

LULING INDEPENDENT SCHOOL DISTRICT



# ATHLETIC GUIDELINES

2019-2020

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**LULING INDEPENDENT SCHOOL DISTRICT**  
**ACKNOWLEDGEMENT OF ATHLETIC POLICY**  
**SIGNATURE PAGE**

Athletes and Parents: Make sure you read and understand the Athletic Policy Handbook. Retain the handbook for you reference. Please sign, date and return the signature page to the proper coach. No athlete will be allowed to participate without the signature page on file.

**I have read and understand the Athletic Policy Handbook**

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**Student Name (printed)**

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**Grade**

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**Date**

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**Student Signature**

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**Parent or Legal Guardian Name (printed)**

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**Parent or Legal Guardian Signature**

## **INTRODUCTION**

Welcome to the Luling ISD Athletic Program. As the Athletic Director at Luling ISD, I am excited about the opportunity to be associated with our community, its coaches and staff as well as our fine student athletes. Luling ISD athletic programs have had a strong tradition over the years. We are very proud of the accomplishments of our teams and athletes and look forward to the opportunity to continue to build and grow on its foundation that has been set. The entire staff takes great pride in its role as part of the education provided by Luling ISD.

This handbook is designed so that parents and athletes understand the policies of the athletic program. The policies, procedures, and regulations in this handbook are in compliance with the school board policies, and administrative procedures.

This book supersedes all prior publications governing Luling ISD athletic teams and shall be used by all principals, coaches, and players in grades 7-12.

## **PHILOSOPHY**

The combination of sports and academics can be a tremendous experience in a young person's life. A broad and sound sports program for all students can provide invaluable experiences for the participants. A sound, wholesome sports program will contribute to and offer involvement to all students-as participants, support groups, or as spectators. It will also serve the community by providing entertainment and establishing a common ground of interest which will draw citizens together in support of the various sports activities. It is important to see athletics as part of the total educational program. It should both compliment and contribute to the overall educational process. For many students it is the most effective climate for learning the invaluable lessons of personal integrity, determination, self-confidence, proper mental attitude, individual and group responsibility and the desire to achieve high goals which should be the basic objectives of any sound educational system.

## **PARTICIPATION**

It is the goal of the athletic department to create a total athletic program that reaches as many students as possible in Luling ISD. This program includes our extensive year round athletic period that prepares our students in a universal off-season program. The year round academic preparation, team building exercises, and structured discipline program will improve our student-athletes opportunities for success. However, no student is obligated to take part in athletics, nor is participation in athletics required.

**ATHLETICS IS A PRIVILEGE, NOT A RIGHT.** Because it is a privilege, it requires a higher standard of conduct above and beyond what is stated in the school code of conduct, and dress code policies. The Athletic Director and coaching staff shall have the full authority, in accordance with Luling ISD policy and due process procedures to prohibit any student from playing on any team, or from taking part in any public contest for the following reasons:

- Serious academic deficiencies
- Conduct which brings dishonor or embarrassment to Luling ISD or the team with which they are associated.
- Actions or behaviors that demonstrate lack of respect for the authority of the coaching staff or the administration of Luling ISD.
- Excessive or major academic referrals in the class room or while at school will result in the removal of the athlete from the period and from the program for 1 calendar year until review by the AD.
- Any violation of University Interscholastic League rules or policies which require student to be prohibited from participation.

## AVAILABLE SPORTS

The following sports are available for athletics grades 7-12:

Football	7, 8, 9, JV, Varsity
Basketball	Boys and Girls – 7, 8, 9, JV, Varsity
Baseball	Boys – JV, Varsity
Softball	Girls – JV, Varsity
Track & Field	Boys – 7, 8, JV, Varsity Girls – 7, 8, JV, Varsity
Tennis	Boys and Girls – JV, Varsity
Volleyball	Girls – 7, 8, 9, JV, Varsity
Cross Country	Boys and Girls – 7, 8, JV, Varsity
Golf	High School Boys and Girls (Junior High when applicable)
Powerlifting	High School Boys and Girls

## ACADEMICS AND ATHLETICS

Extra-curricular athletics must always be viewed as a supportive activity to the primary mission of any educational institution. The primary mission of any educational institution must be academic and personal development of its students. In public education, the integrity of the academic mission can never be compromised. The role of athletics involves providing opportunities of extended character development through structured athletic competition.

