

***SHELBYVILLE INDEPENDENT SCHOOL DISTRICT***  
***ATHLETIC HANDBOOK***  
***2021-2022***



## **Table of Contents**

Pg.: 2 ***ATHLETIC PHILOSOPHY***

Pg.: 3 ***ATHLETIC BELIEFS***

Pg.: 4 ***ATHLETIC PARTICIPATION***

Pg.: 4 ***ELIGIBILITY***

Pg.: 6 ***CONFLICT BETWEEN SPORTS***

Pg.: 6 ***ATHLETE EXPECTATIONS***

Pg.: 7 ***DISCIPLINARY PROCEDURES***

Pg.: 8 ***SUBSTANCE ABUSE***

Pg.: 8 ***SOCIAL MEDIA POLICY***

Pg.: 9 ***REMOVAL FROM OR QUITTING A SPORT***

Pg.: 10 ***AWARDS AND LETTERING***

Pg.: 11 ***MEDICAL INSURANCE FOR ATHLETES***

Pg.: 11 ***PROCEDURES WHEN ILL OR INJURED***

Pg.: 11 ***PARENT/COACH COMMUNICATION***

Pg.: 12 ***EXPECTATIONS OF PARENTS***

Pg.: 13 ***EXPECTATIONS FROM COACHES***

Pg.: 14 ***SISD ATHLETIC POLICY ACKNOWLEDGEMENT FORM***



## ***ATHLETIC PHILOSOPHY***

At Shelbyville ISD, we believe athletics is a very important part of the total education process. We believe athletics provides our students purpose. Students participating in athletics will gain knowledge and learn lessons that will benefit them well after they graduate. It is critical that our student- athletes reach their full potential through hard work and dedication. A comprehensive athletic program will express our commitment to developing all athlete's physical fitness and personal health; through the acquisition of competent performance and the achievement of excellence in the student- athletes chosen sport(s). In addition, we will aim to develop an athlete with an improved self- image, the ability to learn new skills, and an intrinsic motivation for growth and development. We want to see all athletes demonstrate a willingness to accept responsibility for their own actions, measure themselves against high standards of quality, express ideas, be effective problem solvers, value fair play, uphold honesty, and effectively cooperate as a member of our athletic program.

The Shelbyville ISD Coaching Staff intends to develop responsibility, discipline, and mental toughness that will make all athletes better students, citizens, and productive members in society. This commitment will provide a successful future in the personal and professional endeavors and lives of each athlete that walks the halls, steps on the courts and field of Shelbyville ISD. Our hope is to instill these values and work ethics in our sons, daughters, and one day husbands, wives, mothers, and fathers so that the "Dragon Tradition" will carry on for years to come.



## ***ATHLETIC BELIEFS***

1. **WE BELIEVE IN PLAYING BY THE RULES.** We will use every available opportunity to be successful in competition and in life. We want to win, but we will never resort to cheating, foul play, or sportsmanship like conduct. We will not jeopardize the integrity of our school, community or athletic program.
2. **WE BELIEVE IN SUPERIOR PHYSICAL CONDITION.** Every athlete is expected to participate in the athletic program for the entire year. We believe that our success starts in the weight room and every athlete should participate in the offseason “strength and conditioning” program. We believe that in-season athletes should continue to lift weights and condition in order to maintain their physical strength and stamina. If we are going to make a “good” program “great”, then every athlete must commit themselves to becoming better, stronger, and faster.
3. **WE BELIEVE IN DISCIPLINE.** It is very important to be disciplined in athletics and in life. Being disciplined requires the ability to follow rules and to always do what is right. Every athlete must believe it is important to strive to conduct themselves in a manner that is conducive to the athletic program and their teammates. Discipline will be administered if an athlete does not abide by the rules and regulations in this handbook, specific team guidelines as set forth by coaches, or rules and regulations set forth in individual/team sport guidelines. We support all the guidelines of the student code of conduct and student handbook. We will work with teachers, staff, and administrators to ensure that all athletes represent our program with the utmost of integrity.
4. **WE WILL PLAY WITH GREAT ENTHUSIASM.** We will not forget that the reason we began participating in athletics was because the competition and contests are FUN. We want to be the most enthusiastic group out there. There is no greater feeling than winning. Winning however, is not the measure of success. It is the process of hard work and dedication that allows an athlete to become a champion.
5. **WE BELIEVE IN FAMILY.** There is nothing and no relationship more important than family. Within the athletic program we are a family. Our success, whether it be “good” or “great”, will be a direct reflection of our commitment to our athletic family. It is our goal that athletes, parents, coaches, faculty, and the community all believe in the same set of goals and values. With this, we hope that all parties will encourage and support decisions to produce great athletic programs and harvest individual athletes that will be successful in athletics and in life.



