



North Lamar Panther/ Pantherettes 2020-2021

Player and Parent Handbook

Athletic Director: Kendal Kirk

I. PHILOSOPHY

As we begin the new school year, there will be players all across the United States beginning their high school seasons as well. A very small percentage of these players will receive a scholarship to play in college; however, 100% of these players will grow up to be adults with families, jobs, and responsibilities. Therefore, it will be one of the goals of the North Lamar Athletic Program to develop young men and women into successful and productive members of society. In order to accomplish this goal, it is important that we have discipline at every level and in all areas of our athletic program. This handbook is designed to help with the communication between the athletic department, student-athletes, and parents. Many different rules and procedures are discussed but circumstances may arise that are not covered in this athletic handbook. Since athletics is an extra-curricular activity, it is a privilege and not a right to participate in this athletic program. The privilege of participation can be revoked when the athlete is violating the standards of the North Lamar Athletic Handbook. Communication with parents and guardians is important, but the knowledge of the rules in the North Lamar Athletic Handbook is the responsibility of the student-athletes. We believe that the lessons learned, through endeavors like athletics, are required for a successful life. We have a strong tradition of success, and our student-athletes are expected to uphold and reflect the hand standards of our athletic program.

II. INTRODUCTION

The athletic program is an integral part of the total school experience for student athletes. It offers a variety of sports and activities to all students who have potential skill and the desire to participate.

The policies, procedures and regulations in this handbook are in compliance with school board policies and administrative procedures. They are designed to provide successful experiences for students and the efficient operation of the athletic program.

This handbook is an extension of the student handbook and should be used by all North Lamar Athletics.

You, the student athlete, are accountable and responsible for all policies contained within this handbook. These are general athletic guidelines. Each athlete is responsible for adhering to each individual sport's rule.

III. PARTICIPATION

It is the goal of this athletic program to offer the opportunity of participation to every student who has the ability and desire to do so. However, no student is obligated to take part in athletics, nor is participation in athletics required. **It is also to be stressed that participation in the North Lamar Athletic Program is a privilege, not a right.** Since it is a privilege, the coaching staff in accordance with the North Lamar Athletic Handbook's policy and procedures, has the authority to suspend or revoke this privilege when the rules and standards of the athletic program are not followed.

IV. PRIORITIES

ELIGIBILITY AND REGULATIONS

Eligibility

If a student-athlete cannot succeed in the classroom, they cannot succeed in athletics. Not everyone will play a sport beyond high school, but most student-athletes will go to college, and grades will play a major role in helping a student-athlete succeed.

- Failure will not be tolerated. The coaching staff will not waste valuable practice time on those who do not take care of business in the classroom.
- The coaching staff will regularly check grades.
- Classroom behavior should be a positive reflection of Panther Athletics. Our athletes should strive to be ambassadors of the game and of each program.
- Student-Athletes are responsible for any and all missing assignments. Communication between faculty and coaching staff will adhere to campus policy. Communication between student-athlete and faculty (teachers) is the responsibility of the student-athlete. Please make arrangements with teachers for any and all missing assignments. Use Academics Plus, before school, and after school tutorials to your advantage.
- It is recommended that all sophomore/freshman attempt 2 sports.

Physical/Medical History/UII Forms

- All participants of athletic programs shall have a medical examination prior to athletic participation every year of high school athletic participation. All new student athletes to NLISD Athletic Department must have a physical by a Texas licensed physician. These physicals must be on file before participating in a practice session, scrimmage, or game (before, during or after school).
- All student athletes must complete the following: UII requires that the “Student Athlete Information, Acknowledgment of Rules Steroid Notification, Concussion Acknowledgment Form, Medical History, and physical”; also, North Lamar Athletics require Receipt of Athletic Handbook forms be completed annually (every year) by the student-athlete and parents/guardians.
- These documents must be properly signed and dated and must be on file with the NLISD Athletic Department

Risk of Injury

There has been an increase in the number of athletes participating in the athletic program here at NLISD. The increase in the number of students participating, plus the rapid developmental changes in the bodies of young athletes, is the reason we take steps to ensure the health, safety and enjoyment of the athlete’s participation. With proper training, conditioning, instruction, diet, and rest habits, many of these potential injuries can be eliminated or significantly reduced.

