

Shamrock ISD
Athletic Policy
2020 – 2021



SPORTS

- Junior High (Grades 7-8)
 - Cross Country
 - Football
 - Basketball
 - Track
- High School (Grades 9-12)
 - Cross Country
 - Football
 - Basketball
 - Baseball
 - Track
 - Golf

PHILOSOPHY

The Athletic Program is a vital part of the total education process. Athletics are a vital part of the physical, mental, social, emotional and moral growth of our students. Athletics are extracurricular activities, not designed to transcend the academic program, but to enhance it. The Athletic program will serve as an avenue to teach self-discipline, create teamwork, develop strong work ethics, enhance decision making skills, and strengthen self-confidence. Ultimately, Athletics is not a right or requirement, but a privilege and a choice.

GOALS & OBJECTIVES

1. Increase all athletic participation.
2. Foster positive relationships throughout the school and community.
3. Develop individual sports that maximize student-athletes' potential.
4. Build an off-season program that harbors the physical and mental development of student athletes.
5. Develop a coaching staff that is dedicated to the success of the entire athletic program.

PLAYER EXPECTATIONS

Student athletes have a responsibility to give their best effort and exhibit good conduct and character at all times in a manner that is a positive example to team members, fellow students, and the community. They will also demonstrate respect for their coaches, teammates, teachers, staff, administrators, and fellow classmates.

Student athletes will abide by all rules set forth by the coaches and be coachable at all times. They are also required to adhere to Shamrock ISD Student Code of Conduct.

Students must have the following documents on file to participate:

- Physical Form / Medical History
- Acknowledgement of Rules / Steroid / Concussion
- PAPF (if a transfer student)
- Emergency Contact Form
- Shamrock ISD Student Code of Conduct
- Acknowledgment of Athletic Policy

ACADEMICS

Each student is responsible for their grades in all of their classes. An average grade of “70” must be maintained in each class to participate in athletic events – “No Pass, No Play.” If a “70” is not maintained, the athlete is still required to attend practice, unless specified by the coach.

Consistent failure of classes can be grounds for removal from athletics, which will be at the Athletic Director’s discretion.

BEHAVIOR

Quite often, our student athletes are the only contact that many people in other communities have with Shamrock. Coaches and players will be expected to conduct themselves in a manner that is a positive reflection of our school and community. All athletes representing Shamrock ISD should establish and maintain a high standard of appearance at all times.

Athletes will accept decisions and discipline from coaches with a positive manner and attitude. Appropriate behavior, language, mannerisms, respect, and sportsmanship will be exhibited at all times

If an athlete is disciplined at school causing him/her to miss practice or games, he/she may face extra conditioning. If the behavior is persistent, the athlete may be subject to sit out from games or dismissed from athletics at the Athletic Director's discretion.

APPEARANCE

Athletes will be well groomed and follow the school district's dress code at all sporting events and functions, including sports banquet. There may be instances where athletes are held to a higher standard, regarding their appearance, than other students.

LOCKER ROOM BEHAVIOR AND CLEANLINESS

Treat your facilities with great care and respect. Failure to help maintain a clean environment in your locker room and all other athletic facilities may result in discipline at the Coaches' discretion. Theft from anyone, most importantly from your coaches and teammates, will not be tolerated. If you are caught stealing, it may be an instance where you are suspended immediately from the athletic program. Removal from Athletics will be at the Athletic Director's discretion.

Hazing or bullying of any Shamrock ISD student will not be tolerated. If any student athlete is caught hazing another student, be it practical joke or horseplay, they will be disciplined. Athletes found guilty of hazing or bullying will report to the Principal / Superintendent.

INJURIES

Injuries during the school year should be reported to a coach / Athletic Trainer as soon as possible. Unless the injury is an extreme circumstance, please contact a coach / Athletic Trainer before visiting a doctor. All student athletes are expected to adhere to treatment recommendations when recovering from an injury and will not be allowed to participate in a practice and/or game without permission by the coach and/or treating physician or trainer. Any athlete under a doctor's care

will need a written release from the physician before being allowed to return to practice and/or play.

If a parent wishes to restrict an athlete from participating in athletics without a doctor's note or visit, they need to contact the Athletic Director or Athletic Trainer. A decision will be made on a case by case basis. In some instances, parent notes may be disregarded.

