

Electra ISD Athletic Handbook

Introduction

This handbook communicates important information concerning athletic policies and procedures to our parents and students. After reviewing this information, we ask that the parents and students sign the receipt page in the back of the handbook and turn it into his/her head coach.

***Anything not covered will be left to the judgment of the Athletic Director.**

Philosophy of Athletics

The athletic program is part of the total educational program. Sports are a vital part of the physical, mental, social and moral growth of our students. Sports are extracurricular activities, not designed to transcend the academic program, but to enhance it. Athletics is about teaching the value of dedication, commitment, goal setting, hard work, fair play, sportsmanship, teamwork, and sacrifice. If one will live up to the standards set by the athletic department, athletics can and will serve as an outstanding extension of academics.

Development Program

Virtually all-athletic programs have some system to develop their athletes. A great program will work to maximize a physical, skill, and intangible ability of the athletes enrolled in athletics. We will run a great program and work to maximize the total athletic program. Specific details of the development program will be given to the athletes as they enter into each phase of the program.

Academics

The character and hard work of the athlete should carry over into the classroom. The athletes must plan their schedule to that they give sufficient time and energy to their studies to ensure acceptable grades. In addition to maintaining good grades, the athlete should give respectful attention to the classroom activities and show respect for faculty and other students at all times.

Student-athletes will be monitored by the coaching staff through grade checks.

This keeps the coaching staff aware of student-athletes that might be struggling in the classroom. We will do what we can to motivate the athlete to insure his/her success. Coaches will counsel and mentor the athlete when needed.

ELECTRA TIGERS
TIGER PRIDE!

Goals of this Athletic Program

1. **Academics**—You will graduate. This is ultimately why you are in school in the first place. Our “program” plays an assisting role in developing your total self.
2. Teach athletes the value of hard work, discipline, and teamwork.
3. Abide by the rules and regulations of **ELECTRA ISD** and the U.I.L.
4. Develop sportsmanship in our athletes, coaches, and fans.
5. Have fun!

Goals of the Athletic Director

1. Be a great role model and develop character in student-athletes.
2. Promote school spirit and community involvement.
3. Develop athletic policies and insure implementation of these policies.
4. Enforce consequences for student-athletes who violate rules and policies.
5. Provide student-athletes with sound instruction and guidance.
6. Abide by all rules and regulations set forth by **ELECTRA ISD** and the U.I.L.
7. Proactively promote sportsmanship.

Goals for Coaches

1. Be a great role model and develop character in student-athletes.
2. Promote school spirit and community involvement.
3. Be a positive coach.
4. Discipline athletes who display unacceptable behavior.
5. Abide by all rules and regulations set forth by **ELECTRA ISD** and the U.I.L.
6. Respect the judgment of the officials and their interpretation of the rules.
7. Have fun!

Goals for Athletes

1. Give great effort (compete with *PASSION*).
2. Believe in yourself, your team, and your coaches
3. Treat opponents with respect as fellow competitors.
4. Respect the judgment and integrity of the officials.
5. Accept both victory and defeat with pride and dignity
6. Abide by all rules and regulations set forth by **ELECTRA ISD** and the U.I.L.
7. Have fun!

Obligations of the Athlete

Practice and Game Attendance

It is the obligation and responsibility of team members to attend all scheduled practices, meetings, and games regularly, and on time. Practice times will be scheduled and announced.

Being late or absent

Each tardy will be defined as excused or unexcused. The athlete will be disciplined for an unexcused tardy or absence (this could include missing a competition). Any team member who arrives late to practice or who leaves early is disruptive to the team's improvement and game plan. If the coach is not notified prior to the workout, it will be an unexcused absence. (Some situations will be considered an excused absence without a phone call). All absences will be made up. The athlete will be disciplined for an unexcused absence. The Head Coach will give makeup work for absences; this workout will vary from sport to sport.

Athletic Class Period

Dress out every day in school-issued clothing and/or equipment. Students unable to physically participate are still required to dress out and participate mentally. Some injuries may not allow the athlete to dress out. If there is a question, the Head Coach will make the decision.