In the event of an injury to NLISD sports competition or workouts, the student-athlete should notify the Head Coach of said sport and the athletic trainer as soon as possible.

Return to Participation

- Our trainer will make physician referral in all athletic injuries
- If a physician medically disqualifies a student athlete from participation, the same physician is the only medical person who can clear them to participate.
- All athletes that see a physician or are instructed to see a physician for any reason must have a signed clearance by that physician before returning to participation.
- When going to the doctor, it is the student-athlete's responsibility to get the required paperwork from the doctor.
- At no time will the athlete be given permission to participate by a parent, coach, or athletic trainer when it contradicts a physician's orders.
- Any notes from the physician that place restrictions on an athlete or releases the athlete from these restrictions must be turned in to the athlete trainer.

Insurance

Student participation in athletics is voluntary. NLISD does provide accidental insurance that is a secondary policy, and the parent/guardians are financially responsible for any remaining medical cost associated with any injury or illness sustained while participating in NLISD athletics.

V. DISCIPLINE AND CONDUCT

Discipline of Athletes

A student is not required to take part in athletics, nor is athletics required for graduation. Athletics is a privilege. When the standards are violated, the privilege can be revoked. All NLISD Athletes will be expected to conduct themselves with pride and dignity. Student-athletes are responsible for their actions. Breaking school rules, classroom rules, and laws are choices and must have consequences. The head coach, in a manner that is appropriate to the situation, will address all discipline issues and conduct detrimental to our program. Behavior that hinders our ability to foster a positive competitive atmosphere and/or hinders our ability to be successful will not be tolerated. If a student-athlete attends DEAP or ISS they will be responsible for any missed work and subject to suspensions.

Behavior Expectations

All players are expected to conduct themselves in a manner that reflects positively on North Lamar High School/ Junior High and the athletics program. If the head coach determines that a player's behavior opposes this philosophy, the head coach will address the problem with the player and determine an appropriate course of action.

Alcohol, Tobacco and/or Illicit Drugs

Use of alcohol, tobacco, and/or illicit drugs will not be tolerated in or out of season. The athlete is subject to suspension or dismissal from the athletic program.

Social Media

Athletes inappropriate behavior/actions published in any type of social media (newspaper, twitter, face book, Instagram etc.) could be subject to suspension or dismissal.

No Surprise Rule

No surprise! Athletes must immediately communicate ALL actions in which they are involved that may be detrimental to North Lamar Athletic program (whether or not it is school related). Failure to comply/self-report could result in further disciplinary action.

Example: You and a friend are at Wal-Mart, your friend, who is not an athlete, was caught stealing a CD. Both of you were arrested, but you did not actually take the CD, should you let the coach know?

Answer: Yes, you are responsible to make coaches aware of the situation at the first opportunity/immediately.

Theft

Thieves are not tolerated. Any person caught stealing is subject to suspension or immediate dismissal from the North Lamar Athletic Program.

Suspension of Athletes from the Team

A coach may suspend an athlete from participation for disciplinary reasons. Further action, such as removal from the team or program may be deemed necessary. When an athlete quits or is dismissed from a sport, the athlete cannot start another sport until the previous sport is over unless approved by both coaches and the Athletic Director.

Example: An athlete quits or is removed during their season the player that is released cannot begin practicing for another sport until their season is over.

Dismissal of Athletes from the Team

When an athlete is dismissed from an athletic team for disciplinary reasons, they will not be allowed to participate in another sport for one calendar year, unless approved by the dismissing coach.

Reinstatement

Possible reinstatement shall be reviewed by Head Coach, and Athletic Director but is not guaranteed. *There may be circumstances when immediate “temporary suspension” would be necessary until such discussion can take place.

VI. PRACTICES

Each member of the North Lamar Athletic Program understands that there are specific responsibilities that go along with being part of a team.