## EXPECTATIONS OF ATHLETES

### **Competition**

1. Learns that both winning and losing are part of the game and learns to accept both. **Be modest in victory, be gracious in defeat.**
2. Does not use illegal tactics in an attempt to defeat the opponent or to beat the rules of the game.
3. Has complete control of himself/herself at all times. Horseplay, displays of temper, use of profanity, and disrespect for coaches and officials will result in loss of respect for athletes and in disciplinary action from the coach.
4. Will respect the decision of officials. The breaks of the game may go against you, but the officiating is not to blame. Officials are human beings who are doing their best to see that a contest is being run smoothly and honestly and also being conducted in accordance with the established rules.

### **Classroom**

1. Academics will always take precedence over athletics. The two should work hand in hand with each other for the overall success of the students. The student-athlete must give time and energy to ensure good acceptable grades that meet the UIL requirements for participation.
2. Must maintain a satisfactory citizenship and behavior record by giving respectful attention to classroom activities and acceptable behavior.

### **Campus**

1. Maintain proper dress appearance, good grooming and personal cleanliness.
2. Refrain from fighting, scuffling, horseplay, and juvenile behavior in and around the school building, and athletic facilities.
3. If suspended from school, the student will not be permitted to work out with, travel with, or participate with the team. Eligibility for subsequent contests will be left of the discretion of the head coach, and the administration. Suspensions include: **DAEP assignments, as well as suspensions assigned by administrative personnel.**

4. In School Suspension – Any student-athlete assigned to ISS will be allowed to practice, but not allowed to participate in extra-curricular activities on the day in which he/she is assigned to ISS. If the assignment extends beyond the weekend, students will not be allowed to participate on that weekend. If students are scheduled to attend a school-sponsored trip, those students will be not able to attend.

### **Athletic Period/Before and After School Practices**

1. Do not cut classes or be tardy. Do not miss an athletic period unless it is absolutely unavoidable. If an athlete must be absent, call and talk to a coach before athletics. If an athlete misses an athletic period or practice he/she will be required to make up all work missed. Regular attendance to practice and games is very important in order for the team to improve. Everyone is expected to come to practice and stay until all work is done.
2. The athlete does not have an expectation of privacy in any locker and lockers are subject to search. The athlete is expected to maintain a neat and clean locker space. Locker checks will be done on a daily basis, poor locker space will result in extra conditioning. Be proud of your dressing area and keep it neat. **The district is not responsible for personal items kept in lockers. Every student athlete will be provided a lock and are required to lock up all personal items before and after every practice. (including cell phones, ipods, cash, etc...)**
3. The athlete should be fully dressed before he/she leaves the dressing room. School issued clothes will not be worn home. Each student in the athletic period will be provided the cloth items necessary for every workout. Wear your own clothes home.

### **Team Travel**

1. All Varsity Sport Athletes will travel and return with the team. All Sub-Varsity Athletes will travel and return with team unless previous arrangements have been made to do otherwise. You must clear this with the coach before leaving the contest, written permission must be given prior to an athlete riding with parent, relative, or legal guardian. Under no circumstances will you be released to ride with anyone other than your parents or legal guardian. This written permission form must be on file with the head coach the day before the transportation arrangements are made.
2. Dress neatly and properly on all trips. We will dress as a unit. Coaches will advise you regarding proper attire.
3. Conduct himself/herself properly on the bus or in any school vehicle. All printed rules for bus riders that govern Luling ISD will be followed. We will follow a seating chart on every bus trip that is maintained by the head coach of the sport and our transportation department.
4. Head phones, DVD players, Ipods, any other electronic devices will be allowed on the bus, as long as they are kept down and not a distraction to the driver of the bus.
5. Be informed of departure and return times for each trip by a notice posted or by the Head Coach. Be on time, if you are going to be late, you must call and inform the coach. Parents need to provide transportation for their children after games and practice. It is not the coaches' responsibility to provide transportation; in fact, it is against UIL rules. Emergency situations can be taken into account. Every effort will be made by the coaching staff to notify proper personnel as to unexpected changes in times.
6. Parents, family members, or friends will not be allowed on the bus for any trip. The principal and athletic director will decide the appropriateness of any exception to this rule.
7. Dress for all home contests according to the school and team dress policies.

