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THRALL ISD
ATHLETIC HANDBOOK
2019-2020



THRALL ISD ATHLETIC DEPARTMENT

Position – Name(s) & Contact Information

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Girls Coordinator / Head Volleyball / Head Girls Track Bethany Grissom	512-898-5193 ext. 210 bgrissom@thrallisd.org
Head Girls Basketball / Girls Jr High Coordinator Katina Walker	512-898-5193 ext. 328 kwalker@thrallisd.org
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Head Boys Basketball Charles Tindol	512-898-5193 ext. 223 ctindol@thrallisd.org
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INTRODUCTION

School athletics does have a tremendous potential for meeting the needs of our youth. Both competition and cooperation have long been prized by our American culture. Both are fostered by well conducted and competently directed athletic games. An intensive, well-balanced Program of interscholastic sports should therefore be offered to all students. Interscholastic athletics for the physically gifted represents an area of great potential for practicing the pursuit of excellence. It is therefore, the goal of the athletic program to offer this 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 this required for graduation. Student athletes and parents/guardians must understand that it is a PRIVILEGE to participate in Thrall's interscholastic athletic program. A condition to participating in the Thrall School District athletic program is a commitment to follow the rules, regulations, policies, and procedures established by the district for the implementation of its athletic program. It must also be understood that athletes who violate the rules, regulations, policies, and procedures shall face disciplinary action and or removed from athletics.

MISSION STATEMENT FOR ATHLETICS

Our mission of the Thrall Independent School District's Athletic Program is to enrich the mental, physical, and emotional well-being of all students by providing competitive opportunities in which the lifelong values of sportsmanship, individual effort, teamwork, integrity, character, perseverance and commitment are emphasized

BELIEFS

It is important to see athletics as a part of the total educational program. It should complement and contribute to the overall educational process.

- We believe the students are of highest priority.
- We believe the dignity, worth, and self-esteem of participants should be paramount in all athletic activities.
- We believe the most important result of competition is the development of life-long values and skills.
- We believe the athletic program is an integral part of the high school experience.
- We believe well-designed athletic programs promote community and school pride.
- We believe open communication and mutual respect among administrators, coaches, parents, and athletes provide the foundation of a successful athletic program.
- We believe positive parent support and involvement enhance student growth and program quality.
- We believe high school athletics should be fun and rewarding.
- **We believe high school athletics should teach athletes how to work hard and function on a team.**

ATHLETIC PROGRAM GOALS

- 1) Build a consistently competitive program by encouraging the success of all sports.
- 2) **Encourage mass participation of all athletes in all sports.**
- 3) Work as a coaching staff through involvement and commitment by all to the goal of developing a **TOTAL ATHLETIC PROGRAM.**
- 4) Develop and reinforce the **TEAM VS. ME** attitude in athletes and coaches.
- 5) Communicate with athletes – let them know what you want and expect from them.
- 6) Set high standards of excellence and sportsmanship on and off the arena of competition.
- 7) Establish and maintain the concept of the **TOTAL STUDENT ATHLETE** throughout the program.
- 8) Create an environment that is conducive to learning and characterized by positive reinforcement.
- 9) To build a program that will prepare the student-athlete to excel in academics and athletics while preparing them to be a contributing citizen in today's society.
- 10) To be a positive and cohesive part of the school environment while working together for a common goal.
- 11) Build up all athletes physically. **BIGGER, FASTER, STRONGER.** We will lift all athletes in and out of sports at least twice a week. In addition we will emphasize running and plyometrics.

PHILOSOPHY

Each Athlete must realize that athletic competition is a privilege that carries definite responsibilities with it.

The Athletic program is an integral part of the total educational system of Thrall ISD. The athletes are students first and must meet the academic requirements of the school and the UIL in order to be eligible for participation. Our goal for your child in the Thrall ISD Athletic Program is to guarantee the student the opportunity to grow and develop socially, emotionally, mentally, and physically.