Practices

- Practice with the attitude and intensity of a champion.
- Be dressed appropriately and have all necessary equipment for working out.
- Practices will be demanding. If you are serious about winning on game day and carrying on the Panther tradition, you will work hard during practices.
- Tardiness to our class period is inexcusable as it is in any other class.
- Any athlete that is absent from practice may be subject to make-up work, extra conditioning and/or reduction of playing time.

Weight Room

Only North Lamar Athletes’ and staff will be allowed in the weight room or gym during workouts.

The weight room is a key part of the overall success of the program. The weight room can also be dangerous place. There will be absolutely **NO HORSEPLAY or DISTRACTIONS** in the weight room. Discipline in the weight room will be the same as in the classroom, on the field, etc. Opportunity Club will be the first method of discipline and potential suspension or removal if violations keep occurring. Weight workouts should be treated as practice. Intensity level will be high and all players will work hard to accomplish that day’s work out. **Weight workouts are not optional, during the season this is considered part of practice.**

Bus Policy

- Players must travel to and from the games on the team bus, unless they have received approval from the coaches for other modes of transportation prior to departure.
- Players may only be released to a PARENT or LEGAL GUARDIAN after out of town games. Unless 24 hour notice has been sent to AD Office. The form can be found on the NL website.
- Release of players requires Parents’ and legal guardians’ presence and signature.
- Failure to follow procedures will result in disciplinary actions and possible removal from team.

- Be informed of departure and return times for each trip. It is the student-athlete's responsibility to be on time for all departures and to inform parents of departure, arrival, and pick-up times. Every effort will be made by the coaching staff to notify proper personnel as to unexpected changes in arrival time.
- All student athletes will conduct themselves properly on the bus or in any school vehicle. They will follow the printed rules for bus riders that govern NLISD bus riders.

Absences

It is vital to our success that players are present for our athletic period and after-school practices. If players miss because of illness, appointment, etc., they will be expected to notify the coach prior to the absence from practice. This can be done by personal contact with the coach, email, note, or phone message. Failure to do so will result in an unexcused absence.

An unexcused absence of any kind may result in reduction of playing time or suspension.

Athletic Equipment

- Athletic equipment will be issued out to each athlete. It is the responsibility of each athlete to secure athletic equipment.
- Work out equipment will be issued to each athlete and will be returned at the end of each athletic period for washing.
- Loss of athletic practice uniform, uniform, and or athletic equipment: Athlete will be required to pay the current amount of the item to be replaced.
- All school issued equipment will be returned within 1 week after the completion of season. This does not include items that the player paid for.

Cell Phones

Cell phones are not allowed in the gym/weight room/field or facility during school hours. Listening to music with headphones/earbuds during pregame, warm-up, or workouts is at coach's discretion. (Please check with each individual head coach for specifications).

Jewelry

No jewelry may be worn at practice, weight room, facility, or games (safety reasons). Jewelry includes ALL piercings visible or not.

Dressing Room

- Maintain a neat and clean locker space. Be proud of your dressing area and keep it clean.
- Dressing room door is to remain closed.
- Dressing room will be unlocked before school, during the athletic period, and for after school practices or games.

Dressing room and lockers will not be available during Academic's Plus-use this time for studying and tutoring purposes

- Dressing room and lockers are to be used by athletes for athletics and athletic equipment only. They will not be used for school books, homework, and lunches. Each student is given a school locker for that purpose

Player on the bench should stay active in the game and never respond to or contact fans outside of the playing field. Injured players will help with water and sideline management. **No distractions will be tolerated on the sidelines! No electronic devices are allowed on the sideline during games.**

Players should always respect their opponent and demonstrate good sportsmanship. We want our players to play hard and be aggressive but never play dirty. Players cannot react in an unsportsmanlike fashion in response to anything an opponent or official does. Following a game, players should immediately line up, and shake hands with their opponent. Following the handshake, players will immediately go to the locker room for a quick briefing by the coaches then will be allowed to leave the locker and talk with family and friends on the field or playing court.

Game Officials

Players, both on and off the playing areas, should always show respect to the officials. Players should stop play as soon as the whistle blows. Regardless of the call, players should not question, make comments, or make a disgusted look that is directed at the officials. It is the coaching staff's responsibility to communicate with officials, not the players.

