

MCCAMEY ISD ATHLETIC POLICY

The McCamey ISD Athletic Policy was created for the purpose of fostering an environment of commitment and excellence between student-athletes, the parents/guardians of student-athletes, and the coaching staff. Communication is the key in order to give McCamey student-athletes every chance possible to be successful.

1) **QUITTING POLICY** - If a student-athlete quits a sport (or is removed from the team once the first regular scheduled contest has begun) **after** the first 10 days or 2 weeks from when they started practice in that sport; he or she will not be allowed to participate in ½ of the next sport that they participate in. If the next scheduled sport is split into non-district and district contests, then the student-athlete will not participate in the non-district contests. The student-athlete will be required to be with the team working out during this waiting period. If an athlete quits a sport **within** the first 10 days or 2 weeks from when they started practice in that sport, then there are no consequences facing that athlete concerning the next sport that they participate in. This policy is still in effect from the end of one school year (Spring sport) to the start of the next school year (Fall sport). Exceptions to this rule would be a family emergency where, for example, the student-athlete had to drop out of a sport to work to help support their family. **The Head Coach must notify the Athletic Director immediately and before this policy is going to be used. The purpose of this rule is to reinforce to student-athletes that once a person gets in the habit of quitting when things get tough; it becomes easier later in life to quit when things much more important are present.**

2) **SUSPENSION POLICY** - The Athletic Director or Head Coach of a sport has the right to suspend a student-athlete who continues to show disrespect, or is fighting during a game, practice, or in the classroom setting. Proper documentation is a must. **The Head Coach must notify the Athletic Director immediately and before this policy is going to be used.**

3) **MAKEUP WORK** - All makeup work resulting from an absence will be completed before the student-athlete is eligible to participate in a competition. Exceptions to this rule are granted in the case of a death in the family or when the student-athlete participates in a sanctioned school event or activity.

4) **MISSING PRACTICE** - If a student-athlete misses a practice without notifying the coaches beforehand; and / or there is not a legitimate excuse of why he or she missed practice; then that student-athlete will not play in the next contest. This situation can be compared to an employee not showing up for work, and not notifying anyone beforehand. Proper documentation is a must and missed practice must be made up. An unexcused missed practice will be made up by 8 Aggie 3 and an excused missed practice will be 4 Aggie 3. (One Aggie 3 is a bear crawl 50 yards, bunny hop 50 yards, sprint 50 yard.) **We must teach our student-athletes to be accountable.**

5) **PARTICIPATING IN FOOTBALL / VOLLEYBALL** - A student-athlete who participates in football or volleyball is required to go through 2-a-day workouts. If a student-athlete misses 2-a-day workouts and later wishes to participate in either of these sports; they must first get permission from the Athletic Director and Head Coach before being allowed to participate. If permission is granted, then the student-athlete will have to do makeup work for the absences.

6) **WORKOUT CLOTHES** - All student-athletes will wear the workout clothes that are provided to them from their coaches for that particular sport or athletic period. Failing to comply with wearing the proper workout clothes could result in disciplinary action.

7) **TRANSPORTATION OUTSIDE OF SCHOOL BUSES** - Student-athletes who request transportation outside of school vehicles are required to submit a trip request / note 1 day prior to the day of the contest, and must include requisite signatures. Trip requests are offered in the event of an emergency or legitimate reason; and will be approved by the Head Coach of that sport. The Head Coach is then required to communicate any approval of such trip requests to the Athletic Director.

8) **DRUG & ALCOHOL POLICY, STUDENT CODE OF CONDUCT, STUDENT HANDBOOK, UIL REGULATIONS** - All of these policies will be followed by all student-athletes who participate in workouts, travel, and contests that are in relation to representing McCamey ISD.

9) **POWERLIFTING** - Since boys and girls powerlifting is not a UIL sport; a student at McCamey ISD who wishes to participate does not have to be in Athletics to do so.

10) **PARTICIPATING IN MULTIPLE SPORTS** - Student-athletes at McCamey ISD are encouraged (and not discouraged) by all coaches to participate in as many extra-curricular athletic activities as possible. **Student-athletes will not be punished for having to choose between more than 1 sport offered by McCamey ISD which happens to occur on the same day or at the same time during that day.** This is the case when the conflicting competitions are both non-district, district, or post-district in nature. If transportation and time allows; then every effort will be made by the Athletic Director and Head Coach(s) to see that a student-athlete would be able to participate in multiple sports on the same day. A district competition takes precedence over a non-district competition when there is a choice of which sport to participate in on a particular day. A post-district competition would take precedence over a district competition, for example. **In the case that a solution to a particular multi-sport problem cannot be reached, the Athletic Director will make the final decision.**

11) **JUNIOR HIGH ATHLETICS** - Junior high boy and girl student-athletes **will not** work out or do any type of makeup work before school during the Fall (Football, Volleyball, Cross Country) and Spring (Track, Tennis) sports seasons (**unless the Athletic Director deems it necessary**). **The exception to this rule is during the Winter sports season, when girls and boys basketball is taking place.** Because of the number of teams and gym space available for workouts, 7th and 8th grade boys and girls basketball practices are allowed before school if the coach of that sport sees fit. In the case that this happens, no junior high boys or girls basketball practices are allowed to start before 6:30 AM. These practices must be completed by 7:30 AM at the latest to make sure that student-athletes have enough time to shower, dress, and / or eat breakfast before school starts on that day.

12) **HIGH SCHOOL ATHLETICS** - On the day of a **Varsity** contest, boy and girl student-athletes **will not** be required to do a work out for a different sport, an athletic period workout, or any makeup conditioning (regardless of whether it is held before school, during the athletic period, or after school). No high school practices, meetings, or makeup work will occur before 6:00 AM.

The Athletic Director has final discretionary authority on a case-by-case basis in dealing with conflicts within the Athletic Program at McCamey ISD. We want every student-athlete at McCamey ISD to have the best chance for success now and later on in life.

Student-Athlete Signature - _____

Date (Month / Day / Year) - _____

Parent / Guardian Signature - _____

Date (Month / Day / Year) - _____

**John Fellows, Athletic Director
McCamey ISD
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