

REDWATER HIGH SCHOOL



ATHLETIC HANDBOOK
2019-2020

REDWATER ATHLETICS HANDBOOK

I. Dismissal Policy

ATHLETIC DEPARTMENT POLICIES

1. A student is not required to take part in athletics, nor is it required for graduation. Therefore, athletics is a privilege. Consequently, when high ideals and standards are violated, this privilege can be revoked. All athletes will be expected to conduct themselves with pride and dignity. Athletes are expected to maintain passing grades in all classes, failure to do so can result in removal from athletics.
2. The general philosophy of Redwater's athletic program is to attempt to help an individual who has made a mistake; however, if a mistake is repeated, the welfare of the team must take priority. (A mistake may mean a violation of training rules, missing practice, poor attitude, etc.)
3. Coaches have the right to discipline athletes on their individual teams but should exercise sound judgment in evaluating specific penalties. Keeping in mind the welfare of the team as well as the welfare of the individual, coaches must discipline consistently.
4. An athlete may be removed from a sport for disciplinary reasons by the head coach. An athlete can be removed from the athletic program for the remainder of the year by the A.D. All major disciplinary action(s) will be reported in writing to the Athletic Director within twenty-four (24) hours of the player's suspension.
5. Due process procedure:
 - a. Notification of the Athletic Director, within twenty-four (24) hours.
 - b. Notification of the parent(s) within twenty-four (24) hours.
 - c. Conference with the parent(s), if needed.
6. Chain of command for complaints/questions;
Student or parent to Coach, Coach to AD, AD to Administration

II. Conduct and Behavior

1. Alcohol on Campus- Athletes found in possession of or under the influence of alcohol while on campus or at a school-sponsored activity will be suspended from athletics immediately and possibly for the remainder of the school year.
2. Alcohol off Campus
FIRST OFFENSE- Athletes fined or arrested for possession of or use of alcohol away from campus will be suspended for ten percent of the total scheduled games or events for the sports the athlete participates in during the school year, if the coach is notified by the athlete the next school day after the incident. This suspension is to take place immediately. If the coach is not notified by the athlete the next school day, the athlete will be removed from athletics for the remainder of that competitive season, upon confirmation of the offense.
SECOND OFFENSE- The second offense within the same school year will result in removal from athletics for the remainder of that school year.

3. Illegal Drugs –

a. Drug use- see “The Redwater ISD Drug & Alcohol Screening guidelines”

b. Possession of illegal drugs will not be tolerated. First offense could result in dismissal from athletics for the remainder of the school year. Each case will be handled on an individual basis.

4. Criminal Conduct - will not be tolerated. First offense may result in suspension. Second offense will result in suspension and/or dismissal from athletics. Any athlete who is indicted for a felony will be suspended until his/her name is cleared.

5. Tobacco (including dipping) - will not be allowed. First offense may result in suspension. Second offense will result in suspension and/or dismissal from athletics.

6. Stealing - Taking things that do not belong to you, especially from your teammates, will not be tolerated. First offense could result in suspension. Second offense will result in suspension and/or dismissal from athletics.

7. Profanity - will not be allowed. First offense will result in disciplinary action. Habitual offenses may result in suspension. Profanity by athletes is not acceptable. It will not be permitted or condoned at any level or in any sport.

8. Conduct - We expect you to conduct yourself as a lady/gentleman at all times. This means that you are to follow school rules and procedures while attending classes at Redwater High School. Coaches and teachers should receive "Yes Mam/Sir" or "No Mam/Sir" responses from players when talking to them. Players in return will be treated with respect by their coaches. Whenever a coach is speaking with you, either individually or as a group, you will give her/him your undivided attention and always establish eye contact. You are expected to act properly in class, giving your teachers and administrator's courtesy and respect. We know that each of you do not have the same abilities, but we expect each of you to perform to the best of your ability. Failure to adhere to the above code of conduct will result in a conference and possible disciplinary action.

9. Unsportsmanlike Conduct - Any athlete removed from a contest for unsportsmanlike conduct, whether towards an opponent, coach, or official, will be counseled by the head coach, and athletic director the next day and before the athlete participates in another game or match. Should this action be repeated in the same school year, the player may be removed from all athletics events for the remainder of the school year. Due process will be followed in this matter just as in all other dismissals.