## ***ATHLETIC PARTICIPATION***

It is our goal at Shelbyville ISD to offer the opportunity for every student to participate in the athletic program. If a student wants to participate in a sport, that student must be enrolled in the proper athletic period. It is very important that each student participates in our strength and conditioning program in order to prepare our student- athletes for competition.

Reasons a student would not have to be enrolled in the proper athletic period:

- Schedule conflict due to credits or early graduation

If you are enrolled in the athletic period, you must compete in at least one sport. We encourage our student- athletes to participate in multiple sports due to our enrollment size. For small schools to succeed our kids have to participate in multiple sports.

### **OBJECTIVES:**

1. To develop and maintain the highest level of sportsmanship.
2. To develop the proper attitude to handle winning as well as losing. BE HUMBLE
3. To develop respect for fellow athletes, whether teammates or opponents.
4. To develop the character, it takes to be successful in everything you do in athletics and in life.

***\*\*According to the University Interscholastic League (UIL) rules, athletic participation is a privilege, not a right. Athletes will be accountable and held to a higher standard than those students who elect not to participate in athletics. \*\****

## ***ATHLETIC ELIGIBILITY***

### **ACADEMICS**

A student in grades 7-12 may participate in extracurricular activities on or off campus at the beginning of the school year only if the student has earned the cumulative number of credits in state approved courses indicated.

- a. At the beginning of the 7th grade year, the student must have been promoted from the 6th to the 7th grade.
- b. At the beginning of the 8th grade year, the student must have been promoted from the 7th to the 8th grade.
- c. At the beginning of the 9th grade year, the student must have been promoted from the 8th to the 9th grade.



- d. At the beginning of the 10th grade year, the student must have at least five credits towards graduation, or earned five credits during the previous 12 months.
- e. At the beginning of the 11th grade year, the student must have at least ten credits toward graduation or have earned five credits during the previous 12 months.
- f. At the beginning of the 12th grade year, the student must have at least 15 credits towards graduation or have earned five credits during the previous 12 months.

### **ATHLETICS**

- 1. **Pre-participation Physical Examination – ALL athletes must have an annual/current physical on file with the Athletic Department.**
- 2. **Electronic Forms Completed:**
  - a. Medical History Form
  - b. UIL Acknowledgment of Rules
  - c. Cardiac Awareness Form
  - d. UIL Steroid Form
  - e. UIL Concussion Form
- 3. **Athletic Policy – The Acknowledgement of Athletic Policy form must be signed by each student and their parent or legal guardian stating that they have read and agree to abide by the rules set forth in the Athletic Handbook.**
- 4. **Academic Eligibility – Students lose eligibility at the end of a six weeks grading period for failing any class. If a student is rendered ineligible, they are not able to participate in competition beginning exactly one week after the ending date of the six weeks grading period. While ineligible for competition, athletes are still required to attend and participate in practices. An athlete who is ineligible will be monitored and their eligibility checked at the end of each progress reporting period (3 weeks) and at the end of each six weeks. If an athlete that was previously ineligible is passing all courses at the end of the progress reporting period, the athlete may regain eligibility. If the athlete is still not eligible due to failure in one or more of any class, the next eligibility check will be the end of the six weeks grading period. If the athlete regains eligibility, the athlete will not be able to compete in a contest until one week after the end date for the review period.**
- 5. **Placement in Alternative Education – *Any athlete placed in the Alternative Education Program (DAEP) will be ineligible for participation in the athletic program for the duration of their placement.***



## ***CONFLICT BETWEEN SPORTS***

Athletes will be encouraged to participate in as many sports as they wish. Those who choose to participate in two or more school sponsored activities at the same time will periodically have conflicting schedules. Every effort will be made so that the student- athlete can participate in both. The athlete should notify the coach as soon as they become aware of a possible scheduling conflict. The Athletic Department will use the following policy to settle those conflicts. The order as follows

1. State Finals
2. State Semi- Finals
3. State Quarter-Finals
4. Regional Finals
5. Area Finals
6. Bi- District Finals
7. District Competitions
8. Non- District Competitions
9. Performance and/ or competition will take precedence over practice.

## ***ATHLETE EXPECTATIONS***

### ***CLASSROOM***

All athletes must realize that they are a student first and an athlete second. The athlete must give time and energy to classroom studies to ensure that their grades meet the UIL requirements for participation.