Thrall ISD currently offers eight sports for both boys and girls:

- Fall- football, volleyball, cross country
- Winter - basketball and power lifting
- Spring – baseball, softball, tennis, track, and golf

Each athlete will be expected to represent their school and community in a manner that will make parents, school administrators, teachers, and the entire community proud of them.

PARTICIPATION

If a student is enrolled in athletics and in school, they must participate in athletics. Participation does involve dressing out and working out during the Athletic Period.

Please provide a doctor's note if a child cannot participate. (NOT a Parent's Note) Parent's notes will only be accepted if Dr. Appointment is a few days away.

Thrall ISD High School Athletes must be enrolled in Athletics in order to participate in sports.

(Except in the following sport: Golf, Tennis, and Cross Country) **All athletes will be in athletics their freshman year.**

ANNUAL PRE-PARTICIPATION GUIDELINES

No athlete will be allowed to work out or participate without the completed forms on file.

1. All athletes must have the approval of their parent or guardian to participate.
2. Physical Examination - required from every student athlete entering the 7th, 9th or 11th grade.
All other athletes must have a valid physical on file in the Athletic Director or Girl's Coordinator office.
 - Athletes are required to do "Make up Work" for every practice they do not participate because they have not completed their physical. After one week of having a Physical athlete can be taken out of athletics.
3. Medical History - required from every student athlete, every year.
4. Acknowledgement of Rules - required from every student athlete, every year.
5. Emergency Card - required from every student athlete, every year.
 - a. Illegal Steroid Use Parent & Student Notification/Agreement Form - required from every student athlete, every year.
6. Concussion Acknowledgement Form - required from every student athlete, every year.
7. Sudden Cardiac Arrest Awareness Form – required from every student athlete, every year.
8. New Students: Previous Athletic Participation Form must be done and approved by the District and UIL.

ELIGIBILITY

All students must follow all UIL regulations. The UIL has very specific rules and regulations regarding the eligibility of students for extracurricular activities.

In order to maintain eligibility, each student must receive a passing grade in every class in which they are enrolled. Students who are failing are ineligible for a period of three weeks. At the conclusion of this period, the student may regain eligibility if they are passing.

ABSENCES

Athletes are expected to be present and on time for all practices and games. All appointments should be scheduled in a way as to minimize the number of absences from school and practice. Athletes will be docked points for every unexcused absence and for every absence that is not made up.

If an athlete cannot attend a practice or game, it is the responsibility of the athlete to notify a coach as soon as possible.

The following phone numbers should be used: *Gym (Girl's office) 512-898-5193 ext. 210*
 Field House (Boy's office) 512-898-5193 ext. 511

Excused Absences (Note Given or Called In) - **Make Up work is done. “Make up work” should pertain to their sport.** For example in softball they can do five hitting stations as well as two buckets of ball on defense. Also, make up work should be done to keep the athlete in shape so as to avoid injuries.

Unexcused Absences (No Note or No Call In) accountability is given by Head Coach or Athletic Director.

If one (1) unexcused absence occur – Sit one to two quarters. (One fourth to half of any game)

If two (2) unexcused absences occur - Suspension of Game(s) Athletic Director and Head Coaches Discretion.

If three (3) unexcused absences occur - Parent Conference with Athletic Director, Coach, and Athlete - Dismissal from Program.

HOLIDAYS/VACATIONS

Parents and students must be aware of the athletic schedule when scheduling vacations and trips during the holidays. All Varsity and Sub-Varsity athletes are expected to attend all practices and games scheduled during these times and will face the appropriate consequences of missing as presented by the head coach in policies and procedures of each sport.

CONFERENCES WITH COACHES

Any parent who wishes to discuss some phase of the program concerning their child may do so.

Parent concerns should first be voiced to the coach directly responsible for their child.