10. Dishonesty - Lying to a coach or person in charge will not be tolerated. Forging a parent's, guardians, or teacher's signature on any document is also lying. The parents should be contacted when this matter occurs. First offense could result in suspension. Second offense will result in suspension and/or dismissal from athletics.

11. ISS/Out of School Suspension – If a player receives In School Suspension (ISS), they may practice with their team, however, they are not allowed to participate in any athletic contests until the period of suspension is over. If an athlete receives Out of School Suspension, they are not allowed to practice or participate in contests until they return to school. This prohibition begins on the first day the student is assigned to attend ISS and will continue until the student has been released from ISS.

12. Phone Use - The use of office phones is a privilege. Do not abuse it, or the privilege will be taken away. Do not use the phone for social calls. There is a (2) minute limit on all calls.

III. Dress and Appearance

1. Dress - Should be very professional while in uniform and out. Everyone will wear his uniform in the same manner. We are not individuals. Take care of your equipment. You have as good as money can buy. Your appearance at school, should reflect the same class and pride that you show in our program. Shirts or practice jerseys are to be worn at all times, in the gym and the weight room. Team dress for practice shall be uniform, in that all players will dress in athletic issued equipment and wear the scheduled uniform for the day.

Appearance - For safety reasons, and to attain a good team appearance, athletes are not allowed to wear earrings in any athletic facility, on any athletic sponsored trip or while in any Redwater High athletic uniform which includes but not excluded to game day dress worn at school. Jewelry is not to be worn during games or practices. Athletes' hairstyle should not be worn in a manner that will distract or draw attention. The length of the hair should not interfere with proper fitting of helmets, nor should the hair length present a safety problem for athletic competition.

IV. Attendance and Participation

1. Quitting a Sport/Athletics- If at any time an athlete quits or is dismissed from athletics in or out of season, that athlete gives up all rights to any honors which they have earned but has not yet received. Athletes will have a 24 hour time frame to change his/her mind of their decisions to quit. The 24 hour time frame is still subject to disciplinary actions regardless off the outcome. The athlete must bring a note from her/his parents stating that they are aware of the athletes' intention to quit and its implication. The athlete forfeits her/his right to participate in that sport or any other sport until that current season is over. An athlete has two weeks from the beginning of the season to decide not to participate in that sport without consequences of quitting. This is to encourage athletes to try new sports without fear of consequences for quitting. If a student athlete quits athletics he/she will be removed from athletics. Before he/she is eligible to participate in another sport they will be required to make up all days missed before participation can begin. Make up will be equivalent to 1 mile running per day missed. All decisions for athletes to be reinstated into a sport or athletics will be made by the Coach and AD.

2. Excused absences from practice - If an athlete has an excused absence from a scheduled practice, they must make up the practice through a predetermined amount of running and conditioning that is to be completed after practice. If a student leaves school

and does not notified her/his coach, this will be considered an unexcused absence. If you must miss a practice, be sure that it can't be helped. Don't make appointments on our time. If you must be absent, call one of the coaches before practice starts. If you fail to call, this will be considered an unexcused absence. Use the appropriate telephone number:

3. Unexcused absences from practice - If an athlete has an unexcused absence from a Scheduled practice, they must make it up through a prescribed amount of running or Conditioning and may also be suspended from competition. They may also be placed on a lower team status. If a player has a second unexcused absence then they could face possible dismissal from the team.

4. Unexcused absence from a scheduled contest- If an athlete has an unexcused absence from a scheduled contest, that player could possibly face dismissal from the team and athletics for the remainder of the school year.

5. Injury or illness - If you have an injury, see the coach. He/she will either treat the injury or refer you to a physician. If you must leave school because of illness, check with the Coach first. If you are ill or injured, we don't expect you to work out, but if you are in school, we expect you to wear the uniform of the day and to accompany your group from station to station unless given special permission by the head coach. A doctors note is required.

6. Supervision - All participants in an athletics contest will remain with the team and under the supervision of the coach or until dismissed by the coach. If players are ejected from the contest or substituted for in the contest, they will remain under the supervision of the coach until the coach dismisses them. In case of an injury, the coach, or doctor may become the supervisor if the player is removed from the site of the contest.

7. Participation in team sports requires that the athlete be enrolled in the athletic period. Individual sport athletes will not be enrolled in the athletic period, unless approved by the Athletic Director.

