

# **SUDAN ISD ATHLETIC POLICY AND PROCEDURE**

## **PHILOSOPHY OF ATHLETICS**

Interscholastic athletics is an integral part of the educational process. Involvement in athletics is a privilege not a right, and therefore, student-athletes will be held to a higher standard than the general population.

Each of our athletic programs will have rules, regulations and stipulations regarding participation, awards, lettering, and additional requirements that are mandatory for remaining on the team.

## **SPORT PARTICIPATION AND ACCLIMATION PERIOD**

Athletes must be enrolled in the athletic period in order to participate in a major sport, and athletes must participate in a major sport to be enrolled in the athletic period. Major sports include football, basketball, softball, and track. Athletes who only participate in Cross Country, Powerlifting, Tennis, and Golf are **not required** to be in the athletic period, however, the athletic policy will still be enforced. In addition, any athlete participating in any of the major sports will be expected to attend the pre-season acclimation period workouts. These workouts begin the first Monday in August and continue up to the first day of school. Football practice and Cross Country practice will count toward this requirement.

## **MULTIPLE SPORT ATHLETES**

We encourage all athletes to participate in multiple sports. Our coaches will work diligently to ensure that athletes will be able to excel at as many sports as possible. Athletes involved in multiple sports at the same time must meet each sport's requirements for practice, games, workouts, etc. Failure to meet these requirements will lead to being removed from a sport by the head coach with athletic director approval. The Athletic Director will have the final decision on conflicts that arise between coaches, keeping in mind that athletes will not be punished in one sport for participating in another sport.

## **QUITTING**

All athletes will have a two week window to get out of a sport with no penalty. If an athlete quits a sport after the two week window, they will be required to run 25 miles, which must be completed within 10 school days and witnessed by the athletic director's designee. This running must be completed before joining another sport. A parent/coach/athletic director conference will be scheduled within 24 hours or as soon as possible. If it is decided at this conference that the athlete has quit, then the above policy goes into effect.

## **ALCOHOL, ILLEGAL DRUGS, & OTHER SUBSTANCES**

Athletes will have the following consequences in addition to what is outlined in the Student Code of Conduct, the Student Handbook, and the SISD Drug Testing Policy.

**NO ATHLETE SHALL POSSESS ILLEGAL DRUGS OR RELATED SUBSTANCES.**

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| <b>1st Offense</b> | 30 calendar day suspension from all contests and games. 10 consecutive extra workouts with a coach which will include corrective measures. |
| <b>2nd Offense</b> | 60 calendar day suspension from all contests and games. 15 consecutive extra workouts with a coach which will include corrective measures. |
| <b>3rd Offense</b> | Permanent removal from the athletic program.   |

**NO ATHLETE SHALL POSSESS TOBACCO, ALCOHOL OR RELATED SUBSTANCES (VAPING DEVICES, E-CIGARETTES, ETC.).**

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| <b>1st Offense</b> | 7 calendar day suspension from all contests and games. 5 consecutive extra workouts with a coach which will include corrective measures.   |
| <b>2nd Offense</b> | 14 calendar day suspension from all contests and games. 10 consecutive extra workouts with a coach which will include corrective measures.   |
| <b>3rd Offense</b> | 30 calendar day suspension from all contests and games. 15 consecutive extra workouts with a coach which will include corrective measures, one calendar year probation. Another offense within the probationary period will mean dismissal from the athletic program for one year beginning on the day that the investigation of the offense is finalized. |

**NO ATHLETE SHALL HAVE SEVERE MISCONDUCT OR INAPPROPRIATE BEHAVIOR AT SCHOOL**

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| <b>1st Offense</b> | Corrective measure initiated by a coach. |
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| <b>2nd Offense</b> | Corrective measure initiated by a coach.   |
| <b>3rd Offense</b> | Corrective measure initiated by a coach and possible suspension from contests or removal from athletics. This will be handled on a case by case basis determined by the severity of the misconduct and behavior. |

**NO ATHLETE SHALL EXHIBIT DIRECT INSUBORDINATION**

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| <b>1st Offense</b> | Corrective measure initiated by a coach, may also include suspension and/or removal from athletics |
| <b>2nd Offense</b> | Suspension and/or removal from athletics.  |

**CRIMINAL ACTIVITY**

Any athlete involved in criminal activity not mentioned above will be dealt with on an individual basis by corrective measures according to school and athletic policy.

**TRAVEL**

Athletes will travel with the team to and from the contests unless extenuating circumstances exist or prior approval has been made.

**ELIGIBILITY**

Athletes will be eligible or ineligible according to UIL guidelines.

