

NEWTON

Independent School

District

Athletic Handbook

2018-2019

## Introduction

The Newton Independent School District believes that the district athletic program should be an integral part of the total educational process. Athletics is an extracurricular activity. **Being part of any Athletic Program is a privilege, NOT a right.**

The purpose of Newton ISD Athletic program is to ensure and enhance the quality of life for youth by providing competitive activities. The pitting of one's skills, knowledge, and talent against friendly opponents is a means of learning one's own strengths and weaknesses.

Good contests properly supervised, give youthful competitors the opportunity to gain self confidence, improve skills, exhibit good sportsmanship, ethical behavior and integrity. Sports programs help the participant to develop physically, morally and mentally.

Athletic offerings within the district are competitive and diversified, thereby allowing students the opportunity to realize their full potential relative to growth and development. All programs are designed not only to teach athletic skills, but also to instill good character and teach sound values.

It is felt that the success of the athletic program sets the tone for the entire school year. It builds a positive self-image for the individual athlete, the team, the school, the community, and most importantly, for Newton I.S.D.

It is our final goal that sports activities will produce young men and women who will be able to enter the community and become constructive contributing members of society: citizens who will leave their mark on this world by making it a better place for future generations.

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W.T. Johnston  
Director of Athletics

# Do's and Don'ts

- ⌘ Be a good student in class, but also be a model student to others, not the class “cut-up” or problem. We should never have a teacher come to us about your conduct in class.
- ⌘ People will know and judge our school by actions on and off the court. Be a credit to yourself, your family, your team and your school.
- ⌘ Set your star high. Strive to be tops, both on and off the court.
- ⌘ Anything worth doing is worth doing well. Work hard, never give up and strive for perfection in all you do.
- ⌘ Be able to live with your conscience. It is always with you.
- ⌘ Always be aggressive, but play clean and fair.
- ⌘ Be a better performer when you walk off the court each day, as well as being a better person.
- ⌘ Teamwork is the key to success in both sports and life. Be a part of a good team.
- ⌘ Do things together as a team, on and off the floor.
- ⌘ Be proud of your desire to succeed and to win, but always act like a gentleman/lady.

## **Newton ISD Athletic Handbook**

The Newton Independent School District publishes this Athletic Handbook for the purpose of establishing and enforcing higher standards for conduct for athletes in the Newton Independent School District than may be required of other students. Because athletes in the Newton Independent School District serve as role models and student leaders, higher standards of conduct and behavior are expected of these athletes.

In addition to establishing the highest standard of conduct and behavior for Newton Independent School District student athletes, this Athletic Code of Conduct will serve to instill and emphasize important values to our student athletes. These values include, but are not limited to academic success, team work over individual recognition, commitment, dedication, personal responsibility, hard work, sacrifice, cooperation, and self discipline. Student athletes in the Newton Independent School District are expected to be role models of individual responsibility to the school, to the coaches, the faculty, teammates, and the community. It is expected that Newton Independent School District student athletes will always display a positive attitude. Any action which displays disrespect, negativity, statements or conduct detrimental to team morale and unity, or conduct which draws attention to the individual rather than to the team are unacceptable under this code of conduct.

**Participation in athletics in the Newton Independent School District is a privilege, not a right. Enjoyment of this privilege is expressly conditioned upon strict adherence to the highest standards of conduct established in this Athletic Handbook.**

This handbook is prepared to better familiarize coaches, athletes, parents, administrators, educators, and patrons of the district with the policies and procedures of the Newton Independent School District Athletic Department. It establishes guidelines under which the entire athletic program will operate. This handbook is an effective orientation manual for all new staff as well as the general public. Please refer to this handbook to answer questions relative to the daily operation of the athletic program.

The authority to remove or deny a student's participation in a sport or event rests with the coach and Athletic Director. Each individual coach has the right to adopt rules for each individual sport that can be stricter and more demanding than, but not less than the standards established in the athletic handbook. A written and returned copy of the seasonal rules must be returned at the beginning of each sport season.

### **Athletic Creed**

We will represent our parents, families, coaches, and school with class, pride and discipline. We will strive to be a positive example to our teammates and gain the respect and admiration of our opponents in competition. It is important that athletes and parents understand that belonging to an athletic program is not only a great privilege, it is also an obligation. This commitment requires all parties involved to rely on each other to make a cohesive TEAM. This commitment also requires sacrifice from an easier way of life. It requires that we choose "We" over "Me." In this day and time,

this choice is not easy nor is it considered “cool.” Because of the choices, commitment and time necessary, this way of life is not for everybody. We feel discipline is a required facet of any successful athletic program. Unless discipline is maintained, respect of the school’s athletes, coaches and school are lost. Our athletes are representatives of our school, and any behavior which would cause others to lose respect for Newton ISD will not be allowed. Discipline must be a good word.

