

**“It’s not the size of the dog in the fight,
It’s the size of the fight in the dog”**



**Quitman ISD
Athletic Handbook
2016-2017**

High School
Athletic Handbook
(2016-2017)
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Athletic Policies

Participation:

- a.) To participate in team sports you must be in the athletic period and maintain a passing grade (70+) in all courses throughout the 2016-2017 school years. (please see pg. 5 for additional Academic Policies)
- b.) To be in Athletics you MUST participate in team sports:
 - 1.) Sports Available: Football, Volleyball, Basketball, Softball, Baseball...
 - 2.) Power Lifting, cross country, tennis, golf, and track are after school sports. If you only want to participate in these specific sports, you will not be in the Athletic period but still maintain a passing grade (70+) in all courses throughout the 2016-2017 school years. (please see pg. 7 for additional Academic Policies) .
 - 3) To participate in any team sport, the athlete must be in the athletic period.
- c.) It is required that athletes receive a sport physical signed by a physician and turned into the athletic department no later than the end of the first week of school. Failure to do so will result in loss of athletic participation (UIL Rule) and placement into a PE class or study hall.
- d.) All students enrolled in the athletic period and participating in at least one team sport will be issued athletic workout attire. All athletes must wear the provided uniform everyday. If an athlete does not dress out in the required uniform, then he/she will be issued clothes that day and 5 points will be deducted from their participation grade. If an athlete consistently does not dress out, this may result in a referral/strike.

Conduct:

All student athletes are expected to set a positive example in the classroom and on the field or court. We require respect, cooperation, positive attitude, participation, and responsibility from all of our student athletes. Misbehavior will NOT be tolerated.

Athletics is a privilege, not a right.

- a.) Any student athlete that receives In School Suspension (ISS) for one or more full day will automatically receive and complete a reminder before they can compete.
- b.) Any student athlete that receives ISS will be expected to make up the missed practice(s).
- c.) Any athlete who has not completed their ISS assignment will not compete.
- d) Students who have been assigned ISS will be held out of all contests until assigned probationary period is completed, as well as, complete assigned running as makeup for missed practices. If the attitude and conduct of the athlete becomes a detriment to the program, the athlete will be subjected to corrective discipline action, including dismissal.

Student Dismissal from Athletics:

I. a.) A “two strikes and you’re out” rule is implemented. A strike may be given for the following reasons:

- 1.) Three Unexcused absences
- 2.) improper attitude
- 3.) failure to fully participate when capable
- 4.) failure to cooperate with coaches and peers
- 5.) any other action(s) deemed inappropriate by a member of the coaching staff
- 6.) Any other action(s) that are addressed in the Code of Conduct.

b.) Parents will be notified of each strike the student receives.

c.) If a student receives 1 strike, he or she will be placed on an athletic contract or removed from athletics.

- 1.) Students removed from athletics will be removed from athletics for the remainder of the school year and may be re-instated after the successful completion of an off-season.

d.) If the attitude and conduct of the athlete becomes a detriment to the program, the athlete will be subjected to corrective discipline action, including dismissal without implementing the two strike policy.

II. QUITTING:

- a. If an athlete quits a sport they will not participate in another sport until the sport they quit is finished with their entire season unless an agreement is reached by the coaches of each sport and is approved by the athletic director.
- b. **If an athlete quits athletics, the athlete will remain out of athletics and sports for a year.**

Attendance:

- a.) Excused absence - make up the practice missed.
- b.) Unexcused absence - athletes will not compete in the next competition until they make up the practices missed and a reminder. A strike may be given for this offense.
- c.) Make up practice is designed to make up the work missed. It is NOT a punishment. Athletics is a class; any work missed will be made-up.
- d.) An athlete may not compete if he/she is absent on the day of competition unless they have a medical release for that absence.

Injuries:

- a.) All injuries should and will be reported to the coach immediately.
- b.) Any athlete who is injured and cannot practice will be under the directions of the athletic trainer and/or doctor.
- c.) If under the care of a physician, the athlete must have a written release from the same doctor before he/she may participate in any workout or play in any competition.
- d.) Any athlete who cannot practice or workout due to an injury CANNOT play in a competition.
- e.) Any athlete that is injured must attend practice. This allows the athlete to receive treatment or rehabilitation for the injury.
- f.) Athlete's must have a doctor's note to sit out of practice or workouts.
- g.) a parents or guardians note will not excuse the athlete from practices