Athletes Must maintain a satisfactory citizenship and behavior record by giving attention to classroom activities while treating teachers, administrators, and fellow students with respect. Tardiness, horseplay, and unnecessary talking are unacceptable behavioral habits that, if not corrected by the athlete, may result in suspension from the athletic program. Athletes will be held to a higher standard than the general student population, they may be disciplined in addition to the school imposed penalties.

It is the responsibility of the athlete to notify their coach in advance should they need to miss their athletic period, before or after school practice or a game. In the event the athlete is unable to contact their coach, they should notify the school secretary. Absence from the athletic period or any practice will be handled accordingly.

### ***Dress Code and Appearance***



Athletes are a representative of the school and community and are required to exhibit a well-groomed and appropriate appearance. This appearance will be exhibited throughout the ENTIRE school year (not just when the athlete is “in season”). All athletes will abide by the guidelines for dress, grooming, and appearance outlined in the student handbook.

### ***Travel***

Athletes are required to travel to and from athletic contests and special events in school- approved vehicles under adult supervision. The coaches of the team will ride in the provided transportation with their athletes. Team members are strictly forbidden to drive an automobile transporting members of an athletic team or driven by another student to an athletic contest or practice site.

Athletes are expected to ride to and from all athletic competitions together as a team. We realize that there are times that it is advantageous for a student/athlete to ride home with their parents or guardian. Every student athlete should be “signed out” with their respective coach.

## ***DISCIPLINARY PROCEDURES***

Occasionally, it becomes necessary to take some form of disciplinary action against an athlete as a result of unacceptable misconduct or refusal on his/her part to comply with school or athletic policy. While the student handbook identifies and spells out the specific disciplinary actions that will be taken for certain offenses, our athletics program has adopted our own code of conduct. The code of conduct which is signed by the athlete, parent/guardian, and the Coach, explains the procedures that will be followed in disciplining an athlete for serious violations of school policy, athletic training rules, or misconduct. Prior to the start of the season, coaches are expected to review the athletic code of conduct with the athletes in their charge and obtain the signature of each athlete and their parent/guardian on the document. It is essential that athletes understand that disciplinary action will be taken for violating the athletic code of conduct. Suspension from athletics can be accomplished by the Principal and/or the Athletic Director and does not require a due process hearing.

### **Suspension:**

Each coach will have the authority, with concurrence of the athletic director, to suspend or place an athlete on probation for an extended period of time for major infractions. Athletes will be administered corporal punishment or conditioning for minor infractions at the discretion of the coach and will be administered pursuant to local policy ().





Any student suspended from athletics must be given:

1. The reason(s) for the suspension,
2. The time and provision of the suspension,
3. The procedures for re-entering the program,
4. Parent notification.

## ***SUBSTANCE ABUSE***

### **Level One Offenses and Consequences:**

- Any possession or use of tobacco or E-cigs product – Refer to student code of conduct

### **Level Two Offenses:**

- The sale, gift, delivery, possession, use, or being under the influence of marijuana, any controlled substance, any dangerous drug or alcohol.
- Committing a serious act or offense, as defined in the Mart ISD Student Code of Conduct, while under the influence of alcohol, marijuana, a controlled substance or any serious drug.
- Conduct that constitutes an offense relating to amusable glue, aerosol paint, or volatile chemicals.
- Illegally possessing or using drug paraphernalia.
- Willfully attend or remain at an activity where the student knows drugs or alcohol are being illegally consumed

The following rules apply to all Shelbyville ISD athletes:

1. NO SMOKING OR USE OF TOBACCO PRODUCTS.
2. NO DRINKING ALCOHOLIC BEVERAGES.
3. NO USE OR POSSESSION OF ILLEGAL DRUGS.

The respective coach, in cooperation with the athletic director and the principal, will handle violations of the above rules. The athlete who violates the above-stated rules shall be subject to any or all of the following: (1) specified school policy, (2) suspension from practice sessions and games, (3) discipline as designated and decided upon by the coach and athletic director.

## ***SOCIAL MEDIA***

Social media has changed the way we do everything, including sports. It is a platform that can be used positively or negatively, below are the program guidelines and consequences for social media use in regards to our team. These can be adapted at coach and administration discretion.

1. Only post information concerning our coaches, players, and any other member of our team in a positive fashion. Any comments that are deemed degrading or



inappropriate toward any member of our team will be dealt with according to individual cases.

