

IDALOU ISD
ATHLETIC HANDBOOK

PHILOSOPHY OF ATHLETICS

Interscholastic athletics is an integral part of the educational process. Involvement in the athletic program is a privilege not a guaranteed right. Therefore, all student-athletes will be held to a higher standard. There will be requirements and demands that will be made, not imposed on the general school population.

There is an impressive array of athletic programs, which are available as a means of participation. Each team will have rules, regulations and stipulations regarding participation, awards, lettering, and additional requirements that are mandatory for remaining on the team as a member in good standing.

The purpose of the athletic program is to:

- Ensure students, school, and communities can receive the greatest educational, social, recreational and aesthetic benefits from the contest;
- Preserve the game for the overall benefit of the contestant and not sacrifice the contestant to the game;
- To promote the spirit of good sportsmanship and fair play in all contests;
- To promote among the players, schools, and communities a spirit of friendly rivalry and respect for the rules; and
- To forward the concept of accepting decisions of sports official as co-partners in the educational process of competition.

WHAT TO EXPECT FROM A COACH?

1. A genuine and up-to-date knowledge of the sport.
2. A fair and unprejudiced relationship with all players.
3. Firm disciplinary action if an athlete displays unsportsmanlike conduct or breaks the team rules.
4. 100% effort to help each student reach his/her maximum potential.
5. Genuine concern with all areas of the athlete's growth (academic, athletics, and citizenship).

ELIGIBILITY FOR ATHLETICS

This school is a member in good standing with the UIL and all rules and regulations will be strictly enforced. There are specific requirements for participating in athletics. Each coach and the players will review the explanation of all team rules. All students enrolled in the Idalou Athletic Program agree to abide by the rules and allow the coach to make decisions in the best interest of the team.

SCHOLASTIC ELIGIBILITY

Boys and Girls athletics is an extracurricular activity. Athletic classes will count as physical education credit for no more than four semesters. In order for a senior to be eligible to play he or she must have a minimum of 15 credits. A junior must have a minimum of 10 credits. A sophomore must a minimum of 5 credits. A freshman must have been promoted and not placed at the high school level.

A student must pass (70 or above) all classes on their report card to be eligible to participate in a game, tournament, meet, etc. If a student fails one or more classes on a report card the student becomes ineligible. A student that becomes ineligible by failing a class may regain their eligibility in two ways:

- (1) Pass **all** classes on the three week grade check; or
- (2) Pass **all** classes on the next report card.

There is a one week waiting period after a report card (six weeks) or (three weeks) before a student is eligible or becomes eligible again. An ineligible student-athlete may attend and participate in any team practices or meeting. However, a student-athlete may not travel with the team, participate in games, pep rallies or parades, be on the bench or sideline during games, or act as a manager or statistician.

GRADING IN ATHLETICS

Grades are not based on a student-athletes' athletic ability. Grades will be based on the student-athletes' willingness to act, behave and cooperate in such a manner that will allow for the success of the athlete and the program itself. All student-athletes will begin each grading period with a grade of 100. Points will be subtracted for conduct or behavior unbecoming or detrimental to the program. Excessive absenteeism could result in a failing grade. An athlete could possibly fail the class or be removed from athletics.

LOCKERS AND LOCKS

Every high school student in athletics is issued a locker and a combination lock. Athletes must help prevent theft by not bringing valuables unless absolutely necessary and locking everything up every day. This is one more reminder to be diligent in locking up your valuables.

PRACTICE SESSIONS

All practices will be scheduled by the head coach or coaches of that sport. Athletes are expected to attend every practice. When circumstances warrant one being excused from practice, permission should be requested from the head coach in advance. Injured athletes should make every attempt to observe practice. All squad or team members are expected to be dressed and at the designated area at the appropriate time. Missed practices can result in a loss of playing time. Excessive unexcused absences could result in the athlete being dismissed from the team at the discretion of the sport's head coach. Each sport may have their own regimen for making up missed practices. For example: football- 15 minutes with the bar, basketball- 5 sweet sixteens, baseball and softball- foul poles. (These are only examples of what a coach may consider as appropriate conditioning for missed practices.) There will be no mandatory practices or contests held on Sunday.

