trainer. Even minor injuries can become serious. Therefore, all injuries should be reported so that the athlete may be checked and evaluated. Treatment for injuries may be required. Athletes that are injured are still required to attend practices and games. Athletes may be required to dress out depending on the injury and not participate.

Whenever an athlete is ill of a minor nature, he or she is required to dress out, participate as much as possible and stay with the group during workout. Athletes learn from each practice session, whether they are actually working out or simply observing.

INSURANCE

Sinton ISD has a supplemental insurance policy that covers our athletes. It should be noted that the policy is a supplemental policy and student-athletes are not prohibited from obtaining their own coverage. Claims must be filed on their personal insurance before any claims will be paid by the supplemental policy provided by the district. The supplemental insurance does not guarantee the elimination of out of pocket expense. If an accident occurs, see the Athletic Trainer for claim forms or additional information.

MULTIPLE SPORT PARTICIPATION

The Sinton Athletic Department supports the concept of participating in more than one sport. Sinton ISD coaches will communicate with each other to make any or all necessary arrangements with practice schedules and game schedules to provide an opportunity for those athletes that desire to participate in multiple sports within the Sinton Athletic Program to be successful.

AWARDS

Student-athletes can be awarded one letterman jacket in their high school career. To be eligible for a jacket, the athlete must letter in a varsity sport. Each sport has set criteria that has to be met in order to receive his/her letterman jacket.

SPORTSMANSHIP

Student-athletes are expected to have complete control of himself/herself at all times. Temper fits, use of profanity, disrespectful gestures, mouthing off to opponents, flagrant violations of the rules, illegal tactics, showboating, disrespect for coaches or officials, etc., will not be tolerated. Total respect to officials is an absolute must. Respect their decision and any discussion of a call made by officials will be done by the coach only. Any behavior contrary to the above mentioned or any other act that is not conducive to good sportsmanship may result in loss of a starting position, limited playing time, removal from the contest and possible expulsion from the game or the athletic program. **This is not acceptable behavior and not the way Sinton ISD Athletics will be represented by its student-athletes.**

SPORTSMANSHIP BEHAVIOR EXPECTATIONS OF SPECTATORS

All spectators are encouraged to remember that school athletics are a learning experience for students and that mistakes are sometimes made. A ticket is a privilege to observe the contest, not a license to verbally assault others or be generally obnoxious. Sinton ISD expects and encourages its sports spectators to:

- Praise student-athletes in their attempt to improve themselves as students, as athletes, and as people, just as you would praise a student working in the classroom.
- Learn the rules of the game, so that you may understand and appreciate why certain situations take place.
- Show respect for the opposing players, coaches, spectators and support groups.
- Respect the integrity and judgement of game officials.
- Recognize and show appreciation for an outstanding play by either team.
- Refrain from the use of any controlled substances (alcohol, drugs, etc.) before, during, and after the game on or near the site of the event (i.e. tailgating).
- Use only cheers that support and uplift the teams involved.

- Be a positive role model at events through your own actions and by censuring those around you whose behavior is unbecoming.

Parents and spectators should be aware that the school may remove them from the premises and can prohibit them from attending future contests due to undesirable behaviors. Game officials can ask that school administrators have unruly fans removed from a contest facility. The school is responsible for the behavior of their spectators and will enforce its own standards of conduct as well as the UIL's standards of conduct at all sporting events. The school district can be and will be punished for actions of patrons in violation of UIL standards and rules. There is no such thing as a right to attend interscholastic athletics. Interscholastic athletics are considered a privilege and the spectator who avails themselves of it is expected to conduct himself or herself accordingly.

SOCIAL MEDIA POLICY

Student-athletes are high-profile representatives of Sinton Independent School District, and their behavior is subject to scrutiny by their peers, the campus, community, and the media. The actions of a single student-athlete can reflect positively or negatively not only on the individual student-athlete, but also on his or her team and coaches, the athletic department and the entire school campus. Therefore, student-athletes are expected to represent themselves and Sinton ISD with honor, dignity and integrity at all times – including interaction on social networking websites (e.g., Facebook, Instagram, Snap Chat, Twitter, Vine, YouTube, etc.). These websites can serve as valuable communication tools when used appropriately. The use of social media, however, has the potential to cause problems for both the student-athlete and the school environment. Almost anything a student-athlete posts on a social networking site may be viewed by others, and both the media and the general public are more likely to view the profiles of student-athletes than the profiles of other students.

