

Whitewright Athletic Department



Athletic Handbook
2018 -19

Foreword

The philosophy of the athletic program at Whitewright ISD is founded on the understanding that participation in athletics is a valuable part of a student's educational experience. This participation is an opportunity that carries responsibilities to the school, the team, and the community and to the student/athlete. The purpose of the athletic program at Whitewright is to aid the total educational process and to help develop young people into good sound citizens of the community. The program is coordinated to help our athletes develop physically, mentally and morally. *Every young person should be given the opportunity and encouragement to participate in athletics at Whitewright if they are willing to follow the rules and guidelines established by the Whitewright Independent School District.* What is taught in our program is the importance of hard work, a commitment to excellence, and the value of team work. These ideas will allow the student athlete to learn how to work well with their teammates and aid them in how to interact with other people throughout their entire life. The desire to excel, coupled with a positive learning environment and proper discipline, will hopefully motivate the young athletes to be responsible, successful members of society, and, ultimately, leave their mark on this world by making it a better place for future generations.

VISION STATEMENT

Our vision for Whitewright Athletics is to develop leaders that have a positive impact on society. Our goal is to develop tough, dependable, high-character, caring individuals that enter the world inspired to serve.

MISSION STATEMENT

As a coach, my mission is to educate and develop tough-minded kids that are able to solve problems on their own and as a member of a team. I want our student athletes to be leaders. ...on the field, in the classroom, in the community, and beyond. Our staff will teach and model the necessary skills to confront and overcome adversity with courage, confidence, and honor.

All athletes wishing to participate in our athletic program must have the following eight documents signed and on file to be eligible to play:

1. Pre-Participation Physical
2. Medical History
3. Acknowledgement of Rules
4. Steroid Testing
5. Athletic Code
6. Concussion Acknowledgement Form
7. Sudden Cardiac Arrest Form
8. Emergency Notification

Athletic Code of Conduct

Athletes must adhere to all University Interscholastic League requirements. The UIL defines athletics as extra-curricular, and, therefore, it is a **privilege, not a right** to participate. Our philosophy will be based on the UIL position. This athletic code is a major part of maintaining that privilege.

Code of Conduct and Expectations of a Whitewright Athlete

1. Profanity – we will not allow it!
2. Stealing – taking equipment or items that do not belong to you will not be tolerated. An athlete caught stealing may be dismissed from the Whitewright Athletic Program or punished at the discretion of the coach and/or Athletic Director.
3. Appearance – athletes should appear neat and well-groomed and be in compliance with all dress code guidelines set forth in the Whitewright ISD Student Handbook. Male athletes will not wear earrings to athletic contests or inside of our athletic facilities, or anytime they are representing Whitewright ISD.
4. All athletes are expected to adhere to the policies and guidelines set forth in the Whitewright ISD Student Handbook and the Whitewright Athletic Code. Remember, athletes are students first. If athletes get into trouble at school, there will be consequences administered in athletics. Again, UIL policy states that athletics in the state of Texas is considered a **privilege, not a right**.

****It's simple, we must have athletes that do what we ask them to do when we ask them to do it! If they do not do as they are asked, they will not participate in the athletic program at Whitewright Independent School District.**

Expectations of a Whitewright Student-Athlete in the Classroom and Community

1. Whitewright Athletes will show respect to all classmates, teachers, coaches, administrators and other individuals they come into contact, both at school and in our community. A Whitewright athlete must remember that he/she is recognized as a Whitewright Athlete and must represent our athletic program in the best possible way.
2. Athletes are expected to be on time to all classes, practices, and events. Tardiness will not be tolerated.
3. Athletes are students first and we expect our athletes to do their very best in the classroom! Athletes that do not maintain a grade average above 75 in any class will be required to attend mandatory tutorials. Failing to show for mandatory tutorials will result in a consequence determined by the head coach. If an athlete fails a class in consecutive grading periods, the athlete may be removed from the athletic program. Maintain your grades – DO NOT LET YOUR TEAM DOWN.

