

# *Paducah Dragons*

## Athletic Handbook

The Athletic Handbook is designed specifically to establish high expectations and standards for all participating student-athletes. These expectations embody a total lifestyle approach with emphasis on the following core values:

**INTEGRITY** – We do what is ethical under all circumstances.

**EXCELLENCE** – We strive to be our best on and off the field.

**RESPECT** – We honor and value ourselves and others.

**TEAM** – Together as one we pursue common goals.

**COMMITMENT** – We give total effort and sacrifice to achieve our purpose.

When a student voluntarily agrees to participate in interscholastic athletics he/she agrees to abide by the Paducah Athletic Handbook. Because participation in interscholastic athletics is a privilege and not a right, the Paducah Athletic Department is authorized to set higher standards for participants of interscholastic athletics than it would for those students who choose not to participate in these activities. Therefore, this Athletic Handbook extends beyond the Paducah ISD Student Code of Conduct not only in types of behavior prohibited, but also in the corresponding consequences and the jurisdiction for imposing discipline. The Athletic Handbook will be enforced with all students participating in interscholastic athletics regardless of when or where infractions occur.

**The Athletic Handbook applies to all student-athletes from the time it is signed until the end of the athlete's participation in athletics at Paducah ISD.**

The Athletic Handbook deals with specific violations that will be applied within **every** athletic program; however, this code is not intended to be all-inclusive. In the event that the Athletic Handbook or other school policies or procedures do not cover situations that arise, the coach/coaches reserves the right to establish such rules, conditions, and penalties to respond effectively to unanticipated or unique circumstances. A single offense may be deemed severe enough by school administration as to warrant the enforcement of the single offense as if it were a second or third offense.

These rules must be read. The signed acknowledgment must be returned to the coach before the student-athlete is allowed to participate indicating an agreement to abide by the rules contained herein. The athletic department will retain the signed acknowledgment.

### **Disciplinary Action**

Coaches will review all facts and circumstances surrounding violations and impose appropriate disciplinary action. Coaches will strive for consistency in handing out consequences for Athletic Handbook violations, but will also exercise sound professional discretion. Violation of rules by a student-athlete participating in athletic activities will be subject to disciplinary action.

In the event a student-athlete is removed from the district by law enforcement officials, the student-athlete will not be allowed to participate in any athletic activity upon returning to Paducah ISD until they meet all Local, Athletic and UIL policies.

The superintendent, principal, or athletic director will not ordinarily interfere in a coach's judgment regarding appropriate discipline but has the authority to increase or decrease the punishment based on his or her assessment of the situation.

## **Paducah Dragons ISD Athletic Handbook**

### **1. Conduct**

Participation in extracurricular activities is a privilege extended to the student body by the Board of Trustees of Paducah ISD. Student-athletes participating in these activities will act as representatives of the school district. All student-athletes are expected to conduct themselves in such a manner as to meet the highest standards of class.

Disrespectful comments, the use of foul language, violent or disruptive conduct or insubordination by a student-athlete will subject the student to recourse by the athletic department.

Such recourse may include suspension or expulsion from any or all extracurricular activities. Each offense, on a case-by-case basis, will be reviewed by the coach and appropriate disciplinary measures will be taken. This liability applies to all practices and meetings and all times before, during and after games or school-sponsored events, as well as to bus trips to and from games or school sponsored events. Ejection from any contest or event for such conduct may result in additional disciplinary action by the athletic department, including suspension or expulsion from extracurricular activities.

Nothing in this Athletic Handbook limits the authority of a coach to impose reasonable sanctions, including extra workouts, for student-athletes who breach team conduct expectations but do not engage in prohibited conduct.

### **2. Attendance**

Student-athletes are expected to attend all practices, games or other events scheduled in regard to the team unless excused by the coach. Failure to regularly attend practices, games or other events scheduled may result in the student-athlete's suspension or dismissal from the team. Injured athletes will be required to attend all practices for rehab unless an alternative rehab is implemented.

A student-athlete who finds it necessary to miss a practice, game or other event scheduled must notify the coach and indicate his/her reason for absence. This should be done well in advance of the absence. Acceptable reasons for absence may include: medical and/or dental work that must be scheduled at a particular time; death in the

family; sudden personal or immediate family illness; or other specific unavoidable causes of conflict.

An unexcused absence on the day of an athletic contest will cause the student-athlete to be ineligible to play in that game, but will still be required to attend. In order to participate again in an athletic contest the student-athlete **will complete make-up conditioning deemed necessary at the coach's discretion**. A second violation will result in the removal of the student-athlete from that sport. The athletic director, on a case-by-case basis, will review extenuating circumstances.