Communication with the Coach who knows the child best is the most effective way to resolve issues. Please contact the Coach at their conference period during school hours. Confronting a Coach in a negative manner at a game or practice is inexcusable, please schedule a meeting time with the coach. If you need to pursue any issue further concerning athletics, please contact the

Thrall ISD Athletic Director, Jason Cole or Girls Coordinator, Bethany Grissom. He can be reached at the field house at (512)

898-5193 ext. 511 or by email at jcole@thrallisd.org She can be reached at the gym office at (512) 898-5193 ext. 210 or

by email at bgrissom@thrallisd.org The chain of command is important and must be followed. If necessary, the parent will then be referred to the Principal, and finally the Superintendent. Each parent or guardians concerns are important to our Athletic Department.

The Chain of Command: 1. Coach of Sport 2. Girls Coordinator or Athletic Director 3. Principal 4. Superintendent

If it is not an emergency it might be a good idea to wait 24 hours before contacting. If we all have the best interest of your child at heart it is good to wait and think about things before getting mad.

SPECIFIC AREAS OF MISCONDUCT, BUT NOT LIMITED TO:

- Violation(s) of the Thrall Athletic Substance Abuse Policy
- Missing team practices
- Insubordination to game or school officials
- Violation(s) of policies as set forth by UIL
- Violation(s) of team rules and policies as established by specific sports
- Violation(s) of the Thrall ISD Student Code of Conduct

Disciplinary measures taken by the coach may be in one or more of three forms -defined as special assignments, probation, suspension of games, and/or dismissal. Parents will be contacted if athlete is put on probation or suspension of games, a contract will be signed by athlete and parent to be filed in the Athletic Director's office. The next infraction results in dismissal. Prior to a dismissal of an athlete, a parent will be contacted of the reasons for the action. The appeals process will be outlined at that time. Request for an appeal must be done within 5 school days at each level of the appeals process. *The athlete will not be eligible for any individual, team recognitions, or awards after dismissal.*

Disciplinary Appeals Process

Step 1 - Head Coach

- Conference with student and/or parent
- Suspension of activity
- Dismissal from activity
- Other appropriate action (example: Community Service)
- Request for appeal must be done within 5 school days

Step 2 – Girls Coordinator or Athletic Director

- Accept appeal and reduce action
- Denial of appeal
- Add to action
- Other appropriate action
- Request for appeal must be done within 5 school days

Step 3 – Principal

- Only appeals of a permanent removal from the extracurricular activity may reach this level of the process.
- Accept appeal and reduce action
- Denial of appeal
- Add to action
- Other appropriate action

Step 4 – Superintendent

- Only appeals of a permanent removal from the extracurricular activity may reach this level of the process.
- Accept appeal and reduce action
- Denial of appeal

- Add to action
- Other appropriate action

ALL DECISIONS ARE FINAL AND CAN NOT BE APPEALED FURTHER

INJURIES/ILLNESSES

Any athlete who experiences an injury must notify the coach immediately so that proper attention can be given. If an injury occurs that requires an athlete to limit their involvement in a workout or game, the athlete is expected to turn in such notification from the doctor to the coach who will keep it on file. The athlete is still expected to suit out (Support the Team) and do whatever the doctor has recommended.

When health issues arise, the child's welfare is our concern. If a child is too ill or has a health condition that is of the type that prevents their participation, you must send a doctor's note to release your child from participation. *When your child's health improves, we must have a doctor's release (or them to resume participation.* This may be the same note if the duration of the child being out is stated on the first note.

When an illness is either sudden, or your child misses school for an extended period of time, you may send a parent's note. Your child will be excused from participation for that day of the parent note. A doctor's note will be required for an absence of more than one day in a row.

If a child shows a pattern of frequently being absent, the decision to place the child in P.E. or remove them from athletics will be made by the Coach, Athletic Director, and Campus Principal. **Missing three days per six weeks is considered frequent by Thrall ISD.**

Every absence requires make up work. (Unless absence is a school activity) (Agriculture contests are considered a school sponsored activity. For these students make up work should consist of what will help the athlete prepare for their sport and keep them in shape to help avoid injuries.)