### **Overnight Travel**

In the event of overnight travel, all students' bags will be checked before departure for any contraband. In the event it becomes necessary for a student athlete to be picked up while on any

overnight trip, it will be the parent/guardians responsibility to immediately pick up his/her child, if any violations to the student code of conduct are committed and deemed necessary by the coaches, athletic director, and the high school principal. **All overnight trips require an Athletic Overnight Permission Slip to be completed, prior to departure.**

Individual coach and the athletic director will decide discipline. Situations will arise that require a coach to make decisions based upon what is best for the team, and not necessarily the individual. All disciplinary actions will be consistent and fair based upon the information available to the coach at the time of the infraction.

### **ELIGIBILITY AND REGULATIONS**

A student in grades 7-12 may participate in extra-curricular activities on or off campus at the beginning of the school year only if the student has earned the cumulative number of credits in state approved courses indicated.

1. At the beginning of the 7<sup>th</sup> grade year, the student must have been promoted from the 6<sup>th</sup> to 7<sup>th</sup> grade.
2. At the beginning of the 8<sup>th</sup> grade year, the student must have been promoted from the 7<sup>th</sup> to 8<sup>th</sup> grade.
3. At the beginning of the 9<sup>th</sup> grade year, the student must have been promoted from the 8<sup>th</sup> to 9<sup>th</sup> grade.
4. At the beginning of the 10<sup>th</sup> grade year, the student must have gained at least 5 state credits towards graduation.
5. At the beginning of the 11<sup>th</sup> grade year, the student must have gained at least 10 state credits towards graduation or have passed five state credits during the past 12 months.
6. At the beginning of the 12<sup>th</sup> grade year, the student must have at least fifteen state credits toward graduation or have passed five state credits during the past 12 months.

### **DISCIPLINARY PROCEDURES**

#### **Suspension**

The athletic director will have the authority to suspend or place on probation from the athletic program any student-athlete for major or minor infractions of the rules. Any punishment issued by the athletic department may be in conjunction with or in addition to punishment issued under the **Luling ISD**

**Student Code of Conduct.** Any student suspended from athletics must be given:

1. The reason for the suspension.
2. The time and provisions for the suspension
3. Procedures for reentering the program.
4. Information on class schedule change options.
5. Notification of parent/guardian for discussion of student suspension
6. The opportunity to appeal.

#### **Appeal**

The student and/or parent shall have the right to appeal any decision to suspend a student, expel a student, or place a student on probation from the athletic program in accordance with the District policy FNG (Local). A copy of the grievance and appeal process are available on request or can be found on the District's website.

### **EXTRACURRICULAR STANDARDS OF BEHAVIOR**

Student participation in extracurricular activities is encouraged. Luling ISD makes extracurricular activities available as an extension of the regular school program, with an important difference: participation in the regular curriculum is a right afforded to each student, while participation in the

extracurricular program is a privilege that carries additional expectations for acceptable conduct. Students who engage in extracurricular activities represent not only themselves, but also other students and the District when performing, competing, or participating in extracurricular activities and while wearing uniforms or other clothing that identifies the student to the community or public in any setting as a Luling ISD student. Behavior must be exemplary and reflect the finest attributes of the Luling ISD student body at all times and in all places.

Important goals of the extracurricular program are to give students direction in developing self-discipline, responsibility, pride, loyalty, leadership, teamwork, respect for authority, and healthy living habits.

Since participation in extracurricular activities is a privilege and not a right, Luling ISD is authorized to set higher standards for participants of extracurricular activities than for students who choose not to participate in extracurricular activities. The expectations for extracurricular activities extend beyond the Luling ISD Student Code of Conduct, not only in types of behavior prohibited, but also in corresponding consequences and jurisdiction for imposing discipline. Extracurricular expectations apply to all students participating in extracurricular activities, regardless of whether:

- School is in session;
- The offense occurs on or off school property or at a school-related event;
- The student is directly involved with the extracurricular activity at the time the prohibited conduct occurs;
- The extracurricular activity is in-season; and
- Regardless of where or when the conduct occurs.

It is possible that a student who violates the Luling ISD Student Code of Conduct will incur consequences from both the appropriate school administrator and from his or her coach or sponsor for the same particular violation. It is also possible that a student participating in extracurricular activities may violate the Extracurricular Standards and be subject to discipline or sanctions by a coach or sponsor without having violated the Luling ISD Student Code of Conduct.

