

# **ATHLETIC CODE**

## **FOR SCHULENBURG ISD ATHLETIC PARTICIPANTS**

### ***Our Purpose***

The Schulenburg Independent School District provides extra-curricular athletic programs for the benefit of our students. We believe that participation in the various athletic programs can provide students an opportunity to learn many things not available to them in the classroom. Students are encouraged to participate in all extra-curricular activities.

It is recognized that some of the following rules are stricter than for the general student body. However, participants are expected to accept and to follow the established rules. Violation of the rules will result in corrective and/or disciplinary action. All known facts and circumstances will be taken into consideration when determining what action will be taken. At any point, a student may be removed from the athletic program for a violation of these rules or if the AD deems it in the best interest of the student or the athletic program.

### ***Statement of Intent***

The following statements have been prepared by the Athletic Director with the approval of the Superintendent and Principals for Schulenburg Independent School District:

- Participants and their parents/guardians will be required to sign a statement indicating that they are aware of the significance of these guidelines. This acknowledgement must be signed and returned to the coach before a student can participate in any games or scrimmages.
- One acknowledgement per school year is adequate. This signed agreement is in effect for the remainder of the school year from the signing date.
- Participants and their parents/guardians must be aware that the main degree of prevention lies in the hands of the participant. The coach will be bound by these guidelines:
  - The coach will be required to administer these guidelines fairly.
  - The coach must inform all participants under his/her responsibility of these rules and be responsible for the returned, signed acknowledgement.
  - Apply rules and punishment fairly.
  - Inform parents/guardians when a participant is involved in an incident.

## ***I. ACADEMICS***

The number one reason all students are here is to obtain a quality education.

1. Participants must meet the minimum grade standards of UIL and TEA. At the present a participant must be passing “all subjects” with a 70 average at the end of the first 6-weeks of school and each 9 week grading period thereafter.
2. If an athlete is ineligible for two consecutive nine week grading periods he/she **may** be removed from athletics for the remainder of the school year. The athlete may not be re-instated until athletic director determines that satisfactory progress has been made academically.

## ***II. ATTENDANCE***

Being at school and practices is part of making a commitment. We will expect all athletes to be in class *on time* and to be at practice and the athletic period unless we are otherwise notified.

All coaches plan extensively before practices begin and when an athlete is an unannounced ‘no show’ many changes have to be made. Extenuating circumstances for an absence will always be taken into consideration.

There will be two types of absences within the athletic department:

1. Excused – an athlete’s absence will be deemed excused when they have contacted a coach *before* the beginning of workout. This can be done with a simple message left on the athletic department answering machine. Sickness, death in the family, etc. are valid reasons for an excused absence. Prior notice of a family shopping trip, etc. is not.

**School related absences are automatically considered excused absences.**

Please call before 8:00 a.m. – HS-979-743-3605, ext. 228

\*Missed conditioning will be made up at the next work-out. If an athletic period is missed, the workout missed must be made up before an athlete can compete in any competition. If a game/contest is missed, future playing time may be affected.

2. Unexcused – an unexcused absence will occur when an athlete misses a practice, game or athletic period without having communicated with his/her coach.

Conditioning for unexcused absences – Make up of previous days conditioning, plus extra

If an athletic period is missed, the workout missed must be made up before an athlete can compete in any competition. It will be up to the head coach of each sport to determine the specific punishment for unexcused absences.

\*In-School Suspension – ISS- a student is placed there for discipline purposes.

ISS will be treated as an unexcused absence and the same punishments will apply. Any athlete who is placed in ISS will also not be allowed to compete in games/scrimmages until dismissed from ISS.