Practice and Game Arrangements:

a.) Practice

- 1.) The coaches will issue dates and times of practice at the beginning of each season.
- 2.) Athletes will practice in athletic issued team uniforms as issued by the sport. They may not wear their own supplies from home. (unless instructed by their coach)
- 3.) All practice uniforms will remain at school. None will be worn home. (unless instructed by their coach)
- 4.) Practices are mandatory. Any missed practice will be made-up.
- 5.) Please inform the coaches of a scheduled missed practice such as a doctor's appointment.
- 6.) Please call your coach in the morning if you will not be attending practice that day (otherwise it is an un-excused absence).

b.) Games

- 1.) All athletes will ride the bus home with the team unless a handwritten, signed and dated note by the parents or guardians is given to the coaches prior to or after the game stating that the student will be going home with the parents. Parent/guardians must sign the student "out" in the "Sign-out notebook" for documentation.
- 2.) The student will ONLY be allowed to leave with his/her parent or guardian, unless hand-written permission by the parent, and approved by administration, is given to the coach for a consenting adult to transport their child.
- 3.) No equipment or uniform will be taken home after an event.

c.) Pick-up times

- 1.) Coaches will inform the athletes a day in advance to the competition an approximate pick-up time. Practice schedules will stay as they are set unless notified.

Parents:

- a.) UIL rules states that no parent or guardian is allowed on the field or playing court while any player and/or official are present before, during, and after the game.
- b.) Conferences with the coach can and will be scheduled during the coach's scheduled conference period during the workday. Conferences with the coach before, during, and after games are NOT permitted.
- c.) If any parents or guardians cannot abide by these rules, they will NOT be allowed to attend the remaining competitions.

Forms:

The forms listed below MUST be on file with the coaches before the student may participate in practice, scrimmages, or games. These forms are located at the back of this handbook.

- a.) Physical - must be signed & completed by a physician
- b.) Medical History
- c.) Medical Consent
- d.) General UIL rules & Athletic Code
- e.) Acknowledgement of Handbook Policies
- f.) Acknowledgement of Code of Conduct
- g.) Concussion
- h.) Sudden cardiac Arrest
- i.) Release of liability

Player Expectations:

- a.) Personal Conduct
 - 1.) Attend all practices, physical conditioning workouts, games and tournaments.
 - 2.) All players on the team are expected to attend all home matches and assist with all home team responsibilities.
 - 3.) Be on time to every function. It is inconsiderate to teammates and coaches to be late and it will not be tolerated.
 - 4.) Make athletics a priority in your life. Manage your time accordingly so that there are no conflicts.
 - 5.) Conduct yourself in such a manner that you bring credit and honor to yourself, your teammates, the team, and your school.
 - 6.) Do all assignments requested by the coach whether or not you feel they are important. Failure to do so will result in additional conditioning, a strike, and/or the consequences of the Behavioral Code of Conduct.
 - 7.) Treat teammates, coaches, officials, and the opponents with courtesy and respect even when you are down or in a bad mood.
 - 8.) Never criticize teammates to their face or behind their backs, on or off the court!!!

9.) Work out personal conflicts with teammates immediately. Avoid passing on rumors or gossip. If the problem cannot be resolved, all parties must meet with the coaches until resolved.

10.) Locker rooms are to be left clean. The custodians come in to not clean up after you. The entire group will be held accountable for each and every individual piece of trash that is not IN the trash receptacle.

b.) Coaches' Office

- 1.) Do NOT enter without the permission of a coach.
- 2.) You must sign the phone log to document your call(s).
- 3.) Always make sure a coach is in the office with you and that you are never alone.

c.) Academics

- 1.) Make academics a priority in your life. Attend all classes, and do all assignments on time and to the best of your ability.
- 2.) Remember the difference between HOMEWORK and STUDYING. You may finish your homework, but there is always something to study.
- 3.) Stay academically eligible. You cannot fail a class and still participate in competition.
- 4.) Academic Eligibility: ("No Pass, No Play") if a student is failing at the 6 week's grade check then he/she is then ineligible. To regain eligibility, he/she must be passing at the next 3 week grade check. Eligibility may be lost at the 6 and 9 week grading period. (UIL Rule)
- 5.) If an athlete becomes ineligible, he/she must regain eligibility at the next 3 week report check. Failure to do so may result in the removal from athletics for up to the remainder of that semester.
- 6.) If an athlete has been removed from the athletic period twice due to grades, he/she will lose all athletic privileges until the beginning of the next school year.
- 7.) Discuss academic problems with teacher and coaches as soon as you are aware of them. Do not ignore them in hopes that they will "go away."

d.) Practice Expectations

- 1.) Come to the first practice of the season in-shape! It hurts you and the team when you are not able to practice at full strength.
- 2.) Come to every practice. This is "your" and "our" opportunity to improve.