Equipment and Uniforms

Team uniforms, warm ups, and equipment are the property of **ELECTRA ISD** and must be treated with care. Athletes are responsible for keeping their school-issued equipment clean and secure. All athletes must return their uniforms and equipment to their coach no later than seven (7) days after their last game competition. Theft, loss, or damage of any equipment is the athlete's financial obligation. No athlete will be allowed to check out any equipment or uniform for another sport until payment for missing or destroyed equipment is made. Award recognition, letter jackets and other privileges may also be withheld until all equipment is returned or replaced.

ELECTRA TIGERS
TIGER PRIDE!

Tobacco, Alcohol, and Other Drugs

It is a violation of athletic policy for **ELECTRA ISD** athletes to use or possess alcohol, illegal drugs, drug paraphernalia, or tobacco products on or off school premises. Violations of this nature reported by a coach, school administrator, or law enforcement official will be investigated by the athletic director and/or coaching staff.

Tobacco— Any athlete caught using tobacco products will be punished:

First Offense - running 10 miles within five (5) consecutive days, and will be suspended from competition until all running is completed.

Second Offense - running 20 miles within ten (10) consecutive days, and a one week suspension from athletic competitions.

Third Offense - suspension of one semester or days equal to.

Alcohol - Any athlete caught using alcohol will be punished by:

First Offense - running 10 miles within five (5) consecutive days, and will be suspended from athletic competition for one week (must attend practices)

Second Offense - running 20 miles within ten (10) consecutive days, and a 30 day suspension from athletic competition. (must attend practices)

Third Offense - suspension of one calendar year.

Drugs - Any athlete caught using or in possession of illegal drugs will be subject to:

First Offense - running 30 miles within fifteen (15) consecutive days, and a 30 day suspension from athletic competition (must attend practices)

Second Offense - Suspension of one calendar year from the athletic department

Third Offense - Removed from all athletic programs

Behavior and Appearance

Poor Attitude

An athlete may be suspended for all or part of a sports season for demonstrating behavior that is detrimental to the team. Suspensions will be dealt with on an individual basis. Examples of unacceptable behavior include, but are not limited to:

1. Poor effort or lazy attitude (skipping practice)
2. Disrespect to the coaching staff
3. Negative effect on team morale

School Suspension (ISS/AEP)

Athletes assigned to ISS must still attend after school practice, and complete make -up work they missed during the period. (Conditioning/weights) If an athlete is assigned to ISS on a game day, the athlete is suspended from that game.

If an athlete is assigned to AEP, they may not participate in any extracurricular activity until term is completed and after 20 miles has been completed in ten (10) consecutive days

Destruction of School Property

Anyone caught vandalizing school property or stealing school equipment will be subject to the harshest of punishments. This may include, but not be restricted to: *Suspension of one calendar year from the athletic department.*

Hazing

No athlete at any time, by means of practical jokes, initiation rites, horseplay, etc., will humiliate any fellow athlete. The **ELECTRA ISD** Athletic Program will not tolerate hazing in any form. No one has to “earn his or her way” on a team by submitting to ridicule from other members of the team. It is the duty of each team member to discourage this behavior. The Athletic Director will discipline athletes found guilty of hazing.

Procedure for Quitting a Sport

Commitment to being a team member is one of the most valuable lessons learned in athletics.

The first week of participation in a sport is a “free trial” period. If the athlete chooses not to participate during this time, then there is no violation.

Quitting a sport after the “free trial” period will require the athlete to run 30 miles before he/she can play another sport.

Personal Appearance and Conduct

Our student-athletes are quite often the only contact that many people in other communities have with our school. Appearance, expressions, and actions always influence opinions of our athletes, teams, and our school.

It is expected that **ELECTRA ISD** athletes will conduct themselves in a manner that is positive for our school district and community.

Our student/athletes will:

1. Respect fellow teammates, coaches, managers, and school faculty.
2. Respect our opponent’s team, coaches, managers, and school faculty.
3. Respect all officials, umpires, referees, etc.
4. Display desirable behavior, desirable language, and polite attitudes.
5. Be well-groomed and dressed appropriately at all games and contests.
6. No earrings or jewelry will be worn during any athletic activity.
7. Tattoos must be covered at all times.

All athletes representing **ELECTRA ISD** should establish and maintain a high standard of appearance at all times.

*The head coach of each sport will establish attire guidelines for the team.