### **Conduct of an Athlete**

A true athlete has complete control of his or her actions at all times. Young people **do** know the difference between what is right and what is wrong. One has to make choices based on what is right and what is wrong. One chooses to act in a certain way. One must also accept the consequences of making poor choices. You must discipline yourself to do what is right **a t all times**. You must not do anything which will bring embarrassment to you, your teammates, your coaches, your school, your family or your community.

**Any extenuating circumstances, including conduct or situations not clearly covered by this handbook or the Newton ISD Student Handbook or Code of Student Conduct, may be grounds for removal of any student from the athletic program by the Athletic Director if the circumstances reflect that the conduct is inconsistent with the higher standard of the program.**

## **ADMINISTRATION OF THE PROGRAM**

The general administration of the Athletic Program is the direct responsibility of the Athletic Director. This includes the approval of all schedules, time and place of playing games, selection of officials and the general management of all matters pertaining to the Athletic Program, including discipline of student athletes pertaining to athletic related activities.

## **REQUIREMENTS TO PARTICIPATE**

The following items must be turned in to the Athletic Department before participants will be allowed in any athletic program.

### ***Physical Examination***

A current physical examination is required every year for all students. The physical form is available from the athletic department. Use only the approved UIL form to record physical examinations. Club or organization forms will not be accepted. The physical covers all sports for a two-year period. The athletic trainers will schedule a group physical during May of the preceding school year for all junior high and high school athletes.

### ***Athletic Department Forms Packet***

The packet should be filled out completely! Do not leave any requested information blank! Students should be aware of the dangers and laws related to:

Steroids

Supplement abuse and dietary supplements  
Sudden Cardiac Arrest  
Concussions  
Heat Related Injury

### ***Acknowledgement of Newton ISD Athletic Handbook***

The student-athlete and the parent/guardian will sign the Handbook Acknowledgement page. It should then be returned to the Athletic Department. This shows receipt of the Athletic Handbook and acknowledges that the student-athlete and parent/guardian will comply with the rules and policies contained in the Athletic Handbook.

### ***Academic Eligibility***

A student in grades 9 –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:

- a. Beginning the ninth grade year – must have been promoted from the eighth to the ninth.
- b. Beginning the tenth grade year – must have at least 5 credits towards graduation.
- c. Beginning the eleventh grade year – must have at least 10 credits toward graduation or during the preceding 12 months, he/she must have earned 5 credits.
- d. Beginning the twelfth grade year – must have 15 credits toward graduation or during the preceding 12 months, he/she must have earned 5 credits.

A student participating in UIL activities will be suspended from participation in games after a grading period in which the student received a grade lower than a 70 on a scale of 100 in any academic class (other than an identified honors or advanced class). This suspension continues for three weeks. The grades will be reviewed at the end of each three-week period; The suspension will be removed if the student is passing all classes with a grade equal to or greater than 70.

## **NEWTON ATHLETIC DEPARTMENT POLICIES**

### **Respect for others**

Coaches and all adults should receive “Yes Sir / Ma’am” and “No Sir / Ma’am” responses from players when talking to them. Players in return will be treated with respect by their coaches. Show respect for the opposing players, coaches, officials, spectators and support groups. Treat others as you would want to be treated.

### **Coaches’ Rules**

Coaches may establish additional rules and regulations with the approval of the Athletic Director for their respective sports. The rules pertaining to a particular sport must be explained in writing by the coach at the start of the season. The coach shall administer penalties for violation of team rules. Copies of all team rules are on file in the Athletic Office.

## Discipline Techniques

### ***Discipline yourself, so that others won't have to!!!***

Each situation may require a different type of discipline. Whatever type of discipline is required, the purpose is to help athletes improve themselves, and to become better people. Failure to accept this on the part of the athlete or parent/guardian may result in dismissal from the team and/or athletic program. The different discipline techniques listed below may be used alone or in combination for Student Code of Conduct and non-student Code of Conduct violations. The listing is not intended to be a list of progressive sanctions.

#### ⓧ Verbal Correction

ⓧ Coaches will not repeatedly correct the same misbehaviors by athletes before they take disciplinary actions (ie: wearing facial piercings of males or females at school/ athletic events, ear rings of males, disrespecting coaches or other athletes, wearing inappropriate shoes or attire in gym or on gym floors, leaving equipment out, and/or tardiness)

#### ⓧ Counseling by coaches

#### ⓧ Corporal Punishment

#### ⓧ Behavioral contracts

#### ⓧ Withdrawal of privileges such as participation

#### ⓧ Dismissal from team or program

Athletes will all be treated and disciplined the same; there will not be not different punishments for different students.