If your child becomes ill during the school day, the Coach, as a professional educator, will determine whether or not they should participate that day. All students who are enrolled in athletics will attend their athletic class even if they are excused from participation.

LETTERING/AWARDS

A. General Information

1. Letter jacket awards will be given only at the high school level for varsity competition.
2. First time varsity awards will be in the form of a jacket which will be paid for by the school. The student will purchase additional letter awards or patches.
3. Any changes in the lettering policy must be approved by the School Board.

B. General Requirements

1. The Student / Athlete will have competed in and completed the season at the Varsity Level of competition.
2. The Student / Athlete will have performed or scored an expected amount of points, completed the required varsity playing time, or may have earned his / her letter through contributions made to the team throughout the season as determined by the head coach of the sport or director of the activity. The guidelines for lettering in any activity needs to be clearly explained to the students at the beginning of the season.
3. The Student / Athlete will be in good standing with the Athletic Director, Girls Coordinator, Head Coach and Principal and must have completed the competitive season adhering to school policy.
4. Students may letter in all sports, academic contests and fine arts according to the policies and procedures of the organization.
5. All issued equipment must be turned in or accounted for.
6. Severe disciplinary action can forfeit the letter award.
7. Special consideration will be given to injured players and seniors not receiving
8. The Head Coach determines which Varsity Athletes will be awarded a Letter Jacket.

EQUIPMENT

It is the responsibility of the athlete for the care of any equipment issued by Thrall ISD to that student. Any damaged or lost equipment will be assessed a fine and must be paid by the end of the school year. Never should any athletic equipment or clothing be used for non-school events.

LOCKER ROOM

It is also the responsibility of athletes to keep the locker rooms clean, which includes their individual lockers.

PARTICIPATION IN MULTIPLE SCHOOL SPONSORED ACTIVITIES

Athletes are encouraged to participate in all activities in which they are interested. No coach shall tell any athlete they need to choose one sport. *ALL COACHES WILL WORK WITH ONE ANOTHER TO PERSUADE ALL ATHLETES TO PARTICIPATE IN EVERY SPORT.*

QUITTING

When an athlete quits or is dismissed from athletics in or out of season, they surrender all rights to any honors which they have earned but not yet received. **In addition, they forfeit the right to participate in that sport or any other sport they want to start new, until that current season is over.** If an athlete is competing in two sports at the same time they need to finish both seasons. It is not good policy to quit one sport once the competitions have started.

If an athlete quits in the middle of the season they must have permission from that coach and the Athletic Director if they wish to play that same sport in the future. At the very minimum the athlete will have to do make up work for every practice and game they missed the previous year. For example, one mile per workout or game.

RESPECT FOR COACHES

Coaches should receive "Yes Ma'am/Yes Sir" and "No Ma'am/No Sir" responses from athletes when addressing them. Whenever coaches are talking athletes are to give them their undivided attention. Each Coach must be called by his or her name and not a nickname.

UNSPORTSMANLIKE CONDUCT

The student-athlete is expected to represent their community and school with integrity and class. An athlete who displays unsportsmanlike conduct will be disciplined by the Head Coach and the Athletic Director. The athlete may also be dismissed from the athletic program. Unsportsmanlike conduct is considered a UIL violation and may result in the school being placed on probation.

ON THE FIELD OR COURT

The athlete must never use profanity or resort to illegal tactics. He / She must learn that both winning and losing are part of the game and that he / she must display good sportsmanship, win or lose. Temper fits, flagrant violations of rules, etc. will not be tolerated. Total respect of officials is an absolute must. Discussion of calls made by officials will be done by the coach. **Any behavior contrary to good sportsmanship** may result in the following:

1. **1st Offense** – Discretion of the coach.
2. **2nd Offense** – Running or Suspension from the next game.

STEALING

Stealing will not be tolerated. Failure to comply will be as follows:

1. **1st Offense** - 2 week suspension and 2 miles of running per day for 10 days.