Team sports=Football, Volleyball, Basketball, Baseball, Softball

Individual Sports=Cross Country, Track, Golf, Tennis, Powerlifting

REDWATER HIGH SCHOOL - TEAM TRAVEL

On all our team travel, we will attempt to make it a memorable and an educational experience. However, we must constantly keep in mind that our primary purpose is to win the game. We will attempt to have as good a time as possible, but we must get ourselves ready mentally to play as well as we possibly can. Remember the following whenever traveling:

1. Check and pack all your gear. You are responsible for this.
2. Be prompt. If you are late, you will be left. Attendance is not taken before we depart.
3. Dress as coaches have instructed you. We represent all of Redwater High School.

4. No hats unless team issued.
5. No loud or boisterous conduct on the trip. Remember why we are here. We should have a quiet bus trip to the game.
6. No junk food will be allowed on bus.
7. We prefer that everyone return with the team, however, if parents want to take their child, they must sign her/him out with the coach. Athletes are allowed to leave with their parent only, unless previous arrangements have been made with the coach and/or athletic director.
8. The bus will be cleaned by the team if any trash is left on the bus.

LETTERMAN POLICY

1. Team sports: Football, Basketball, Volleyball, Baseball and Softball
 - A. Must play in half of the varsity games in a season.
2. Individual sports: Powerlifting, Cross Country, Tennis, Golf and Track
 - A. Must advance past district
 - B. Two or more years in same sport at varsity level
3. Seniors that move in or only play their senior year will be at the coaches/AD discretion

SOCIAL MEDIA

1. Any student athlete posting negativity towards school, staff and/or students (this includes inappropriate pictures or comments) will be subject to disciplinary actions up to removal from athletics.

LOCKER ROOM AND EQUIPMENT

Equipment which is school property will be issued to each player and a record should be kept of it. It is the player's responsibility to take care of it and, if there are items missing, the player will be required to pay for them. If any equipment or facility is damaged or destroyed by horseplay or negligence, those players responsible for the damage will be required to pay for replacement of those items.

1. Since you will be spending a great deal of time in the locker room, we expect you to keep this facility as neat and sanitary as possible.
2. We want you to take great pride in this facility. We expect each member of our team to adhere to the following locker room guidelines. Failure to do so will result in disciplinary actions.

Locker Room Guidelines:

- a. Hang all equipment in your locker in the proper place. Lock up after practice.
- b. Keep all your valuables locked up. Your locker provides a lock for your convenience in storing valuables. (If not, turn valuables in to your Coach. Do not leave valuables out in the open!)
- c. Do not throw tape on the floors. Trash receptacles are in our locker room for this purpose.
- d. Keep the floors neat and clean.
- e. Do not leave cups or bottles in the lockers or on the floors.
- f. Do not leave towels on the floor. Return towels to towel bags.
- g. Absolutely no horseplay in the locker room.

- h. Do not bring visitors into the locker room without first clearing it with a coach.
- i. Remove muddy workout shoes before entering locker room.
- j. Clean your equipment weekly and your locker daily.

We feel that we provide you with the finest equipment that money can buy. We want you to always look sharp and it is up to you to take care of all equipment issued. It is extremely important that all equipment that is issued fit properly. This is important for safety reasons. If a piece of equipment does not fit, make sure that you see that equipment coach for a change.

Behavior Expectations of Spectators/Parents

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.

Spectators are expected to show respect for the opposing players, coaches, spectators and support groups. Spectators and parents should respect the integrity and judgement of game officials.

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

- 1) Do not confront the coach before, during or after a practice or contest. These can be emotional times for both the parent and coach. Meeting of this nature do not promote resolution of the situation, but often escalate it.
- 2) Call the coach to set up an appointment (Coaches conference period).
- 3) If the coach cannot be reached, call the athletic director and ask him or her to set up a meeting with the coach for you.
- 4) Think about what you expect to accomplish as a result of the meeting.

If a spectator is reported to be unruly, confrontational or they have been removed from an athletic practice or event, they will have to attend a mandatory meeting with the Athletic Director and Administration before that spectator or parent will be permitted to attend any other event. Parents and spectators should be aware that the school can (and will) remove them from the premises and can prohibit them from attending future contests due to undesirable behaviors.

I have read and understand this handbook.

(athlete-print name)

parent's signature

athlete's signature

date

Please sign and return the bottom of this sheet.