### **ATHLETIC STANDARDS OF BEHAVIOR**

Nothing in the Extracurricular Standards of Behavior limits the authority of a coach(es) to impose reasonable sanctions for students who breach program conduct expectations that are not Student Code of Conduct breaches. Signing the *Acknowledgement of Athletic Policy Signature Page* is receipt and agreement to the expectations outlined in the Extracurricular Standards of Behavior. Decisions of the coach(es) and principal are final. Issues not covered on this consequences chart may arise that will be handled on an individual basis at the discretion of the athletic coach(es) and principal.

### **MAJOR/MINOR INFRACTIONS**

Please refer to the LISD Extracurricular Code of Conduct.

### **FELONY OFFENSE**

#### **Sanctions**

Any conduct that results in a felony indictment or petition will result in suspension from participating in athletic contest(s). This is not a presumption of guilt; rather it affords the accused athlete the time and opportunity to clear his or her name. The athlete will be on the team as a suspended member. Any student convicted of a felony will be removed from athletics for a one year period pending a review by the athletic director.

## **DROPPING A SPORT**

Quitting any sport during the season is frowned upon by the athletic department, although there will be some time when some athletes find it necessary to quit playing a sport before, during, or after the season. Whatever the reason, an athlete must follow the steps listed below:

1. The athlete should think the whole situation through before reaching a final decision.
2. The athlete should talk to the coach to see if a solution can be reached without having to quit. A conference between the parents, athlete and coach, or any combination of thereof, may be required and is highly recommended before an athlete will be permitted to quit.
3. If an athlete quits, and wishes to return to the team, the athlete must make up conditioning of every day missed. An athlete who quits and stays out two weeks or more will not be allowed to return to that sport for that season.
4. If an athlete decides to quit, he/she must check out of the sport just as he/she would check out of any academic class.
5. All equipment must be turned in clean. Also, an athlete must pay for any equipment not returned, or damaged.
6. If the athlete decides to quit one sport and join another, they will not be able to start that sport until the season of the sport they quit is over or Six Weeks, whichever is longer. Any exception to this rule will be determined by the Athletic Director. Examples of exceptions are injury or illness, or any other hardship cases. While the player waits, he/she will remain in the athletic period.
7. No athlete will be permitted to quit more than once during a school year. Any attempt to do so will result in the athlete being dismissed from the athletic program and removed from the athletic period.
8. Quitting players give up all rights to any honors, which they have earned but not yet received.

## **PLAYING MULTIPLE SPORTS**

The general idea of extra-curricular activities is to help mold young people through a variety of experiences. With this in mind, all student athletes are encouraged to participate in as many sports as they can while in the Luling Athletic Program. The coaching staff believes in working together in order to accommodate students who wish to participate in multiple sports here at Luling ISD. Generally speaking, coaches and players can handle any possible conflicts through solid communication between the coaches of the various sports, the athlete and their parents. However, it is obviously impossible for someone to be in two places at the same time so the following guidelines should be used when unavoidable conflict arises.

1. **School sponsored sports should take precedence over any outside entity.** (select, AAU, etc.). If you chose to attend a club, AAU or non-UIL sporting event over the school team your playing time and possible status with the team could be in jeopardy.
2. **Varsity Sports should take precedence over Sub Varsity Sports.** (Example: A Varsity Boys Track Team member who is also on the JV Baseball Team should miss a JV Baseball Tournament if it conflicts with a Varsity Track Meet)
3. **District Games/Matches take precedence over Non District Games/Matches** (Example: A Varsity Golfer who is also a Varsity Softball player should miss a non-district softball game to play in the District Golf Tournament.)
4. **If everything is equal, the coaches of the individual sports will work with you to formulate a plan which is fair to everyone involved.** ( when all other factors are equal, we will always try to do what is best for the athlete and the school)

**THE POLICY OF THE LULING ATHLETIC DEPARTMENT IS TO STRONGLY DISCOURAGE SPECIALIZATION IN OUR ATHLETIC**

## **PROGRAM AND TO ENCOURAGE OUR ATHLETES TO PARTICIPATE IN AS MANY SPORTS AS THEIR TIME AND STAMINA WILL ALLOW.**

### **AWARDS AND LETTERING**

The highest award you can receive as an athlete is your high school diploma, following right behind that is your school letter. Athletes may receive from the school only one major award (jacket) during their high school career. In order to letter, you must be on a varsity team and satisfy the requirements stated below. After receiving the one major award, letter certificates or similar awards (called minor awards by UIL) shall be given by the respective coach each time an athlete letters in any sport. Sub-varsity athletes may receive recognition from their coach as a result of having shown good citizenship and character, attitude and attendance, in addition to having adhered to the policies contained within this handbook.

