

# ATHLETIC CODE



**Gregory-Portland I.S.D.**

Home of the fighting "Wildcats and Ladycats"

# GREGORY-PORTLAND ISD ATHLETICS MISSION STATEMENT

## ***Education through Athletics***

Athletic participation helps our students grow, learn, and enjoy themselves while they use and develop their personal, physical, and intellectual skills.

Gregory-Portland ISD values the lessons that have long been taught by athletic participation: the pursuit of excellence through personal development and teamwork, ethical and responsible behavior on the field and off, adherence to the spirit of rules, leadership and strength of character, and sportsmanship – respect for one's opponents, acceptance of victory with humility, and acknowledgement of defeat with grace. In teaching these lessons to its students, Gregory-Portland ISD instills habits which will lead students to better and healthier lives. While winning is not an end in itself, we believe that the efforts by our athletes to be their best will lead them to succeed throughout their lives.

# THE TEN COMMANDMENTS OF A WILDCAT PARENT

1. Be positive with your son/daughter. Let him/her know they are accomplishing something by simply being a part of this team.
2. If you son/daughter is not a starter, assure him/her their role is extremely important to this team.
3. Support your son's/daughter's coaches. They represent the authority directing this team. When the coaches are supported by the parents, the players will certainly follow suit.
4. Encourage your son/daughter to follow team rules concerning drinking, curfews, discipline in the classroom, etc. We as coaches must expect more from our athletes than we do the average student walking the halls. The more sacrifice one makes for the team, the more that team means to him.
5. Insist on your son/daughter doing his/her best in the classroom. Every player on our team is a valuable asset to our program.
6. Parents must be team players also. Be careful not to develop envy toward other players because of his/her success. Parent jealousy can and will devastate a team.
7. Please respect the profession of coaching. Your son's/daughter's coaches are professionals and are with your son/daughter virtually 12 months of the year. They know what your son's/daughter's capabilities are. You may want to question a coach's decision but to publicly slander judgments made by coaches is detrimental to the team.
8. Be an enthusiastic Wildcat fan. Always display the class pride for which we are known. Degrading of any players is not representative of the Wildcat tradition.
9. Expect your son/daughter to take responsibility for his/her actions and his/her team's actions. Give him/her the credit when things go well. But, also hold him/her responsible when mistakes are made. We can only learn from our mistakes when we are held responsible.
10. Strive to understand the importance of the "team". You as parents are a vital part of our team. When the coaches, players, and parents are all believing in each other and supporting each other, all things are possible.

# WHAT WE EXPECT FROM ATHLETES

“We expect you to do something worthwhile with your life.”

“We expect you to have great expectations. Anticipate having a great day, a great practice, a great season, a great life.”

We expect the following things from you:

1. To get an education.
2. To give your total effort to make the most of what you've got.
3. To give unselfish love towards your teammates and to respect them.
4. To practice to the best of your ability.
5. To be totally honest in all your dealings.
6. To be extremely loyal to your school, administration, teachers, coaches, teammates, families, and friends.
7. To be prompt.
8. To be courteous.
9. To always encourage.
10. To be emotional and enthusiastic.

# WHAT YOU CAN EXPECT FROM YOUR COACHES

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

# **4 WAY TEST**

- 1.COACHES MUST BELIEVE IN PLAYERS**
- 2.COACHES MUST BELIEVE IN COACHES**
- 3.PLAYERS MUST BELIEVE IN COACHES**
- 4.PLAYERS MUST BELIEVE IN PLAYERS**

**We must pass all four parts of this test if we want our team to be the best it can possibly be. There cannot be one part of the test that we fail to accomplish. This will require all of our coaches and players working together to create unity in all that we do.**

# TEAM SPIRIT

Spirit, as defined by the dictionary, means full of life, courage, or enthusiasm. Team spirit in athletics, then would mean a team which shows wholesome enthusiasm for the team in every exercise, drill, etc., and one with the courage to meet all obstacles associated with athletics.

