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IRAAN-SHEFFIELD INDEPENDENT SCHOOL DISTRICT EXTRA-CURRICULAR POLICY 2009/2010

It is a privilege to participate in extra-curricular activities. We believe that a properly controlled well organized athletic program meets the needs for self-expression, mental alertness, and physical growth. We endeavor to maintain a program that is sound in purpose and will further each student's educational maturity. **The primary objective of our program is to develop a sense of responsibility and accountability in all of our students.** It is our desire that through competition, our students realize that they can determine the course of their own lives. We believe that through our program we can help our students grow into mature, responsible citizens that contribute to our society.

We want to ensure that each one of our athletes has an opportunity to be successful. Not every young athlete will have the same level of talent, but every athlete can be **praised for his/her work and effort.** Every athlete can feel good about himself / herself and their role on the team. Iraan-Sheffield ISD coaches will work to ensure that our athletes enjoy participating. **When's it's time to work, we will work very hard, but we are also going to find time for our athletes to have fun.**

Academics

ALL ATHLETES ARE STUDENTS FIRST AND ATHLETES SECOND. Your primary reason for being in school is to get an education. We believe that it takes a special person to be a student and an athlete. You are going to have to work harder, stay up later, and get up earlier. We know that this is not easy, but we expect you to do it because others before you have been able to do it.

Athletic Class Period

Our coaches believe that we have one of the finest athletic programs in Texas. **This program is designed to make you a better athlete. It is not for any single sport.** Its purpose and design is to make you better at all sports. Emphasis will be placed on strength, agility, and conditioning. All athletes who intend to participate in football, cross country, basketball, and track must be enrolled in an athletic class period the entire year.

Attendance

Absences are not acceptable. Absences because of illness, a school function, a death in the family etc. will be considered legitimate absences and the athlete will only be required to make up the work that was missed. Failure to notify the coach prior to an absence (with the exception of school functions) will be considered a deliberate miss. The athlete will be subject to disciplinary action in addition to making up the workout. If you cannot contact your coach, you may leave a message on the athletic director's phone (639-2722 ext. 240.) If three such absences occur during a single season, a conference will be held with the athlete and his/her parents, the

coach of the sport, and the athletic director to determine the consequence and possible suspension for the remainder of the season.

Chain of Command

If a player or parent has a problem or conflict with a coach, there is a proper chain of command to follow:

1. Talk to the coach with whom you have the conflict or problem.
2. Visit with the head coach of the sport
3. Arrange a conference with the Athletic Director
4. Arrange a conference with the High School Principal

Be respectful, honest, and direct at all times. By following the proper channels most problems/conflicts will be resolved in a satisfactory and timely manner.

College Recruitment

In the event a student should be contacted personally by a college recruiter he/she has an obligation to work through his/her coach/band director, sponsor and the counseling department. Coaches/band director/sponsors/counselor should be notified of a college contact as soon as possible.

Conduct

All students participating in extra-curricular activities will follow the rules in the student code of conduct. Participants are also held responsible for any additional rules of conduct established by the athletic director, band director, head coach or sponsor to maintain order and safety. Failure to comply may result in disciplinary consequences according to the student code of conduct, conditional suspension, or permanent suspension from the program depending on the severity of the case and the circumstances surrounding the situation. Students who misbehave on overnight trips may have their parents called to come pick them up. Conduct of an athlete is as follows:

- On the Field – An athlete is expected to play hard and with sportsmanship that will reflect pride in the school. No abusive language or actions will be accepted either during or outside competition.
- In the Classroom – An athlete must recognize that academics comes first and that he/she must take a leadership role in the classroom expressing outstanding conduct and courtesy. A good athlete is a good student. A good student will be to class on time and be ready to work every day.
- On and Off the Campus – An athlete must be a leader in all phases of school life and the way he/she acts and looks on and off the campus is of great importance.

