

NOCONA INDIANS

ATHLETIC HANDBOOK



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NOCONA INDIANS STUDENT ATHLETIC POLICY

To parent or guardian and student:

This material is presented to you because your son or daughter has indicated a desire to participate in athletics at Nocona ISD and you have expressed your willingness to permit him/her to compete. Your family interest in this phase of our school program is gratifying.

PHILOSOPHY OF THE ATHLETIC PROGRAM

We, who are concerned with the educational development of young men and women through athletics, feel that a properly controlled, well-organized sports program meets with the students need for self-expression, mental alertness, and physical growth. It is our hope to maintain a program that is sound in purpose and will further each student's educational maturity.

It is our purpose to work along with the principals and classroom teachers, as well as, the parents to help mold the students into well-educated, hard-working members of society. We believe that your son or daughter will gain the ability to work as a part of a team, gain leadership and character skills, along with developing a strong work ethic through their participation in athletics.

VISION AND MISSION

Our mission for Nocona ISD Athletics is to aid in the overall education of the students involved in this program. We believe that the young men and women that complete our program will gain knowledge that they may not receive in the classroom. We want them to know the value of working as a team, while learning that anything is obtainable if they are willing to set goals and work hard. Our vision is to prepare them for the biggest game of all...the game of life.

GOALS OF THE ATHLETIC DEPARTMENT

Goal setting is a major part of athletics. We want our athletes to set individual goals that will help them to reach their full potential. We are striving for excellence and do not want our athletes to compromise with mediocrity. Along with each athlete setting their own goals, each team should have goals that they are striving towards. We as an athletic group have some goals that we want to reach as a program. These goals are listed as follows:

1. Every student enrolled in athletics should pass all his or her classes.
2. Every student involved in athletics should graduate with a tremendous work ethic.
3. We want to make the playoffs in every team sport.

EXPECTATIONS OF THE COACHING STAFF

When your son/daughter enrolled in athletics, you and your child committed us to certain responsibilities and obligations. It is with a huge amount of trust that you allow us to coach and teach your child. This is not a responsibility that is taken lightly by this coaching staff. As a staff, we should at all times lead by example. Also, we should, while being firm, always remain positive and encouraging to the students. We want each and every student to know that they are cared for and that their well-being and safety is our number one priority. We also want each one of these athletes to leave here with memories and experiences that they can look back on for guidance later in life. All of our coaches should always adhere to the code of ethics outlined by the UIL and the THSCA.

EXPECTATIONS OF THE STUDENT-ATHLETE

Each student when they choose to enroll in athletics commits themselves to certain responsibilities. First, these students must realize this is an elective that is extra-curricular. Although we would love for everyone to be involved in athletics, it is not for everyone. When a student makes the choice to be in athletics and be a part of the program they should understand that it will be a challenge both mentally and physically. They will be expected to follow all school policy, as well as all athletic policy. Those policies are outlined further in this handout.

EXPECTATIONS OF THE PARENT

When your child enrolled in athletics and chose to be involved in team sports that decision also included you as a parent to be involved. Our athletic program will only be successful if there is parent involvement. It is very difficult for a student to totally commit him/herself to the team effort if they are not being encouraged and supported at home. We strongly encourage you to be an active part in your child's athletic endeavor. We, as a coaching staff, would ask that you realize your role as a parent and not interfere in our role as the coach. The old saying "it takes a village to raise a child" is very true. Trust and support the coach to handle all team and personal matters. Your support, as a parent, should always remain positive. At times, there will be issues and decisions made that you may not understand. Know that our door is always open and we will discuss your concerns as much as possible to try to resolve any misunderstandings. The UIL has a code of the Code of Ethics for parents, we would recommend becoming familiar with this publication that is located on the UIL website. The following is a list of some things that parents should keep in mind:

1. Always remain positive with your child.
2. Do not downgrade other members of the team or the coaches in front of your child.
3. While we do have an Open Door Policy and encourage you to come visit, never confront a coach immediately following a contest. Always make an appointment to have a conference with the coach involved and A.D., if necessary.
4. Parents need to refrain from posting anything on social media that would be considered negative towards the athletic program.