VIII. GENERAL POLICIES

College Recruiting

College recruiting is a big part of high school athletics. We will try our hardest to pursue every avenue possible for players to play at a higher level. **All high school players are not college players and as high school coaches we have no control what colleges like, dislike, who they offer, how much, when, etc.** We will provide needed information along with film and grades to any college coach who shows interest in a player. Understand that ability is the first part of recruiting but grades and character is a close second. Every College coach asks the following two questions:

- 1) How are his/hers grades, will he qualify per the NCAA Clearinghouse?
- 2) What type of kid is he; good, bad, hard worker, discipline problems?

Coaches will be honest when those questions are asked. The NCAA Eligibility Center has the final say if a potential athlete is allowed to enroll and be eligible to play collegiate sports. Core GPA, not the GPA listed on the transcript, along with an ACT and SAT test score determine eligibility. Eligibility guidelines differ from Division I, II & III. College coaches or high school coaches have no control of the clearinghouse. Freshmen, sophomore, Junior, and senior grades are calculated for GPA. You cannot wait until your junior or senior year to start working on grades, the **FRESHMEN and SOPHOMORE years are very important!**

Fan Support

The coaches encourage athletes to invite friends and family to enjoy the games. All spectators are expected to separate themselves from the players during the games. Players need to be free from distraction in order to concentrate on the game. **It is the responsibility of the athlete to remind**

and/or inform any guest who may be unaware of this policy. Fans that cannot follow this policy may be removed from the game.

VII. GAME DAY POLICIES

Roles of the Parents

We want parents to be actively involved in the program and feel that they can speak with our staff about numerous topics regarding their kids, not just sports related. With that being said, we will communicate to the parents the understanding that the staff works hard and spends long hours to put the best product on the field. Parents with concerns will be able to voice their opinions, but in a place and manner that is appropriate. We hold the players accountable to put the team first and will try and reinforce this with the parents. We encourage parent participation in the program. In the end, the staff is going to do what needs to be done considering the individual players and the ability the players have to win in practice and carry that over to game day.

Parent Conference

Parents who want to discuss how to improve their child's performance level or want to discuss any behavior issues are welcome to set-up a conference with the appropriate head coach during the coaches' conference period. Please call or email the head coach and a date and time will be established. No discussions will be entertained by the coaching staff at any other time-this is especially true immediately after games. Members of the coaching staff will not discuss issues with parents in a public forum. It is in the best interest of both parties to handle any issues that arise in a more suitable environment.

Subject matters that will not be discussed during parent conferences:

- **Playing time**
- **Player substitutions/rotations**
- **Coaching decisions or tactics**
- **Other player**
- **Team placements**

These subjects are strictly decisions made by the coach and coaching staff and are not appropriate subjects of discussion with parent of players.

General Problem Solving Procedures

Parents, please follow proper chain of command for questions or concerns

1. Contact coach the next day
2. Contact Head Coach of the sport
3. Contact Athletic Director
4. Contact Superintendent

Contact Information

Parents are encouraged to contact the appropriate school personnel when questions and concerns arise regarding athletics. Please feel free to contact them during the school day. Listed below are athletic personnel and their area of responsibility.

District Website: www.northlamar.net

Facebook-NorthLamar(athletics)

Strength and Condition Twitter: pantherperformance@strengthpanther

Superintendent: Kelli Stewart

Assistant Superintendent: Leslie Watson

Assistant Superintendent: Angela Chadwick

Athletic Director: Kendal Kirk

Athletic Secretary: Nicole Fitzgerald

These simple guidelines will help you become a better student/athlete. The coaches trust that each one of you will follow these GUIDELINES.

North Lamar Panther/Pantherettes Handbook Book Acknowledgement Form

I acknowledge that we have read the North Lamar Panther Athletic Handbook and understand the philosophies, policies, and consequences stated in it.

Student Name (Printed)

Grade _____

Student Signature

Date

Parent or Legal Guardian Name (Printed)

Parent or Legal Guardian Signature

Date

Phone Numbers