

WINK WILDCAT ATHLETIC HANDBOOK



Wink-Loving Independent School District
Athletic Handbook
2018-2019

WINK WILDCAT ATHLETIC HANDBOOK
ATHLETIC STATEMENT

It is the purpose of WINK Athletics to complement the academic program. To this end, we will strive to teach character lessons through competitive athletics that will enhance the learning environment for students participating in the program.

As athletes, we expect that our students conduct themselves at all times in a manner which will reflect positively on the athletic program, the school, and the community. We expect our athletes to be positive role models for the other members of the student body and community.

IT IS HARD TO BE A WINNER-
BUT IT IS WORTH THE EFFORT!

The most important aspect of successful programs besides hard work is the strict belief in the concept of the TEAM. A coach must place the concept of TEAM above the concept of the individual. A coach must place the importance of a TEAM ahead of any one individual. Think in terms of team success and you will achieve your own individual brilliance. All players are vital to the TEAM! We all contribute in some way to the total TEAM success. Whatever your status, be proud of the role that you play. Work as hard as you can. We have high expectations of each and every TEAM and staff member. We must always think in terms of **WE** and not **I**.

WLISD ATHLETIC PROGRAM POLICIES

**PARTICIPATION IN ANY EXTRA – CURRICULAR ACTIVITY IS NOT A RIGHT,
IT IS A PRIVILEGE**

As with any privilege which gives satisfaction or rewards back to the participant, there must be a price to pay in order to reap those rewards. The following rules and policies give a clear indication of exactly what is expected and demanded of you as a member of this team.

WINK WILDCAT ATHLETIC HANDBOOK BEHAVIOR EXPECTATIONS AND CONSEQUENCES

WHAT YOUR COACHES EXPECT OF YOU:

We expect you to do something worthwhile with your life. We want you to have high expectations. Anticipate having a great day, a great practice, a great season, a great life.

1. To get an education.
2. Always put team success ahead of individual glory.
3. Create, maintain and promote strong team morale giving your total effort, to make the most of what you've got.
4. Be worthy of the privilege and responsibility to represent your school in athletic contests; .
5. Check schedules, be prompt.
6. To be extremely loyal to your school, administration, teachers, coaches, teammates, families and friends; be totally honest in all your dealings.
7. Maintain the highest scholastic grades possible. Your eligibility to participate in the athletic programs depend on you passing each of your academic courses.
8. Realize at all times that the examples you set at home, in the community, in the classroom, on the playing field, court, etc. earn you respect. Remember, respect is earned, not given.
9. NEVER say "CAN'T".
10. Remember this:
 - As an athlete, lots of people observe and judge your conduct. Don't kid yourself – People keep a special eye on you. You're held to a higher standard than other students are. You may not always like it, but there is no way to change it. It just comes with the territory.
 - The younger kids in our community look up to you as a hero and a model to emulate – Don't kid yourself about that either.
 - So it is very important that your behavior always be exemplary in those areas where people will be observing and judging you.
 - The payoffs that come with being an WILDCAT athlete – both in terms of the positive recognition you receive from youngsters, peers, parents, teachers, and community, and in terms of the personal fulfillment you get from being self-disciplined and achieving difficult goals – make the extra scrutiny you'll receive worthwhile in the long run.

WHAT YOU CAN EXPECT FROM YOUR COACHES:

1. To be loyal to you in all areas.
2. To be totally honest.
3. To provide the leadership and training necessary to achieve our goals.
4. To work you harder than you have ever worked before.
5. To assist you in any way possible now and after you graduate.
6. To treat you as an adult and respect you.
7. To make all decisions predicated on what is best for the team first, then the individual.
8. To do everything within our power to improve our facilities and make this the best place in Texas to go to school and be an athlete.
9. To help you mature and grow.
10. To help you reach your goals.
11. To NEVER say "CAN'T".