Rules Regarding Social Networking Sites

Again, participation in athletics is a privilege, not a right. Student-athletes must follow the rules related to the use of the internet and social networking sites:

- Student-athletes may not post online any pictures, content or information that might be considered conduct detrimental to Whitewright Independent School District (examples: language, nudity, pictures that reference drugs, sexual nature, or illegal activities).
- Student-athletes may not post any content online that is derogatory, demeaning or threatening to teammates, fellow Whitewright ISD students, coaches, teachers, or opposing players.
- Student-athletes may not post any information that is sensitive in nature to the athletic department that is not public information (examples: student-athlete injuries and eligibility, team game plans or schedules).

The failure to follow these rules will be considered a violation of the Whitewright ISD Athletic Handbook. Any violation may result in disciplinary action and/or removal from the Whitewright Athletic Department.

Participation in Sports:

As an athletic program, we want all students in our school district to participate in the athletic program and every athlete will be encouraged to participate in multiple sports. If an athlete begins a sport, we expect the athlete to finish that sport. Finishing what you start is a practice that we hope to teach our athletes that will have lifelong benefits.

The Athletic Period

To be enrolled in the athletic period, a student-athlete must be competing in a sport that is in season when the semester begins. This does not mean that the student will not be allowed to participate if they are not in the athletic period, but the athlete will be limited to after school participation only.

Fall Semester Sports

Cross Country, Football, and Volleyball

Spring Semester Sports

Basketball and Track

Athletes are expected to be enrolled in athletics year-round to allow for physical development and team building. Students are NOT allowed to "get in and get out" of athletics to avoid off season workouts. As a district, our policy will be to encourage our athletes to compete in multiple sports within our program. Coaches influencing our athletes to specialize in one sport will not be tolerated.

****Note: Competing in one event or game for a sport, including Track, does not satisfy the requirement for enrollment into the athletic period. An athlete that does not attend practices, games, or meets will be dismissed from the team and will be subjected to the consequences of being removed from a team or quitting as outlined in our athletic policy. This includes sports that have practices that begin prior to the school year starting such as cross country, volleyball, and football. Athletes that do not attend two-a-days are not eligible to be in athletics during the first semester. If extenuating circumstances exist, the athletic director may use discretion on a case by case basis.**

Athletic Dress

- A. No athlete will be allowed to wear school issued athletic clothing to school. This right and privilege should be reserved to practice and game participation.
- B. Student-athletes can wear school issued athletic clothing if they are going to leave directly from school to participate in a contest. AT NO OTHER TIME WILL THIS BE PERMITTED.
- C. All athletes must wear issued uniforms to all contests. Every athlete must wear their uniform in the same manner. No one will be allowed to be different.
- D. Personal clothing worn to contests by athletes should not include tank tops, t-shirts with alcohol, drugs, etc., on them. Slacks, jeans, and dress shirts are preferred. Girls may wear dresses or dress skirts that meet the student handbook dress code criteria.
- E. All Athletic Equipment will be clearly marked for identification purposes when issued to an athlete. Each article issued to an athlete is the property of the Whitewright Athletic Department and is on loan to the athlete. The Head Coach of each sport will maintain, in written form, an equipment issuance checklist showing every item issued, the replacement cost, and its identification number. All issued equipment MUST be returned at the request of the Head Coach or Athletic Director, regardless of the items condition, and any damaged/lost equipment must be paid for prior to the athlete being able to participate in any other athletic events.

Student Athlete Travel To and From Contests

A. All athletes are required, by policy, to travel to the destination of all athletic contests with the coach or sponsor by transportation means furnished by the school district.

B. All varsity team sport members are required to return home from contests with the team. *Note exception: Special circumstances such as a family medical emergency, injury, or illness may require exceptions to this rule, but must be approved by head coach of that sport.

C. Sub-Varsity (JV, 9th, 8th, 7th) participants may be granted permission to return home after a contest with their parent or guardian. THE PARENT OR GUARDIAN MUST PERSONALLY CONTACT THE COACH AND SIGN OUT THEIR CHILD AT THE SITE OF THE CONTEST AT ITS CONCLUSION. No person other than parents or guardians can be granted this permission. *Note Exception: An athlete may be transported by another adult ONLY with prior written approval from the parent of athlete to be transported.