Participation in Sinton ISD Athletics is a privilege and not a right. As a condition of being a student-athlete in Sinton ISD, student-athletes must abide by the following rules related to the use of the internet and social networking sites:

- A. Any postings or communications via social networking websites which disrupt either the educational or athletic environments or which advocates the violation of any school or team policy would be unacceptable.
- B. Student-athletes may not post online any pictures, information or other content that might-cause embarrassment to themselves, fellow student-athletes, teams, coaches, the athletic department or the campus (e.g. obscene images or language, nudity, pictures at parties with alcohol, references to drugs, sex, or illegal activities).
- C. Student-athletes may not post any content online that is unsportsmanlike, derogatory, demeaning or threatening toward any other individual, teammate, coach, faculty member, or entity (e.g. derogatory comments regarding another school; taunting comments aimed at a student-athlete, coach or team at another school). No posts should depict or encourage unacceptable or illegal activities (e.g. hazing, sexual harassment/assault, gambling, discrimination, fighting, vandalism, academic dishonesty, underage drinking, and illegal drug use.)
- D. Student-athletes may not post any content online that would constitute a violation of the Sinton ISD Student Code of Conduct or Athletic Handbook.
- E. Student-athletes may not post any information that is sensitive or personal in nature or is proprietary to the athletic department or the school which is not public information (e.g. tentative or future team schedules, student-athlete injuries and eligibility status, travel plans/itineraries or information).
- F. Student-athletes are required to abide by all laws related to the use of the internet (including state and federal privacy laws such as FERPA and HIPPA), and student-athletes are personally liable for any violations of those laws.

Student-athletes in Sinton ISD are required to abide by rules set forth in these guidelines. The failure to do so will be considered a violation of the student-athlete code of conduct and/or the Sinton ISD student code of conduct. The violation may result in disciplinary action by the athletic department and the campus.

- **First Offense:** Warning and parent meeting with the head coach. Consequences will be determined based on the severity of the infraction and may include suspension or removal from the team or athletic activities.
- **Second Offense:** Parent meeting with the head coach and the Athletic Director. Consequences will be determined based on the severity of the infraction and may include suspension or removal from the team or athletic activities.

SUBSTANCE ABUSE POLICY

This policy applies to any behavior on or off campus, at any time during the calendar year. All consequences will carry over from competitive season to competitive season, year to year. Offenses are cumulative throughout the athlete's career.

In order for an athlete to be considered in violation, one or more of the following must occur:

- A. Athlete admits to the violation.
- B. Parent of the athlete admits to the violation.
- C. A Sinton ISD staff member witnesses the athlete in violation.
- D. A local agency report or violation is filed.
- E. A local agency of the law makes a verbal report of a violation.
- F. Evidence such as a photograph or video is presented from a credible source or posted on social media.

Level One Offenses

Any possession or use of tobacco products, including e-cigarettes.

Level One Consequences:

- Each case will be reviewed on an individual basis and disciplinary action will be taken as deemed necessary. The disciplinary punishment will be at the discretion of the coach in conjunction with the Athletic Director.

Level Two Offenses

The sale, gift, delivery, possession, use, or being under the influence of marijuana, any controlled substance, any dangerous drug or alcohol.

Level Two Consequences:

- **First Offense** - Athlete will miss the next competitive contest (a scrimmage is not considered a contest). Violation of policies on campus may result in additional disciplinary punishment.
- **Second Offense** - Athlete will miss the next two competitive contest. Violation of policies on campus may result in additional disciplinary punishment.
- **Third Offense** - Removal from the athletic program. It will be at the discretion of the head coach in conjunction with the Athletic Director if eligible to return after a year of removal.

Level Three Offenses

Charged with a serious act punishable as a felony at any time during the calendar year.

Level Three Consequences

- **First Offense** - Suspension from all competition until cleared or convicted of felony.
- **If Convicted** - Removal from the athletic program.

Sinton ISD Athletic Contract

Participation in athletics is a privilege not a right. To be an athlete and participate in any sport in Sinton ISD, the rules and regulations of the Sinton Athletic Department and the regulations and policies of the district will be followed.

I, _____ after having read the rules and regulations in this handbook, hereby agree to abide by these rules. I realize that failure to follow these rules may result in my dismissal from a team and/or may result in me being denied the opportunity to participate in any other sport.

Student-Athlete Signature

Date

As a parent/guardian of the above athlete, I have read the Athletic Handbook and understand the rules and regulations that have been set forth.

Parent/Guardian Signature

Date



The Athletic Director will have the responsibility and authority to determine eligibility and to rule on all matters related to athletics.