

COMMUNITY ISD ATHLETICS



HANDBOOK

Introduction

This handbook is designed to provide for a successful experience for student-athletes and the efficient operation of the Community ISD Athletic Program. The athletic handbook is designed to coexist with the Community ISD Student Handbooks and the Community ISD Student Code of Conduct. Student athletes in grades 7-12 are accountable and responsible to the rules and requirements contained within this handbook. It should be noted that while different sports may have additional rules and regulations that go beyond what is listed in this athletic handbook, those rules are *in addition* to this athletic handbook-not in place of them.

Known Benefits of Extra-Curricular Activities

1. Students who participate in co-curricular and extra-curricular activities tend to have higher grade point averages, better attendance records, lower drop-out rates, and fewer discipline problems than students in general. Students involved in activities/athletics are generally **motivated** to do well in school.
2. The majority of high school students nationwide perceive that athletics and other activities make school **fun and enjoyable** and are important.
3. Participation in sports and other extra-curricular activities has proven more likely to **predict future success** than either high grades or high SAT/ACT scores.
4. Involvement in extra-curricular activities leads to feelings of self-satisfaction and happiness and gives students the will to succeed in life.
95% of Fortune 500 CEO's participated in interscholastic athletics!
5. A sense of belonging, high hopes for achievement, acceptance of discipline and loyalty, time management skills, responsibility, accountability, punctuality, self confidence, a sharing of different personal backgrounds, and an acceptance of different personalities are **valuable lessons** for adulthood that are taught through extra-curricular programs.

Our Mission

Our total athletic program is built around the following objectives:

1. Contribute to the development and well-rounded maturity in the student-athlete.
2. Assist the student-athlete in achieving academic success.
3. Encourage the student-athletes to be concerned about their attitude in the overall education process, as well as the importance of their self-discipline and commitment in all areas of their lives.
4. Teach the practice of excellence in competition.
5. Develop, refine, and teach ethical values.
6. Train the student-athlete for leadership.

Player Participation Policy

It is the desire of the Community ISD. Athletic Department to promote athletic participation in all sports offered. Sub-varsity levels are viewed as learning and developmental stages. Varsity denotes higher skill levels have been attained and athletes are striving for competitive excellence in their sport.

On the 7th, 8th, and 9th grade levels, every suited up team member will participate in each contest. Coaches will accommodate this policy.

At the junior varsity level, coaches will still make every effort to play every suited team member. However, this is a transitional level to varsity so factors such as squad size, level of competition, and time limits will affect coaches' decisions.

Each varsity athlete will have an individual role on his/her team. That role may be as a starter, a substitute, or other designated position. Competitive excellence is the goal; therefore an individual's playing time is not a consideration. Playing time IS NOT guaranteed on the varsity level.

Eligibility Standards

1. **Must meet UIL Residency standards**
2. **Pre-participation Physical Examination/Medical History** – *ALL* athletes must have an annual/current physical on file with the Athletic Department *EVERY YEAR*.
3. **Concussion Acknowledgment, Steroid Use, and Sudden Cardiac Arrest Form** - provided by the UIL, located on the district's Rank One site.
4. **Rules Acknowledgment** – Annual UIL Rules Acknowledgment Form signed by the student and the student's parent or guardian.
5. **Academic Eligibility** – Community ISD is on a 9 week grading period. In general, to be eligible for athletic competition, students must pass all classes for the first 6 week grading period (progress report) and every 9 week grading period thereafter. If a student is rendered ineligible, they are not able to compete in a competition (but are still required to attend and participate in practices) beginning exactly one week after the ending date of the grading period. An athlete who is ineligible will be monitored in three week intervals. If the athlete is passing all courses at the end of one of the three week intervals, the athlete may regain eligibility. In this instance, the athlete will not be able to compete in a contest until one week after the end date for the review period.
6. **Enrollment in the Athletic Period** – All athletes participating in one or more of the designated team sports (Volleyball, Football, Basketball, Soccer, Baseball, and/or Softball) must enroll in the athletic period.

Individual Sports – Students who participate in Tennis, Powerlifting, Golf, Cross Country, or Track that do not also participate in one of the designated team sports do NOT need to be enrolled in an athletic period.