SAFETY OF THE ATHLETES

Our main priority as a staff and school district is the safety of the young men and women entrusted to us. Injuries will happen in an athletic program. We believe that a well-organized and proper strength program helps prevent injuries. We will take every precaution to prevent these injuries and then to help with the rehabilitation of an injured student when one does occur. The following are some specific items that we have in place to help in this regard:

1. Jason Pirky is our Athletic Trainer at Nocona ISD. He is a state licensed trainer that has been contracted to the district to aid with all athletic injuries.
2. Mr. Pirky is at all practices and games to evaluate and treat all injuries. He has a training room in the field house to treat and rehab students. All of our coaches refer all injured students to him first and then he, while communicating with the parents, decide if the student may need to set an appointment with a doctor for further evaluation.
3. The following are some issues that are common injuries that we follow all UIL protocol in order to maintain a safe environment:
 - a. Treatment of Heat Issues/Proper Hydration
 - b. Concussion Protocol
 - c. Proper Hygiene/Staph Infection Prevention
4. All of these protocols can be found on the UIL website at the following address: <http://www.uil texas.org/athletics>
5. All of our coaches are trained in CPR/AED procedures, as well as, concussion recognition and management safety.
6. It is school district policy that all student athletes have a medical examination, conducted within the past two years, on file in the athletic trainer's office. Students who do not have a current physical will not be allowed to participate.

GRADING AND ELIGIBILITY REQUIREMENTS

The athletes must remember that they are students first and athletes second. We will encourage and help any athlete whose grade becomes borderline in a class. If the student continues to fail repeatedly then he/she will be removed from athletics, in order to concentrate more on maintaining their grades at an acceptable level. The following are some specific guidelines for monitoring and keeping acceptable grades:

1. All athletes' grades will be checked on a week-to-week basis. Appropriate action will then be taken in order to get the student to an acceptable level.
2. If the student fails a six-week grading period, then they are ineligible to participate in a contest for the next three weeks. (This is U.I.L. policy.)
3. If an athlete fails every six weeks in a semester, then they are removed from athletics the following semester. They will then be allowed back into athletics when they demonstrate that they can maintain an acceptable passing level. Exception to this rule will be freshmen and Junior High athletes. They will be given the first year to demonstrate that they can pass at least one six-weeks before they are removed.
4. An athlete that has a history of failing classes will be removed from their sport

and placed into off-season for a complete six week grading period if they fail two

consecutive grading periods. Once they have shown their ability to pass for a six-week period they will be allowed back into their sport.

GENERAL REQUIREMENTS

Your son or daughter has chosen to be in athletics. This is a privilege, not a right. Therefore, there are certain guidelines that we expect these students to follow. It must be understood that in order to have a safe and productive athletic program that these rules must be followed. We will do our best to get as many students involved in athletics as possible. But, please remember we will not put the interest of one student above the best interest of the team.

The following are some general requirements of our athletic program:

1. All students must be eligible according to the guidelines set forth by the University Interscholastic League.
2. All students must abide by all Nocona ISD student and Nocona ISD athletic policies.
3. All students participating in an extra-curricular sport are subject to drug testing as approved by the school district.
4. All students must be enrolled in the athletic period during and prior to participating in their sport of choice. (Exception: Unable because of necessary credits or conflicts in honors program or other extenuating circumstances.) All exceptions must have approval from the Athletic Director.
5. All students must have a willingness to be a proper representation of their team, their school, their community, and their parents.
6. Because the safety of our athletes is our primary priority, all equipment that is issued to students should be returned in proper functioning condition. If during the course of the season there becomes a problem with the equipment, it should be reported to a coach immediately.
7. No students should ever be allowed in the athletic facilities without adult supervision. This includes the gyms, weight rooms, and locker rooms.
8. Letter jackets will be awarded to a student that has qualified as a varsity player in a sport. We will follow UIL rules pertaining to the awarding of jackets to students.

SPECIFIC REQUIREMENTS

The following are more specific rules and consequences:

1. All athletes are expected to be at all scheduled workouts. Practices for high school athletes are held after school for approximately 2 hours on non-game days. Middle school practices are usually held one hour before school begins.
2. The head coach of that sport will determine make-up work. Exception: No make-up work is required when a student misses for another school activity or a funeral.
3. Athletes must attend all games in which their team is involved.
4. The head coach of that sport will determine make-up work. Exception: If the

student is involved in another school activity that is a direct conflict. The student

may choose which event they will participate in if both activities are at the same level. If the two conflicting activities are playing at different levels, then the student must compete in the activity that is at the higher level.