DISCIPLINE OF STUDENT ATHLETES:

1. Discipline of student athletes will be administered by the coach immediately responsible for the athlete.
2. Discipline will be consistent and fair. There will be standard discipline procedures for some behavioral problems. Discipline for other infractions that are not listed will be determined by the head coach of each sport. Discipline procedures will be similar among all sports and guidelines for each individual sport will be approved by the Athletic Director.
3. No student athlete will ever be punished for attending another school activity in which he/ she is a team or squad member. However, there will be make-up activities required for the athlete to learn any skills, or to make-up conditioning he/ she may have missed while absent.

COMMON DISCIPLINE PROCEDURES FOR ALL SPORTS

All of the following discipline steps will vary from sport to sport, but should resemble the discipline set forth (see below) in this handbook. Discipline may be more or less severe if the circumstances are unique. Each sport may vary in their discipline procedures at the coach's discretion.

Tiger Reminder

- 600 yards sleds (30 sec. **skill**, 35 sec. lineman/thrower (per 100 yards)
(1-½ minute recovery after every 100 yards)
- One "DFI" (sideline to sideline (100 yards total) =sprint, bear crawl, pinky drags)

Tiger Reminder (Indoor)

- Towel Push (x 6)
- 10 Bleachers (x 6)
- 20 Air Squats (x 6)
- 10 Push Ups (x 6)

1. Classroom Behavior/Success
 - a. Failed Progress Report = 400 Yards of Sleds or 6 Towel Pushes
 - b. Failed Class on Report Card (Loss of Eligibility) = 1 Tiger Reminder
 - c. Three Tardies = 400 Yards of Sleds or 6 Towel Pushes
 - d. Office Referral = 1 Tiger Reminder (additional work may be required for multiple referrals)
 - e. After School Detention = 1 Tiger Reminder
(Practice time missed because of an ASD will be made up by the athlete.)
2. ISS = 2 Tiger Reminders per day of ISS (Athletes are expected to attend before/after school practice when assigned ISS.)

****Athletes are not eligible for game play until their ISS assignment is completed.***

3. DAEP

Punishment will be determined at the Athletic Director's discretion. Additional discipline issues after being dismissed from DAEP may result in the removal of athletics at the Athletic Director's recommendation.

4. Technical Fouls, Flagrant Fouls, or Unsportsmanlike Conduct Penalties = One Tiger Reminder for each infraction

5. Ejection from a Contest = 4 Tiger Reminders

**** Head Coach or Athletic Director may adjust the consequences based on unique circumstances and initiate disciplinary action on a case by case basis***

Quitting the Athletic Program

It has been stated many times that we want all kids to participate in the Whitewright Athletic Program. *Every young person should be given the opportunity and encouragement to participate in athletics at Whitewright ISD, if they are willing to follow the rules and guidelines established by the Whitewright Independent School District.*

Should an athlete decide to quit a sport after the season has started:

- a. The athlete will be put on written athletic probation for one calendar year and signed by both the parent and the student
- b. Complete assigned service to the organization of 25 miles in one week
- c. Forfeit his/her award.
- d. Not be allowed to participate in any other sport until the season is completed.
- e. A 24-hour grace period will be allowed for an athlete to rejoin their team; however, any missed practices will be treated as an UNEXCUSED absence.
- f. Any athlete who quits more than twice in a academic year will be subject to the following:
 - Written athletic probation for one year signed by both the parent and the student.
 - Become ineligible and suspended from any sports remaining during the remainder of the academic year.
 - Complete any other additional conditions as assigned by the Athletic Department for quitting on teammates and yourself.

As mentioned above, we must teach our student-athletes that finishing what you start is a must. Again, making a commitment, and seeing that commitment through to the end, is a lesson that will serve our athletes and program well.

Grace Period

#1 We do believe there are situations that may arise, so, in order to serve both our athletes and our program, and in the spirit of trying to grow each sport, an athlete, attempting a new sport, will have a 10 day grace period (10 school days or 1st competition) to determine if they want to play that sport. After the 10 day grace period or 1st competition, the rules of quitting a sport will apply and be enforced.

