

**Balmorhea
INDEPENDENT SCHOOL DISTRICT
2016-2017
ATHLETIC/EXTRACURRICULAR STUDENT
HANDBOOK**



**BALMORHEA ISD MISSION STATEMENT:
BALMORHEA ISD STAFF, STUDENTS, PARENTS & COMMUNITY ARE
STRIVING TOGETHER FOR EXCELLENCE IN ACADEMIC ACHIEVEMENT &
CHARACTER DEVELOPMENT.**

Athletic and Extracurricular Handbook

Balmorhea Independent School District

Table of Contents

Preface

Board of Trustees

Administration

Coaching Staff

Letter to Parents

Philosophy

Mission Statement

Objectives of the Athletic Program

Expectations

UIL Rules and Participation Guidelines for Athletic and Extracurricular Participation

Requirements for Balmorhea Student/Athletes

Physicals

Injuries

Issued Equipment

Two-A-Days Policy

Practice Policy

Game/Contest Policy

Team Travel

Dress Code

Meals

Inappropriate Language

Cell Phones

Quitting Policy

Dismissal Policy

Off-Season

Summer Conditioning

Lettering Policy

Unlawful Behavior

Drug, Alcohol, and Tobacco Policy

Appendix:

1. Student/Athlete and Parent Contract and Pledge Form
2. Code of Conduct
3. Student/Athlete and Parent Code of Conduct Pledge Form

Dear Parent or Guardian,

Welcome to the Interscholastic League. The UIL is the governing body from 1,283 public schools and nearly 4,000 junior high schools in Texas. The UIL, which began in 1910, is the largest interschool organization of its kind in the world, offering 22 athletic activities to more than one million student-athletes.

The purpose of the UIL is to organize and properly supervise contests that assist in preparing students to become better citizens. Our aim is to provide healthy, character building, educational activities carried out under rules providing for good sportsmanship and fair play for all participants.

Contests could not exist without rules. Therefore, UIL rules are adopted and modified by public school administrators whose responsibility is the overall educational program of the local school district rather than individual contests. The superintendent insures that contests remain strictly amateur and educational in nature.

The UIL program is based on the premise that athletes are students first and that athletic participation is a privilege rather than a right. Students learn teamwork and group responsibility. They also learn to deal with success and to overcome adversity. Research shows those who participate in extra-curricular activities tend to make higher grades and have fewer discipline problems than those who do not participate.

Throughout this publication you'll notice references to your "student athlete", rather than your "athlete" because we believe that your children are students first, and athletic participation is a privilege.

Here are some statistics to keep in mind:

There are over one million high school players and almost one million basketball players in grades 9-12 nationally. Of those numbers, about 250 make it to an NFL team and about 50 make it to an NBA team.

The odds of a high school football player being selected to play for an NFL team are about 6,000 to 1.

The odds of playing in the NBA are even greater.

The NCAA is made up of 977 schools classified in three divisions, and less than 25,000 student athletes compete for NCAA titles annually, most of whom are not on athletic scholarship.

With this in mind, it is important to focus on your student's academic career in addition to their success on the playing field or court.

Philosophy

The United States Supreme Court has ruled that athletics is a **privilege** provided by the school district. The University Interscholastic League references athletics as a “privilege” which can be revoked at any time if an athlete fails to meet standards of the program.

Balmorhea Independent School District athletics is a means to provide academics, build character, develop life skills, and strive for excellence in competition.

Mission Statement

The Balmorhea Jr./Sr. High School coaching staffs and extracurricular sponsor’s mission is to use UIL and Extracurricular participation to improve student’s academic performance, to teach and improve character traits and to give each participating student training that will enable him/her to compete in his/her event or contest at the highest level.

Objectives of the UIL and Extracurricular Program

- I. To ensure every UIL and Extracurricular participant receives an education.
- II. To represent Balmorhea Jr./Sr. High School to the highest degree of excellence.
- III. To build character and to become better people through UIL and Extracurricular programs.
- IV. To become healthy, mentally and physically fit, and to reduce the chance of injury.
- V. To understand that hard work, commitment, and perseverance begets success.
- VI. To have fun and enjoy the complete UIL and Extracurricular experience.

Expectations

- I. Student-athlete – The student-athlete is expected to be committed to the sport or extracurricular activity they are participating in, display a positive attitude, and to attend every scheduled practice on time.
- II. Coach/Sponsor – The coach/sponsor is expected to teach the skills necessary to improve performance and to teach positive life skills.
- III. Parent – The parent is expected to be supportive of the UIL and Extracurricular program in which their child is participating while supporting the coaches/sponsors of those programs. Should there be a conflict please follow the proper chain of command in resolving the issue.

