

GRAFORD ATHLETICS

Athletic Handbook

2020-21

HANBOOK VIOLATIONS

All athletic and school handbook violations will have consequences. By signing the acknowledgment form, you are agreeing to the terms and conditions set forth by the Graford Athletic Program.

GENERAL REQUIREMENTS

All athletes must meet all U.I.L. guidelines for participation in the athletic program, i.e. scholastic eligibility form, rule acknowledgement form, medical history, physical, general rules, and steroid use form. Also, a previous participation form may be required if you are a move-in/transfer to the district.

To participate in any sport offered by Graford Athletic Department (excluding Golf/Tennis) athletes must be in the athletic period unless there is an extenuating academic reason. Any other reason would have to be reviewed by the Athletic Director.

RESPONSIBILITIES OF A GRAFORD ATHLETE

- The athlete will strive for excellence in all activities they are associated.
- The athlete will faithfully abide by all rules set forth in athletics.
- The athlete will abide by the practice schedules and workout requirements.
- The athlete will personally notify their coach when unable to attend practice or games, and should only miss under extreme circumstances.
- The athlete will follow a coach's directions, instructions and decisions.
- The athlete will be responsible for the care and returning of all issued clothing and equipment. The athlete will be required to pay for any damage they cause or for the replacement of the item.
- The athlete will represent Graford ISD with class and dignity.
- Athletes will respect their coaches, teachers, administrators and fellow peers.
- Athletes will refrain from using obscene language and gestures.
- Athletes will display proper sportsmanship at all times.
- Athletes will be expected to give 100% to the sport they are participating in, as well as to the overall athletic program.
- Athletes will be expected to give 100% academically and have exemplary conduct in the classroom.

ATTENDANCE/ABSENCES/TARDIES

Athletes are expected to be at all practices and all competitions on time and remain for the duration of the practice or competition. It is the athlete's responsibility to notify the coach if they must miss the practice or competition. By becoming a member of the Graford Athletic Program the student athlete is making a commitment to the program. An unexcused absence from a game or practice may result in suspension from the next game. Playing time will be at the head coach's discretion for an absence on the day of a scheduled game.

Excessive tardiness or absences will result in loss of practice and playing time, and may lead to dismissal from the sport. Make-up conditioning will be required for missed practice time. Each sport will inform their athletes of the consequences of missed practice and games.

A Doctor's excuse will be required for any athlete missing more than 3 consecutive days. Without an excuse (parental/doctor) the athlete will be expected to practice and even with an excuse the athlete is still expected to make practices in-order to observe.

QUITTING/DISMISSED/OFF-SEASON

An athlete may not quit one sport to play another sport. If a student athlete quits a sport outside of reasonable circumstances (AD's discretion) then that student will be subject to punishment that discourages quitting. The following procedures should be followed in order to drop/quit a sport.

- Examine the situation before a decision is made.
- Talk to the coach to evaluate the reason and look for a solution.
- If the decision to quit is made, the athlete must check out of the sport through the Athletic Director. If any clothing or equipment needs to be checked in it will be done at this time.
- An athlete that quits a sport must complete 20 miles of timed running and 500 push-ups, unless the reason for quitting was due to some extreme circumstance which will be decided by the head coach and Athletic Director.
- The athlete may not participate in another sport until their punishment is completed
- An athlete who quits multiple sports during a season may be removed from athletics and possibly not be allowed to re-enter the program. An athlete

who quits a sport for a second time (any time period from 7-12) may not be allowed to participate in that sport again.

- An athlete who becomes ineligible during a season and remains ineligible for a period that includes a 3 week grading period and will enter the next grading period (six weeks) ineligible may be dismissed to off-season.
- An off-season program will be used for those athletes that are not currently participating in a sport. Athletes that do not participate in off season are not eligible for in season sports.
- A person enrolled in school, but not in athletics, may not participate in any team sports.
- Upon enrollment, or the first 2 weeks of the school year, students must join athletics in order to play in season sports for that year. Students may join athletics at any time, with the Athletic Director's approval, to enter the off season program to prepare for the next school year.

ISS/AEP/CODE of CONDUCT/SPORTSMANSHIP

Any athlete that is placed into an alternative education arrangement (AEP or home suspension) will not participate in practices and/or competitions for any extracurricular activity for the duration of the alternative education arrangement. Extended time may result in dismissal from any sport. Any athlete disciplined under the student code of conduct could be subject to suspension or dismissal from the athletic program depending on the severity of the infraction. An athlete will be required to run 100 bleachers for every athletic class period (if out of season), practice, and game missed due to their time at AEP.

While the athlete is serving ISS, from the first day to the last day (consecutively), they may not practice or participate in games. Any athlete receiving ISS on the days prior to an athletic competition may be subject to loss of playing time. An athlete will be required to run 100 bleachers for every athletic class period (if out of season), practice, and game missed due to their time in ISS.

Athletes who are assigned detention are expected to complete the detention, and will be expected to forfeit practice and game time to meet the required detention. An athlete will be required to run 25 bleachers for practice time and games missed.