7. Failure to Complete a Sport – **Any athlete who quits a sport will not be allowed to participate in another sport until the season of the sport they did not complete is over.** Quitting is an intolerable habit to acquire. Athletes that quit are giving up on themselves and those that depend on them. Commitment to being a team member is one of the most valuable lessons learned in athletics. Each athlete is expected to fulfill his/her commitment (in some capacity) to the team.

Exception: Athletes who choose to quit a sport during the two-week “tryout window” will not be subject to this consequence. The tryout window is defined as the 14 calendar day period of time beginning with the first official practice of the particular sport’s season.

8. Placement in Alternative Education – Any athlete placed in the Alternative Education Program (AEP) will be ineligible for participation in the athletic program for the duration of their placement. They will remain ineligible for participation in contests and after-school practices throughout the semester for which they were assigned. Upon release from AEP, students will not be allowed to participate in sports whose seasons have already begun (according to the UIL calendar) for that year. They are however eligible for all activities the next semester.

Academics

There will be a coach designated as the Academic Coordinator for both male athletes and female athletes. They will run grade reports weekly, and athletes and their coaches will be notified of any failing grades or any grades that have had drastic changes.

- **Players will be expected to have no grade lower than an 80 average in any class.**
- Players will be expected to serve as positive role-models and leaders in all classes.

Athletic Chain of Command

Appropriate issues to discuss with coaches:

- Treatment of your child
- Ways to help your child improve
- Concerns about your child's behavior

Issues not appropriate to discuss with coaches:

- Team strategy
- Play calling
- Playing time/Other student-athletes

Conference procedures and guidelines:

Please do not attempt to confront a coach before, during, or after a contest or during a 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.

Chain of command:

1. Head Coach
2. Girls/JH Coordinator (if applicable)
3. Athletic Director
4. Director of Student Services

Community ISD Board Policy states that “**conflict resolution must occur at the lowest possible level.**” It is for this reason that these steps must be followed.

Athletic Attendance

It is the obligation and responsibility of team members to attend scheduled practices, contests, and meetings regularly and on time. If an unavoidable conflict arises with a practice or contest, one of the coaches should be notified before the workout or game. Failure to make contact prior to the practice, contest, or meeting may result in the absence being considered unexcused. **The athlete, rather than the parent, should handle communication regarding absences as much as possible.**

Excused Absences

Excused absences will be made up. The make up for an excused absence is not punishment but is administered so that the athlete can make up missed work and conditioning. Examples of excused absences are illness, a death in the family, school-sponsored activity, or an emergency situation. **Athletes should understand that when they have to miss, it is imperative that a coach be notified prior to the absence.**

Athletes should understand that habitual absences, even though they may be excused, become detrimental to their ability to perform and to their knowledge of team concepts. Habitual absences will result in disciplinary actions, including loss of playing time and/or possible suspension or dismissal.

Unexcused Absences

Athletes and parents should understand that failure to notify the coach prior to an absence will usually result in the absence being considered unexcused. Some extenuating situations will be considered an excused absence without prior notification. If there is a question as to whether it is excused or not, the head coach and/or athletic director will make the decision. Unexcused absences will be made up and disciplinary action will be taken as well.

ISS

An athlete placed in ISS is not allowed to participate in a game or contest during his/her placement, but he/she is allowed to practice outside the school day. Failure to report to a scheduled practice will result in an unexcused absence for the athlete unless prior notification is given that the athlete is missing for a justifiable reason. Disciplinary action can be taken at the discretion of the head coach. Multiple assignments of ISS could also result in disciplinary action.

Absences due to tutorials

Athletes must attempt to schedule tutorial times around practices and/or games. In the event that an athlete must miss because of tutorials, it must be approved by the head coach.

Travel

It is the policy of the Community Independent School District Athletic Department for athletes to travel to and from the site(s) of all athletic events with the team. Except in an emergency situation, an athlete must have prior approval via the completion, submission, and approval of an Alternative Transportation Request form for all instances of alternate travel.