UIL and Extracurricular Participation Guidelines

1. The student-athlete must meet all UIL requirements.
2. The student-athlete must meet all Balmorhea Independent School District standards.
3. The student-athlete must meet all age and grade level requirements as set forth by the UIL.
4. The student-athlete must pass an annual physical examination to compete in athletics.
5. The student-athlete must be passing all classes in which they are enrolled.

Requirements of Balmorhea UIL and Extracurricular Participants

1. Student-athletes must have on file a signed Athlete Contract and Pledge and UIL Sportsmanship Contract.
2. Student-athletes must be drug, tobacco, and alcohol free.
3. Student-athletes must abide by team/extracurricular participation rules as set forth by coaches/sponsors.
4. Student-athletes must model good behavior and character both in and out of the classroom.
5. Student-athletes must live up to the high standards of fair play and competition.
6. Student-athletes must promote the well-being of teammates with respect and positive encouragement both on and off the field of competition.
7. Student-athletes must show respect to officials, opposing players/contestants and coaches/sponsors.
- 8. Student-athletes must be enrolled in the athletic period each semester in order to be able to practice/participate in any sport during the school year.**
- 9. Student-athletes must be enrolled in the athletic period unless extenuating circumstances are approved by the head coach of that sport and the athletic director.**

Physicals

Athletic physicals will be given **once** each year. The physical will be given at no cost to the student-athlete on those scheduled dates. Should a student-athlete miss those scheduled dates, the physical will be at the expense of the student-athlete. Student-athletes **may not** participate in any athletic competition without a current physical on file.

Injuries

All coaches have been certified in First Aid and CPR and Concussion Management. Should an injury occur, initial treatment will be provided immediately by the coaching staff or appropriate personnel. Parents will be contacted as soon as possible in the event of an injury. Medical assistance will be obtained immediately depending on the severity of the injury. The safety of each student-athlete is of the utmost importance.

Issued Equipment

Each student-athlete will be issued workout clothing and sports specific equipment throughout the year. It is the **responsibility** of the **student-athlete** to care for such clothing and equipment. If issued clothing or equipment is lost, stolen, or damaged the student-athlete must pay for the issued clothing and/or equipment at **replacement cost** before any other equipment will be issued.

Two-a-Day Policy

All student-athletes participating in fall sports are required to participate in two-a-day workouts. In the event that a student-athlete must miss any of these workouts, the student-athlete will be required to make-up all missed workouts. His/her coach may set the make-up requirement.

Practice Policy

1. Student-athletes must be enrolled in a P.E. class in order to be able to practice/participate in any sport during the school year.
2. Each student-athlete is expected to attend **all** practices. Should a student-athlete have to miss a practice, it is the **responsibility** of the **student-athlete** to contact the coach/sponsor immediately. If a student-athlete misses three practices without notifying the coach/sponsor, the student-athlete may be dismissed for the remainder of the season.
3. Student-athletes are expected to be at practice **on time**. If a student-athlete is late for practice on a consistent basis, he/she may face suspended playing time or other consequences as determined by the coach/sponsor.

Game/Contest Policy

Each student-athlete is expected to be present at all competitions. Should a student-athlete miss a competition without prior notification of the head coach/sponsor, the student-athlete may be subject to limited participation time or suspension from the next game. The coach/sponsor may also impose other consequences. It is the **responsibility** of the **student-**

athlete to contact the coach/sponsor as soon as possible if he/she experiences a conflict with the competition schedule.

Rules Governing Practice and Competition

1. Student-athletes will not be permitted to wear jewelry, including body piercings, while practicing or participating in an athletic contest.
2. Tattoos must be covered during practice and participation in an athletic contest.
3. Student-athletes are expected to display good sportsmanship at all times. Failure to do so may lead to severe consequences as imposed by the coach, athletic director, or other school administrator.

Team Travel

Student-athletes are expected to travel to and from athletic and extracurricular competitions on transportation provided by the school district. Any student-athlete who plans to leave after the competition with a parent or guardian **must** fill out a permission form in the office **before** leaving for the contest. It will be the coach's/sponsor's discretion to consider extenuating circumstances should a form not be turned in. The parent/guardian must exchange responsibility with the coach/sponsor for their child directly. A note must be signed on site before the student-athlete will be allowed to travel home with a parent/guardian. **Only a parent/guardian may sign the note on site.**

Dress Code

Student-athletes are expected to conform to all dress codes set forth by the school district. Travel attire may be determined by the coach. He/she may make that decision determined by the season. Boy's shirt tails should be tucked in and belts should be worn. Caps should be taken off upon entering a building. If appropriate dress code is not met by the student-athlete, he/she may not be permitted to travel with the team.