SPECIALIZATION/RECRUITING

In Idalou we play everything!

Here you have the opportunity to be a 4 sport athlete and should strive to do so. All of our coaches coach multiple sports and want to see you competing in them.

1. Specialization in any one sport is discouraged by the Athletic Department and the head coach of every sport in Idalou.
2. All athletes are encouraged to participate in all sports in which they have an interest and can contribute.
3. Athletes will not be restricted to any one sport by a coach.
4. Athletes will not be recruited away from one sport to another by a coach.
5. Any athlete, parent, or coach suspecting a violation of these rules is asked to notify the Athletic Director at once.

GROOMING STANDARDS

The Idalou ISD dress code and grooming standards will be followed at all times. As an Idalou Athlete, you represent our community and school district. Even outside of school functions athletes are easily identified and will be representing Idalou. Therefore, athletes will uphold these standards whenever in public.

GAME DAY ATTIRE

The Athletic Department desires to project an image of unity and cohesiveness. By instituting a policy of wearing a designated team shirt on game day this can be made possible. Because athletes are held to a higher standard looking uniform would aid in reinforcing this concept. This attire will be worn the entire school day. It will also be worn to all the out-of-town games.

REMOVAL FROM ATHLETICS

It is the goal of the Idalou Athletic Department to develop student-athletes who are willing to behave or conduct themselves in an appropriate manner. If an athlete exhibits a persistent behavior which is contrary to the overall well-being of the program he or she may be removed from the athletic program.

CONDUCT EXPECTATIONS

The conduct of an athlete at Idalou High School is closely observed in many areas of everyday life. It is important that actions at all times be above reproach. Therefore, some guidelines must be followed by all athletes in our program.

- Conduct in competition: The athlete must be gracious in defeat, modest in victory, and maintain complete control at all times.
- Conduct at school: The student-athlete should set examples for all students by following rules set forth by the administration and individual teachers.
- Conduct on trips: The athlete represents not only him/herself, but also the community, school, coaches, and parents. Therefore it is expected that the athlete will dress and behave in an acceptable manner.
- No use of alcoholic beverages.
- No use of tobacco.
- No use of illegal drugs.
- No criminal activity.
- No conduct unbecoming of an Idalou Wildcat.

1ST OFFENSE

- **DISCIPLINE BY THE HEAD COACH IN THAT PARTICULAR SPORT.**

2ND OFFENSE

- **PUNISHMENT AND OR SUSPENSION WILL BE ADMINISTERED BY THE ATHLETIC DIRECTOR.**

3RD OFFENSE

- **THE ATHLETE WILL BE REMOVED FROM ATHLETICS FOR THE REMAINDER OF THE SCHOOL YEAR OR 30 SCHOOL DAYS, WHICHEVER IS GREATER.**

THE ATHLETE WILL NOT PARTICIPATE IN ANY ATHLETIC EVENT UNTIL THEIR PUNISHMENT IS COMPLETE.

IF ARRESTED FOR CRIMINAL ACTIVITY, THE ATHLETE MAY BE SUSPENDED FROM ATHLETICS. IF CONVICTED OF CRIMINAL ACTIVITY, THE ATHLETE MAY BE REMOVED FROM ATHLETICS FOR ONE YEAR. THE ATHLETE'S RE-ENTRANCE INTO THE IDALOU ATHLETIC PROGRAM WILL BE DETERMINED BY THE COACHING STAFF. IF CHARGED WITH A FELONY, THE ATHLETE WILL BE SUSPENDED FROM ATHLETICS UNTIL FURTHER INVESTIGATION.