- 3.) All missed practice sessions will be made up and completed before the next contest or you will not be able to compete. Call your coach to let them know you will not be attending that day. If you know before, please make the coach aware of your absence.
- 4.) Be on time to practice. This means fully dressed in workout gear, with appropriate shoes. You must be fully dressed BEFORE you leave the locker room.
- 5.) Be mentally prepared to practice. Leave your problems outside the gym.
- 6.) Do not use practice time to socialize with team mates.
- 7.) Practice conversation should be directly related to the practice session.
- 8.) Check in with coach immediately if you arrive late or make them aware if you will be late.
- 9.) Notify coach if you must leave practice early.

e.) Uniforms

- 1.) You are financially responsible for any lost or stolen items or items that have become unusable.
- 2.) Jerseys are to be tucked in.
- 3.) Only issued equipment is to be worn at practices and games.
- 4.) Practice gear is NEVER to be worn home or outside of practice or games. You must change out of your uniform before you leave unless instructed by the coach.
- 5.) Issued clothing is not to be worn during the school day.
- 6.) Jewelry is not allowed during practice or games. Extra conditioning will be rendered.
- 7.) If you leave a game with a parent or guardian, turn in your uniform to managers immediately following your competition.
DO NOT WEAR UNIFORMS HOME!!!

f.) Travel

- 1.) Arrive 30+ minutes before departure time. We will leave without you if you are late.
- 2.) Everyone travels to an event with the team. Players are encouraged to travel home with the team. Parents may meet you at the gym after away contests.
- 3.) Everyone is responsible for keeping the vans or bus's interior clean. Pick up your own trash.
- 4.) Your personal appearance and dress is important. The emphasis is on neatness and cleanliness. Dress up! Look nice and feel great.
- 5.) Players are responsible for loading their own gear into the vans and buses.

g.) Locker Room

- 1.) Every athlete will be issued a locker in their designated locker room.
- 2.) Keep your locker locked! You are responsible for your locker, your combination, and your personal items, even if something is stolen.
- 3.) The only items allowed in your locker during the school day and weekend are athletic issued equipment and small necessities (hair tie, deodorant, shoes, socks, etc.). School related items, other clothing, etc. is not allowed.
- 4.) Keep your locker room clean. Janitors take out the trash only. They do not clean up after you.
- 5.) Your conduct while in the locker room will be in accordance with the Behavioral Code of Conduct. Keep noise levels down, NO horseplay, and respect other's personal space and belongings.

Spectator Expectations:

- a.) Respect decisions made by contest and school officials.
- b.) Refrain from taunting, booing, heckling, and the use of inappropriate language.
- c.) Attendance at these contests is not a license to verbally assault others or be generally offensive.
- d.) Respect athletes, coaches, officials, administration and fans.
- e.) Be supportive, not disruptive.
- f.) Be a fan, not a fanatic!

Boys Coaches Information

John Woodard - Athletic Director, Head Football
Office # 903/763-5000 ex. 4001
woodardj@quitmanisd.net

Jim Reid - Head boys basketball
reidj@quitmanisd.net

Hayland Hardy - Head baseball, Head Boys Cross country
hardyh@quitmanisd.net

James Warren - Head boys and Girls Golf
warrenj@quitmanisd.net

Steve Stewart - Head Boys Powerlifting, Head Boys Track
stewarts@quitmanisd.net

Mike Scott - Head Boys and Girls Tennis
scottm@quitmanisd.net

Ashley Lingo - Head Volleyball
lingoa@quitmanisd.net

Keith Prather - Head Girls Basketball
pratherk@quitmanisd.net

Crystal Woodard - Head Girls cross country, Head girls track,
Head Girls Powerlifting
woodardc@quitmanisd.net

David Reynolds - Head Softball
reynoldsd@quitmanisd.net

Dustin Norton - Trainer
nortond@quitmanisd.net

DIRECTIONS TO HIGH SCHOOLS IN OUR DISTRICT

Itinerary given out prior to each game.

Handbook Acknowledgement

We, _____ and

_____, hereby acknowledge that
we have read the 2016-2017 Athletic Handbook.

Student Signature / date

Parent's Signature / date

Parent home phone number / cell number