Disciplinary Guidelines

Discipline of a student in extra-curricular activities may be administered in different forms:

- Verbal reprimand and or parent conference
- Corporal punishment - one to three swats witnessed in the principal's office
- In athletics - reasonable physical exertion relative to physical conditioning
- Referral to the principal

- Conditional suspension - suspension in which the student remains in the extra-curricular activity but does not participate in competitive events or games representing the school against other schools, The student will practice and participate in all other aspects. The suspension may range from one contest to one year depending on the severity of the case and the circumstances surrounding the situation. A parent meeting will be held in the case of a conditional suspension. The principal will be present at the parent meeting.
- Permanent suspension - suspension in which the student is dismissed from a particular extra-curricular activity. A parent meeting will be held in the case of a permanent suspension. The principal will be present at the parent meeting. The only way a student may return and participate in an activity is by invitation of the athletic director/band director/sponsor and principal. Re-admittance once a student has been permanently suspended from an extra-curricular activity may be warranted when a total attitude change is evident or in the case of suspension due to violating the; drug policy and rehabilitation is satisfactorily completed.
- The head coach/band director/sponsor may suspend a student from the activity he/she is coaching/sponsoring.
- Only the athletic director, with the principal in agreement, may suspend an athlete from the athletic program.
- Only the band director, with the principal in agreement, may suspend a student from the band program.
- The principal will handle all other extra-curricular suspensions upon the recommendation of the sponsor.
- It is the responsibility of the athletic director/band director/principal to see; that discipline is consistent and that each case is handled with equal consideration based on similar cases.
- The athletic director/band director/principal has the right to alter punishment when he/she feels that prior punishment was too strict or not strict enough to be effective.

Eligibility

To be eligible for extra-curricular students must meet all standards set forth by the Texas Education Agency, UIL, and local board policies.

Equipment/Supplies/Materials

The student will utilize the best possible equipment, supplies, and materials. Once a student has been issued equipment, supplies, or materials, it becomes his/her responsibility. Loss or theft of any of these items becomes the student's financial obligation. Theft of equipment / supplies / materials from the school, from another student, or from the coach / band director / sponsor will result in automatic suspension from athletics. Restitution will be made and consequences administered according to the student code of conduct. An athlete will not be allowed to participate in another sport until his or her equipment record is cleared in the previous sport. An athlete that does not take care of his or her equipment will be disciplined according to the sport.

Felony Charges

Any student that is charged with a felony will be permanently suspended from all extra-curricular activities. Also the student will not be allowed to attend extra-curricular activities as a spectator. The police will be called if the student is in attendance. If the charges are dropped or

the student is found innocent he/she may request a hearing with the principal for permission to be returned to regular status.

Grooming and Dress

Students will follow the dress code that is in the student handbook. In addition, students will be required to follow other rules that may be stricter than those stated in the handbook. The following are general guidelines to be enforced by coaches / band director / sponsors / principal:

- Tattoos and other body markings will be covered.
- Hats and caps shall be worn with the bill of the hat or cap forward.
- Male students shall not dye or color their hair in any way.

Your appearance should at all times reflect class and pride in yourself and in our athletic program.

Injuries Or Illness

The District employs a part-time athletic trainer. If you have an injury, it is your responsibility to see the trainer. The trainer will either treat the injury, or if the injury is too severe to handle, they will refer you to your family physician. If you do not come to school call 639-2722 ext. 240 and let the coach know that you will not be in school or workout.

If you are sick or injured we do not expect you to workout, but if you are at school we expect you to be at practice, in the required uniform following your group from station to station and learning as much as you can.

Insurance

All UIL competitors at Iraan-Sheffield ISD are covered by a secondary insurance plan. This insurance is designed to help pay a competitor's deductible after their primary insurance has paid. This insurance cannot and will not serve as the primary insurance.

Lettering

The first time that a student letters on a varsity team he/she shall receive a school athletic jacket. This is ordered at the end of the season and presented to the athlete. All additional patches or decorations for the jacket will be the responsibility of the individual student.

Students participating in athletics at the sub varsity levels will be recognized for their efforts at the spring sports banquet.

Requirements:

- Must compete in a specified number of interscholastic contest at the varsity level
- Must be recommended for lettering to the Athletic Director
- Must complete the season in good standing as a team member
 - Football – an athlete must be on the varsity team for at least ½ the season
 - Cross Country - an athlete must be on the varsity team for at least ½ the season
 - Basketball - an athlete must be on the varsity team for at least ½ the season

- Powerlifting - an athlete must participate in three meets and complete all lifts in at least two meets
- Track - an athlete must represent the school in at least ½ of the regular varsity meets and score a minimum of 10 points or point at the district track meet
- Golf - an athlete must compete in two regular season tournaments and the district tournament as a member of the varsity team
- Tennis - an athlete must compete in at least ½ of the regular season tournaments and the district tournament as a member of the varsity team

All finals decisions concerning athletic letters will fall under the discretion of the coach of the sport and the athletic director.