Many average teams have become **CHAMPIONSHIP** teams because of the underlying feeling of **SPIRIT** which was present among the players of that team.

Team spirit includes the attitudes, the desires, the cooperation, the self-sacrifice, the self-discipline, the willingness to work, and the will to win on the part of each and every boy/girl out for athletics.

If these things are present, then we will never be late for practice, never miss practice, go through drills without trying to dog it. Practice all out every second, try to help every player including the one who may be keeping you on the bench – never look for excuses to get out of a job, obey training rules, never criticize our school, coaches, or other players at home or in public, and be determined that no team will ever beat us.

Athletics is rugged. There is no other way to coach or play it except aggressively. You must possess a genuine love for all of the hard work and daily tasks connected with athletics.

A team with spirit should always want to **HUSTLE**. Talk it up in practice and in games and on the sidelines. If we can generate **TEAM SPIRIT** this year, enthusiasm for the game, and a desire and determination to always practice and play hard, **NO ONE SHALL BEAT US**.

# **UIL FORMS**

**All UIL and GPISD Athletic forms must be filled out online before an athlete may participate in a practice, school athletic class, or game. The website is:**

**<https://gregoryportland.rankonesport.com>**

## REQUIREMENTS FOR BEING THE BEST WILDCAT/LADYCAT YOU CAN BE

A. **GPISD high school has instituted a new UIL activity attendance requirement. A student must be present for every period the day of an activity. A student that is not present for the entire day will not be allowed to participate in that night's activity. Exceptions to this are only those excuses which are allowable according to Board Policy which are:**

1. Board-approved extracurricular activity
2. Required screening, diagnosis, and treatment for Medicaid eligible students
3. Documented health care appointment, if the student attends classes on the same day as the appointment
4. Temporary absence resulting from any cause acceptable to the principal of Superintendent
5. Juvenile court proceeding documented by an officer
6. Absence required by state or local welfare authorities
7. Family emergencies or unforeseen unavoidable instance requiring immediate attention as determined by the principal
8. College visitation limited to two days per year for juniors and seniors. *Additional college days may be allowed for out of state school visits. These additional days must be pre-approved by the principal.*

In addition a student that is in violation of the state mandated 90% attendance requirement may not miss school time to participate in a UIL sponsored activity.

B. Mental Development

1. Attitude
  - a. Enthusiasm
  - b. Self-concept
  - c. Desire to Excel
  - d. Drive and Determination
2. Self-Discipline
  - a. Training Rules
  - b. Attention in Meeting
  - c. Punctuality
  - d. Knowing Assignments
  - e. Emotional Control
  - f. Self Motivation
  - g. Contest Preparation
3. Mental Toughness
  - a. Playing with Pain
  - b. Aggressiveness
  - c. Concentration
  - d. Sacrifices
  - e. Control of Mind

- C. Skills and Knowledge
1. Coachability
  2. Technique  
(Disciplined movements to achieve successful results. Total use of talent for you to win against physically superior opponents.)
- D. Physical Development
1. Agility and Quickness
  2. Speed
  3. Strength
  4. Flexibility
- E. Training Rules
2. In the event of a late arrival after a UIL activity, we expect our athletes to be in attendance the following school day. Failure to do so will be dealt with on an individual basis at the coach's discretion.
  3. Get at least 8 to 9 hours of sleep every night.
  4. Be off the streets by 10:00 p.m. every night except Friday and Saturday.
- F. Trip Rules
1. All players, managers, and coaches going on the trip must go and return on school transportation.
  2. In addition a student that is in violation of the state mandated 90% attendance requirement may not miss school time to participate in a UIL sponsored activity
  3. Report ahead of scheduled time.
  4. No gambling.
  5. Be as quiet as possible on the bus.
  6. All athletes must eat at the same place and only food that is provided. Talk quietly and show good behavior while eating.
  7. Dress sharp - remember you are representing Gregory-Portland High School.
- G. Practice Regulations
1. Attendance at all practice and meetings is compulsory.
  2. Missing a contest, practice or part of a practice for club sports will be considered and unexcused absence. It will be up to each coach to establish their sports policy regarding unexcused absences. This may include removal from the program.
  3. Injuries, however slight you think they may be, must be reported to the head coach.
  4. Each player's objective should be to improve each day.
  5. Active involvement in off-season class.
- H. Dressing Room Regulations
1. Read the bulletin board every day.
  2. No horseplay - injuries can occur that way.
  3. You are responsible for keeping up with your equipment.
  4. Keep the dressing room clean.