We encourage sub-varsity athletes to travel to and from athletic events with the team, but understand due to many contests taking place on school nights that it is sometimes better for the athletes to ride home with their parents. *Approval will be at the discretion of the head coach.* This will be allowed under the following guidelines:

1. Under normal circumstances, students may be released only to their own parent/guardian after they have signed out with the respective coach..
2. If the parent/guardian wishes for their child to be released to another designated adult, an Alternative Transportation Request Form must be approved prior to departure.

Conflicts in Extracurricular Activities

The Community Athletic Department recognizes that every student should have the opportunity for a broad range of experiences in the area of extracurricular activities. Students are also urged to use caution in attempting to “specialize” too much, thereby denying themselves a well-rounded high school career. Students, however, should also be cautious about participation in too many activities. Interscholastic sports at the high school level require a substantial time commitment. A commitment to a high school athletic team indicates that all non-school conflicts will be resolved in favor of the high school team. This includes non-school league

play in all sports, but would NOT include such things as religious holidays or family emergencies. Concerning school related conflicts, it is the student's responsibility to communicate with both coaches/sponsors and then it becomes the coaches/sponsors responsibility to work out an appropriate solution.

Injuries

The Community Athletic Department employs one full-time Athletic Trainer. They are trained to recognize those injuries requiring a doctor's attention and treat routine injuries. It is very important that injuries be handled in the proper manner.

Athletes and/or parents should first inform the trainer of an injury. The injured athlete should always check with the trainer before going home. This allows the trainer to follow up with the parents about treatment or seeing a doctor. All doctor notes are to be given to the Athletic Trainer-not the coaching staff-at the High School level. All doctor notes from middle school athletes are to be given to the girls and/or boys coordinator. He or she is responsible for all coaches knowing the limitation of athletes prior to physical activity taken place. If a doctor's note is not involved, the trainer has the final say as to whether an athlete that has been injured may work out or play in a game. No coach, including the Athletic Director, may overrule the trainer, parent or doctor on injury decisions. If there is ever a question, contact the Athletic Trainer for clarification. An athlete who has been injured will follow the following rules:

1. Report for treatment as designated by the Athletic Trainer.

2. Report for practice. The trainer will brief the coach with what drills the player can or cannot participate in. If the player is to be held out of the week's game, they will spend that time in treatment and/or rehabilitation.

3. An injured player is expected to be at practices, unless at rehab or treatment.

4. Any injured middle school athlete should come be evaluated by the Athletic Trainer before seeing a doctor.

School Athletic Insurance

The purpose of this section is to explain the accident insurance policy, which covers all athletes in Community Independent School District. All students practicing for, and competing in any athletic activity under the regulation and jurisdiction of the district are covered under the insurance plan. This coverage is not full coverage. It is a secondary policy only. Students are covered under the best insurance coverage available to us. In case of an injury, parents must contact the athletic trainer before taking their child to the doctor. Failure to do so may forfeit their rights to insurance claims covered under the school plan. For further information contact the athletic trainer.

1. If your child is injured, you must contact the athletic trainer.
2. You must first file on your personal family insurance.

Equipment Issue and Return

Community Athletics provides each team member with the best and safest equipment available. All equipment issued to an athlete is expected to be returned in the same condition as when issued (except normal wear and tear) or the athlete is expected to compensate the athletic program for the lost or damaged equipment. A student may not be allowed to participate in any other athletic program until all issued uniforms and equipment are returned in good condition or paid for.

Locker Room Behavior

Each coach is responsible for the actions of the student athletes on the team from the time they report to the locker room to the time they leave the premises. Coaches should be present at the facility **AT LEAST** thirty minutes before the student athletes report for practice, games, meets. It is also the responsibility of the coach to monitor locker rooms at all times. Athletes are expected to behave in locker rooms (both home and away) as they would be expected to act at home. General dressing room behavior is as follows:

- No running, horseplay, hazing, or throwing objects
- Keep all equipment in your locker (not on the floor)
- No cell phone usage inside the locker rooms

***All students will be provided with a secure place to store items of value.**

Dress Code/Personal Appearance

Athletes are expected to dress neatly and be well groomed at school and at any activity representing the school. Athletes who habitually violate dress and grooming standards may be subject to disciplinary action including suspension if the violations are not corrected.