Locker Room

During the course of the season you will spend a great deal of time in this room. Take care of it like it is your own; it is. Keep it clean by putting trash and tape in the trash can. Do not wear muddy shoes in this area. Make this room a more pleasant place for everyone. The locker room is also a private place. It is a place where all your team family meets. What's said in the locker room should stay there. Do not be a busybody; a rumor can grow until it disrupts a whole team.

Each locker room will have guidelines posted for teams to abide by. Each team member is expected to know these guidelines and follow them. Failure to adhere to these guidelines will result in disciplinary measures according to the sport. The athlete will be responsible for keeping his or her locker neat and clean for hygienic and organizational reasons.

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Off-Season (athletics only)

It is the desire of the coaching staff that the attention of the community, the student body, and the athletes will be directed to the sport or sports in season. However, for those athletes not wishing to participate in the sport in season, a comprehensive off-season training program will be provided to enhance the athlete's agility, endurance, flexibility and strength.

All athletes will be expected to be in the athletic program, either participating in a sport or in the off-season program. If an athlete does not complete the off-season program while attending school, they will not be eligible to participate in any athletic competition for **at least the first six weeks of the next sport they wish to participate in.**

Punctuality

Always be on time! Being tardy is disrespectful to your coach and your teammates. During school, athletes will have a designated amount of time after the athletic period bell to be dressed and ready to go. Tardiness will result in disciplinary measures according to the sport. On trips the bus waits for no one. **Excessive tardiness will not be tolerated.**

Quitting

Quitting is an intolerable habit to acquire. At the beginning of each sport season, each athlete will be given a two-week grace period to decide if he/she can contribute to the team of the sport in season. After this two week grace period has expired, any athlete quitting a sport will be given an initial 24-hour grace period to return. If he or she returns after 24 hours and decides to quit, **the athlete will not participate for one calendar year**. If an athlete wishes to return the following year it will be at the discretion of the coach involved and the athletic director.

If you start something, finish it. No coach will try to make you participate in a sport, but we do expect you to honor your commitments and finish what you start.

Scheduling Conflicts

While a broad range of experiences is beneficial, the student that attempts to participate in several extra-curricular activities will undoubtedly be in a position of conflict in obligations. In any event that is in conflict with another sport taking place in the same season, the event that ranks as the highest competition will be the event in which the student competes. An example would be a district competition on the same day as a regional competition. If travel allows the student to compete in both, then that is fine. However, if that is not the case, then the student will compete at the regional event only. If the events are of equal rank then the sponsors will try to work out a mutual agreement. If no agreement can be made, then the principal will decide which event the student will participate. The principal will involve the parents in making the final decision. Once the decision has been made and the student has followed that decision, he/she will not be penalized in any way by the sponsor/coach. If the conflict is between an activity that is at the end of its season, and one that is at the beginning of its season, the activity that has been in season the longest will have priority.

Travel

All students are required to ride the bus/van to all games except in special cases that are cleared by the head coach/band director/sponsor. Students are required to ride home on the bus/van. Students may be released to their parents only. If a parent wishes to take a student with them after a contest, they must clear it with the head coach of that activity **prior to leaving for the contest**.

Reinstatement Policy

Athletes who are suspended from a team for an indefinite period can be reinstated by the following procedure:

- The athlete is required to notify the coach of the team that he/she wishes to be a part of the team.
- The coach will then meet with the Athletic Director and Head Coach of that sport to determine if the process should continue. If so, a meeting will be scheduled with the Athletic Director, Head Coach, athlete, and the athlete's parents.
- A decision will then be made by the Athletic Director and the athlete and parents will be notified about the decision in writing.
- If the athlete is reinstated, he/she will be expected to complete all make-up work and additional requirements from missed practices and games before they are permitted to participate in a contest.

Suspension /Saturday In-School Suspension

Students that have been suspended or placed in in-school suspension may not participate, play or travel to a contest with the group participating during the time in which he/she has been disciplined by the principal. Other discipline action by the principal may also apply.

Training Rules

Student participation in activities during their personal free time that may be harmful or high risk to injury will be discouraged. A curfew may be set by the coach/band director/sponsor of his/her activity when deemed necessary to maintain safety, fitness and the best opportunity for success. A student in violation of training is subject to discipline action by the coach/sponsor.

NOTE: ALL OTHER CIRCUMSTANCES THAT OCCUR NOT COVERED IN THIS POLICY WILL BE SUBJECT TO THE JUDGMENT OF THE ATHLETIC DIRECTOR , BAND DIRECTOR AND PRINCIPAL.