STUDENT-ATHLETE SOCIAL MEDIA GUIDELINES

Given consideration to accessibility and use of social media in today's society, the Idalou Athletic Department is recommending guidelines to assist our athletes in developing the skills needed to make positive decisions while using social media outlets. The need to understand what is social media appropriate, and what is not is paramount, as many employers and colleges now view potential candidate's social media activities before asking them to join their organization. This is specifically evident in collegiate athletics where students have had scholarships revoked, served suspensions, and are occasionally removed from teams.

First and foremost, students are encouraged to always exercise the utmost caution when participating in any form online communications, both within the Idalou ISD community and beyond.

Students who participate in online interactions must remember that their posts reflect on the entire Idalou Athletic Program and, as such, are subject to the same behavioral standards set forth in the Student Code of Conduct and Athletic Handbook.

In addition to the regulations found in the Student and Athletic Handbook (including the Acceptable Use Policy), athletes are expected to use the guidelines below to assist with deciding what to post on social media outlets. They provide a set of parameters to stay within when deciding to post statements and photos.

GUIDELINES:

1. Social Media use should not violate the Idalou ISD Student Code of Conduct.
2. Post should not be demeaning or disrespectful.
3. Post should not contain profane, vulgar, obscene or offensive language.
4. Photos should not contain nudity, be vulgar, obscene or offensive in nature.
5. Photos or written post should not contain or reference illegal acts.
6. Post should not cast a negative image or negative perception of the athlete, team, or school.

Failure to abide by these guidelines, as with other policies at Idalou ISD, may result in disciplinary action as described in the Athletic Handbook, or as determined by school administrators.

DISCIPLINARY ACTION

Coaches will review all the facts and circumstances surrounding a particular violation and impose appropriate disciplinary action. Coaches will strive for consistency when determining the penalty for violations, but will also exercise sound professional discretion.

Misconduct Offenses not requiring removal from the regular education program; Team Conduct and Rules Violations.

- The coach has the authority to impose reasonable sanctions, including extra workouts or removal from position of authority within that team, for student-athletes who breach team conduct expectations.

Sanctions may increase with each offense and can lead up to a student being removed or dismissed from that team for up to one calendar year for persistently failing to abide by team conduct expectations. Students placed in In-School Suspension (ISS) for misconduct violations will not participate or attend extra-curricular events during the term of their placement. Make-up workouts will be required for the practice time missed and must be completed before the athlete will be allowed to compete again.

PHYSICAL EXAMINATION

It will be required that all athletes receive a physical examination upon entering the 7th, 9th, and 11th grade years of their athletic careers. Idalou ISD believes it is in the best interest of all student-athletes who have suffered an injury that resulted in the halting of play to be examined every year prior to participation.

PARENT/COACH RELATIONSHIPS

Both parenting and coaching are very difficult vocations. By establishing an understanding between coaches and parents, both are better 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. Coaches have the right to know that if parents have a concern, they will discuss it with the coach at the appropriate time and place.

Communication parents should expect from their child's coach:

1. Coach's philosophy
2. Expectations the coach has for your son or daughter, as well as other players on the team.
3. Locations and times of practices and contests.
4. Team requirements, i.e., fees, special equipment needed, school & team rules, offseason expectations.
5. Procedures that will be followed if your child becomes injured during participation.

Communication coaches expect from parents:

1. Concerns regarding their son and daughter expressed directly to the coach at the appropriate time and place.
2. Specific concerns in regard to the coach's philosophy and/or expectations.
3. Notification of any schedule conflicts well in advance.

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 discussion 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 your child is not playing as much as you may hope. He or she may not be playing the position you wanted them to play, either. 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 be discussed with your child's coach. Other things, such as those listed next, must be left to the discretion of the coach.

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

1. How much playing time each athlete receives.
2. Team Strategy.
3. Play calling.
4. Any situation that deals with other student-athletes.

There are situations that may require a conference between the coach and parent. These are not discouraged, as it is important for each party to have a clear understanding of the others' position. When these conferences are necessary, the following procedure is suggested to help promote a resolution to the issue.