2. Posting of pictures will be allowed only in accordance with the following guidelines. Any posting of pictures in an inappropriate fashion will be dealt with in the most serious fashion. Players will sign waver prior to the season that states we are allowed to post pictures of games, practices, etc... only to promote our team and school. We will not post any pictures of a player who does not consent and we will not post any pictures that are not of games/contests/fundraiser related.
3. Videos posted will be ONLY of game, practices, or other competition settings!
4. Players may not post to social media during any game, competition, or practice setting.
5. Absolutely no photos or videos in locker room settings! Do not have your phone out while in the locker room!
6. Anything that is posted depicting or implying bullying, violence, sexual harassment, hazing, under-age drinking, and possession/use/sale of illegal substances will be dealt with severely.
7. Remember that what you put out there is out there and can't be taken back. Use discretion when putting your thoughts, photos, and videos out there for the world to see. It can impact your future!

### **Consequences**

**Each case will be dealt with on an individual basis according to the severity of actions. Potential consequences may include:**

- **Suspension from games or practices**
- **Extra conditioning**
- **Removal from the team**
- **Legal action**

### ***REMOVAL FROM OR QUITTING A SPORT***

**Before starting a sport, the athlete shall make a commitment to the program or team that they will complete the entire season. Being committed to the team shows character. An athlete, however, sometimes finds it necessary to quit playing a sport before or during the season. Each athlete is expected to fulfill their commitment (in some capacity) to the team. Exception: Athletes who choose to quit a sport during the two-week “tryout window” will not be subject to this consequence. The tryout window is defined as the 14 calendar day period of time**



beginning with the first official practice of the particular sport's season. If an athlete is coming from a sport that carries over into another season the athlete gets the 14-day grace period. However, if an athlete starts a sport late due to uncertainty of playing the 14-day grace period will be from the first day of official practice. Whatever the reason, an athlete must follow the steps listed below:

1. The athlete should think the whole situation through before reaching a final decision. Reaction decisions are often regretful actions for athletes.
2. If an athlete quits, they must sign a form stating they quit and understand the consequences in order to participate in another sport.
3. If an athlete wants to return to the sport, they should consult the appropriate coach. The decision as to whether the athlete will be allowed to return to that sport shall be the decision of the individual coach and the athletic director. There will be consequences in returning to that sport at the discretion of the head coach.
4. If an athlete quits a sport, they may start practice in the next sport. However, the athlete may not compete, travel or participate in team events. In order to participate in the next sport, you must run 2 miles a day for a five-day work period. Some of the miles may be substituted due to hardship, if requested by the athlete and agreed upon by the coach, for manual labor on the school grounds under the supervision of a staff member. This will only apply to those athletes that have some type of hardship.
5. Any lost or damaged equipment will be compensated by the athlete that quits their sport.

**\*\*In the event that a student is dismissed from a sport during the season, the same rules will apply as that of dropping a sport. \*\***

## ***AWARDS AND LETTERING***

### **Varsity teams:**

Awards for varsity teams will consist of letter jackets, plaques and certificates. These major awards will be furnished by the school to each athlete who meets the qualifications for lettering or participation in the following sports: cross country, football, basketball, baseball, softball, and track, powerlifting, and cheerleading.

1. All awards will be issued and compliant pursuant to the University Interscholastic League Constitution and Contest Rules, Subchapter M. ELIGIBILITY, Section 441: AMATEUR ATHLETIC STATUS.
2. Letter jackets will have no markings or patches on it except the letter. All other patches will be the financial responsibility of the athlete.

### ***General requirements for receiving jacket awards***



1. Athletes must have lettered in one varsity sport during their freshman.
2. Requirements may be waived by a committee composed of the head coach, athletic director and principal under extenuating circumstances regarding the athlete.
3. Lettering in a sport will be determined at the discretion of the head coach of each sport.

### ***MEDICAL INSURANCE FOR ATHLETES***

Shelbyville I.S.D. has a supplemental insurance policy that covers our athletes. IT SHOULD BE NOTED THAT THE POLICY IS A SUPPLEMENTAL POLICY. Athlete's parents must file on their personal insurance before any claims will be paid by the supplemental policy provided by the district. THE SUPPLEMENTAL INSURANCE DOES NOT GUARANTEE THE ELIMINATION OF "OUT OF POCKET" EXPENSES FOR PARENTS/GUARDIANS. If an accident occurs, contact the Athletic Director for claim forms or additional information. Additional accident insurance is available for purchase (see the head coach of the sport, or the athletic director.)