#### **Sub Varsity Awards**

Some athletes will receive awards based on outstanding performance.

#### **Varsity Awards**

Awards for the varsity team will consist of letter jackets. These awards will be furnished by the school to each athlete who meets the qualifications for lettering.

#### **Guidelines**

1. UIL rules will be followed in regard to cost of jacket.
2. No participant will receive more than one letter jacket.
3. Athletes will receive a jacket in the sport in which they letter first.
4. The jacket will have no markings or patches on it except the letter, and one insert. All other patches will be the responsibility of the athlete.
5. Letter jackets will be the same for all sports.
6. Freshman who letter will have their jackets ordered the next year.

#### **Qualifications to Letter**

Each coach will keep records of student participation in each sport. Such records will be used as a basis for determining whether a student qualifies for a letter. A head coach with the approval of the athletic program may use other criteria. Below are the criteria to letter in each sport offered at Luling High School:

Football	must play in 8 varsity quarters to letter.
Basketball	must play in 12 varsity quarters to letter.
Volleyball	must play in 6 varsity matches to letter.
Softball	must play in 14 varsity innings to letter.
Baseball	must play in 14 varsity innings to letter.
Track	must run in 3 varsity meets to letter.
Cross Country	must run in 4 varsity meets to letter.
Power Lifting	must compete in 3 varsity meets to letter.
Tennis	must compete in 3 varsity meets to letter.
Golf	must compete in 3 varsity tournaments to letter.
Managers	must work at least two sports a year to letter.
Trainers	must work at least two sports a year to letter.

#### **Exceptions to Lettering Qualifications**

A participant may receive a letter at the Athletic Director's discretion if the participant is considered to have been of exceptional value to the team. Exceptions may include playing on a team for four years and never lettering, a letterman who is injured or ill, and is unable to complete the season, or a specialist of some type.

**Note:** Any student who has qualified for a letter but has been dismissed from the squad for disciplinary reasons will not receive an award.

### **ATHLETIC PASSES**

It shall be the policy of the Luling ISD Athletic Program to issue player passes to those athletes participating in each sport, which requires admission charge. The following stipulations shall apply to the passes:

1. Only the player whose name appears on the pass may use it. Free admission is allowed only when the pass is presented. Failure to furnish the pass means the athlete must pay the standard admission charge.
2. Identification may be required.
3. Use of the pass may be revoked if an unauthorized person uses the pass or the holder of the pass displays unsportsmanlike conduct at any contest.
4. Use of the pass may be revoked for those who are ineligible due to poor academic performance.
5. Passes will be issued to admit athletes to Luling ISD athletic events only.
6. If any player drops, or is dismissed from a sport, the coach of the athlete must take up the player pass as part of issued equipment.

### **SCHOLARSHIPS**

Individual athletes based on their athletic achievement and academic successes sometimes may earn scholarships. The student athlete must undertake a number of steps to insure that he/she is eligible when the time arises that a scholarship may be possible. He/She must not put off this responsibility or failure to qualify may result.

#### **Qualifications for Scholarship**

##### **Athletic Achievement**

The athlete must meet the criteria of the University or College pertaining to the individual sport involved. Each University or College has its own criteria for selecting athletes based on individual ability. As an athlete, you may fit one of the University's criteria, but not another, and sometimes you may not fit any. Striving to be the best high school athlete, and student is your best insurance that some university or college might deem you fit for their program. If you do fit their criteria, they will contact you or the head coach of your sport.

##### **Academic Success**

The athlete must meet certain criteria established by the NCAA before he/she can even be considered for scholarship. A student athlete must begin the process of qualifying academically as well as athletically for any post high school participation as early in high school as possible. Academics must be an integrated part of the athletic process beginning as a freshman, and must continue to be a priority throughout their high school career. If the core curriculum grade point average is not met, eligibility will not be possible no matter how outstanding the athlete is in his athletic endeavor. You must start early.