## **Breaking the Law**

We stress to our student/athletes that are not only representing themselves, but their coaches, Schulenburg I.S.D., and the Schulenburg community. If one of our athletes does make a poor choice and is caught with an illegal substance (alcohol, tobacco, drugs) or is caught committing other criminal offenses they will be disciplined accordingly. As classified by the legal system each will fall under two categories: misdemeanor or felony offense. Felony offenses will be dealt with according to local school policy. Misdemeanor offenses will be dealt with as outlined below. Suspensions will begin immediately after guilt is determined, unless the violation occurred when school was not in session. If school is not in session, the suspension will begin immediately upon return to athletic participation (e.g. practices or games) *All running must be completed before athlete is allowed to compete in a school event.*

### ***III. TOBACCO (Vaping)***

Although accepted by a certain percentage of the American society, smoking of cigarettes, vaping and the use of other tobacco products are dangerous, unhealthy, unlawful for teenagers and incompatible with desirable training programs for extra-curricular activities.

A participant who is smoking, using tobacco products or vaping is willing to jeopardize his/her own and his/her teammates' chances for success during the season and has shown that he/she cares little for either. They have further shown that they are very easily misled or that their program is not important to them or both.

An athlete will be deemed 'guilty' of breaking this rule when:

- receives an MIP, etc. by the police.
- visibly seen by a school employee or coach

### **PUNISHMENTS**

1. First Offense of the School Year  
Disciplinary action administered by coach: **AD's and GC's discretion**
2. Second Offense of the School Year  
Disciplinary action administered by coach: 20 miles.
3. Third Offense of the School Year  
Disciplinary action administered by coach: 25 miles.

### ***IV. ILLEGAL DRUG AND ALCOHOL USE***

A person's performance in mental and physical capacities has been proven time and again to be affected adversely by the use of both legal (medicine both prescribed and over the counter) and illegal drugs. A participant using legal drugs such as medicine must inform his/her coach of such action. Illegal drug and alcohol use of any type, including narcotics, marijuana, hallucinating agents, sedatives, steroids not prescribed by a licensed physician, and amphetamines are never acceptable. Due to the illegality of obtaining and using these drug types, a participant violating these rules is subject to a more *severe* penalty. An athlete will be deemed 'guilty' of breaking this rule when:

- receives an MIP, DUI, DWI, etc. by the police.
- visibly seen by a school employee using drugs or alcohol illegally

All reported and alleged instances of illegal substance use will be investigated. Confirmed illegal use of drugs or alcohol will result in disciplinary action being taken. Admission of guilt may result in a less severe penalty than those listed below (must be admitted prior to notification by authorities)

### **PUNISHMENTS:**

1. First Offense – 30 days suspension and 15 miles of disciplinary running and completion of "The Life of an Athlete" educational course on the effects of alcohol abuse on training

athletes

2. Second Offense –60 day suspension from athletic program and 50 miles of running to be made up before allowed to return to participation
3. Third Offense- Permanent removal from athletic program.

***V. NON-SUBSTANCE RELATED MISDEMEANORS***

Misdemeanor offenses not related to substance issues will be dealt with as follows.

**PUNISHMENTS**

1. First Offense of the School Year  
Suspension for one calendar week. No contests or performances during that week.  
Disciplinary action administered by coach: 10 miles.
2. Second Offense of the School Year  
Suspension for two calendar weeks. No contests or performances during those two weeks.  
20 miles of disciplinary running.
3. Third Offense of the School Year  
Suspension from the entire athletic program for the remainder of the school year. (minimum of 60 days). Decision to be re-instated will be made by Athletic Director and High School principal.

***VI. AEP PLACEMENT***

Students are expected to behave in a manner that well represents the school at all times. Any incorrect behavior that results in AEP placement will be dealt with as follows:

1. 1<sup>st</sup> offense while enrolled in athletics  
15 miles of running witnessed by coach
2. 2<sup>nd</sup> offense while enrolled in athletics  
30 miles of running witnessed by coach
3. 3<sup>rd</sup> offense while enrolled in athletics  
45 miles of running witnessed by coach

***VII. REMOVAL FROM A SPORT***

Unless extenuating circumstances exist, the following steps will be taken prior to the removal of an athlete from a sport.

1. Conference with the student and appropriate disciplinary action taken
2. Conference with parent/guardian and appropriate disciplinary action taken with student
3. Removal from sport.