### 3. Quitting a Sport

Student-athletes who quit a sport will be subject to 20 miles of running before they will be allowed to participate in another sport, unless it is by mutual agreement of the previous coach. If a student-athlete quits a second time, he/she would be ineligible to participate in any athletics for a calendar year and would be subject to 20 miles of running if they decide to participate again after the one year suspension from athletics. A student quitting a sport will not be allowed to participate in another sport until the sport in which the athlete quit has completed its season.

### 4. Athletic Equipment

Athletic equipment is loaned to student-athletes by the Athletic Department. Student-athletes are personally responsible for equipment issued to them. All equipment will be turned into the Head coach upon completion of the previous season. Any lost or unreturned items will result in the student-athlete paying to replace the item. Debts must be cleared before going out for another sport or before receiving grades and/or school transcript records.

### 5. Stealing

The stealing infraction includes but is not limited to, taking articles from our school or any other school, from restaurants, hotels and/or stores during an athletic trip, or from our own dressing room. (This includes the wearing or having possession of unauthorized school equipment)

- A. **1<sup>st</sup> Offense** - two week suspension with possible expulsion from athletics
- B. **2<sup>nd</sup> Offense** - expulsion from athletics for up to one year

### 6. Travel

Student-athletes must go and return from athletic contests by school-supplied or approved travel. If a student-athlete must travel to the contest with his/her parents, he/she must have his/her parents make the request in writing to the coach prior to the contest. If a student-athlete must travel from the contest, then the parent must give the request in writing to the coach in charge. Once at the site of the contest, the student-athlete is not to leave the site of competition without permission of the coach.

### 7. Paducah Student Code of Conduct

Student-athletes shall follow the rules established in the Paducah ISD Student Code of Conduct. Failure to do so may result in additional disciplinary measures related to the student-athlete's participation in athletic activities as determined by the Coach and or Athletic Director.

**During an athletic suspension, the student-athlete is expected to attend and participate in all required practices in order to successfully complete the season.**

### **Insurance for Athletes**

Paducah ISD is not responsible for injuries of its student-athletes who are participating in athletics. However, Paducah ISD will make available supplemental insurance to be purchased by the individual student-athlete. The coverage for each injury will vary according to the accident. More detailed information can be obtained by calling Paducah ISD (806-492-3524). The Secretary of the Superintendent will answer any questions you have concerning insurance and injuries related to athletics.

## **Athletic Line of Communication**

### **Parent/Coach Relationship**

Parenting and coaching are different vocations. By establishing lines of communication and understanding each position, we are better able to accept the actions of the others and provide greater benefit to children. As parents, when your child becomes involved in our program you have the right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

### **Communication You Should Expect From Your Student-Athlete's Coach**

1. Expectations the coach has for your child as well as for the team
2. Location and times of all practices and contests
3. Team requirements such as rules, paperwork, equipment, and suggestions for off-season conditioning
4. Procedure should your child be injured during participation
5. Discipline that results in the denial of your child's participation

### **Communication Coaches Expect From Student-Athletes**

1. Notification of any schedule conflicts well in advance

### ***Appropriate Concerns to Discuss with Coaches***

1. Treatment of your child, mentally and physically
2. Ways to help your child improve
3. Concerns about your child's behavior

***Issues Not Appropriate to Discuss with Coaches***

1. Playing time
2. Team strategy
3. Play calling
4. Other student athletes

***Parent/Coach Conference Procedure***

If you have a concern with a coach, please follow the procedure below:

1. Please do not attempt to confront a coach before or after a contest or practice. This can be an emotional time for both the parent and the coach. Meetings of this nature do not promote resolution. Productive meetings require calm rational attitudes in a private setting.
2. Call the school (806-492-3524) to set up an appointment with the head coach during his/her conference period the next school day.
3. If you are not satisfied with your conference with the head coach, you may then call to set up an appointment with the athletic director.
4. If you believe the situation has not been resolved, you may then contact the Principal.
5. If the situation still has not been resolved, you may then contact the Superintendent.
6. Any decision of the superintendent may then be appealed to the Board of Trustees.

# **Paducah Athletic Handbook**

## **Parent-Athlete Acknowledgement**

I have read and understand the rules and expectations set forth in the Athletic Handbook for Paducah I.S.D. I will follow the guidelines to the best of my ability and when in violation will accept the consequences set forth in this document.

Athlete Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_