#2 If an athlete fails to come out for a sport and later realizes that they want to play, that athlete may be allowed to participate pending head coach/athletic director approval.

*****The Grace Period clause can be used one time in an athlete's athletic career while at Whitewright High School. Athletes will have additional work should they be allowed to participate. *****

Removal from the Athletic Program

Athletes that are removed from the athletic program, or decide they no longer want to participate in the program, must earn their way back into the athletic program at the discretion of the athletic director. Athletes may be removed for several reasons ranging from academic/behavioral standing, to repeated violations of the athletic code. For athletes trying to re-enter the program, the athlete must attend and complete the cross country two-a-days program under the same guidelines as a cross-country member. This does not require the athlete to compete in the cross country program or in any meets, nor do they have to participate after the 1st day of school. **As previously mentioned, following through with your commitment is the right thing to do. When you decide to break a commitment, you are putting your teammates and athletic program in a bind.**

ABSENCE FROM PRACTICE

TWO TYPES:

1. Excused
2. Unexcused

WHEN IS IT EXCUSED?

1. Not at school for a good reason (excused by Principal)
2. Extreme emergency
3. School related activity (approved by Campus)
4. Injury (must have a doctor's note and MUST still attend practice)
*****THE HEAD COACH MUST BE NOTIFIED OF ANY ABSENCE PRIOR TO PRACTICE/GAME*****

WHEN IS IT UNEXCUSED?

1. Excused conditions not met

Drug Testing Objectives:

All students involved in extracurricular activities from grades 7-12, and students who park on school grounds, shall be subject to random testing throughout the school year for the presence of alcohol or illegal drugs. The District shall employ a drug-testing program with the following objectives:

- a. Provide a deterrent to drug/alcohol use for students in grades 7-12.
- b. Ensure the health and safety of students representing Whitewright ISD.
- c. Recommend a drug education program for those students who test positive for drug/alcohol use and for those students who are at risk for drug use.

As a condition of participation in extracurricular activities, and students who park on school grounds, each student in grades 7-12 and his/ her parent/guardian must sign an acknowledgement form that the student may be randomly tested for drugs/alcohol before or during the school year or extended period in which the student participates in any extracurricular activity and park on school grounds. If a student and/or parent/guardian refuse to consent to random drug testing, the student shall be denied involvement in any extracurricular activities and/or privilege to park on school grounds for the remainder of the school year. Testing shall be done in accordance with the established practices and procedures as established by the drug testing laboratory affiliated with WISD.

1st Positive Test

- Parents/guardians will be notified.
- Student will receive drug counseling.
- Student will be required to submit to random drug testing for a calendar year.

2nd Positive Test

- Parents/guardians will be notified.
- Student will receive drug counseling.
- Student will be suspended from all extracurricular activities and/or parking privileges for a calendar year.
- The Student must test negative for all drugs and alcohol for a calendar year before he/ she will be permitted to participate in extracurricular activities and/or park on campus.

3rd Positive Test

- No longer eligible to participate in athletics.

CONFIDENTIALITY

- Results of any drug test administered under this policy shall be used only for determining eligibility for participation in school sponsored extracurricular activities and parking on campus grounds.
- Records of positive tests will be maintained by the principal in a secure location and disclosed only to the appropriate school personnel, the student, and the student's

parent/guardian.

- o Upon graduation, the information will be destroyed and under no circumstances will this information become part of the student's permanent file, nor will it be sent to another school in case the student moves to another school district or transfers to another school.

****A complete guideline to the Whitewright ISD drug testing procedures can be found on our website at www.wisd.com****

Parent/Coach Communication Process

Both parenting and coaching are difficult vocations. By establishing an understanding between coaches and parents, both are better able to accept the actions of the other and provide a more positive experience for everyone. Parents have the right to know, and understand, the expectations placed on them and their children.

A Coach, Athlete, and Parent(s) are in a partnership. Partnerships are built on honest and open communication. Communication is two-way and based on mutual respect. Our goals are to facilitate communication between player and coach, then coach and parent/student and to address concerns in a collaborative, efficient manner.