At any point it is determined to be in the best interest of the athletic program, a student may be removed from a sport by the AD.

***VIII. QUITTING A SPORT/PROGRAM***

Commitment is one of the biggest values athletics teaches. Quitting anything is not a habit we want to condone in the athletic department. Any athlete who starts, then quits a sport, after the first contest of any kind, with the exception of extenuating circumstances beyond the athletes control, will not be allowed re-entry to the athletic program and sport participation for a period of one calendar year plus completion of 2 off-season periods, without permission from the athletic director. If an athlete removes

himself/herself from the athletic program, this will be considered quitting and the above rule will apply. This is to keep athletes from changing schedules in and out of athletics to avoid off season workouts.

Example: Joe removes himself from the boys athletic program at the end of the first semester. Joe will not be allowed back into athletics until the spring semester one year later, at that time, he must complete two off season periods before being allowed to return to play. There will be 4 off-season periods throughout the year. 1. Volleyball/Football 2. Basketball 3. Baseball/Softball 4. Last 6 weeks of school. A student may not begin a sport until the sport season for which they are participating in off season has completely finished their season. If a student wants to quit a sport after the first contest begins, he/she will have a 24 hour cooling off period in which to reconsider his/her decision and approach the coach for reinstatement to the team. The final decision on reinstatement will be made by the coach and disciplinary action may still be applied. Participants in multiple concurrent sports may be allowed to quit one of multiple sports at the athletic director's discretion.

### ***IX. DRESS***

All uniforms will be worn in the same manner. No one will be different – ex.: socks, wrist bands, etc. Equipment will be furnished and laundered for all athletes. At no time should an athlete take school issued gear home unless specifically given permission by the coach (game gear, etc.) The school dress code will be adhered to for all banquets, school events, etc.

### ***X. APPEARANCE***

All athletes represent not only themselves, but Schulenburg ISD both on the field of competition and off.

#### **Boys:**

1. To attain a team appearance, hair should be neatly trimmed and not longer than the top of the shirt collar, shall not touch the eyebrows, and the ear hole must be seen.
2. No beards or mustaches of any kind will be allowed.
3. Sideburns must be neatly trimmed and not longer than the bottom of the ear lobe.
4. Hair color must be of a natural color.
5. Earrings/body piercing will not be worn in any athletic facility or athletic event. Tattoos must be covered at all times during athletic events.
6. No jewelry will be worn during practices. UIL rules will be followed for competition. Coaches rules for specific sport may be more strict.

#### **Girls:**

1. Athletes hair should be out of your face, and if possible, pulled back, with bangs out of eyes so as not to hinder performance.
2. Body piercings, with the exception of earrings, will not be worn in any athletic facility or event. Tattoos must be covered at all times during athletic events.
3. No jewelry will be worn during practices. UIL rules will be followed for competition. Coaches rules for specific sport may be more strict.

### ***XI. RESPECT for COACHES***

Coaches should receive “yes, sir” – “yes, ma’am” – “no, sir” and “no, ma’am” responses from players. Players in return will be treated with respect by their coaches. We believe this is a life skill which will benefit all athletes.

### ***XII. INSUBORDINATION***

Failure to follow rules, assignments, etc. will result in swift disciplinary action at the discretion of the coach.

### **XIII. PROFANITY**

We will not tolerate it. First offense will result in disciplinary action at coaches' discretion.

### **XIV. CONDUCT**

At School Activities: We want our athletes to add class to our program and school. We will not allow athletes to 'shoot off their mouth', 'talk trash', etc. to our opponents – this will not be tolerated. We will encourage athletes to praise our opponents and conduct themselves as gentlemen and ladies at all times. Technical fouls, personal fouls, ejections, or any other unsportsmanlike conduct will not be accepted and will be handled at the coaches' discretion.

Proper conduct will also be demanded in the school setting.

Outside school setting: Any conduct by an athlete outside of school activities that is deemed inappropriate by the A.D. may result in disciplinary action.