2. **2nd Offense** - Suspension from athletics

STUDENT CODE OF CONDUCT

The student code of conduct as outlined in the Thrall ISD Student Handbook applies to all athletes at all times when representing Thrall ISD. All students enrolled in athletics must follow the student handbook policies for their campus.

Any student who is expelled from school and/or placed in discipline alternative education (DAEP) for violations of drugs, alcohol, weapons, firearms, felony arrest or public lewdness may at the discretion of the Athletic Director be dismissed from athletics and all sports at Thrall ISD.

If charges are dropped, or if the student is proven innocent, the student will not be dismissed from athletics and may resume full participation as soon as they return from expulsion or discipline alternative education.

Students assigned to ISS may practice with the team during the season. They may not participate in game(s) unless they have fulfilled their ISS Assignment. (Except if their assignment falls on a game day or multiple day infractions occur.)

Please see below:

1. *Full Day or Partial Day on a Game Day – Student-Athletes will not be allowed to participate in a game on that day.*
2. *1 Day Prior to a Game – Student-Athletes will not start the game on the next available game day and must sit out a minimum of 1 Quarter (FB, BB), 1 Match (VB), 2 Innings (BSB, SB), 1 Event (Track), 1 Meet (XC, Golf, Tennis, Power-lifting) depending on the sport played.*

Students placed in DAEP for any offense other than those listed above will not be allowed to participate in extracurricular activities during that period, nor will they be permitted to practice after school. Students become eligible upon release of their last assigned day. The head coach with the approval of the Athletic Director will determine further discipline in the sport they are participating.

Any student athlete who is under penalty of discipline, or whose character is such to reflect negatively upon the school is subject to dismissal from the athletic program. The student may be dismissed for the remainder of their academic enrollment at Thrall ISD. The Coach, Athletic Director and Campus Principal will be consulted before dismissal of the student athlete.

Only the Athletic Director may dismiss an athlete from the Total Athletic Program!

ALCOHOL, DRUGS, TOBACCO, CLASS A MISDEMEANORS ON SCHOOL PROPERTY OR SCHOOL RELATED ACTIVITIES ONLY

ANY FELONY ACTIVITIES COMMITTED ON OR OFF SCHOOL PROPERTY OR AT SCHOOL RELATED ACTIVITIES

Level 1 – Use of tobacco

1. **1st Offense** – Sponsor discretion; Athletes – 1 mile of running per day for 5 days
2. **2nd Offense** – 1 week suspension from all extracurricular activities; Athletes - 2 miles of running per day for 5 days
3. **3rd Offense** – 2 weeks suspension from all extracurricular activities (practice permitted by coach / sponsor's discretion); Athletes - 5 miles of running a day for 10 days

Level 2 – Sale, use, possession, delivery, or being under the influence of marijuana, controlled substance, dangerous drug or alcohol; committing a serious act or offense as defined in Thrall ISD student code of conduct, while under the influence of alcohol, marijuana, controlled substance or dangerous drug; conduct that constitutes an offense relating to a usable glue, aerosol paint, or volatile chemicals; illegally possessing or using drug paraphernalia; robbery or theft.

NEW:

All sports as well as any extracurricular activities or sponsored clubs will follow the Drug Policy as approved by the School Board for the 2019/2020 school year.

Level 3 - Committing a serious act punishable as a Class A misdemeanor or felony at any time during the calendar year (reinstate only by appeal process).

1st Offense – removal from extracurricular activities for a minimum of 18 weeks to 1 year.