**MISSED PRACTICES**

Missing practice will fall into one of two categories; excused or unexcused. To be excused, the athlete or parent must inform the coaches of the absence before practice begins. Family emergencies will be dealt with case by case. Conditioning may be made up on the coaches' discretion. Unexcused misses will constitute not only conditioning but also corrective measures initiated by a coach. Habitual unexcused misses will result in removal from the sport and/or athletic program.

**SOCIAL MEDIA**

Given consideration to accessibility and use of social media in today's society, the Sudan Athletic Department is recommending guidelines to assist our athletes in developing the skills needed to make positive decisions while using social media outlets. The need to understand

what is social media appropriate, and what is not is paramount, as many employers and colleges now view potential candidate's social media activities before asking them to join their organization. This is specifically evident in collegiate athletics where students have had scholarships revoked, served suspensions, and are occasionally removed from teams.

First and foremost, students are encouraged to always exercise the utmost caution when participating in any form of online communications, both within the Sudan ISD community and beyond.

Students who participate in online interactions must remember that their posts reflect on the entire Sudan Athletic Program and, as such, are subject to the same behavioral standards set forth in the Student Code of Conduct and Athletic Handbook.

In addition to the regulations found in the Student and Athletic Handbook (including the Acceptable Use Policy), athletes are expected to use the guidelines below to assist with deciding what to post on social media outlets. They provide a set of parameters to stay within when deciding to post statements and photos.

#### **GUIDELINES:**

1. Social Media use should not violate the Sudan ISD Student Code of Conduct.
2. Post should not be demeaning or disrespectful.
3. Post should not contain profane, vulgar, obscene or offensive language.
4. Photos should not contain nudity, be vulgar, obscene or offensive in nature.
5. Photos or written post should not contain or reference illegal acts.
6. Post should not cast a negative image or negative perception of the athlete, team, or school.

Failure to abide by these guidelines, as with other policies at Sudan ISD, may result in disciplinary action as described in the Athletic Handbook, or as determined by school administrators.

#### **DRESS AND GROOMING**

All athletes will abide by the dress and grooming code outlined in the Students' handbook. Any dress or grooming not perceived acceptable by the Head Coach or Athletic Director will be corrected immediately. The athlete will be on suspension and missed practices will be

considered unexcused until the dress and grooming meets policy standards. Corrective measures initiated by a coach will include but is not limited to:

1. Physically straining exercises.
2. Suspension from contests.
3. Removal from the sport and/or the athletic department.

## **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 the others and provide greater benefit to children. Parents have a right to understand the expectations placed on their children. This begins with clear communications from the coach of the sports to the parents.

1. Expectations for individual athletes and the team.
2. Locations and times of all practices and contests.
3. Team requirements (fees, special equipment, off-season participation, etc.)
4. Procedure for an injury during participation.
5. Discipline that results in denial of participation.

## **PLAYER/COACH COMMUNICATION**

1. Notification of any schedule conflict well in advance.
2. Specific concerns in regard to a coach's philosophy and/or expectations. (It is important to understand that athletes do not at times get what they want. At these times a discussion between coach and athlete is encouraged.)

## **APPROPRIATE CONCERNS TO BE DISCUSSED BETWEEN PARENT & COACH**

1. Treatment of the athlete, mentally and physically.
2. Ways to help the athlete improve.
3. Concerns with the athlete's behavior.

## **NOT APPROPRIATE CONCERNS TO BE DISCUSSED BETWEEN PARENT & COACH**

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

## **PARENT/COACH CONFERENCE PROCEDURE**

1. Do not confront a parent/coach before or after a contest or practice. (This can be an emotional time for both parties. Meetings of this nature do not promote resolution. Productive meetings always require calm, rational attitudes in a private setting.)
2. The parent/coach may set up an appointment during conference time. The athletic director, principal, and superintendent will not discuss any situation with a parent until the parent has talked to the coach first. If the parent is not satisfied with a coach meeting, they will be instructed to set up a meeting with the Athletic Director and/or the Principal.
3. If the parent is not satisfied with the AD/Principal meeting, instructions will be given to set up a meeting with the Superintendent.
4. If the parent is not satisfied with the Superintendent meeting, instructions will be given to address the Board of Trustees.

## **MEDICAL HISTORY/PHYSICAL EXAM REQUIREMENT**

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 with the Athletic Director. The UIL physical form must be completed and signed by a licensed physician, a parent or legal guardian, and the student.