Coaches can't solve a problem unless they know that a problem exists. Most of the time, problems stem from miscommunication or misinterpretation of an issue. Therefore, we ask that your student-athlete speak with the coach and address any issues directly. If the outcome of the meeting is not satisfactory, we request that the parent and student meet with the coach.

Please remember and follow the "24-hour" rule: Please wait 24 hours before approaching a coach either in person, by phone or through email. This allows for time to reflect and let emotions subside. Do not confront the coach before, during or after a practice or contest. These can be emotional times for both the parent and coach. Meetings of this nature do not promote resolution of the situation, but often escalate it.

If the meeting between the coach and student is not satisfactory for the student, then the parent needs to:

Make Contact with the Coach:

Telephone the coach or send an email voicing your concerns and allow the coach two (2) or three (3) school days to discuss the matter with you and offer a solution. Please do not approach a coach during a game or practice. If both parties agree that it is necessary, a face to face meeting will be held.

Schedule a Meeting with the Coach

If the informal interaction does not resolve the issue, put your concerns in writing (email or letter) to the head coach with an explanation of why the informal process did not solve the problem and the main concerns that need to be addressed. During the meeting, the coach(s) and parent/student will discuss the concerns in an effort to resolve the concerns.

As your child becomes involved in interscholastic athletics, they will experience some of the most rewarding moments of their lives. It's important to understand there may be times when things do not go the way you or your child wishes. These are the times discussing things with the coach is encouraged.

Appropriate concerns to discuss with a coach:

- 1) The mental and physical treatment of your child.
- 2) What your child needs to do to improve.
- 3) Concerns about your child's behavior.

It is very difficult to accept when your child is not playing as much as you think he/she should. Coaches make decisions based on what they believe is in the best interests of all students participating. As you can see from the list above, certain things can and should be discussed with your child's coach. Other things, such as those listed below, must be left to the discretion of the coach.

Issues NOT appropriate for discussion with your child's coach during a meeting:

- 1) How much playing time each athlete is getting.
- 2) Team strategy.
- 3) Play calling.
- 4) Any situation that deals with other student-athletes.

The Next Step - Athletic Director Meeting

If the initial meeting didn't provide a satisfactory resolution, then the parent needs to call the athletic director to set up a meeting with the Athletic Director or Girls Coordinator.

Behavior Expectations of Spectators

- Keep in mind that you are a guest of the school.
- Remember that you are at the contest to support and yell for your team, and to enjoy the skill and competition, not to intimidate or ridicule the other team or its fans.
- Praise student-athletes in their attempt to improve themselves as students, as athletes, and as people, just as you would praise a student working in the classroom.
- A ticket is a privilege to observe the contest, not a license to verbally assault others.
- Show respect for the opposing players, coaches, spectators and support groups.
- Respect the integrity and judgment of game officials.
- Recognize and show appreciation for an outstanding play by either team.
- Refrain from the use of any controlled substances (alcohol, drugs, etc.) before, during, and after the game on or near the site of the event.
- Parents and spectators should be aware that the school can (and should) remove them from the premises and can prohibit them from attending future contests due to undesirable behaviors.
- Game officials can ask that school administrators have unruly fans removed from a contest facility.
- There is no such thing as a "right" to attend interscholastic athletics. Interscholastic athletics are considered a "privilege" and the spectator who avails themselves of it is expected to conduct him or herself accordingly.
- The school is responsible for the behavior of their spectators. The school district can be and will be punished for actions of patrons in violation of UIL standards and rules. (*Information provided by the UIL Parent Information Manual*)

WHITEWRIGHT ATHLETIC CODE ACKNOWLEDGEMENT FORM

I understand that playing UIL sports at Whitewright ISD is a privilege and not a right. By signing below, I am stating that I have read and understand the Whitewright Independent School District Athletic Handbook and Code of Conduct. I hereby state that I will adhere to the conditions that have been established and pledge to cooperate and see that my child complies with these standards.

Parent/Guardian Printed Name _____

Parent/Guardian Signature _____ Date _____

Student's Printed Name _____

Student Athlete Signature _____ Date _____