##### **College Requirements before Visitation Is Possible**

The athlete must meet the ACT or SAT requirements before a college can actively recruit an athlete. The scores are listed in the handbook. It is imperative that the potential athlete take the ACT or SAT at the earliest possible time to ensure that he/she meets these requirements. Your counselor will be of help to you as to when you can take the ACT or SAT; these dates will also be posted in the field house. They also may be of help with tutorial programs, etc. that will enhance your chances of a good score. Remember that a good base education cannot be replaced by last minute preparation for the test. Taking the test numerous times will also enhance your chances of

improving your score. You must apply yourself academically as well as athletically to reap the rewards of your diligence.

### **Frequently Asked Questions by College Recruiters**

When a college recruiter shows interest in a particular athlete, there are questions that are asked of the coaches and counselors. The first thing that they want to know is if the athlete will qualify academically. If you do not qualify, this will probably be the end of their interest in you. The next thing they will ask about is the work habits exhibited in the classroom as well as your commitment to athletics. They are usually looking for the individual that has put forth the necessary effort in both areas to succeed.

Another question that is usually asked is about the character of the individual. They will inquire as to any discipline problems that have arisen during the high school career.

They will also inquire about specific leadership qualities that the athlete might possess. If the sport is a team sport, the recruiter will want to know if the athlete is a “team player”. They are looking for someone who can enhance their program and will be a fit for their program.

They will also want to know of any special talents that they might not be aware of, such as football players being an outstanding track person also. **Multiple sport performers sometimes have an advantage, and it is also stressed here at Luling ISD.**

### **What to Expect from the Coach**

Your coach will be honest in their appraisal of the qualifications of the student athlete. They will respond to all questions as positively as possible. Coaches must be honest in their evaluation of players to recruiters to help build a bond with a specific university or college. They will provide statistics and other pertinent information pertaining to the athlete’s career. When possible, DVD’s will be made available to recruiters. They will also send tape to various schools that have shown some interest. We as coaches will do everything possible to help our student athletes’ advance to the next level, but the commitment must come from the athlete as well.

By acknowledging receipt of this Athletic Handbook, the student and parent consent for the coaching staff to share educational records with the colleges who inquire about the student’s performance.

### **What to Expect from the Student Athlete**

The student athlete can determine whether he/she meets all requirements for attending the school that they are interested in. The athlete should write the schools they are interested in to let them know of the interest. A letter of recommendation by the coach should accompany the letter. DVD’s can also be sent at this time.

Visit with school counselor to determine if the student’s areas of interest are available at the specific schools, for the student’s academic needs. Also, NCAA Clearinghouse must be completed for the student athlete to have an opportunity to advance to the college level. These forms are available in the counselor’s office.

If questions do arise, feel free to ask coaches or counselors for help with anything you may need, or help with interpretations.

Be sure that all applications are submitted before deadlines.

### **MEDICAL INSURANCE REQUIREMENTS FOR ATHLETES**

The Luling ISD provides athletic insurance. It is the intention and purpose of this policy to provide secondary or “excess” coverage in the event of an athletic injury. Primary coverage is the responsibility of the athlete’s family. In the event no primary insurance exists, the insurance provided by Luling ISD becomes primary. This coverage is only available while the student is participating in an athletic practice, event or travel.

In the event of an athletic injury, the student should immediately report the injury to his/her supervising coach for proper procedure and documentation. The coach/trainer will make notation of time and date of injury for the injury claim. If medical attention is necessary; it is the responsibility of the parents or legal guardian of the student to obtain a claim form from the district. The athletic director or head trainer will have the form available in their office once the supervising coach has notified them. At that time, the proper procedure for filing a claim will be reviewed with the parent or legal guardian.

\*Please note that the insurance policy explicitly states that medical care must be sought within 60 days of the initial injury for consideration for payment.

### **INJURIES OR ILLNESS**

As athletes you must distinguish between pain and injury. Athletic participation will lead to occasional pain and discomfort due to the nature of your chosen sport. An athlete who is injured and cannot practice, will be under the direction of the contracted athletic trainer who will advise coaches of the status of the individual.