Requirements:

- Follow the dress code guidelines in the student handbook. Exception: Athletic uniforms and equipment are acceptable during workouts and competition.
- Grooming/appropriate dress will be at the discretion of the in-season head coach.
- Athletes shall follow additional requests of the coach for game day or team travel.

Conduct

Athletes may face disciplinary action, including possible suspension or expulsion, for demonstrating behavior that is detrimental to the team. Examples of unacceptable behavior include, but are not limited to:

- Offensive language
- Unwilling or lazy attitude, poor work ethic
- Disrespect to the coaching staff or fellow student-athlete
- Disrespect to a game official
- Display of temper
- Not responsive to a coach's request
- Argumentative attitude
- Habitual disregard for rules
- Negative effect on team morale
- Unsportsmanlike behavior
- Teacher reported classroom behavior/insubordination
- Non-compliance of Student Code of Conduct

Use of Social Media Sites

All student athletes are expected to be representatives of Community High School, it is imperative that each athlete maintains a sense of decorum and modesty when using such internet sites as Facebook, Twitter, etc. Millions of people visit these networking/social websites, and we expect our student athletes to use good judgment when utilizing such venues. All athletes in the school are governed by Community HS and UIL. If inappropriate language, and/or inappropriate images such as possession of alcohol, tobacco, or drugs/drug paraphernalia in any form are posted, disciplinary action will result. This also includes social media posts that are negative about the school or opposing schools.

Alcohol/Drug Use

The possession or use of alcohol, tobacco, or drugs/drug paraphernalia in any form will not be tolerated. Besides being illegal in most cases, the use of these substances is dangerous to the user and detrimental to athletic performance. If this situation arises, the Athletic Administration will be consulted, and disciplinary action will result.

Dismissal

On some occasions, an athlete will need to be dismissed from a sport due to unacceptable behavior or violations of the athletic handbook. The Community ISD Athletic Department reserves the right to remove any student athlete from its programs based on the severity or frequency of the violation.

The following guidelines will be in effect for any athlete that is dismissed from a sport or from athletics.

- An athlete dismissed from a sport may be dismissed from the athletic program if the violation is deemed to justify such action.
- An athlete dismissed from a sport will not be allowed to participate in another sport until the first sport is completed. Participation is considered as after school practices, use of facilities after school or athletic contests.

- An athlete dismissed from a sport, may regain participation privileges in that sport the following season by if granted by the head coach and Athletic Director.

Sportsmanship – Athletes/Parents/Spectators

Community ISD Expectations of Spectators, Athletes, and Coaches

Good sportsmanship is a must. Be the example.

- Show respect at all times.
- Profanity will not be tolerated.
- Insults directed to officials, players, coaches, or other fans will not be tolerated.
- No noise-makers are allowed at indoor competitions.

Those unable to exhibit proper sportsmanship will be unable to attend games.

Following are a list of behavior expectations of athletes and spectators. These lists appear in the Sportsmanship Manual developed by the UIL. Become aware of these expectations, as well as the ones above, and put them into action. Together we want to present a positive image of Community to the game officials and to our opponents.



Community ISD
Athletics Department
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Alternative Transportation Request

Community ISD provides transportation to and from any extracurricular event that is away from the CISD Campuses. This ensures the safety of all students. In the event in which a student is seeking alternative transport to or from an activity, a parent/legal guardian must complete the following form to ensure all parties are aware of the situation, and the safety of the student is ensured.

I, _____ am requesting that my student _____ leave his/her activity with myself. I understand that at the conclusion of his/her activity the responsibility of transporting him/her home is no longer with Community ISD.

In rare cases in which a student needs to ride with a person that is not a parent/legal guardian, the Athletic Department needs to be made aware of this before departure to the activity. The granting of this request is up to the Athletic Department and designed to ensure the continued safety of our students.

I, _____ am requesting that my student _____ leave his/her activity in the care of _____. I understand that at the conclusion of his/her activity the responsibility of transporting him/her home is no longer with CISD Schools.

Signature of person other than parent/guardian providing transport

_____/_____
Parent Signature Date Athletic Director or Representative Date