WINK WILDCAT ATHLETIC HANDBOOK

DISCIPLINE

No athlete can be his best without self-discipline. A great deal of self-sacrifice is involved. At times, it becomes necessary for discipline to come from the coach. There are three levels of discipline used in our program, depending upon the nature, severity or reoccurrence of the problem. It is our intent to be extremely fair and consistent with our athletes. If you have a question, contact the coach or the athletic director.

Wink-Loving ISD Discipline Guidelines:

The following restrictions refer to any positive test of alcohol or drugs both on and off campus.

When there is a confirmed positive test result, the following steps shall be taken in accordance with FNF (LOCAL):

1st Offense:

For a first positive result, the student shall not be removed from extracurricular activities immediately but the student:

1. Shall be required to attend substance abuse counseling sessions as specified by the Superintendent or designee. Parents are encouraged to attend also, as appropriate and in accordance with the guidance of the professional providing the counseling. Parents shall bear the cost, if any, of the counseling;
2. Shall be tested during the next calendar year, regardless of the school year, unless the student provides a written statement to the Superintendent or designee that the student is leaving the program or activity; and
3. Shall be removed from extracurricular activities if the student fails to meet counseling requirements within 30 days after the meeting with the Superintendent or designee, but may be reinstated by meeting the counseling requirements.
4. Shall be responsible for running twenty miles during over the 30 day period following the positive test result.

2nd Offense:

After a second positive result, the student:

1. Shall be required again to attend substance abuse counseling;
2. Shall be suspended from all school-sponsored extracurricular activities for at least 15 calendar days and until counseling requirements are completed; and
3. Shall be tested during the next calendar year, regardless of the school year, unless the student provides a written statement to the Superintendent or designee that he or she is quitting or leaving the program or activity.
4. Shall be responsible for running forty miles during their suspension period.

WINK WILDCAT ATHLETIC HANDBOOK

3rd Offense:

After a third positive result, the student:

1. Shall be required again to attend substance abuse counseling;
2. Shall be suspended from all extracurricular activities for 60 calendar days and until counseling requirements are completed; and
3. Shall be tested during the next calendar year, regardless of the school year, unless the student provides a written statement to the Superintendent or designee that he or she is quitting or leaving the program or activity.
4. Shall be responsible for running sixty miles during their suspension period.

4th Offense:

After any further positive results, the student:

1. Shall be required again to attend substance abuse counseling;
2. Shall be suspended from all extracurricular activities for at least one calendar year and until counseling requirements are completed; and
3. Shall be tested during the next calendar year from the date of the first positive result, regardless of the school year, unless the student provides a written statement to the Superintendent or designee that he or she is quitting or leaving the program or activity.

Reinstatement:

A student who leaves or quits a program or activity after a positive test result may be reinstated by:

1. Obtaining permission from the coach or sponsor and the campus administrator;
2. Participating in the drug testing program during the next calendar year at the parents' expense; and
3. Returning to the activity or program at the same status in relationship to this policy as when the student left the program.

*** All athletes will also be tested and subject to the WLISD Drug Program.

Violations of the Extracurricular Code of Conduct must be:

1. Witnessed by those employed as District Personnel, or
 2. Ticketed by law enforcement officials, or
 3. Admitted by the student.
- Anonymous reports will not be investigated
 - Infractions will not accrue from year to year. Infractions will be tabulated from August 1st of each year through Graduation Night of each year
 - All other WLISD student rules and regulations are an inherent part of the Athletic Code.
 - Each Athlete may be subject to random Steroid testing by the State. Any athlete who tests positive will be subject to penalties set by the UIL.