**IT IS THE RESPONSIBILITY OF THE ATHLETE TO MAKE THE ATHLETIC TRAINER OR COACHES AWARE OF ANY INJURY OR ILLNESS THAT WILL LIMIT YOUR ABILITY TO PARTICIPATE. IF AT ANY TIME DURING PRACTICE OR GAME, YOU FEEL THAT YOU ARE INJURED, OVER-HEATED, OR ILL NOTIFY THE ATHLETIC TRAINER, OR COACH IMMEDIATELY.**

If the injury occurred during athletic participation the athletic trainer or coach must be notified. Failure to notify athletic director or coach may result in denial of district insurance coverage, and more importantly greater risk of injury. Out of town participation or holidays does not exempt an athlete of this time limit.

### **RESOURCES**

The coaching staff feels that we are extremely fortunate to have the opportunity to work with all of the student athletes in the Luling ISD athletic program. As the Athletic Director, I along with the other coaches, have an open door policy in regards to you questions and concerns. You may contact me directly at 830-875-2274 or by email at [smartin@luling.txed.net](mailto:smartin@luling.txed.net). We look forward to having your child as a student athlete in the Luling Independent School District.

### **PARENT CONFERENCE POLICY**

1. No impromptu meetings; must be set up through email or phone
2. 4 people in attendance (1. Parent, 2. Head Coach, 3. Athletic Director, 4. Student)
3. No meetings on weekends
4. No discussion of any other students.
5. Athletic Director has authority to end meeting if progress does not occur or the conditions of the meeting are breached.

## **CONCUSSION PROTOCOL**

The following requirements must be completed prior to the athlete returning to participation in interscholastic sports following an injury believed to be a concussion. Depending on the athlete, their family's resources, the order of these items can change on a case by case basis.

- The student athlete must be evaluated by a physician. This includes, but is not limited to, physicians at the CHRISTUS St. John Concussion Center, Emergency Room and your Primary Care Provider. The physician must be chosen by the athlete's parent/guardian.
- The parent/guardian must provide a written clearance from the treating physician that it is safe to return to athletic participation. Timing of the written clearance is at the discretion of the treating physician. Other licensed health care professionals may not take the place of a physician.
- A written clearance must be provided by the school district's health care professional (i.e. athletic trainer or school nurse) designated to oversee the return-to-play protocol (see below). This clearance must occur after successful completion of the Stages of Exertion and when the health care professional believes it is safe for the athlete to return to athletic participation.
- An acknowledgement form must be signed by the parent/guardian and the athlete after obtaining a physician's clearance and successful completion of the return-to-play protocol.

Athlete must progress through each step before returning to game participation:

1. Day 1 – Light to moderate activity 10 to 15 minutes
2. Day 2 – Moderate to heavy activity 20 to 30 minutes
3. Day 3 – Non contact participation in team activity
4. Day 4 – Full practice
5. Day 5 – Game participation

## **COLD WEATHER POLICY**

Cold exposure can be uncomfortable, impair performance and even become life threatening. Conditions created by cold exposure include frostbite and hypothermia. Wind chill can also play a role in the response of the body. For this reason, Luling ISD is developing a cold weather policy using wind chill factor, not the ambient temperature.

### **DRY CONDITIONS**

Wind Chill Factor less than 30 degrees:

- Limited to 45 minutes of outside exposure.
- Athletes must be dressed as fully as possible to still conduct workout.

Wind Chill Factor less than 20 degrees:

- No outside exposure

### **WET CONDITIONS/PRECIPITATION**

Wind Chill Factor less than 40 degrees:

- Limited to 30 minutes of outside exposure

Wind Chill Factor less than 30 degrees:

- No outside exposure

On days in which school has been cancelled due to wintery weather, no practices will be allowed.

Games are up to the discretion of the home team coach and Athletic Director. They will work with the visiting team and make a decision based on the best interest of the students and fans.

**HOT WEATHER POLICY**

If the temperature is over 90 degrees, the student athletes will receive a 5 minute break for every 45 minutes of practice. The practice time cannot exceed 120 minutes in length.

If the temperature is over 100 degrees, the student athletes will receive a 5 minute break for every 30 minutes of practice. The practice time cannot exceed 90 minutes in length.

If the temperature is over 110 degrees, there will be no outside practices while the temperature exceeds this mark.

For football specifically, if the temperature exceeds 105 degrees the students will not be allowed to dress in full pads. Helmet will be the only protective gear worn and the structure of the practice will be altered.