Any athlete who is caught stealing from the athletic program or a teammate, i.e. clothing, equipment, money or personnel items may be subject to removal from the program.

An athletic contract (probation) may be used as a response to excessively poor conduct. When an athlete is asked to sign the contract a parent/guardian will also be in attendance and be required to sign the contract. The contract will specifically outline the guidelines that the athlete must follow and for what time period the contract will last. Failure to meet the contract's guidelines will result in dismissal from the sport.

The Graford Athletic Department stresses exemplary behavior and attitude at all times, especially during practices and games. Unsportsmanlike conduct will not be tolerated. Athletes should be positive role models for all students to follow. Athletes should be courteous to other contestants and fans, and respectful to all coaches and officials.

An unwillingness to comply with this expectation and a repetitive violation in this area will be grounds for removal from the athletic program.

DRUG and ALCOHOL USE

It is the philosophy of Graford ISD that our extracurricular programs shall be drug and alcohol free. **At any time** a student athlete is using, possessing or selling controlled substances or alcohol, as determined by law enforcement or school administration, will be suspended from athletic participation. The following outlines consequences

- a. 1st Violation.....20 hours of community service + run 15 miles
- b. 2nd Violation.....60 day suspension + run 30 miles/counseling
- c. 3rd Violation.....removal from the athletic program

Athletes may not participate in games until their punishment is completed.

Punishment must be completed in a reasonable amount of time.

Once the policy is violated subsequent violations are accumulated through out the athlete's career.

ATHLETIC DRESS CODE

The student handbook dress code requirements extend beyond the campus when the athlete is representing Graford ISD in an athletic contest. In accordance with U.I.L. rules and regulations athletes are not allowed to wear jewelry of any kind during athletic competition. For the same reason jewelry will not be allowed during athletic practices. Athletes will not wear nose rings, lip rings or any other facial piercings at any time while representing Graford ISD or during travel to and

from contests. Male athletes shall not wear earrings at any time while representing Graford ISD or during travel to and from contest. Male athletes will keep their hair cut short enough that it cannot cover the eyes and in the back above their shoulder line. Male athletes will not have pony tails.

PRACTICE UNIFORMS

Every athlete will be issued a set of practice clothes. These clothes will be worn at practice only and should be worn at every practice. At the end of the season/year, the issued clothes will be returned. Athletes will not be allowed to wear practice gear/game uniforms outside the practice/game setting, i.e. home or around the community etc. A payment of \$10 per article of clothing lost or damaged may be required before the athlete is issued a replacement. Not dressing in school issued clothing will result in consequences to be determined by the head coach.

TEAM TRAVEL

The student handbook guidelines will be in effect for athletic travel. The approval of the head coach must be obtained in advance for an athlete to return home with their parent/guardian (except for emergencies). The parent/guardian must also sign the athlete out from the coach who is in charge (team coach).

Even with a letter from the parent/guardian, Graford ISD may not allow a student to leave with any other person other than the parent/guardian of that student athlete. Failure to follow these instructions may lead to discipline action subject to the head coach's discretion.

The coaching staff retains the right to ban any radios, electronic games, cell phones, etc.... on bus trips. Team meals will be provided for the athletes under special circumstances, i.e. Tournament, District Meet or Play-offs. All other times the athlete is responsible for their meals when an opportunity to eat occurs.

SHARING STUDENT ATHLETES

The Graford Athletic Department believes that each student/athlete shall have equal opportunities to participate in as many curricular, co-curricular, and extracurricular activities as they see fit. The athletic staff will work to make sure that proper coordination of workouts, games, etc., will fit the needs of all our student-athletes. Post district competition will be given priority, then district, and finally non-district.

SELECTION of TEAMS

The head coach of each sport will determine the teams. The selection of teams will be at the coach's discretion. Playing time cannot be guaranteed, but it is the belief of our athletic department that for our Jr. High and JV teams all individuals will get an opportunity to compete in a game setting in order to gain experience and to develop the necessary skills to become a Varsity player. Playing time will not be discussed; only ways to improve will be addressed.

SELECT/CLUB SPORTS/LEAGUES

In the case of a non-school related athletic event conflicting with a school related athletic event, priority will be given to the school athletic event. Consequences for violating this rule will be at the discretion of the head coach and Athletic Director.

CRIMINAL CHARGES

An athlete that the administration reasonably believes engaged in conduct punishable, as a felony will be subject to suspension indefinitely from the program. If the administration has reasonable belief an athlete engaged in a misdemeanor (other than a traffic violation), the athlete may be subject to suspension based on the circumstances of the case. If convicted of a felony the athlete will be dismissed from the program.

INSURANCE

All student athletes will not be covered by school insurance. Any financial expectations due to injuries while involved in an extracurricular activity will be the responsibility of the parent(s)/guardian(s).

ATHLETIC BANQUET

In the spring, the Booster Club in coordination with the Athletic Department will host a high school athletic banquet honoring all student-athletes who participated during the past school year. All athletes will be expected to attend and the dress code will be in effect.

To participate in the activities of the Athletic Banquet all athletes, current or non-current, must be in good standing as set forth by the Athletic Handbook.