## **RISK OF INJURY**

The potential for injury is inherent in all interscholastic sports. Even with the best coaching, the most advanced protective equipment, and strict observance of rules, injuries can happen. Although serious injuries are not common in supervised school athletic programs, it is impossible to eliminate the risk. Parents and students must be willing to accept the risks associated with school sports. All injuries that occur while participating in athletics should be reported to the coach and parents of the athlete. Please remember that coaches are not doctors nor athletic trainers. Only suggestions and advice may be given. Coaches should not diagnose, treat, or release an athlete from an injury. Coaches should always advise that professional medical attention be given when an injury occurs. An athlete that obtains professional medical attention must have a doctor's release before continuing practice or competing in a contest.

## **INSURANCE**

Sudan ISD provides supplemental accident insurance of each enrolled student through Texas Kids First. This is a policy purchased by the school to cover students participating in school-sponsored activities, athletics, and supervised UIL activities. These activities for Sudan ISD Athletics include football, cross country, basketball, powerlifting, track, tennis, softball, and golf. This is a supplemental accident only policy that is intended to pay for part or all of what your

personal insurance does not cover. If your child is injured at school or while participating in a school-sponsored activity, the district cannot legally pay their medical bills. Texas Kids First also offers additional Voluntary Accident-Only Insurance for Students for you to purchase if you are interested. These plans can provide a wider array of coverage than the school provided insurance. If you want information concerning any insurance plan through Texas Kids First please visit [www.texaskidsfirst.com](http://www.texaskidsfirst.com) or contact the school office at 227-2431 ext. 110 This insurance is purchased by the District with Board approval each year. If this insurance is not purchased by the District, notification will be provided to the athletes and their parents/guardians prior to participation in athletic activities.

## **AWARDS**

Athletes will receive, upon the head coaches' recommendations, an athletic letter jacket at the completion of their first varsity year in a particular sport. Students will receive only one jacket with one varsity letter during their high school career. The school will not provide varsity letters for every sport or patches for every championship. Student-athletes must order and purchase these items themselves. A student can only receive one letter jacket from the school, therefore if a student has already lettered in another activity he/she will not receive a jacket just for athletics.

## **LETTERING POLICIES**

The awarding of the school letter is giving that student the second highest honor of which the school is capable, the highest or course, is the diploma. Athletes may receive from the school only one major award during their high school career. In order to letter, they must be on a varsity team and satisfy the requirements stated below. After receiving the one major award, letter certificates or similar minor awards shall be given by the respective coach each time an athlete letters in any sport. The coach of that sport must recommend the athlete for lettering. The coach must take into consideration the following:

1. Conduct
2. Attendance of practices and contests
3. Participation- fulfillment of specific criteria for each sport as determined by the head coach of that sport in cooperation with the Athletic Director.
4. Finishing the season eligible and in good standing.
5. Other criteria established by the head coach and/or Athletic Director.

## **LETTERING STANDARDS**

### **Football/Basketball/Softball**

Students will receive a letter jacket during the first year of lettering.

- (1) student must participate on and make a contribution to the varsity team for at least one – half of the scheduled contests,

- (2) must be recommended by the head coach of the respective sport, and
- (3) approved by the Athletic Director.

### **Cross Country/Track**

Students will receive a letter jacket during the first year of lettering.

- (1) student must participate on the varsity team for at least one - half of the scheduled contests,
- (2) must be recommended by the head coach of the sport, and
- (3) approved by the Athletic Director.

### **Golf/Tennis**

Students will receive a letter jacket during the first year of lettering.

- (1) student must participate in and contribute to the varsity team for at least one half of the scheduled contests,
- (2) must be recommended by the head coach of the respective sport, and
- (3) approved by the Athletic Director.

The head coach of any sport may recommend any senior athlete for lettering, who has not met the minimum requirements outlined above, if the student has participated in the sport each year of enrollment at SISD.

### **ATHLETIC AWARDS**

Individual athletes may earn various types of athletic awards and post-season honors (All District, all state, etc.). Coaches can only nominate their players for these awards. Coaches from the district, region, or state must be impressed enough to vote for your athletes. Academic All-District and Academic All-State awards are presented to athletes who not only make a great impression on the field or court but are also outstanding in the classroom. Players must maintain the required grade point to be eligible for these awards and also make a significant contribution as a varsity player in the particular sport.

### **ACKNOWLEDGMENT**

A condition for participating in the Sudan ISD Athletic Program is to sign an acknowledgment that the student-athlete has read and understands the Athletic Handbook.

The student's parent(s) or guardian(s) must also sign an acknowledgment. The acknowledgment states that the signing party understands the consequences for engaging in misconduct.

**(Signature page located on the SudanISD App, available at: [www.sudanisd.net](http://www.sudanisd.net))**