



**COLUMBUS ISD
ATHLETIC HANDBOOK
2019-20**

Columbus Independent School District

Columbus Cardinal Athletics

VISION

Every Student is encouraged, supported, and challenged to achieve the highest levels of knowledge, skills, and character.

PHILOSOPHY

We believe that an exemplary athletic program is an extension of the classroom. As such, athletics offers students an opportunity to develop and grow physically, intellectually, emotionally, and socially. The positive benefits that participation in athletics offers include, but are not limited to self-esteem, self-discipline, self-confidence, and the development of team spirit. Further, participants learn the values associated with competition and benefit from the experience of both winning and losing. For the participating athlete, these experiences provide an integral part of the foundation needed to be a productive citizen capable of leading a full and enriching life.

INTRODUCTION

The athletic program is an integral part of the total school experience for both boys and girls. It offers a variety of sports and activities to all students who have potential skill and the desire to participate. The policies, procedures, and regulations in this handbook are in compliance with school board policies and administrative procedures.

PARTICIPATION

You, the student athlete, are accountable and responsible for all policies contained within this handbook and for any additional ones that your respective coaches might add.

It is the goal of this athletic program to offer the opportunity of participation to every student who has the ability and desire to do so. However, no student is obligated to take part in athletics, nor is participation in athletics required.

It is also to be stressed that participation in Columbus ISD's athletic program is a privilege, not a right.

Since it is a privilege, the coaching staff, in accordance with Columbus ISD policy and due process procedures, has the authority to suspend or revoke the privilege when the rules and standards of this athletic program are not followed.

Columbus ISD athletes are expected to look and act with pride and dignity at all times.

AVAILABLE SPORTS

The following sports are available for High School Athletes grades 9 through 12:

Football	Volleyball	Cross Country
Swimming	Soccer	Powerlifting
Basketball	Baseball	Softball
Track & Field	Tennis	Golf

The following sports are available for Middle School Athletes 7 & 8:

Football: Boys	Volleyball: Girls	Cross Country: Boys & Girls
Basketball: Boys & Girls	Track & Field: Boys & Girls	Tennis: Boys & Girls
Golf: Boys & Girls		

GENERAL POLICIES: RESPONSIBILITIES OF AN ATHLETE AND PARENT

All athletes have the responsibility to give their best, play to win, follow training guidelines, and exhibit good conduct and fair play at all times so as to be a credit to their school. Athletes, as well as coaches, are always on display (on and off campus). We are judged by the company we keep. Our actions in our everyday life, both private and public, are a direct reflection on this athletic program and our school.

A. During competition, an athlete:

1. Learns that both winning and losing are part of the game and learns to accept both. Be modest in victory and 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. Have complete control of him-self / her-self at all times. Horse play, display of temper, use of profanity, and disrespect for coaches or officials will result in loss of respect for the athlete and in disciplinary action from the coach.
4. Will respect the decisions of the 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.

B. In the classroom, an athlete:

1. Must realize that he/she is a student first, an athlete second. The student-athlete must give time and energy to classroom studies to ensure good and 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 by treating teachers, administrators, and fellow students with respect. Tardiness, horse play, and unnecessary talking are unacceptable behavior habits that, if uncorrected by the student athlete, may result in suspension from the athletic program.
3. School attendance is a high priority for our student/athletes to be successful academically. Athletes are expected to have a high attendance rate for all classes. Low attendance rate by an athlete can be used as a reason for limiting an athlete on competing in an athletic competition or even dismissal from the athletic program.

C. On campus, an athlete:

1. Must maintain proper dress and appearance, good grooming, and personal cleanliness. You are a leader and you have only one chance to make a good first impression. You are representing Columbus Cardinal Athletics and Columbus ISD.
 - a. Male athletes will refrain from wearing earrings of any kind.
 - b. All dress, hair, makeup and clothing shall be clean, neat, and well groomed. It shall not be excessive, exceptional, or designed to draw attention to the individual. Facial hair will not be permitted.
 - c. Hair must be off the collar, at the top of the ears, and out of the eyes.
2. Will refrain from fighting, scuffling, horse play and juvenile behavior in and around the school building.
3. If suspended from school will not be permitted to work with, travel with, or participate with the team. Eligibility for subsequent contests will be left to the discretion of the coach and/or administration.

D. During the athletic period and practices before and after school, an athlete will:

1. Notify the coach if he/she needs to miss a game or practice session that is scheduled during after school hours. Absences from athletic period practices should be handled according to school guidelines. Any absence should be made up before an athlete participates in a contest.
2. All athletes must be prompt for roll call. Tardiness to our class period is as inexcusable as it is to any other class.
3. Maintain neat and clean locker space.
4. Take a shower for hygiene purposes and for aiding the body in its temperature adjustment after workout. Rough housing, towel popping, or throwing objects is not allowed in the shower or the dressing room.
5. Dress decently as he/she leaves the dressing room. You will not be allowed to wear practice clothes home. Wear your own clothes home.
6. Male athletes must have their shirt on when returning back to campus after athletics or practice.

E. During team travel, an athlete will:

1. Travel to and from all out of town contests with the team. If, for some reason, you need to ride home with your parents, you must clear this with the coach before leaving for the contest, and you must give a written release from one of your parents to the coach. Under no circumstances will you be released to ride with anyone other than your parents, or a person designated by your family.
2. Dress neatly and properly for all trips. Coaches will advise you regarding the proper attire.
3. Conduct him-self / her-self properly on the school bus or in any school vehicle.
4. Receive permission from the coach before bringing any radios, electronic games, etc., aboard the bus.
5. Be informed of departure and return times for each trip by a notice posted on the bulletin board/whiteboard or by Remind 101. It is your responsibility to be on time for all departures and to inform your parents of the time to pick you up after the contest. Every effort will be made by the coaching staff to notify proper personnel as to unexpected changes to arrival time.
6. Not be allowed to bring parents, family members or friends on bus trips. Only coaches, managers, and athletes are permitted to ride on the school bus.
7. Dress for all home contests according to the school and team dress policies. Your appearance before and after home games is as important as it is on out of town trips.

F. Club Participation

An athlete in-season who also participates in a club sport will give priority to the Columbus ISD sport. If an athlete misses for a club sport it will not be considered excused.

G. Parent Expectations

1. As a parent and sports fan it is important to set an example for your students.
2. Parents are asked to cheer on our teams and support our athletes whenever possible.
3. Parents should not approach coaches before, during and/or after practices or games to discuss their individual child. Athletes with questions should schedule a meeting with the head coach first. If after that meeting the athlete's concerns still exist, the parents may set up a meeting with the coach and then with the Athletic Director.

Parent Role:

- a. Be knowledgeable of the game.
- b. Be supportive.
- c. Be positive and cheer at games.
- d. Set the example for children by exemplifying the highest standard of sportsmanship.
- e. Respect the coaches, and all players on each team.
- f. Respect the authority of the officials
- g. Expect your own children to be respectful.
- h. Do not converse with any official or scorekeeper.
- i. Do not enter the field of play without permission of the referee.
- j. Never criticize the coach publically.
- k. All concerns should be brought to the Coach

ELIGIBILITY AND REGULATIONS

Eligibility:

A student in grades 7-12 may participate in extracurricular 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 7th grade year, the student must have been promoted from the 6th to 7th grade.
2. At the beginning of the 8th grade year, the student must have been promoted from the 7th to 8th grade.
3. At the beginning of the 9th grade year, the student must have been promoted from the 8th to 9th grade.
4. At the beginning of the 10th grade year, the student must have at least five credits towards graduation.
5. At the beginning of the 11th grade year, the student must have at least 10 credits toward graduation or have passed five credits during the previous 12 months.
6. At the beginning of the 12th grade year, the students must have at least 15 credits toward graduation or have passed five credits during the previous 12 months.

In order to be eligible to participate in an extracurricular activity event for a six week period following the initial six weeks period of a school year, a student must not have recorded grade average lower than a 70 on a scale of 0-100 in any course for that preceding six weeks period. A student whose recorded six weeks grade average in any course is lower than 70 at the end of a six week grading period shall be suspended from participation in any extracurricular activity event during the succeeding three weeks period. The student will only become eligible to return to competition if they have an average of 70 or above in all courses at the three week progress report period following the six weeks with the average lower than a 70.

Regulations:

Each August there is a required UIL in-service for all coaches. Each coach is given a UIL Constitution and Contest Rules that addresses each sport's regulations and eligibility. Practice regulations and eligibility are governed by the UIL Constitution and Contest Rules.

ATTENDANCE

School attendance is a high priority for our student/athletes to be successful academically. It is the expectation of the athlete to be present on a daily basis (school, practice, games, etc.). Athletes are expected to have a high attendance rate for all classes. Low attendance rate by an athlete can be used as a reason for limiting an athlete on competing in an athletic competition or even dismissal from the athletic program.

1. Athletes are expected to attend the athletic period and/or practices. If the student athlete expects to be a part of the team and play during the games then the athlete must be at all athletic periods/practices.
2. Athletes who are excused from participation in practice or games due to injury should still attempt to attend all practices and games. However, athletes will be allowed to miss scheduled events should they interfere with the athlete's rehabilitation.
3. Athletes who miss the last practice before a game, with either an excused or unexcused absence, shall play in the game only at the coach's discretion.
4. When absent due to illness, appointment, etc. the athlete or parent should contact the respective head coach to make him/her aware. The athlete will have makeup work when they return determined by his/her head coach. Failure to report an absence will result in additional makeup work when the athlete returns. The amount of additional work will be determined by the coach in charge in concurrence with the Athletic Director. By following the call-in procedure, the athlete will lessen the amount of makeup work required for participation.

OVERNIGHT TRAVEL

Students involved in UIL competition above the UIL-district level that requires an overnight trip shall have their expenses paid by the District in accordance to Board Policy.

Any overnight trip that is not above the UIL-district level must be approved by the Athletic Director and then forwarded to the Superintendent for final approval.

Student Conduct:

1. Students will be required to comply with District rules and regulations regarding discipline and conduct while on a trip. This includes the CISD Student Code of Conduct. Coaches are encouraged to communicate these requirements along with any additional rules or regulations to their athletes and parents through meetings and/or other venues.
2. When there is overnight travel involved, it is recommended that a minimum of two coaches attend. If the students are both male and female, then every attempt should be made to make sure there is a male and female coach attending the trip. If a coach is not available, then the athletic director and coach will recruit a CISD employee to attend the overnight trip with the coach.
3. During team travel including overnight travel, an athlete will travel to and from out-of-town contests with the team. If, for some reason, a student needs to ride home with his/her parents, the student must clear this with the coach prior to leaving for the contest, and provide a written release from a parent to the coach.

Contact Information:

The coach is responsible for providing the itinerary that is to be given to parents, athletic director and principal prior to going on the overnight trip. The itinerary should include the time of

departure and estimated expenses and time of return, lodging information and whom to contact in case of an emergency.

DISCIPLINARY PROCEDURES

School Suspension (ISS/OSS) Procedures

An athlete that is assigned ISS will be permitted to practice, but will not be allowed to participate in a school contest if the ISS assignment is on the day of the competition. The athlete will become eligible for competition on the day after the final day of the ISS assignment, once they have completed their 1 mile run per each day in ISS, and upon the coaches' discretion. An athlete that is assigned OSS will not be permitted to practice or participate in a school contest until the day he/she returns to school and is finished with his/her OSS assignment.

ISS/OSS = Run 1 mile per day in ISS/OSS

Suspension from Athletics

Each coach will have the authority, with the concurrence of the Athletic Director, to suspend or place on probation for an extended period of time, any student-athlete for major or minor infractions of rules for that team.

Alcohol and Drugs

Alcohol and drugs have no place in the life of an athlete. They are detrimental to one's health and performance. Athletes are expected to refrain from the use of these substances.

Disciplinary actions for the use and/or possession of substances off school grounds and at non-school activities will be taken in accordance to the substantiality of proof. Disciplinary actions taken by the school for the use and/or possession of substances at school or at school activities will be in addition to the discipline actions taken by the athletic department.

Violations of Alcohol/Drugs Policy:

- The athlete must complete their running consequence prior to competing in an athletic competition. The athlete will run 20 miles for a violation due to alcohol or drugs.
- If an athlete continues to violate this policy they will be removed from the athletic program, based on coach's discretion.
- Please also refer to the Student Handbook for violations of drug and alcohol policy.

Alcohol/Drug Violation = Run 20 miles

QUITTING A SPORT

There will be times 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 parents, athlete, and coach, or any combination thereof, may be required, and is highly recommended before an athlete will be permitted to quit.
3. A student athlete that decides to quit a sport may not begin to practice or play another sport until the season for the sport he/she quit has ended. Consequence for quitting is completion of 25 miles of running before beginning practice with another program (to be done before or after school).
4. All equipment must be turned in clean. The athlete must pay for any equipment not returned prior to returning to competition status.
5. If a student athlete quits a sport and is not going to compete in another sport, then he/she will be removed from athletics.

ATHLETIC PASSES

It shall be the policy of the Columbus ISD Athletic Program to issue Player Passes to those athletes participating in each sport which requires an 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 to Columbus ISD home athletic events is allowed only when the pass is presented. Without the pass, the athlete must pay the standard student admission charge.
2. 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.

PROCEDURES WHEN ILL OR INJURED

1. Your health is of concern to every member of your team. In the event you feel ill and your condition does not improve within two days, see a doctor as soon as possible and inform your Athletic Trainer.
2. An injury that could possibly hamper your ability to participate must be reported to your coach and the Athletic Trainer as soon as possible. Specific instructions regarding treatment by the Athletic Trainer will be given to you at the start of your season.
3. If the Athletic Trainer sends you to the doctor, be sure that you bring back WRITTEN instructions from the doctor as to your care. If you feel that you need to see a doctor about an injury, make sure that you check with the Athletic Trainer since they have been licensed to provide proper care for you and may be able to provide you with information regarding your injury and the type of doctor you should see.
4. Going to the doctor for an athletic injury without informing the Athletic Trainer is discouraged.
5. Parent notes will not be accepted as a reason to miss practice.
6. If an athlete is too ill or injured to practice, then he/she must report to the Athletic Trainer or bring a written note from a doctor specifying the illness/injury and the number of days the athlete is to miss.
7. Whenever you are injured or have an illness of a minor nature, you may be required to dress out (but not participate) and stay with your group during the workout. You learn from each practice session, whether you are practicing or simply observing.
8. Following any injury, an athlete should immediately report it to the Athletic Trainer.
9. When injured or when considered injured, each athlete is required to receive treatment every day until released by the Athletic Trainer.
10. Athletic periods will not be used for treatments of injuries or for the evaluation of injuries except under special circumstances.
11. Treatment periods are before school, after school, or as designated by the Athletic Trainer.

ATHLETIC TRAINING ROOM RULES

1. Cleats, spikes, pads, and other equipment are not permitted in the athletic training room.
2. After practice, shower and dry off before coming into the athletic training room.
3. Do not dress, undress, or change clothes in the athletic training room.
4. All athletes must be clothed in gym shorts and t-shirts for treatment.
5. The athletic training room is not a "lounge".
6. ASK!! Nothing is to be taken without permission.
7. Horse play and foul language will not be tolerated.
8. Drinks, food, and gum are not permitted in the athletic training room.
9. Help keep the athletic training room clean.
10. Return all wraps, braces, and pads.
11. Shoes, books, purses, coats, and other personal items are to be placed outside by the door.

PARENT CONCERNS

If problems or concerns arise with student athletes, parents or guardians should recommend that their child speak with his/her head coach of the respective sport. If, after this meeting, there is still a concern then the parent or guardians should attempt to resolve the problem by contacting the following individuals in the order stated:

Junior High: coach of sport → JH Coordinator → Athletic Director → Principal → Superintendent

High School: coach of sport → head coach of sport → Girls Coordinator (if applicable) → Athletic Director → Principal → Superintendent

COLUMBUS ISD COACHING ASSIGNMENTS

Matt Schobel	<i>Athletic Director / Head Football</i>
Lexy Ramirez	<i>Athletic Trainer</i>
Kayley Johns	<i>Girls Athletic Coordinator / Head Volleyball / Head Girls Track</i>
Keith Cubit	<i>Asst Athletic Director / Asst Head Football / Asst Powerlifting / Head Boys Track</i>
Gary Leopold	<i>JH Coordinator</i>
Mike Albers	<i>Head Girls Basketball / Asst Volleyball</i>
John Paul Hunter	<i>Head Boys Basketball / Head Boys Golf / JH Boys Golf</i>
Andy Jacobs	<i>Head Cross Country / Asst Girls Basketball / Head Girls Golf/ JH Girls Golf</i>
Karin Magera	<i>Head Swimming</i>
Amy Russell	<i>Head Tennis</i>
Garrett Schindler	<i>Head Softball / Asst Volleyball</i>
Heath Allen	<i>Head Baseball / Football (Offensive Coordinator)</i>
Kenneth Robinson	<i>Football (Defensive Coordinator) / Head Powerlifting / Asst Track</i>
Daniel Engel	<i>Head Boys Soccer / Asst Football</i>
Ross Macha	<i>Head Girls Soccer / JH Football</i>
Jenn Chester	<i>Asst Volleyball</i>
Kyle Bludau	<i>Asst Football / Asst Baseball</i>
Carson Greene	<i>JH Football / Asst Boys Basketball /</i>
Schuyler Fritz	<i>Asst Girls Basketball / Asst Softball</i>
Matt Hudec	<i>Asst Boys JH Coordinator / JH Football / JH Basketball / JH Track</i>
Amy Mikulin	<i>Asst Girls JH Coordinator / JH Volleyball / JH Basketball / JH Track</i>
Troy Bohac	<i>Asst Football / JH Basketball / Asst Track</i>
Johanna Cromeans	<i>JH Volleyball / JH Basketball / JH Track</i>
Kourtney Korenek	<i>JH Volleyball / Asst Softball</i>
Daniel Zika	<i>JH Football / Asst Boys Basketball / JH Track</i>
Tommy Bludau	<i>Asst Football</i>
David Johnson	<i>Asst Football</i>
Jennifer Wray	<i>JH Tennis</i>

Columbus Cardinal Student Athlete Behavior Contract

Athlete's Name: _____

As student athletes, you are bound by a stricter moral and behavioral code than non-student athletes. As such, you will be responsible for conducting yourself in a manner above and beyond non-student athletes. If you choose to accept this responsibility, you and your guardian must sign this contract, and in doing so, you agree to abide by the consequences set forth below:

Every member of the COLUMBUS Athletic Program has a duty to represent himself/herself, the team and the school in the best manner possible. This applies to your behavior both in school and out of school. You are expected to avoid situations where you might be accused of wrongdoing. Being in the "wrong place at the wrong time" is not an excuse if you chose to be there in the first place.

In-school discipline problems resulting in ISS or Suspension may result in dismissal from the athletic program. The following violations may also result in suspension, probation, or dismissal from the COLUMBUS Athletic Program:

1. Using illegal drugs, alcohol, or tobacco products at any time
2. Allowing yourself to be in a situation, in school or away from school, where you are accused of/arrested for an illegal activity
3. Missing practices (unless excused by the Coach)
4. Skipping class or school
5. Poor sportsmanship
6. Harassment (verbal/physical/sexual/social media/etc...) of another student or team member.
7. Any act (either in school or away from school) which in the opinion of the coaches and/or school administration, reflects in a negative manner on the COLUMBUS Athletic Program.
8. Electronic communication (text, Facebook, Twitter, Snap Chat, etc...) should be positive and should never negatively reflect on other teammates or coaching staff. If it is not positive then don't post it.

By signing below, you affirm that you have read this and fully understand the rules set forth by this Contract. You are also stating that you understand that violations of the COLUMBUS Athletic Program behavior policies could result in your being dismissed from the athletic program.

Player's Signature: _____ Date: _____

Parent's Signature: _____ Date: _____