

SUDAN ISD ATHLETIC POLICY AND PROCEDURE

Participating in athletics is not a right but a privilege that is earned and may be revoked for not following athletic policy. These policies were developed and established so that athletes and parents can understand what is expected of them. If some problems or situations arise that are not discussed in this document, the athletic director with input from the coaching staff and administration, will develop a policy regarding the situations.

NO ATHLETE SHALL POSSESS OR USE ALCOHOL, DRUGS, OR RELATED SUBSTANCES ON SCHOOL TRIPS.

Athletes will have the following consequences in addition to what is outlined in the Student Code of Conduct and the Student Handbook regarding drug testing.

1 st offense	Two week suspension, ten consecutive extra workouts with a coach which will include corrective measures, one calendar year probationary time. While under the probationary time, a 2 nd and 3 rd offense are outlined below. After the probationary time, the athlete will begin at the 1 st offense level.
2 nd offense	Removal from athletic program for one calendar year.
3 rd offense	Permanent removal from the athletic program.

NO ATHLETE SHALL POSSESS ILLEGAL DRUGS OR RELATED SUBSTANCES.

Athletes will have the following consequences in addition to what is outlined in the Student Code of Conduct and the Student Handbook regarding drug testing.

1 st offense	One week suspension, five consecutive extra workouts with a coach which will include corrective measures, one calendar year probationary time. While under the probationary time, a 2 nd and 3 rd offense are outlined below. After the probationary time, the athlete will begin at the 1 st offense level.
2 nd offense	Two week suspension, ten consecutive extra workouts with a coach which will include corrective measures.
3 rd offense	Removal from athletic program for one calendar year.

NO ATHLETE SHALL POSSESS TOBACCO OR ALCOHOL.

Athletes will have the following consequences in addition to what is outlined in the Student Code of Conduct and the Student Handbook regarding drug testing.

1 st offense	Five consecutive extra workouts with a coach which will include corrective measures.
2 nd offense	One week suspension and ten consecutive extra workouts with a coach which will include corrective measures.
3 rd offense	Two week suspension, 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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| 1 st offense | Corrective measure initiated by a coach. |
| 2 nd offense | Corrective measure initiated by a coach. |
| 3 rd offense | Corrective measure initiated by a coach and may be suspended from contests or removed 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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| 1 st offense | Corrective measure initiated by a coach, may also include suspension and/or removal from athletics |
| 2 nd offense | 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.

SPORT PARTICIPATION

Athletes will participate in a major sport as a requirement to be enrolled in the athletic period. Major sports include cross country, football, basketball, and track. Powerlifting, tennis, and golf participants are not required to be in the athletic period however, athletic policy will still be enforced.

MULTIPLE SPORT ATHLETES

Athletes involved in multiple sports at the same time must meet each sport coach'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 have 25 miles to run which must be completed within 10 school days witnessed by an athletic director's designee. This 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.

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.

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. Punishment running.
2. Physically straining exercises.
3. Suspension from contests.
4. Removal from the sport.
5. Removal from the athletic department.

ATHLETIC LINES OF COMMUNICATION

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.

Communication from Player to Coach

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 Coaches and Parents

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

Issues Not Appropriate to be Discussed Between Coaches and Parents

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.

HEALTH ISSUES

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 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.

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, 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 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

Letter Jackets

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 - Students will receive a letter jacket during the first year of lettering. To letter: (1) a 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. To letter: (1) a 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. To letter (1) a student must participate on 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 for lettering any senior athlete 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.). You can only nominate your 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 also are 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.