If student or parent/guardian does not agree with any of the above disciplinary actions, students should not be involved in athletics.

## Academics/ Eligibility

- A. All Students are required to remain academically eligible to participate. Remember “No Pass – No Play.” Repeated academic ineligibility may result in dismissal from the team and/or athletic program.
- B. Coaches may check grades of all student-athletes that are involved in athletics. This is essential for the benefit of the student-athlete and team he or she is participating in, as well as compliance in the “UIL No Pass No Play” regulation. Grades and conduct are checked at this time. Student-athletes may be subject to disciplinary action if grade and/or conduct reports are deemed unsatisfactory.

## Attendance

Be in class. Be on time. Be prepared. If you must miss an athletic period or practice, be sure that it can't be avoided. If you must be absent, call and talk to one of the coaches before athletic period or practice. You will be required to make up missed work. Excessive absences may result in dismissal from the team and/or athletic program.

## Promptness

Always be on time. On trips, the bus will not wait. After the final bell rings, you do not have time to waste; go directly to your sport. Tardiness will result in disciplinary action.

## Injury or Illness

If you must leave school because of illness, contact or come by the Athletic Office. If you are ill or injured, we don't expect you to work out, but if you are at school, we expect you to wear the uniform of the day and accompany your group or team unless given special permission by your head coach.

## Conflict in Activities

An individual student who attempts to participate in several extracurricular activities will, undoubtedly, be in a position of a conflict of obligations. The Athletic Department recognizes that each student should have the opportunity for a broad range of experiences in the area of extracurricular activities, and to this end, will attempt to schedule events in a manner to minimize conflicts. Students have a responsibility to do everything they can to avoid continuous conflicts. It also means immediately notifying the faculty sponsor and coaches involved when a conflict does arise.

**When a conflict arises, the sponsors and coaches will work out a solution so the student does not feel caught in the middle.**

**Once a decision has been made and the student has followed the decision, he/she will not be penalized in any way by either faculty sponsor or coach. If a student athlete misses practice for any reason, they are expected to make up what was missed in practice, such as conditioning.**

**If a student athlete misses a game for a reason deemed unreasonable by the head coach, the athlete will adhere to the punishment decided by the head coach.**

## Vacations

We urge parents to plan their vacations during times when there will not be conflicts with athletic practices or games: for example, vacations in August that would conflict with volleyball, cross country track, or football. If this cannot be avoided, student athletes will be expected to give early advance notice to the coach and to make up any missed conditioning and/or practices.

## Dress and Appearance

Athletic participation is voluntary by the student, and by entering the program the athlete agrees to abide by the spirit, rules, and regulations set forth by Newton ISD and the UIL.



You should be professional in uniform and out. Your appearance away from the field house or gym, especially at school, should reflect the same class and pride that you show in our program. According to UIL, everyone will wear his/her uniform in the same manner. Men and women will wear attire requested by the head coach. Grooming and dress will be explained in detail to the athletes and will be enforced by the coaches. No jewelry of any kind will be worn during practice or games. Male athletes will not be allowed to wear piercings of any kind, including earrings, at any athletic related activity. Athletes are public relations ambassadors for their school and as such, serve as role models for other students.

## Travel

All athletes represent the community, school, and coaches. Therefore, it is expected that all will dress in an acceptable manner on trips and conduct themselves in a proper manner. **When missing classes because of an athletic event, it is the responsibility of the athlete to see his/her teacher the day before the missed classes.** All work shall be made up within the parameters of school policy. All athletes making a school sponsored trip shall be required to ride in transportation provided by the school to and from the event. Students may return home with the parent or guardian when the parent or guardian presents a written request to the coach. On school athletic trips, students will only be released in person to their parent or guardian. If an athlete is injured in a contest away from home, the above policy may be altered to meet the circumstances.

## Practice Buses

This is a service provided by the school for after school practices. Due to the large area of our school district, some students have difficulty with transportation after practices. These services are provided as a courtesy to the student athlete. There will be two buses provided. One will go south of the district, and one will go to the north end of the district. The privilege of riding these buses can be taken away at any time if student athlete behavior is inappropriate. Designated areas and stops will be assigned where student athletes will be picked up or dropped off. The school district has 30 plus buses that deliver and pick up students for school each day. Athletics has two buses that run to pick up and drop off students in the same amount of area. Parent/Guardians are expected to help with this by picking up students at designated areas. The buses will only stop at designated areas.

## Squad Selection

In accordance with our philosophy of athletics and our desire to see as many students as possible participate in the athletic program, we encourage coaches to keep as many students as they can without sacrificing the integrity of their sport. Time, space, facilities, equipment, personal preference and other factors will place limitations on the most effective squad size for any particular sport.