ELECTRA TIGERS
TIGER PRIDE!

Dress Code

Student-athletes act as representatives of the school and community therefore are required to exhibit a well-groomed and appropriate appearance.

This appearance will be exhibited 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. Likewise, athletes are expected to comply with the following rules in order to participate in athletics at **ELECTRA ISD**.

1. Athletes are not allowed to wear pants that sag below their waist.
2. Athletes are not allowed to wear facial hair when representing Electra ISD
3. Sideburn length may not extend below the ear.
4. Male athletes will not wear earrings while attending any school related activity. (includes sitting in the stands)
5. All athletes must cover visible tattoos.
6. Male athletes' hair must be groomed in such a manner that it is above the eyebrows, above the bottom of the earlobe, and above the collar.
7. The only visible piercing that is allowed is in the ears (**for girls only**). However, girls should not wear earrings during practice or competition.
8. Clothing with reference to alcohol or drugs is not allowed.
9. Clothing with inappropriate language or images is not permitted.

Social Media

Be careful here. This will be policed by school administrators and coaches. Actions taken will be under the discretion of the athletic director.

Parent/Coach Relationship

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

Communication Parents Should Expect From Coaches:

1. Expectations the coach has for your child
2. Locations and times of all practices and contests
3. Team requirements (fees, special equipment, etc.)
4. Discipline that affects your child's participation

Appropriate Issues to Discuss With Coaches:

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

Issues Not Appropriate to Discuss With Coaches:

1. Team strategy
2. Play calling
3. Other student-athletes

Parent/Coach Conference Procedure

If you have a concern to discuss with a coach, please follow this procedure below:

1. Please do not attempt to confront a coach before, during, or after a contest or practice. **(This can be an emotional time for both the parent and coach. Meetings of this nature do not promote resolution. Productive meetings require calm, rational attitudes in a private setting.)**
2. Call the athletic department 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.

ELECTRA TIGERS
TIGER PRIDE!

Goals for Parents, Boosters, and Fans:

1. Promote school spirit and community involvement
2. Respect our players, coaches, and fellow fans
3. Respect the players, coaches, and fans of opposing teams
4. Know and understand the rules of the game
5. Treat officials with respect
6. Abide by all rules and regulations set forth by **ELECTRA ISD** and the U.I.L
7. Have fun!

Forms and Paperwork

Athletic Physical Examinations

No student/athlete shall be eligible to practice or play a school sport until they have passed an adequate physical examination and have it on file. The UIL physical form must be completed and signed by a licensed physician, a parent or legal guardian, and must be completed and signed by the student. Physical examinations are required for students/athletes entering grades 7,9, and 11 but may also be required for other student/athletes.

Athletic Department Forms Packet

This packet includes:

1. UIL Acknowledgment of Rules
2. Consent to emergency medical treatment
3. Personal student and parent information
4. Medical history

This packet should be filled out completely! DO NOT leave any information blank.

Injury

The potential for injury is inherent in all interscholastic sports. Even with the best coaching, the most advanced protective equipment, and a strict observance of rules, injuries can happen.

Athletes should report all injuries to the coach and parents. Please remember that coaches are neither doctors nor athletic trainers. They can make suggestions and give advice, but they are not certified to diagnose, treat, and release athletes from injury.

If an athlete is seriously injured, he/she must have a doctor's release before continuing practice or competing in athletic contests.

ELECTRA TIGERS
TIGER PRIDE!

If your child is injured at an athletic event, the coach will do the following:

1. Get emergency help, if needed.
2. Contact the parent or legal guardian
3. Contact the athletic director and/or administrator on duty
4. If the injury requires EMS, or a hospital trip, all parties will be updated continually.

RECEIPT OF **ELECTRA ISD** ATHLETIC HANDBOOK

Athlete's Name:

(print) _____

I have received a copy of the ELECTRA ISD Athletic Handbook.

COACH RYAN QUILLEN

ELECTRA TIGERS
TIGER PRIDE!

I understand that all athletes will be held accountable for the information outlined in this handbook.

Athlete's Signature: _____

Date: _____

Parent's Name:
(print) _____

Parent's Signature: _____

Date: _____

Parent Copy

Athlete's Signature: _____

Date: _____

Parent's Signature: _____

Date: _____