### ***PROCEDURES WHEN ILL OR INJURED***

Every athlete's health is of concern to every member of their team. When an athlete is ill they must notify their coach. Whenever an athlete is injured or has an illness of a minor nature, the athlete may be required to dress out and stay with their group during practice. Athlete's learn from practice, whether they are actually working out or simply observing. In the event that an athlete misses practice, conditioning will be utilized to make up any missed practices. If an athlete has asthma, they must have an inhaler before participating in any practice or contests. If an athlete has a condition requiring emergent medications (i.e. epi-pen, inhaler, etc.) the following must be in place before the student is allowed to practice, participate or travel to events/contests: medication must be present and available for immediate use and properly labeled with their doctor's orders and pharmacy labeling.

### ***PARENT/COACH COMMUNICATION***

As your child becomes involved in the sports program, they will experience some of the most rewarding moments of their lives.

It is important to understand that there will be times when things do not go the way your child wishes. This is an opportunity for your child to meet with their coach and discuss their concerns. When your child handles the problem, it becomes part of the learning and maturing process. There will also be times that



require parents to meet with their child's coach (via face to face, email, or phone). It is important that both parties have a clear understanding of the other's position. Please follow these procedures to help promote a resolution:

1. Please follow the chain of command. Most concerns can be resolved by meeting with your child's coach.
2. Should you have concerns, please contact the school to schedule a conference to speak to your child's coach.
3. If your concern is not resolved after meeting with your child's coach, call the Athletic Director to arrange a conference. A meeting will be arranged with the coach and parent.
4. Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolutions.
5. Remember, if you speak negatively about your child's coach or any decision the coach makes, it is likely your child will have a similar belief. This will create conflict between your child and the coach, and lead to a negative athletic experience for your child.

### ***EXPECTATIONS OF PARENTS***

1. Be positive with your child. Let them know that they are accomplishing something by being part of the team.
2. Do not offer excuses for them if they are not playing. Encourage them to work harder and do their very best. Every athlete has a valued role on every team.
3. Encourage your child to follow and respect all rules regardless of their role or position on the team. Players must follow team rules, school rules, officiating decisions, and exhibit good sportsmanship at all times.
4. As a fan, we welcome your cheers for our teams. Please do not become belligerent or belittle our athletes and coaching staff. Coaches work with athletes and know their talents, please respect our coaching staff and their expertise in the competitive decision making process.
5. Please help our staff teach our athletes that self- respect begins with self-control.
6. Encourage your athlete to improve their self-image by believing in themselves.
7. Encourage your athlete to play for the love of the game.
8. Our coaches chose this career because they genuinely love children and want to make a difference in their lives. Our staff is comprised of experienced professional(s) that go above and beyond their duties in the classroom and on the playing field or court. Every coach has their own style of coaching and personality that determines how they handle



situations. Our staff will remain professional at all times putting the best interest of our teams and athletes first. Athletes' lives are enriched by interaction with different types of leaders by ensuring success in their future endeavors.

9. Keep in mind that as a parent, you represent our town, Shelbyville ISD, and your child. Please join us in being a positive role model for our athletes and community.
10. Game officials are trained and certified through various officiating chapters. We must all show respect for all officials and their decisions.

### ***COACHING EXPECTATIONS***

1. At Shelbyville, each student-athlete will be treated as an individual and their overall mental and physical welfare will be our primary focus at all times.
2. The coach shall be aware that they serve as a role model in the education of the student-athlete and shall never place the value of winning above the value of character building.
3. The coach shall uphold the honor and dignity of the teaching profession and strive to set an example of the highest ethical and moral conduct at all times.
4. The coach shall promote the entire interscholastic program of the school and direct their program in harmony with the total school program.
5. The coach shall be knowledgeable of all UIL, contest, state, and local rules. Coaches are responsible for their interpretation to team members. The coach shall abide by the letter and spirit of these rules at all times.
6. Coaches shall actively use their influence to promote good sportsmanship by working closely with parents, athletes, and administration.
7. Contest officials must have the respect and support of the coach. Public criticism by the coaching staff towards officials, players, or other coaches is unethical and will not be tolerated.
8. Before and after contests, rival coaches should meet and exchange friendly greetings to set the correct tone for the event.
9. Coaches will not leave players unattended or leave campus after practice or competitions until all players have left campus.
10. Coaches must have property emergency information on their person for all athletes and all times.



***SHELBYVILLE INDEPENDENT SCHOOL DISTRICT***

***ATHLETIC HANDBOOK ACKNOWLEDGEMENT FORM***

***2021-2022***

I have received and reviewed the contents of the 2021-2022 Athletic Handbook and agree to be governed by its regulations as well as those in the SISD Student Code of Conduct.

Student's Name: \_\_\_\_\_

Student's Signature: \_\_\_\_\_

Parent or Guardian  
Signature:

\_\_\_\_\_

List all sports the athlete plans to participate in:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



Date: \_\_\_\_\_