CLASSROOM EXPECTATIONS

Student athletes will be expected to:

1. Maintain a grade of 70 or above in all classes to be eligible to play or participate in all extracurricular activities according to the UIL. Athletes who fail a grading period are ineligible for competition but are eligible and expected to practice during this time.
2. Exemplify the same discipline and work ethic in the classroom as they do on the playing field.
3. Operate successfully under the authority of the teacher, demonstrating a respectful and cooperative attitude at all times.
4. Coaching Staff will have periodic grade checks throughout the Six Week Grading Period. Corrective Punishment will be issued to Behavior Problems or Failing Grades. The Head Coach of the sport in-season is responsible for the corrective punishment.
5. If an athlete fails multiple six weeks in a row they can be taken out of athletics until they have shown sufficient progress in passing all of their classes.

GROOMING & HAIR

Facial Hair is not permitted. Please keep yourself neat and clean. Distracting haircuts and/or colors that are not a natural human color are not permitted. Examples are as follows: Mohawks/Streaks-any hair styles that draw attention to you. We will adhere to all School Policies which include hair out of eyes, off of ears, and off of shirt collar.

Punishment – Discretion of the coach. Does not need to participate in a game until they are groomed.

EARRINGS AND JEWELRY

In addition to guidelines specified in the Student Handbook, no jewelry may be worn during practice, weight training or competition. As well as following UIL guidelines, the intent of this is Rules of Safety.

Punishment – Discretion of the coach.

TATTOOS

All tattoos must be covered at all times. Does not need to participate in a game until tattoo is covered.

Punishment – Discretion of the coach.

SOCIAL MEDIA SITES

All social media sites operated by athletes are under scrutiny of the athletic coaches, girls' coordinator and athletic director. Any unsportsmanlike, unethical, immoral, or other conduct unbecoming of an athlete will be handled by the Athletic Director, Girls' Coordinator and Head Coach. This will include suspension or removal from the program.

The massive appeal among high school students, and growth in usage by high school athletic departments, teams and coaches, casts light on the need for establishing protocols on how Twitter (for example) should be used within high school athletic departments and among athletes. Athletes should not be sharing thoughts that are not appropriate. The idea is we should use our phones with the same respect that we would if we are personally talking to an individual.

SCHEDULING

Scheduling of all pre-district games and tournaments per sport will be within 90 miles of Thrall ISD. (Exceptions to the rule will be UIL playoffs.)

All events requiring meals, mileage, and overnight motels for school related competitions will be determined by the Athletic Director, head coach of that sport, and principal.

TRAVEL

All athletes will travel on the designated means for transportation for all out of town games. This includes the ride to and from the contest.

- If you are a Varsity Athlete (9-12 grades) you will ride to and from all games. *(Unless an Emergency or a Medical Emergency occurs)*
- If you are a Sub-Varsity Athlete (10-12 grades) you will ride to and from all games. *(Unless an Emergency or a Medical Emergency occurs)*
- If you are a 7th – 8th grader and a 9th grader who is not a Varsity Athlete, you do not have to ride home with the team. *(Although, we would like you to understand the team concept with your teammates.)* However, you must provide written permission letter for your son or daughter to ride home with you prior to the competition that day. Not after the game is over!
- No Student/Athlete will be allowed to drive themselves to or from any Athletic Contest because of *Liability Reasons*.

MEALS

When Possible, Thrall ISD will supply food for our athletes or be allowed to eat a meal at a restaurant.

In order to feed Student/Athletes after a competition at a restaurant, we must be at or over the 45 mile radius required by administration. This is subject to approval by the Athletic Director.

ATHLETIC FACILITIES

Students may use all athletic facilities after school hours when a coach is present and the facility is not being used by an in-season team. At the conclusion of the use, the area must be cleaned and all equipment properly put away.

***CONCLUSION**

This booklet was not made to disrupt the lines of communication between you and your coaches, but rather to encourage it. This is not the coaches' team, but it is your TEAM. You have told us that you wish to be part of a great team and program. You are responsible to read, know, and understand the complete contents of this handbook. In the event that there is something in this handbook you do not understand, please bring it to our attention as soon as possible. This can only be accomplished when you know what is expected of you. This booklet is merely a guideline for your benefit.

THANKS, THRALL ISD ATHLETIC DEPARTMENT