Meals

Meals will be provided on out-of-town trips. Meals may be provided pre-game or post-game at the coach's discretion. Student-athletes should bring money for snacks going to or from the competition.

Cell Phone

Cell phones are not considered a necessary accessory on trips. If a coach/sponsor feels that a cell phone is a distraction, the cell phone may be confiscated and returned at the end of the trip. Coaches will have cell phones for emergency situations.

In-School Suspension

1. Any student that is assigned ISS will not be allowed to participate in any extracurricular activity including practice or games on those days he/she is in ISS. Should the student complete the assigned ISS on a game day, he/she may be allowed to play.
2. Student-athletes who miss games or practices due to an ISS assignment may be subject to additional consequences as determined by the coach/sponsor. This can include, but is not limited to, make-up running and exercises, suspended playing time, or suspended games.
3. Repeated assignments to ISS may result in dismissal from the sport.

Inappropriate Language

Inappropriate language will not be tolerated at any time. The coach/sponsor may determine what is inappropriate and will also determine the consequences for such an offense.

Conflict Resolution

If a student-athlete or parent has a grievance, concern, or issue, it is his/her responsibility to follow the proper chain of command to address their concern. First, the issue should be addressed with the coach/sponsor. If a resolution cannot be reached, contact the principal or athletic director. If a resolution cannot be reached, he/she should meet with the superintendent.

Quitting Policy

Quitting a sport or extracurricular event is considered a serious matter as it affects teammates and coaches/sponsors. Student-athletes must realize that when he/she quits a sport or extracurricular event, they are affecting other student participants in a negative way. Should a student-athlete quit a sport or extracurricular event they will be suspended from 10% of the next sport or extracurricular event that they decide to participate in. They may not begin practice for another sport or extracurricular event until the first sport or event season has concluded. In addition, participation in the next sport or extracurricular event will be at the discretion of the coach/sponsor.

Dismissal Policy

To be dismissed from a sport or extracurricular event is considered a very serious matter. Any student-athlete that is dismissed will be granted an exit interview with his/her parents present. The student-athlete will forfeit 25% of the next sport or extracurricular event's schedule. The student-athlete will not be allowed to begin practice for another sport or extracurricular event until the first sport's or event's season is over. Participation in the next sport or extracurricular event will be at the discretion of the coach/sponsor of that sport or event.

Entering a Sport or Extracurricular Event Mid-Season

Student-athletes are expected to begin each athletic or extracurricular season when that season begins. Student-athletes will only be permitted to join a team after a season begins with the permission of the coach/sponsor. Additional requirements may be imposed by the coach as a consequence for not beginning the sport or extracurricular event when the season began.

Off-Season

The primary purpose of the off-season program is to condition the student-athlete both mentally and physically. If a student-athlete is not participating in a sport, he/she will be required to participate in an off-season program.

Tutorials

Please see the student handbook regarding tutorials.

Summer Conditioning

Balmorhea Independent School District provides a summer conditioning program with coaches available to assist student-athletes that desire to continue working through the summer. The program will consist of both strength training and conditioning.

Lettering

Student-athletes may only receive one major award (letter jacket) during his/her high school career. In order to be eligible for a letter jacket, a student-athlete must compete in a sport or extracurricular event two years and complete that sport or extracurricular event, in good standing, as determined based upon the requirements set forth by the coach/sponsor of that sport or extracurricular event. No student-athlete will be awarded a letter jacket without completing two years of local participation at Balmorhea Independent School District. The Athletic Director may make exceptions if extenuating conditions occur on an individual basis.

Unlawful Behavior

Student-athletes who have been placed on probation due to unlawful behavior may be subject to the discipline policies set forth in the Drug, Alcohol, and Tobacco Policy as stated in the Balmorhea Student Handbook.

Drug, Alcohol, and Tobacco Policy

Student-athletes will be required to adhere to the Drug, Alcohol, and Tobacco Policy as it is addressed in the Student Handbook.

Other Policies

Any policies not addressed in this Athletic Handbook will revert to the policies as addressed in the Student Handbook.

It is important to remember:

ATHLETIC PARTICIPATION IS A PRIVILEGE NOT A RIGHT