EQUIPMENT

Team uniforms, warm-ups, and equipment are the property of Shamrock ISD and must be treated with care. Athletes are responsible for keeping their school issued equipment clean and secure. All athletes must return their uniform and school issued equipment back to the head coach at the conclusion of the sport. Award recognition, letter jackets, and other privileges may also be withheld until all equipment is replaced. This may also include restricting playing of another sport.

ATTENDANCE

Attendance is directly related to success in the classroom and in athletics. We hope that absences are kept to an absolute minimum for the benefit of each student athlete. There are two types of absences; excused and unexcused.

- Examples of excused absences can be a sudden illness, family emergency, or death in the family. The athlete will be subject to make up his miss with extra duties assigned by the Head Coach.
- Unexcused absences are those that the coaching staff is not made aware of prior to the absence. This will result in loss of credit for the day or days missed in extra conditioning and in extreme cases, loss of playing time.

PERSONAL BELONGINGS

Shamrock ISD will make every reasonable effort to ensure the safety of personal belongings while participating in athletics. Ultimately, Shamrock ISD is not responsible for lost or stolen personal belongings while participating in athletics.

Locks will be offered and/or issued to each student, the responsibility is on the student athlete to use it.

COACHING EXPECTATIONS

- Be great role models.
- Promote school spirit and community involvement.
- Discipline athletes who display unacceptable behavior.
- Abide by the rules and guidelines set forth by Shamrock ISD and UIL.
- Make Shamrock athletics a fun and positive experience for all student athletes.
- Exhibit loyalty, character, organization, and knowledge in the classroom and athletics.

TRAVEL

Students may return home with a parent or legal guardian. Parents or legal guardians must be at the game or contest to sign their child out, unless prior arrangements are made with the Head Coach. Injured athletes may or may not be allowed to travel with the team. This is at the discretion of each head coach. In special circumstances, this may be abridged with prior permission and approval from the Athletic Director.

No overnight travel will be permitted, unless prior approval from administration or for Regional or State Competitions.

Individual coaches may mandate that all athletes of a team travel together to and from the competitions together. This is at the discretion of each head coach of a sport.

MISSING OR SHOWING UP LATE TO PRACTICE / GAMES

You will be required to be at every practice or game of the sport you choose to compete in, unless there is a family emergency, death in the family, illness, or prior arrangements have been made with the Head Coach. Make up work or punishment will be administered at the discretion of the head coach. Repeated violations could result in loss of playing time, and/or removal from the team. **If an athlete misses more than two periods in the morning or in the afternoon, students may be prevented from practicing. The only exceptions may be for doctor visits, with doctor notes and special circumstances. The head coach of that sport reserves the right to make that decision.**

GRADES

An athlete's grade in athletics will be dependent upon his/her attendance and participation. If an athlete is under a physician's care, appropriate documentation is required and he/she will have a modified version of the workout.

ATHLETIC PERIOD

Athletes in season will follow the workout prescribed by the Head Coach of that sport and the Athletic Director. All athletes not in season will follow an off season workout designated by the Athletic Director.

Any student wishing to participate in Athletics, except for golf, must be enrolled in Athletics no later than the third Friday of the school year. The exception to this rule may be made with students that are new to the district or if there are extenuating circumstances, deemed by the Athletic Director. These may include COVID-19 related issues.

COMMUNICATION FROM COACHING STAFF TO PARENTS

The coaches ask that you understand and respect the coaching staff and not address any issues with any coach before, during, or after practice or game. We would like to resolve any concerns you have in a quick and timely manner. Nothing productive can occur before or after a game, while both the parent and coach could be in a very emotional state of mind. Setting up an appointment at a later date is the most productive avenue.

SELECTION OF TEAMS

The Head Coach of each sport will determine the players on each team. The selection of teams will include, but is not limited to: skill level, knowledge of sport, attitude, and experience in the sport. Middle school and high school sub-varsity team members will receive adequate playing time based upon performance and meeting expectations. Members of the varsity teams are not guaranteed playing time.

Head Coaches of individual sports may reserve the right to cut players from their program. This will be approved through the Athletic Director and Principal. Adequate communication will be initiated of any intent to do so by the Head Coach.

MEALS

Meals may or may not be provided for our athletes on out of town competitions. This will be at the discretion of each Head Coach. It will be communicated to athletes and parents whether we are providing a meal or not so that appropriate arrangements can be made.

FELONY LAW VIOLATIONS / ALCOHOL / TOBACCO POLICIES

Any athlete charged or convicted of a felony offense must meet with the campus review committee before being allowed to represent Shamrock ISD in any athletic contest.