If a parent has a concern to discuss with the coach, the following procedure should be followed:

1. Call the coach to set up an appointment.
2. If the coach cannot be reached, call the athletic director or girl's coordinator and ask him or her to set up a meeting with the coach for you.
3. Think about what you expect to accomplish as a result of the meeting.
4. Stick to discussing the facts, as you understand them.
5. 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.

What should a parent do if the meeting with the coach did not provide a satisfactory resolution?

1. Call the athletic director to set up a meeting with the athletic director, coach, and parent present.
2. At this meeting, an appropriate next step can be determined, if necessary.

Student's involvement in extracurricular activities has been proven to increase their chances of success later in life. We hope this information helps make that experience more enjoyable for everyone involved.

BEHAVIOR EXPECTATIONS OF SPECTATORS

Remember that you are at the contest to support and cheer for your team, and to enjoy the skill and competition-not to intimidate or ridicule the other team or its fans.

Remember that school athletics are a learning experience for students and that mistakes are sometimes made. 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 or be generally obnoxious.

Learn the rules of the game, so that you may understand and appreciate why certain situations take place.

Show respect for the opposing players, coaches, spectators and support groups.

Respect the integrity and judgment of game officials. Understand that they are doing their best to help promote the student-athlete, and admire their willingness to participate in full view of the public.

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 or near the site of the event (i.e. tailgating)

Use only cheers that support and uplift the teams involved.

Be a positive role model at events through your own actions and by censuring those around you whose behavior is unbecoming.

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.

Parents and spectators should be aware that the school can (and will) remove them from the premises due to any type of disruptive behavior. (Disruptive behavior can be defined as but not limited to foul or abusive language, berating of officials, taunting of opposing fans, players or coaches, lack of cooperation with school officials, not remaining in the bleachers, refusing to leave a restricted area, bringing food and drink into the gym, etc.) Spectators may be removed from an Idalou ISD event for violation of these rules or any other school rules. Spectators removed from two contests will be prohibited from attending Idalou ISD contests for one year from the second incident. Severe violations may result in an immediate ban from future events.

Keep in mind that you are a guest of the school, and that while winning is certainly an admirable goal; it is hollow if it comes at the expense of morals, ethics, and just plain common sense. 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.

ATHLETIC INJURIES

All athletes will report to the Athletic Trainer or designee regarding any injury, rehabilitation, preventative maintenance, therapy, etc. The person in charge will make a sound professional decision regarding the athlete's well-being and determine if the athlete can participate in a contest or practice. This person will keep the Head Coach informed of all injuries on a daily basis. The Athletic Trainer will provide injury prevention and rehabilitation. All athletes will comply with the decision of the trainer or designee with the decision regarding their status and availability for contests and practices. To help save you time and money, athletes should consult with the trainer or designee before going to the doctor.

ACKNOWLEDGMENT

A condition for participating in the Idalou ISD Athletic Program is to sign an acknowledgment that the student-athlete has read and understands the Athletic Handbook. The student's parent(s) or guardian(s) must also sign an acknowledgment. The acknowledgment states that the signing party understands the consequences for engaging in misconduct.

PLEASE SIGN AND RETURN

DATE _____ GRADE _____

I have read the Idalou ISD Athletic Handbook and agree to these rules as a condition for my voluntary participation in Idalou ISD Athletics. I understand that failure to do so will result in disciplinary measures related to my athletic participation.

Students Name _____

Students Signature _____

I have read the Idalou ISD Athletic Handbook and understand the requirements for my child's voluntary participation in Idalou ISD Athletics. I understand the consequences that my child will face if he or she fails to adhere to these rules and agree to such terms. I am aware of the sections dealing with Parent/Coach Relationships and Behavior Expectations of Spectators. I agree to abide by the conditions stated therein. I agree to allow my son(s) or daughter(s) name to be printed in the newspaper so they may be recognized for their accomplishments.

Parent(s) or Guardian(s) Name _____

Parent(s) or Guardian(s) Signature _____