### **XV. STRENGTH and CONDITIONING**

Any athlete who wishes to participate in athletics must be enrolled in the athletic period unless extenuating circumstances are present. This period will be primarily used to the building of strength, agility, and conditioning for the purpose of success. This includes all sports.

### **XVI. INSURANCE**

As with almost every school in the state our athletic insurance is a *SECONDARY* policy. This means the family's insurance is filed on first. The school insurance pays after the primary policy. If the family does not have insurance the school's insurance will be filed, but will not pay the full amount. Our policy does include a network of doctors. If care is given within this network the amount covered by insurance will be better than if a doctor out of network is used.

### **XVII. TRAVEL**

All athletes must travel with the team. No student may be allowed to drive to the site of a contest. All athletes must return with the team unless a parent personally requests supervision of their son or daughter. Face to face contact with the parent must be made for the athlete to be released to their care. Athletes will not be allowed to leave with anyone but a parent or guardian unless it has been specifically requested at an earlier time in writing.

### **XVIII. NON-SCHOOL ATHLETIC PARTICIPATION**

The Schulenburg athletic department encourages non-school athletic participation as long as it does not interfere with school activities. We do not encourage absences from class, athletic activities, or other school functions for the purposes of participating in non-school related athletic activities (select leagues, etc.). Although these activities can be helpful to athletes and programs, we encourage the building of SISD teams and program above all others. Any non-school related athletic activities that could interfere with participation in school events, practices, etc. must be cleared with the school coach of that sport before the season begins. It is the school coach's discretion whether to allow absences for non-school athletic participation or not. All circumstances will be taken into account by the school coach to determine what is best for the school team and program.

### **XIX. VACATIONS**

As an athletic program we highly discouraged students and parents from planning vacations during a sports season. We urge parents not to plan their vacations during times when there will be a conflict. In the event of an absence due to a vacation that is unavoidable, an athlete must:

- a) Contact the head coach prior to the vacation.

- b) Be willing to assume the consequences related to their position on the squad as a starter, second string, etc. for the time missed.
- c) Athlete must understand that he/she could see a reduction in playing time because of missed practice time.

## ***XX. MEETINGS WITH COACHES***

We strongly encourage communication between parents and coaches; however, we believe there is an appropriate time to do this. To set up a meeting with a coach, parents should understand that the first step should be a player to coach meeting and then contact the coach. If the coach cannot be reached, the parent should contact the Athletic Director or Girls Coordinator, to schedule the day and time of the meeting. When meeting with a coach, please keep the following information in mind as to what is and what is not appropriate to discuss with the coach. This information is contained in the University Interscholastic League Involvement Manual. <http://www.uiltexas.org/athletics/manuals>

### **Parent's: Appropriate concerns to discuss with a coach:**

- a. The mental and physical treatment of your child
- b. What your child needs to do to improve
- c. Concerns about your child's behavior

We know that it is very difficult to accept that your child is not playing as much as you may hope. Coaches' make decisions based on what they believe is in the best interest of all students participating in the sport. As you can see from the list above, certain things can and should be discussed with your child's coach. Other things, such as those listed next, must be left to the discretion of the coach.

### **Issues NOT appropriate for discussion with your child's coach:**

- a. How much playing time each athlete is getting; playing time in general
- b. Team strategy
- c. Play calling
- d. Any situation that deals with other student-athletes

*Acknowledgement*

**ATHLETIC CODE**  
**ATHLETIC PARTICIPANTS**

I understand and consent to the responsibilities outlined in the Schulenburg Athletic Department's Code of Conduct. I also understand and agree that my child shall be held accountable for the behavior and consequences outlined within the Athletic Code. I understand that any student who violates these rules and procedures will be punished equally.

The following signatures indicate that student and parent/guardian have read the Schulenburg Independent School District's Athletic Code of Conduct and are familiar with its contents. After signing and dating please return to the appropriate coach.

\_\_\_\_\_

Parent or Guardian

\_\_\_\_\_

Date

\_\_\_\_\_

Student/Athlete

\_\_\_\_\_

Date