If you are in possession of tobacco, alcohol, drugs, or steroids and/or arrested or receive a citation for the substances the following actions will result.

- *1st Offense – Discipline Action*
- *2nd Offense – Suspension for 25% of the Current Sport Season (or of the next season, if less than 25% remains) and have to attend counseling.*
- *3rd Offense – Suspension for 1 Calendar Year from athletics and have to attend counseling.*

Punishment and consequences will be in accordance with the Student Code of Conduct and any local policies. Documentation will be kept.

DRUG TESTING / FAILURE OF DRUG TEST

(Same as District Drug Testing Policy)

1st Offense

Upon a first offense of receiving a confirmed positive drug test, a student shall be suspended from any extracurricular activity for 10 calendar days following the date the student and parent are notified of the test results.

During the period of suspension, the student may participate in practices but not in any competitive activities or performances.

2nd Offense

Upon a second offense of receiving a confirmed positive drug test, a student shall be suspended from any extracurricular activity for 30 calendar days following the date the student and parent are notified of the test results.

During the period of suspension, the student may participate in practices but not in any competitive activities or performances.

3rd Offense

Upon a third offense of receiving a confirmed positive drug test, a student shall be suspended from participation in any extracurricular activity for 180 calendar days following the date the student and parent are notified of the test results.

During the period of suspension, the student shall not be permitted to participate in practices.

VAPING

Any vaping paraphernalia found, will be turned in to the High School / JH Principal. He will then perform an investigation to determine facts of the case. If the Principal determines to punish the student athlete, he or she will receive the following Athletic restrictions.

1st Offense

Upon a first offense, a student athlete shall miss one of the following: two football games, two cross country meets, four basketball games, four baseball games, two golf tournaments, two track meets. The student athlete will also run an additional 10 miles during the time he / she has missed.

2nd Offense

Upon a second offense, a student athlete shall miss one calendar year of Athletics. The student athlete will be removed from the Athletic Period immediately.

DEALING WITH DISCIPLINE ISSUES

Students need to know that discipline is not what you do to someone, it is what you do for them. Our goal as an athletic program is to harbor behavior that translates into success in athletics, in the classroom, and ultimately in life. We want our athletes to be successful and productive human beings. Discipline issues will be dealt with on a case by case basis by the coaching staff.

COMPETITION CONDUCT

Each Head Coach reserves the right to deal with conduct that is detrimental to the team within a game by an athlete in his own manner.

Unsportsmanlike Technicals and Unsportsmanlike Personal Foul will be punished by the following:

- 1st Offense
 - Removed from Game for 12 minutes of game time in Football and 32 minutes of game time in Basketball. They will also perform 40 Burpees and 40 Gym Laps.
- 2nd Offense
 - Removed from Game for 32 minutes of game time in Football and 64 minutes of game time in Basketball. They will also perform 80 Burpees and 80 Gym Laps.
- 3rd Offense
 - Above punishments will continue to double in severity.

LETTERING PER SPORT

- Football – participate in at least 2 district games and finish season in honorable standing.
- Cross Country – compete in 5 varsity meets and finish the season in honorable standing.
- Basketball – participate in 25% of varsity games and finish season in honorable standing.
- Baseball – enter the lineup in at least 2 district games and finish the season in honorable standing.

- Track & Field – be a member of the varsity track team at District Meet and finish the season in honorable standing.
- Golf – be a member of the varsity golf team at District Meet and finish in honorable standing.

All seniors at the end of the sport will letter as long as they have finished in honorable standing.

Managers will be given letter jackets at the discretion of the head coach of that sport.

QUITTING A SPORT

Any athlete that decides to quit a sport will not be allowed to start another sport until the sport he/she quit is finished for the season. The exception to this is if sports are occurring simultaneously in the same season. Also note that any athlete that quits a sport or is dismissed from a sport forfeits that sports athletic award/letter.

If an athlete decides to quit a sport, the Head Coach will make every reasonable effort to contact their parent or guardian.

An athlete may quit a sport within 2 weeks of the first day of practice and suffer no punishment. If a student quits a sport after that two week window, they are subject to conditioning requirements that would need to be completed before the start of their next season.

The student-athlete would need to complete 25 miles of running within a 2 week period. They may run no more than 3 miles per day and it would be done before or after school under the supervision of a coach.