5. We want to encourage athletes to do as many sports as possible. Therefore, all athletes are given the first ten days of workout to try a sport. If they quit during this grace period, no punishment will be given, but if the student quits after the ten-day grace period they will not be able to start the next sport until the sport they quit is over. Exception: If the Head Coach, Athletic Director and parents of the student are all in agreement that it is in the best interest of the student and team for the student to quit than the miles could be waived.
6. Because our athletes are representing our school and community at all times, these students will abide by the dress code set forth by the school district and also the dress code set forth by the athletic department. All athletes will follow the dress code set forth by their head coaches. Anyone not in accordance will not participate in a game until they are in accordance with the dress code, and will be subject to the punishment designated by the head coach of that sport.
7. Anything that is posted by an athlete on a social media page (Facebook, Twitter, etc.) should be of an appropriate nature. Anything that is posted as negative or deemed as an embarrassment to this athletic program or school will not be tolerated. The head coach and Athletic Director will designate the punishment for such.
8. All athletes are expected to act appropriately on all away trips. This includes on the bus, at any restaurant, and while at the visiting school. Any inappropriate behavior will result in punishment as determined by the head coach. Remember, we represent the school, the community, and our families during all athletic contests.
9. Students in athletics should always act in a manner that is appropriate and respectful to others. Because of this fact, unsportsmanlike conduct will not be tolerated. Any type of disrespectful or unsportsmanlike behavior either in practice or a game will have consequences. The head coach of that sport will determine what is necessary punishment for the individual.
10. These athletes should also show respect to the coaches at all times. Disregard for instruction and foul language directed at a coach will not be allowed. Because this offense undermines the coach and team concept it could be grounds for removal from the athletic program.
11. Because we expect our athletes to act with appropriate conduct at all times, an athlete that is placed into In School Suspension (ISS) or Alternative Education Program (AEP) will not be allowed to participate in games until their suspension is complete.
12. All athletes are students first. Therefore, students should not be tardy or have unexcused absences from classes. They will be subject to school district policy, as well as, they could face suspension from contests if the head coach and Athletic Director deem it appropriate.
13. Any athlete that is known to be using drugs, tobacco, or alcohol on or off campus, during the school year or during the summer break will be subject to school district policies, as well as punishment in athletics. For the first offense

they will

run 20 miles and serve a one-week suspension from participating in any games if they are in season. The student must still participate in all practices and do the running at the coaches scheduling. If the mileage is not complete at the end of the suspension time, they will remain suspended until all running is complete. The second offense will be 40 miles and a two-week suspension. The third offense will be removal from the athletic program. The offenses do not carry over from one school year to the next. Everyone in athletics begins with a clean slate every year.

14. An athlete that tests positive for a school given drug test will be subject to school policies, as well as, the athletic policy for drug or alcohol use.
15. Any athlete that is convicted of a serious crime will meet with the Athletic Director to determine his/her future in athletics. All of these cases will be handled on an individual basis. This also includes any athlete that is caught stealing.
16. No hazing, bullying, or harassment of other athletes will be tolerated. Any athlete that is guilty of such actions will meet with the Athletic Director to determine their punishment and their future in Athletics.
17. Any student that acts in a way that puts their own needs or wants above the best interest of the team or athletic program will not be tolerated. The head coach of that sport and the Athletic Director will determine the punishment for this offense. Depending on the degree of the offense and because it could affect the team atmosphere for an entire season the punishment could be removal from the team.
18. All team members will follow any additional rules that the head coach of each sport may require.

Strength Training

Every athlete that is enrolled in athletics at Nocona ISD is expected to go through our lifting program. Our primary goal with strength development is injury prevention. It is well documented that a young person that is involved in sports can aid in preventing some injuries if they have increased muscle strength. Our second goal with our lifting program is to have our athletes stronger in order to compete against our competition. We believe that being stronger will help our athletes in every sport we offer.

The coaching staff has spent many years studying and gathering information to present a lifting program that builds a good solid base for teenage athletes. The program is not designed for any one particular sport. It is a general core strength program. We do adjust the lifts, amounts, and frequency of the workout based on different factors (in-season/off-season, injuries, etc.). The A.D. welcomes all parents to set up a conference and he will explain in more detail the strength program at N.I.S.D.

Fund-Raising

Individual sports may participate in fund-raising activities to supplement costs related to their particular sport. The Superintendent must approve request for fund-raising activities.

Booster Club

Parent organizations and booster clubs are formed to promote the school program and complement a particular student group or activity, with the approval of the campus principal. Role of Booster Clubs: Neighborhood patrons form booster clubs to help enrich the school's participation in extracurricular activities. The fundraising role of booster clubs is particularly crucial in today's economic climate. Such organizations must agree to abide by all applicable UIL, District, and campus rules. Review UIL Booster Club Guidelines: <https://www.uiltexas.org/files/booster-guide.pdf>.

CONCLUSION

The athletic director reviews all rules and grading policies and any appeals or questions should be directed to him. The next step in the process would be to request a conference with the campus principal. The final step would be to confer with the superintendent.

It is our intent to have the best possible athletic program available for your child. We, as a coaching staff, want the students to not only enjoy this program, but also to learn and grow through this experience. Athletics requires a special commitment and we feel it is a commitment that will reward your son or daughter their entire lives. We will enforce these rules without prejudice or discrimination, and will always be just and fair in our actions.

SIGNATURE PAGE

I have read this publication and agree to abide by its contents in its entirety.

Parent's Signature:

Date:

Student's Signature:

Date: