

ABBOTT ISD

**ATHLETIC GUIDELINES AND
POLICIES**

2018-19



“Building Champions in Life”

ABBOTT ATHLETIC DEPARTMENT MISSION STATEMENT

To instill and develop in each Student-Athlete: Discipline, Hard-Work, Perseverance, Teamwork and the other skills necessary to be successful in life, so that they may become a productive member of society.

Abbott ISD Athletic Philosophy

Athletics is a unique extension of the classroom. For some it is the motivation that keeps them going to achieve in the academic area. For others it is an opportunity to showcase special talents. For all that participate it is an opportunity to learn the skills necessary to become successful in life.

It is our belief that if you develop the Physical, Mental, and Emotional/Spiritual side of the athlete great successes will be encountered. While we do acknowledge the importance of winning in competition, we believe that preparing properly to win is more important. Learning the proper steps necessary for victory will have a far greater impact on an individual's life than the actual victory.

It is the goal of the Abbott ISD athletic program to offer the opportunity of participation to every student who has the ability and desire to participate. Student athletes must realize that it is a privilege to represent the school and community, not an inherent right. Therefore, proper conduct at all times will be the foundation for building a successful athletic program.

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ABBOTT I.S.D. ATHLETIC DEPARTMENT POLICIES AND GUIDELINES

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ACADEMICS

All athletes are students first and athletes second. Your primary reason for being in school is to get an education. We believe that it takes a special person to be a student and an athlete. You are going to have to work harder, stay up later, and get up earlier, etc., because much of your study time will be taken up by athletics. We know that this is not easy, but we expect you to do it because others before you have been able to do it.

Be organized, do not put off assignments, write things down, and if you are having trouble in a class, get help from someone. All of our coaches are also good teachers, and they will be more than happy to help you in any way that they can. But, you have to ask! Coaches will monitor grades periodically, but it is still your responsibility to get help if you are having trouble. Athletes may be required to attend early morning tutorials or after school tutorials if they are having academic problems. The only way that you can ensure success in the classroom is to assume individual accountability for your classroom performance. Do not depend on someone else!

Students who are unable to maintain academic eligibility may be removed from athletics by the athletic discipline committee.

ATHLETIC PERIOD

The athletic period is just like any other class. You are expected to be there exactly like any other class. You will not be allowed to use the athletic period to make up assignments from other classes or receive tutoring in other classes unless you have coaches' approval. As an athlete you are responsible for completing assigned work on your own time.

ATTENDANCE

***ABSENCES** - Absences because of illness, a school function, a family function, etc., will be considered as legitimate absences and the athlete will only be required to make up the work that was missed. However, the athlete must make the coach aware before the absence occurs.

***PROMPTNESS** - Always be on time! The athlete is responsible for his/her own time. Tardiness will result in disciplinary action. When leaving our school, the bus waits for no one. Excessive tardiness will not be tolerated. If you miss or are late to an athletic period/practice, be sure that it cannot be helped. If you must be absent or late, talk to your coach before the athletic period. If you fail to do so, you may be subject to disciplinary action.

ATTITUDE - WORK HABITS

Your attitude toward your sport will determine how successful you are at that sport. Through hard work, self discipline and teamwork, you will develop a positive attitude. By having a positive attitude, you will have a chance to be successful one hundred percent of the time.

CHAIN OF COMMAND / COMMUNICATION

If a player or parent has a problem or conflict with a coach, there is a proper chain of command to follow. There are certain steps that should be followed to enhance coach/student and parent/coach communication. It is important also to remember that the first link in the communication network is the one established between coach and student. **Encourage your child to exercise the opportunity to speak directly with his/her coach about any topic and preferably before a parent/coach conversation is scheduled.**

There are situations that may require a conference between the coach and parents. These conferences are encouraged. It is important that both parties involved have a clear understanding of the other's position. When conferences are necessary, the following procedure should be followed to help promote a resolution to the issue of concern.

Procedures to follow when you discuss a concern with a coach:

1. Contact the coach by school phone or email to set an appointment.
2. Please do not confront a coach before or after a game or practice.
These can be emotional moments. Meetings of this nature are not likely to promote resolution. **If there is a problem that needs immediate attention contact the athletic director or the Administrator in charge of that event.**
3. Describe your specific areas of concern.
4. Limit your discussion to your own child's issues. Do not discuss issues pertaining to other athletes or parents unless they specifically involve your child.

If you are not satisfied or the problem is not resolved, then go to step two. You should take the problem to the Athletic Director. If you feel that the problem has still not been resolved, then you should schedule a meeting with the Superintendent. By following the proper chain of command, most conflicts and problems can be resolved.

CELL PHONES

The use of cell phone cameras and video in locker rooms are prohibited. Each Coach will set rules on how cell phones will be used while traveling to and participating in athletic events. Each coach will have a cell phone on the bus which may be used by athletes to contact parents. If a parent needs to contact a student when traveling or while at a competition a list of cell numbers of coaches can be made available for that parent.

CONDUCT

It is important to remember that when you are competing, you are representing not only yourself and your school, but also the entire community. Profanity and any acts of unsportsmanlike conduct will not be tolerated.

CRIMINAL ACTIVITY

Any athlete formally charged with a crime will be disciplined according to the severity of the crime. Discipline procedures as outlined in Chapter 37 of Senate Bill 1 will be followed.

DISCIPLINARY ACTION

Any athlete that violates the rules and policies of the athletic program may be disciplined by using a variety of special assignments. Depending upon the circumstances, temporary or permanent suspension could be enforced.

If any situation arises, that is not covered in this handbook, the policies and actions outlined in the Abbott I.S.D. student handbook will apply. In cases where there is no policy for the situation, the Athletic Discipline committee, which shall consist of the appropriate coach, Athletic Director, Principal, and two faculty members, decide what actions will be taken.

DRESS CODE

Each student athlete will be expected to follow a team dress code when traveling to games. The dress code will be set by the head coach of each sport.

ELIGIBILITY

Under the provisions of House Bill 72, an athlete must maintain a 70 average in all classes to be eligible for extracurricular activities. In addition, the athlete must have the correct number of credits at the beginning of the school year.

- 9th - must be promoted to 9th grade
- 10th - must have 5 credits
- 11th - must have 10 credits
- 12th - must have 15 credits

In order to attend a Division I or II University on athletic scholarship, the athlete must meet all requirements of Proposition 48. Student athletes should check with the Athletic Director for these requirements.

EQUIPMENT / UNIFORMS

Abbott I.S.D. will issue the proper equipment for each sport. The athlete will be held responsible for his or her own equipment. Athletes will be held responsible for lost or stolen equipment. Equipment lost or stolen will be paid for by the athlete to whom it was issued. It is not acceptable to borrow another athlete's equipment or to take any equipment home without a coaches' approval. All school issued equipment will be laundered by school personnel routinely. If you are not satisfied with the laundry process or if your clothes are not being washed please contact the Athletic Director. Any athlete who is caught stealing may be suspended from athletics. An athlete will not be allowed to participate in another sport until his or her equipment record is clear in the previous sport. **Abbott athletic issued equipment should be used or worn only during school sponsored athletic events.**

Uniforms are worn to symbolize teamwork. Everyone will wear their uniform in the same manner - no one will dress differently. You will not be allowed to take any equipment from the locker room. Do not wear any jewelry in practice or during the game.

FAN BEHAVIOR- (PARENT and STUDENT)

You are asked to remember that the athlete on the field or court is participating in a game. Winning is important, maybe even critical; however, it is still a game. All of our coaches work very hard to keep athletics in perspective. We will ask that our fans keep things in perspective, also.

The University Interscholastic League is currently in the process of cracking down on schools whose fans cause confrontations with officials and coaches. Remember this: If the U.I.L. disciplines our school, it is our athletes who will suffer the most. In order to prevent discipline from the U.I.L., we must discipline ourselves. With this in mind, we want you to know that unruly behavior on the part of fans will not be tolerated.

Any fan that confronts an official or coach, and threatens him or her, either verbally or physically, will have charges filed and will be suspended from attending any school sponsored event for a period of one year.

It is a violation of state law to consume or use alcoholic beverages or tobacco products on school property. Drinking on the part of fans will not be tolerated.

The Abbott High School Athletic Department sincerely hopes that no incident of this kind occurs, and that good judgment and sportsmanship will prevail.

FEES

From time to time it will be necessary for the athlete to purchase a piece of equipment not provided by the school district. Included below is a list of some items that may have to be purchased by the student.

Shoes:

Football, Basketball, Volleyball, Baseball, Golf, Tennis, Track & Cross Country

Knee Pads:

Volleyball, Basketball

Tennis: racket

Golf: clubs

Baseball – Hats, Gloves, Bats

Once you purchase this equipment, it becomes your property.

FORMS

All athletes will be required to have a physical exam yearly. An athlete who moves into the district should have a copy of his or her physical examination or make arrangements to get it. In addition to a physical examination form, all athletes must have a completed Medical History

Form and an Acknowledgment of Rules Form. Please be sure that your paper work is completed, signed properly, and up-to-date. No student enrolled in an athletic period will be allowed to participate in any conditioning activities until they have a current physical on file.

GROOMING

Students competing in athletics at Abbott High School will reflect a positive public image in their appearance. Hair styles and clothing should not be disruptive. To attain a team appearance, as well as for safety reasons, hair should be neatly trimmed and not exceedingly long. Facial hair should meet the guidelines in the Abbott student handbook. When asked by a coach or administrator to take care of a grooming issue you are expected to do so in a reasonable time frame. Failure to correct grooming issues will lead to disciplinary measures and a possible loss of playing privileges. Your appearance should, at all times, reflect class and pride in yourself, and in our athletic program

INJURY OR ILLNESS

If you are ill, tell your coach before you leave school or call them to let him know you will not be at school. We do not need notes from home saying that you are ill or injured. As long as you don't abuse the privilege, your word on these matters is good enough. If you say you are sick, then you are sick.

If you are sick or injured we do not expect you to work out, but if you are at school we do expect you to be at practice, in the required uniform, following your group from station to station and learning as much as you can.

If your injury or illness requires a visit to a physician, bring us a note from the physician telling us how long you will be out and what we can do to treat your injury. We will treat what a doctor says as law; you will not be allowed to return to practice until the doctor releases you.

INSURANCE

Abbott I.S.D provides for its student athletes supplemental insurance. The student claim form is located under the [Athletic/Form Tab](#) on the Abbott ISD website. After completing Part 1 questions 1-9 the form should be given to the head coach or athletic director to complete questions 10-20. Students and parents should remember that school insurance is a secondary insurance designed to help with those costs not covered under the student's primary insurance. In the event that a student does not have primary coverage the policy will pay a portion of the medical expenses.

Abbott I.S.D. cannot legally assume responsibility of medical and/or hospital bills resulting from injury to any student who participates in any activity. It is the policy of the district to communicate with parents to make them aware that **ANY EXPENSE IS THE RESPONSIBILITY OF THE PARENT OR LEGAL GUARDIAN AND NOT ABBOTT I.S.D.**

I.S.S. - SUSPENSION

Unruly behavior on the part of athletes in the classroom, halls, or anywhere else on campus will not be tolerated. Any athlete who misses the athletic period because of I.S.S. or suspension from

school will also be disciplined in athletics. This may seem like you are being punished twice; however, because you are an athlete you will be required to be on your best behavior at all times. If you are in I.S.S. or suspended on the day of competition, you may not be allowed to participate in an athletic contest the day of I.S.S. or suspension.

LETTERING

In order to earn a letter jacket a student must participate in a sport for at least two years or **letter** in four or more sports in one year. The lettering requirements for each sport will be established by the individual coach. If the coach feels extenuating circumstances, such as an injury, has kept the player from meeting the requirements, the letter can be awarded.

Football - In order to earn a Letter in football at Abbott High School a player must compete in the sport for the entire season. (Consideration will be given to injuries and to students who enroll in Abbott ISD late). The Player must suit up for at least two varsity games.

Volleyball - Participate in one DISTRICT match at the varsity level.

Basketball - Player must be a member of the Varsity Basketball Team.

Baseball - A player will be awarded a letter if they participate in ½ or more of the district contests.

Track - Must score at least 1 point in the district track meet

Cross country - A letter will be earned in cross country if the individual is on the varsity squad for every cross country meet of the season. However, if the individual is part of a team that advances and runs at the regional cross country meet, or individually qualifies and runs at the regional cross country meet that will also earn a letter for that individual.

Tennis - In order to letter for tennis, a player must score a point for the team at the District Meet. This does not mean a point in a game. It means that you win your match of 2 out of 3 sets to advance to the next round.

Golf - Player must participate in the district tournament as a part of the varsity team or as a medalist in the varsity division.

LOCKERS

The athlete will be responsible for keeping his or her locker neat and clean, for hygienic and organizational reasons. Your coach will explain to you how your locker is to be kept. Our lockers do not have locks on them. It is the responsibility of the athlete to provide a lock for his/her locker and to lock all valuables in the locker which they have been issued. If your locker needs maintenance, please bring it to the attention of a coach.

LOCKER ROOM

During the course of the season, you will spend a great deal of time in this room. Take care of it like it was your own. Keep it clean by putting trash and tape in the trash can. Do not wear muddy shoes or steel cleats in this area. Make this room a more pleasant place for everyone.

The locker room is also a private place. It is the place where your team family meets. Do not say or do anything outside the locker room that would disrupt the continuity of our athletic teams.

OFF-SEASON

Our coaches believe that we have one of the finest off-season programs in Texas. This program is designed to make you a better athlete. It is not just for football players, or track, or tennis, or any other single sport. Its purpose and design is to make you better at all sports. All athletes who are not involved in an in-season sport will be expected to participate in off-season workouts, unless approved by the head coach of that athletes' sport. Failure to do so may result in dismissal from their team.

PARKING

Student athletes are permitted to park in the back of the gym only when school is not in session. Any exception to this rule must be approved by the Athletic Director or Principal.

PRE-PARTICIPATION MEETING

All parents/guardians may be asked to attend a parents meeting with the Athletic Director and/or coaching staff before their child will be allowed to participate in any athletic contest. This meeting will be used to introduce parents to staff and inform them of the policies, guidelines and expectations of being a part of the Abbott athletic family. The decision of the need for this meeting will be decided by the Administration.

QUITTING OR REMOVAL FROM TEAM

If an athlete who suits up for the first competition quits a sport, is removed from the team by the coach, or chooses not to participate in a sport, he or she may not be allowed to participate in any other athletic sport for the remainder of the school year or in following years. This will be determined by the Athletic Discipline Committee.

Any Athlete wishing to quit a sport must follow these steps:

- 1. Meet with the Head coach of the sport to discuss their reasons for quitting.**
- 2. Athlete's parent / guardian must sign form acknowledging that they are aware of their child's decision.**
- 3. It is the athlete's responsibility to turn in all equipment they were issued before they are allowed the withdrawal from that sport or the Athletic Period.**

SCHEDULING CONFLICTS

Conflicts will arise in which an athlete will be participating in some other extracurricular activity. These conflicts are handled using the following rule. A district contest will always take precedence over a non district contest and any competitive event will always take precedence over a field trip or practice. If there is a conflict between two district competitions the individual must decide in which to participate without influence by coaches. Using this rule, all participants will be given an opportunity to compete in the major contests or events of any extracurricular activity. The Athletic Department will do everything possible to avoid conflicts of this type. Students are strongly encouraged to check the schedules of their activities, so as to prevent too many conflicts or missed class time.

SOCIAL MEDIA

It is important to remember that it is a privilege to participate in athletics and not a right. We expect our athletes to display high character both on and off the fields of competition. It is important to remember to display high character when posting on the internet. It is not our intent to police individual activity on social media sites. We feel that is the responsibility of the athlete's parents and guardians. However, when it is brought to the attention of a coach or administrator that a student is not demonstrating proper character on social media sites, that student will be counseled and or disciplined accordingly. More importantly we feel our role is to continuously educate our student athletes of the pros and cons that social media can have on becoming successful in life.

SUBSTANCE ABUSE

Use of alcohol, tobacco and/or drugs will not be tolerated. The use of alcohol, tobacco, or drugs will warrant appropriate disciplinary action.

Abbott ISD will conduct random drug testing for athletes in grades 9-12. The drug testing policy and procedures may be found on the Abbott ISD website at the following link. [Drug Testing Policy](#)

Any athlete who is found by the athletic discipline committee to be using alcohol will be disciplined in the following manner:

First offense - 1-week suspension and 10 miles running (to be completed at a time other than practice)

Second offense - 2-week suspension and 20 miles of running

Third offense - Removal from program until an alcohol counseling program is completed.

An athlete who is not currently in season will serve their suspension during their next sport.

Any athlete at Abbott I.S.D. who is **suspected** of using any of the above products will be counseled by coaches and administrators, and the athlete's parents will be notified.

TRAVEL TO AND FROM ATHLETIC CONTESTS

Abbott I.S.D. will provide athletes with transportation to and from all athletic contests. All athletes will ride the bus to all athletic contests, except in cases approved by the coach. Athletes, at the coach's discretion, may ride home from the contests in private vehicles, providing the following conditions are met:

1. The athlete may ride only with his/her own parent. Exception may be made if the student's parents or guardian personally requests that the student be allowed to ride with the parent or presents a written request to the principal the day before the scheduled trip that the student be allowed to ride with an adult designated by the parent.
2. The athlete must have the proper forms completed (Blue sheet).
3. The athlete is responsible to return all uniforms and equipment to the school as soon as possible.
4. The athlete will be held accountable for obtaining information he/she may have missed on the bus ride home (i.e. practice time changes).

PICKING UP ATHLETES AFTER COMPETITION

In order to protect both your children and our coaches, we ask that the following procedures be followed.

1. Athletes should place phone **calls to parents from a coach's office only**. If students cannot reach a parent, then they are to notify the coach so he/she may make arrangements to make sure they will not be left unattended.
2. Athletes being picked up after a game should be **picked up in the back of the gym**. If they must be picked up in the front parking lot, they are to notify their coach.
3. Coaches are to drive around to the front of the school before leaving campus. If a student has not yet been picked up, they are to wait with them.

We ask that you please discuss these procedures with your children and encourage them to communicate with the coaching staff. It is our goal to provide them with a safe environment in which to compete and grow.

Alternate Practice Transportation

Occasionally practices will be held off campus in some sports. Most of those times transportation takes place in a school vehicle. However, in some situation students are

allowed to drive their personal vehicles. Please fill out the alternate transportation form to inform us how you wish your child to be transported.

(Return this copy to the Athletic Department)

ABBOTT I.S.D. ATHLETIC HANDBOOK ACKNOWLEDGEMENT FORM

The *Abbott ISD Athletic Handbook* has been created to help you gain an understanding of the Abbott Athletic Program. It is intended to help inform you and your student-athlete of the expectations of the student, the parent or guardian, and the coaches. It is important that we have your support and cooperation to make the 2018-19 school year successful both on and off the field.

I understand the policies and procedures of the Abbott I.S.D. Athletic Department; I am also aware of the consequences for violating said policies. If at any time I have questions regarding the handbook, I will address these questions to the Head Coach/Athletic Director. I understand that the Athletic Director and coaching staff will enforce these policies, procedures, and consequences.

Student Name (Printed)

Parent/Guardian Name (Printed)

Parent/Guardian Relation to Student-Athlete

Parent/Guardian Home Phone Number

Parent/Guardian Cell Phone Number

Parent/Guardian Home Address:

_____ Street

_____ City, State, Zip

MEDIA RELEASE FORM and ALTERNATE TRANSPORTATION FORM

My daughter/son has my permission to be interviewed and/or photographed by all media outlets covering AISD athletic contests. This release is for newspaper, radio, social media sites and television outlets.

_____ YES _____ NO

Occasionally practices will be held off campus in some sports. Most of those times transportation takes place in a school vehicle. However, in some situation students are allowed to drive their personal vehicles.

Please initial all that apply:

_____ I give my child permission to drive their personal vehicle to off campus practices.

_____ I give permission for my child to ride with another student to off campus practices.

_____ I only want my child to be transported by school personnel in a school vehicle to off campus practices.

_____ I give permission for my child to leave school during his/her athletic period for the purposes of going to eat before traveling to an athletic contest when allowed by coaches. I understand that transportation off campus is the student's responsibility and I release and hold harmless Abbott ISD, its Trustees, employees, and agents from any and all liability connection with this alternate method of travel.

Parent/Guardian Signature

Date

Athlete Signature

Date