Example: *Senior athlete who has completed their participation in a sport and has no desire to continue to participate in the athletic program violates the drug/alcohol policy. This athlete will be suspended for 20 days, and if the banquet falls within this time frame this athlete would **not** be permitted to participate in the activities of the athletic banquet. Furthermore, this athlete would have to complete*

the 15 miles of running in addition to the suspension if they want to participate in the activities of the athletic banquet.

Example: *Sophomore athlete who is assigned multiple days ISS. The athletic banquet is during their assigned time to ISS and before it is completed. This athlete would **not** be permitted to participate in the activities of the athletic banquet. If the banquet is after the completion of this athlete's ISS assignment, they would still need to complete the necessary running prior to participation in the athletic banquet.*

It should be noted that an athlete who violates the Athletic Handbook, based on the severity of the infraction, may forfeit his/her consideration for athletic recognition/awards.

STUDENT-ATHLETE ACTIVITY FUND

Coaches and athletes may be asked to participate or organize various fundraisers for specific intents. Profits will be placed in the student-athlete activity account. All account money must be used for student-athlete purposes only.

PERSONAL BELONGINGS

Athletes should not leave personal items, especially jewelry or money, in areas unsupervised. Each athlete is issued a locker and it is their responsibility to secure that locker with a lock to protect their property. Graford ISD and the Athletic Department are not liable or responsible for lost or stolen items.

AWARDS and LETTERING POLICY

Schools may give one major award, not to exceed \$70.00 in value, to a student during high school enrollment at the same school for participation in one of the UIL interschool competitions. One additional symbolic award, not to exceed \$10.00 in value, may be presented for participation in each additional UIL activity. The \$10.00 award may be given to a student for any activity during the same school year that the major award is given for that activity.

A varsity athlete is eligible for a letterman jacket, upon meeting the requirement in that sport they are participating, beginning their freshmen year. The athletic department (school) will provide the athlete with a letterman jacket and any subsequent lettering awards (other than certificates) will be the responsibility of the student-athlete (additional patches/letter bars).

Coaches will consider conduct, attendance to practices/games, completion of the season and off season participation before the application of the following standards for lettering in each sport at the varsity level:

***Volleyball**- must complete the season and play in a minimum of half the varsity games played or, in the judgment of the coach, contributes to the team's success throughout the season; If team advances to the play-offs all members will be eligible for lettering.

***Cross Country**- must be a part of the varsity team (or individual if there is not a team) at the District Cross Country Meet.

***Boy's Basketball**- must complete the season and play in a minimum of half the games played or, in the judgment of the coach, contributes to the team's success throughout the season. If team advances to the play-offs all members will be eligible for lettering.

***Girl's Basketball**- must complete the season and play in a minimum of half the games played or, in the judgment of the coach, contributes to the team's success throughout the season. If team advances to the play-offs all members will be eligible for lettering.

***Baseball/Softball**- must complete the season and play in a minimum of half the games played or, in the judgment of the coach, contributes to the team's success throughout the season. If team advances to the play-offs all members will be eligible for lettering.

***Track**- must score a minimum of ten points at varsity level during the season or a point at the district track meet in the varsity division.

***Golf**- must place in the top ten in the Varsity Division at the District Meet.

***Tennis**- competes at the district meet and wins at least 2 matches either in doubles or singles (cannot count together). Advancing to the Regional Meet automatically qualifies the athlete for a letter.

Athletes cannot be scholastically ineligible more than one grading period (six weeks) during the season to be eligible for a letterman award.

SOCIAL MEDIA

Today it is understood most student athletes are involved in social media.

While the use of social media is not negative the inappropriate use of such tools may lead to negative situations for Graford athletics.

Violations while using social media sites include the following:

- Using inappropriate language such as swear words, vulgarity, ethnic or racial slurs, and any other inflammatory language.
- Sending, posting, or possessing materials that are abusive, obscene, pornographic, sexually oriented, threatening, harassing, damaging to another's reputation, or illegal, including cyber-bullying and "sexting."
- Posting or transmitting pictures of students without obtaining prior permission from all individuals depicted or from parents of depicted students who are under the age of 18.

Consequences:

- a. 1st Violation.....200 bleachers
- b. 2nd Violation.....15 mile run
- c. 3rd Violation.....subject to dismal from in season sport
(or if in off season, from next in season sport)

MISCELLANEOUS

The coaching staff at Graford ISD reserves the right to formally evaluate every situation and consider exceptions to our policy with review by the administration. Also, it should be clear that our purpose is to provide student-athletes with a **valuable experience** through athletic participation, but the coaching staff will formally dismiss a student-athlete who is not following the athletic policy and is a distraction to other student-athletes within the program.

GRAFORD I.S.D.
ATHLETIC HANDBOOK ACKNOWLEDGEMENT FORM

I understand the policies and procedures of the Graford I.S.D. Athletic Department. I am also aware of the consequences for violating the policy. If at any time I have questions regarding handbook, I will address these questions to a head coach or Athletic Director. I understand that the Athletic Director and coaching staff will enforce these policies, procedures, and consequences.

Parent/Guardian Signature

Date

Student-Athlete Signature

Date