If a student-athlete is competing in sports that have concurrent seasons and decides to quit one of those sports while still competing in the other, they must run 15 miles (under the same conditions as listed above) before competing in a contest in the other sport.

SCHOOL VS. CLUB SPORTS CONFLICTS

Athletes may participate in a sport at Shamrock ISD while simultaneously participating in 3rd Party Club sport. They do this with the understanding that priority should be given to the school-related sport and that any missed practice

or game due to this may be subject to discipline by the Head Coach or Athletic Director.

ENTERING / RE-ENTERING ATHLETICS

Athletes that choose to enter athletics mid-year or return to athletics after being out of athletics may do so solely at the discretion of the Athletic Director, keeping in mind they may not participate in sports for the current year.

STRENGTH AND CONDITIONING

Strength and conditioning training is a part of all sport's in-season and off-season training regimen. These are designed to benefit all athletes and all sports.

Summer strength and conditioning training is offered to student athletes. Attendance is not required, but is highly encouraged. There is no sport specific training that occurs during these workouts.

EXPECTATIONS OF PARENTS & FANS AT ALL ATHLETIC EVENTS

Coaches would like to have an open line of communication with parents and encourage them to utilize our open door policy to discuss any situations about which we may be unaware. However, we would ask that you do so in a professional manner. As parents of students involved in the Shamrock ISD athletic program you have every right to understand what expectations are in place for your children. This begins with a clear line of communication from each coach and every parent in the Shamrock athletic program.

CHAIN OF COMMAND

There are many problems that can be cleared up with an open line of communication. If there is a situation that arises we ask that parents follow the chain of command to resolve any problems that may arise. The chain of command is as follows:

- Assistant Coach
- Head Coach of the Sport
- Athletic Director
- Principal
- Superintendent

COMPETITION CONFLICT HIERARCHY

Inevitably, there are going to be conflicts between various sports and other UIL activities. When in conflict, we will adhere to the following hierarchy.

- District competitions take priority over non-district competitions.
- Regional competitions take priority over district competitions.
- State competitions take priority over regional competitions.

Every concession will be made by coaches and administrations to limit the number of conflicts. Each case will be examined on a case by case basis, including conflicts with non-athletic competitions and organizations. The result will ultimately be in the student and schools district's best interest.

COVID-19

Students that do not elect to attend traditional in-person instruction on campus shall not be eligible for participation in athletics. In rare instances, the Athletic Director may make an exception due to unique circumstances. These exceptions may include, but not limited to the following situations:

- Because you are not required to be in the athletic period to participate in golf, those who wish to play golf must attend traditional in-person instruction no later than the beginning of the 2nd semester.
- Individuals that do not enroll in traditional in-person instruction on campus must do so by the 1st week of the 2nd 6 weeks in order to participate in 2nd Semester Sports. Otherwise they shall not be allowed entry into the athletic program.

CONCUSSION PROTOCOL

1. All head injuries are reported to parents, Counselor, and Principal.
2. Remove from all activities immediately.
3. Student must show no signs of post-concussion symptoms before return to play protocol begins.
4. Student will not return to full practice or competition for a minimum of 7 days.
5. The treating physician must provide a written statement to the parent and Shamrock ISD indicating that, in the physician's professional judgment, it is safe for the student to return to play.
6. Parent or guardian has signed the "Concussion Management Protocol Return to Play Form" acknowledging the completion of the return to play guidelines which includes the understanding of the risks associated with the student athlete's return to play.

Athlete must show no signs of post-concussion symptoms before return to play protocol begins.

- Phase 1
 - No exertional physical activity until the student athlete is symptom free for 24 hours.
- Phase 2
 - Step 1 (Day 1) – Light aerobic exercise (10 minute on exercise bike).
 - Step 2 (Day 2) – Moderate aerobic exercise (15 minute jog).
 - Step 3 (Day 3) – Non contact drills in full uniform.
 - Step 4 (Day 4) – Full contact practice or training.
 - Step 5 (Day 5) – Full game play.

DISCLAIMER - The Athletic Director reserves the right to rule on any circumstances not specifically outlined in this document based solely on the welfare of the Athletic Program.

Acknowledgement of Athletic Policy

Please read the Athletic Policy carefully and completely. Return this form back to the Athletic Director.

I have read the entire Athletic Policy, including the rules and regulations set forth and will comply with them.

Student's Signature _____

Print Name _____

Cell Phone _____

Parent's Signature _____

Print Name _____

Cell Phone _____

Date: _____