I. Participation in Different Sports

Every student is allowed to participate in any sport they desire. Our philosophy is that one sport compliments another. **A STUDENT WHO IS PARTICIPATING IN A SPORT MAY NOT BE ALLOWED TO QUIT THAT SPORT WHILE IN SEASON TO TAKE UP ANOTHER, WITHOUT THE CONSENT OF BOTH COACHES INVOLVED.**

# GREGORY-PORTLAND ISD ATHLETIC CODE

## MISSION STATEMENT

It is the purpose of Gregory-Portland ISD athletics to compliment the academic program with a quality athletic program. To this end, we will strive to teach character lessons through competitive athletics which will enhance the learning environment for students who participate in the program.

As athletes, we expect our students to conduct themselves at all times in a manner which will reflect positively on the athletic program, the school, and the community. We expect our athletes to be positive role models for the other members of the student body. It is a privilege and an honor to be a member of a G-P athletic team. Athletes are expected to uphold high standards not only during their playing season, but throughout the year. Being a member of a team is not only a position of honor, but also one of responsibility and accountability.

## GENERAL GUIDELINES

Students who behave in a manner which reflects poorly on the athletic department will subject themselves to disciplinary action. Disciplinary action which may be taken includes but is not limited to the following area:

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

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

This Athletic Code was prepared to inform the Gregory-Portland ISD athletes and their parents of the Administration's and Coaching Staff's expectations of the athletes during their participation in the Gregory-Portland ISD Athletic Program.

The intent of this code is to establish as much uniformity as possible in the administration of the guidelines of the athletic department.

**Any athlete selling drugs or any substance that is listed in the GP Extra-Curricular guide, will be expelled from all GP athletics.**

**Because participation in extracurricular activities is a privilege and not a right, GPISD is authorized to set higher standards for participants of extracurricular activities than it would for those students who choose not to participate in these activities. Therefore, coaches and sponsors may administer sanctions in addition to and above and beyond those stated in the GPISD Student Code of Conduct, not only in types of behavior prohibited, but also in corresponding consequences and jurisdiction for imposing discipline.**

# Gregory-Portland ISD Extracurricular and Co-Curricular Activities Chemical Abuse Policy

## Definition

For the purpose of this policy, extracurricular or co-curricular activity is an activity sponsored by the University Interscholastic League (UIL), the Gregory-Portland Independent School District (GPISD) Board of Trustees, or an organization sanctioned by the Board of Trustees. Such activities include, but are not limited to, public performances, contests, demonstrations, displays, club activities, and athletic contests. In the case where performance for the mastery of the Texas Essential Knowledge and Skills (TEKS) is required for course mastery, the instructor is to allow the student to perform before an audience in a variety of live performances, other than for the general public.

## Jurisdiction

GPISD encourages such activities and makes them available as an extension of the regular school program with this important difference: participation in the regular curriculum is a right afforded to each student. Participation in the extracurricular program is a privilege that carries additional expectations for acceptable conduct. Students engaging in such activities not only represent themselves, but also other students and the school district while performing or participating. For this reason, their behavior must be exemplary and reflect the finest attributes of the total GPISD student body at all times and places.

Because participation in the covered activities is a privilege and not a right, GPISD is authorized to set higher standards for participants than it would for those students who choose not to participate in these activities. Therefore, the Chemical Abuse Policy extends beyond the GPISD *Student Code of Conduct* not only in types of behavior prohibited, but also in corresponding consequences and jurisdiction for imposing discipline. The student, parent, or legal guardian will receive a copy of the *Chemical Abuse Policy*, which may be found in the Student Handbook. In addition to guidelines outlined in this policy, students are subject to GPISD Board Policy FNF (LOCAL) regarding drug testing.

This policy is not intended to be exclusive. Coaches and sponsors have the authority to impose penalties within an organization for student misbehavior. Final decision regarding consequences and discipline will be determined by campus administration.

## Procedures

This policy shall be included in the Student Handbook annually. Coaches, sponsors, and program directors are responsible for investigating incidents, reporting violations to campus administration and enforcing the policy. A decision regarding consequences for a violation of this policy may be appealed within 10 days in writing to the campus principal. Any appeals must follow GPISD policy FNG (Local).

## POLICY GUIDELINES

The *Extracurricular and Co-Curricular Chemical Abuse Policy* will be enforced with all students participating in extracurricular activities:

The Policy will be in effect according to the GPISD Calendar beginning the first day of school including weekends, vacations, and holidays. The policy will conclude at the end of the day on the last day of school.

### Exceptions:

1. If the student(s) is preparing for a school-related competition as a continuation of the school year, the policy is in effect until the conclusion of such activity.

Example: If the activity extends beyond the last day of school, the policy is in effect for such student(s) until that activity has concluded.

2. If the official start date for the activity is before the beginning of the school year, the policy goes into effect beginning the day the activity officially starts.

Example: If the activity officially starts before the first school day, the policy will be in effect for the student(s) beginning the activity start date.

3. Certain activities have organized practice prior to the start of the activity. This policy is in effect beginning the day practice begins for that activity, club, or organization.

- Regardless of whether the offense occurs on or off school property or at a school-related event
- Regardless of whether the student is directly involved with the extracurricular activity at the times the prohibited abuse occurs
- Regardless of whether the extracurricular activity is in-season
- Regardless of where or when the offense occurs.

## PROHIBITED CONDUCT

GPISD students who participate in extracurricular activities are prohibited at all times during the school year including exceptions as listed above for:

- Possessing, smoking, selling, or using tobacco products or devices (includes vapor and electronic devices)
- Possessing or using drug paraphernalia
- Engaging in conduct that contains the elements of an offense relating to glue, aerosol paint, or volatile, mood-altering chemicals
- Possessing, selling, giving, or delivering to another person look-alike drugs or items represented to be drugs or contraband of any kind

- Possessing, selling, giving or delivering to another person, using, or being under the influence of marijuana, alcohol, a controlled substance, dangerous drug, or an over-the-counter drug as a result of its abuse
- Attending any non-public or non-professional event at which underage drinking is occurring, unless a parent or guardian is present. (Students will be allowed a slight concession to determine that a violation is occurring and to remove themselves.)
- Riding in a vehicle containing alcohol unless a parent or guardian is present and aware of the presence of the alcohol. (Students will be allowed a slight concession to determine that a violation is occurring and to remove themselves.)

### DISCIPLINARY ACTION

1. If the activity is in progress, the penalty will begin the day it is determined/decided the policy was violated. The student will be suspended from the activity pending the decision of the investigation of the alleged violation, including the time during an appeal.
2. If the violation occurs when the activity is not in progress, the penalty begins the 1<sup>st</sup> day the activity begins, which may include the next school year.
3. For the purpose of this policy, "Calendar Year" is measured forward from the date the student is notified of the infraction. A calendar year may exceed beyond the current school year.
4. Any 2<sup>nd</sup> offense for in the presence of or involvement that follows a serious offense will result in consequences for serious consequence.

A violation of any of the above-mentioned rules by a student participating in extracurricular activities will be subject to the following disciplinary action:

- ***In Presence of*** but not involved with any prohibited items

#### 1<sup>st</sup> Offense for **in presence of**:

**Fifteen (15) hours** of community service; must be approved by the coach/sponsor or campus administrator prior to performing community service and completed prior to participating in any extracurricular activity. The student is ***not*** allowed to travel with the team, club, or organization until this requirement is fulfilled.

#### 2<sup>nd</sup> Offense for **in presence of**:

- ❖ Complete **twenty-five (25) hours** of community service; must be approved by the coach/sponsor or campus administrator prior to performing community service and completed prior to participating in any extracurricular activity. The student is ***not*** allowed to travel with the team, club, or organization until this requirement is fulfilled.
- ❖ Attend a district-approved *Chemical Abuse Program*. Students may choose to:
  - Attend a private chemical abuse program at his/her own expense. Verification of *completion* of the program must be provided to a campus administrator before participating in any activity; or
  - Attend a district provided chemical abuse program. Students are allowed to perform, play, and participate once enrollment and attendance in the Chemical Abuse Program is verified. District provided programs may include a nominal fee for materials.

If the student chooses not to complete the requirements of the 1<sup>st</sup> or 2<sup>nd</sup> offense, he/she will not be allowed to participate in any extracurricular activity.

3rd Offense for in presence of:

Removal from all extracurricular activities, related classes, and practices for one calendar year beginning on the day that it was determined the offense occurred.

- **Involvement/Serious Offense:** Selling, delivering, giving, possessing, using, transmitting, or being under the influence of any chemicals listed under *Prohibited Conduct* (excluding tobacco)

1<sup>st</sup> Offense for Involvement:

- ❖ Complete **thirty (30)** hours of community service; must be approved by the coach/sponsor or campus administrator prior to performing community service and completed prior to participating in any extracurricular activity. The student is *not* allowed to travel with the team, club, or organization until this requirement is fulfilled.
- ❖ Attend a district-approved *Chemical Abuse Program*. Students may choose to:
  - Attend a private chemical abuse program at his/her own expense. Verification of *completion* of the program must be provided to a campus administrator before participating in any activity; or
  - Attend a district provided chemical abuse program. Students are allowed to perform, play, and participate once enrollment and attendance in the Chemical Abuse Program is verified. District provided programs may include a nominal fee for materials.

If the student chooses not to complete the requirements of the offense, he/she will not be allowed to participate in any extracurricular activity.

2<sup>nd</sup> Offense for involvement:

Removal from all extracurricular activities, related classes, and practices for one calendar year beginning on the day that it was determined the offense occurred.

# **G-P Sports Medicine Policies and Procedures**

1. The training room is open at 7:00 AM each day for treatment of new and existing injuries during the fall semester and 7:30 AM during the spring semester. The training room will close within 15 minutes following a practice or game unless arrangements are made.
2. If an athlete has a need for medical care outside the above mentioned times or normal school/training room hours, please alert the athletic trainer.
3. If an athlete does not show up during regular hours (and without prior arrangements) they will not receive treatment or taping.
4. **All athletes should report any injury that occurs to a coach or athletic trainer within 24 hours of the injury. If an athlete does not report an injury it is possible they will not be able to use the school's insurance if the need arises.**
5. All athletes should come to the training room dressed for treatment; shorts are the appropriate attire
6. No cleats or spikes are allowed in the training room. Athletes should leave all back packs, equipment, and personal items in the hallway or designated areas.
7. No athlete should operate training room equipment.
8. No athlete should remove supplies or equipment from the training room. This is to stay in the training room unless approved by the athletic trainer. No training room equipment will be used for holding hair, holding socks or any unnecessary taping (athletic trainers' discretion).
9. All athletes will have to wait their turn. Treatment will be given in the order that the athletes arrive in the training room.
10. Athletes are responsible for all special equipment that is used. If these items are not returned to the training room, he/she will be held financially accountable. This includes wraps, braces, crutches, sleeves, splints, etc.
11. Athletes should mind their manners. Coarse language, inappropriate behavior, or disturbance of treatment will not be tolerated.
12. No food or drink is allowed in the training room
13. Athletes may be asked to shower after practice/games before receiving treatment.
14. Preventative taping is at the discretion of the athletic trainer. If performed it will be limited. If an athlete feels they need taping without an acute injury they should understand they should purchase braces. There will be no year/season-long taping for chronic injuries. Athletes may purchase braces or other prophylactic devices through the training room at substantial savings if they choose.

# LETTERING POLICIES

## **Football**

Players that finish the regular season on the varsity earn a letter jacket providing they have regular attendance at practice, attend Saturday meetings, and contribute a positive attitude to practice.

## **Swim Team**

Only freshman that are individual Regional Finalists are eligible to letter their first year. All other athletes can letter based on practice, attendance, tardies, work ethic, team work, sportsmanship and meet performance.

## **Volleyball**

An athlete will receive lettering recognition if they finish the “regular” season on the varsity team.

## **Cross Country**

Athletes have to compete on the Varsity at the district meet or three invitational meets.

## **Boys and Girls Basketball**

Players who finish the regular season on Varsity have earned a letter jacket. (Most of these athletes will have played in at least 25% of the games.) Players that have been moved to the junior varsity and do not finish the season on the varsity will not earn a jacket.

## **Boys and Girls Powerlifting**

Freshman and Sophomores will letter if they qualify and participate in the Regional Meet.

Juniors must compete in three or more meets on the varsity team in one season, or qualify and participate in the Regional Meet.

Seniors must have participated and finished two full seasons, or qualify and participated in the Regional Meet.

## **Boys and Girls Soccer**

To obtain a varsity letter in soccer, a player would need to play in at least 1/3 of the total number of soccer games in a season. (Example, if the total of games is 18. the player would need to play in at least 6 games.) An athlete must finish the regular season on the varsity team.

## **Boys and Girls Tennis**

Fall-if a player plays in 60% or more (more than half) of the Team Tennis matches he/she will letter.

Spring- if a player wins 1<sup>st</sup> or 2<sup>nd</sup> in the Spring (individual season) district tennis tournament and advances to the regional tournament he/she will letter.

## **Boys and Girls Golf**

An athlete must attend rules classes and practice sessions with no unexcused absences. Qualify and play in a minimum of four (4) varsity level golf tournaments. Qualify and play in the District golf tournament each Spring. Special considerations may be given to students that encounter injuries or move-in and become eligible during the year.

### **Boys and Girls Track**

The athlete must accrue 30 points in Varsity competition at invitational meets. The athlete must score at least one point in Varsity competition at the district meet by placing in the top six in their respective event(s).

### **Boys Baseball and Girls Softball**

The athlete has to be named to the Varsity squad. He/she must have played one complete inning of varsity baseball/softball. The athlete can be moved up from the JV or freshman team at anytime during the season but he/she must play one complete inning to letter.

### **Student Athletic Trainers**

Student athletic trainers are required to complete 2 fall seasons and 1 spring season (3 seasons total) in order to be eligible.

### **Student Managers**

Must have excelled beyond expectations to earn a varsity letter jacket.

## **PARENT INFORMATION MANUAL and G-P ATHLETIC CODE**

The Parent Information Manual can be found on the U.I.L. website:

[http://www.uiltxas.org/files/athletics/manuals/Parent\\_Info\\_Handbook\\_16-17pdf.pdf](http://www.uiltxas.org/files/athletics/manuals/Parent_Info_Handbook_16-17pdf.pdf)

Copies are available in the Athletic Office upon request.

The Gregory-Portland ISD Athletic Code can be found on the G-P HS website:

<http://gphs.sharpschool.net/activities/Athletics>.

Copies are available in the Athletic Office upon request.

Parents wishing to speak with coaches should contact the athletic secretary (Audrey Saenz 777-4251 ext 6000) to set up a meeting with a coach. Please refrain from approaching coaches during practice, before and after games.

It is required that the student athlete and his/her parent(s) sign this statement.

This form is on website that you must accept before your child is allowed to participate:

<https://gregoryportland.rankonesport.com>

“We are aware of the significance of the Gregory- Portland ISD Athletic Code: The disciplinary action for breaking these rules, and that the main degree of prevention of the breaking of these rules lies in the hands of the student athletes and their parents.”