## Try-Outs

Choosing the members of athletic squads is the sole responsibility of the coaches of those squads. Prior to tryouts, the coach shall provide the following information to all candidates for the team:

- A. Extent of tryout period
- B. Criteria used to select the team
- C. Number to be selected
- D. Practice commitment if they make the team
- E. Game commitments

## Quitting

- A. Anyone quitting a sport after a trial period (usually after the first contest) will not be allowed to participate in another sport until the season of the dropped sport is completed or unless the head coaches of both sports agree that the student would be better off in the other sport. The Athletic Director may, at his discretion, make an exception to this rule when an event outside the control of the athlete or his/her family causes the athlete to drop a sport. A clear understanding is to be reached by the Athletic Director and the athlete at the time the sport is dropped. Anyone walking off the field or gym floor during a practice or game will be considered by the coach to have quit that team.
- B. If you quit a sport you must get approval from the Athletic Director or Girl's Coordinator to be reinstated in that program. The Athletic Director or Girl's Coordinator will confer with the head coach of the sport that was quit before making a decision.

## Use of Alcohol or Illegal Drugs

If a student athlete is caught with illegal drugs or synthetic drugs, they will be removed from the athletic program for one year. After a second offense, removal will be permanent.

## Criminal Activity

Any activity that brings disgrace or dishonor to the Newton Athletic Program will not be tolerated. Such activity may result in dismissal from the athletic program. The consequences are also part of Newton ISD Extracurricular Code of Conduct.

## Theft

Stealing will not be tolerated. A player caught may be dismissed from athletics. We ask that you do not bring valuables or large sums of money to the dressing room. **Lock your lockers at all times!!!** If needed, coaches are available to hold these items.

***Trust among teammates is of utmost importance within a TEAM!***

## **Electronic Devices**

NO cell phones or personal electronic recording devices will be permitted in the locker room, at practice, or during games. Coaches will monitor the times students may have and use their devices on trips, at games, etc.

*All athletes are subject to discipline through the Extracurricular Code of Conduct and may be dismissed from team and/or program for any inappropriate information posted on the internet or social media sites.*

## **Disciplinary Removal**

If it becomes necessary to consider removing a student from a team or the athletic program, the coach of that team will notify the Athletic Director. The student will have an opportunity to confer with the coach and the Athletic Director.

## **Awards**

U.I.L rules prohibit athletes from accepting anything of value other than those listed in these policies. All athletes must strictly adhere to all training, attendance, conduct, discipline and appearance rules set forth by the coaches for the entire school year before being considered for an athletic award. All scholastic eligibility rules established by the School Board, the University Interscholastic League and Texas Education Agency must be met. It must be clearly understood that the coach recommends an athlete for an award. Award criteria will be set in each sport. The Newton Athletic Department will fit for jackets and order twice per school year. This procedure will be done in December and April.

Schools may give one major award jacket, not to exceed \$60.00 in value, to a student during high school enrollment at the same school for participation in one of the U.I.L. interschool competitions. One additional symbolic award, not to exceed \$10.00 in value, may be presented for participation in each additional U.I.L. activity. The \$10.00 award shall not be given to a student for an activity during the same year that the major award is given for that activity. Newton ISD Athletics will not award a jacket to freshmen girls or boys. Jackets given during the freshmen year will wear out and become too small.

## 2018-2019 Extracurricular Activity Agreement Form

### Student Statement:

My signature below certifies that I have read and understand the Newton ISD District Guidelines for Extracurricular Students: Alcohol & Illegal Drugs. I agree to comply with all rules and regulations written in these guidelines and any additional rules adopted by my school as a condition of participation as a member of an extracurricular activity. I understand that my failure to comply with these guidelines may result in disciplinary action, including dismissal from all extracurricular activities.

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Printed Name of Student

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Student Signature

Date Signed

### Parent Statement (for students under 18 years of age):

My signature below certifies that I have read and understand the Newton ISD Athletic Handbook. I understand that my child must comply with all rules and regulations written in these guidelines and any additional rules adopted by my child's school as a condition of participation in an extracurricular activity. I understand that his or her failure to comply may result in disciplinary action, including dismissal from all extracurricular activities.

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Printed Name of Parent or Legal Guardian

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Signature of Parent or Legal Guardian Date Signed

**Student and Parent Recognition Form**

I, \_\_\_\_\_, have read this Athletic Handbook. I have made this book available to my parents or guardians for their reading as well. I understand that I am accountable for the information contained in this book. I agree to perform according to the standards set forth by the Newton Athletic Department. If I do happen to make a poor decision, I can accept the consequences of my behavior. To confirm my acknowledgment of the rules and regulations set forth, attached are signatures of my parents/guardians and my signature.

Student Signature \_\_\_\_\_

Parent / Guardian \_\_\_\_\_ Date \_\_\_\_\_