WINK WILDCAT ATHLETIC HANDBOOK

Minor Offense Disciplinary Action:

The coach will address penalties assigned to minor offenses. Examples of minor offenses may include but are not limited to:

1. Profanity – will not be allowed.
2. Jewelry – Will not be allowed in practice or games.
3. Attire – Athletes will wear appropriate attire while at practice, games, and while traveling. The head coach of each sport will set the requirements. Travel attire must always show positive reflection of the community of Wink and WLISD.
4. Hair Length (Males) – Male athletes must keep their hair at a required length. Hair must be above collar, must be above eye-brows and cannot cover more than half of the ear. The athletic director reserves the right to expect and require a haircut if the length is deemed too long, even if it's not out of the district dress code.
5. Punctual – Athletes must be on time for practice, games, meetings and departures.
6. Cleanliness – Keep your locker and the locker room clean. Do not embarrass the school and the athletic program with a sloppy dressing and shower area.
7. Character and Integrity lapses: classroom, community, and athletics

WINK WILDCAT CHARACTER BUILDERS HELPING YOU BECOME A LEADER OF CHARACTER

When a Wildcat needs to be reminded of how to exhibit positive leadership, positive character, and positive integrity, any coach on staff has the ability and are encouraged to administer CHARACTER BUILDERS

Description: Starting with a medicine ball of at least 10% of your body weight, you will perform walking lunges from the goalline to the 20-yard line. Once you reach the 20, you will set the ball down and sprint back to the goalline and return sprint to the 10-yard line. At the 10-yard line, perform 10 perfect pushups. Sprint to the 20-yard line, perform 20 perfect sit ups. Pick up the medicine ball and do lunges to the 30-yard line, set it down and sprint back to the goalline repeating the process for the 10 and 20-yard line. Once you reach the 30-yard line again, you have 30 burpees. Pick the medicine ball up again and do lunges to the 40-yard line, and then repeat the entire process again. At the 40-yard line, you will do 40 air squats. Pick the medicine ball up and do lunges to the 50-yard line, set it down and repeat the process. At the 50-yard line, you have 50 mountain climbers. Pick the medicine ball up and sprint back to the goalline.

Felony Offense Disciplinary Action:

Any athlete found to be accused of a felony will be suspended from Athletics. This is not an assumption of guilt, but rather to provide the student-athlete with an opportunity to clear his/her name. Students will be reinstated when the case is either dismissed or found not guilty. If found guilty, see above policy for Strike 3.

WINK WILDCAT ATHLETIC HANDBOOK
ATHLETIC POLICIES AND EXPECTATIONS

1) EXTRA-CURRICULAR REMOVAL

1. Habitual missing of practices/meetings, not cooperating with the other members or coach, not maintaining the required grade average, and/or displaying a poor attitude toward one's responsibilities as a participant and the TEAM may lead to removal and/or replacement.
2. If a student is placed in ISS (In-School Suspension) or is suspended for any Student Code of Conduct disciplinary offense, athlete **MAY** be placed on probation for up to 10 school days with no participation or performance in any extra-curricular activities, including activities that occur during the weekends within the probationary period. This probation is based on the recommendation of the athletic director and the campus principal.
3. A second placement in ISS or Suspension or a combination of the two during the school year MAY result in dismissal from all extra-curricular activities for 30 school days or if less than 30 days remain in the school year, the removal will be for the remainder of the school year. Any future assignments will result in removal from all extra-curricular activities for the remainder of the school year. Athletic Director and Campus Principal Discretion
4. Any student Code of Conduct disciplinary offense that results in an assignment to DAEP or expulsion will result in immediate dismissal from both the organization and from participation in all extra-curricular activities for the remainder of the school year.

NOTE: Student clubs and performing groups such as the band, choir, and drill and athletic teams may establish codes of conduct – and consequences for misbehavior – that are stricter than those for students in general. If a violation is also a violation of school rules, the consequences specified by the Student Code of Conduct will apply in addition to any consequences specified by the organization.

2) HAZING

Hazing is defined by *The American Heritage Dictionary of the English Language* as follows: (1) To persecute or harass with meaningless, difficult, or humiliating tasks; and (2) To initiate, as into a college fraternity, by exacting humiliating performances from or playing rough practical jokes upon.

In the athletic programs at Wink Loving ISD, we have many traditions that we want to pass along to our underclassmen. None of these traditions involve putting your hands on an underclassman in an inappropriate way, nor do they involve handling someone's personal possessions. Any athlete found to be involved in a hazing incident will be subject to discipline as detailed in the Code of Conduct section of the High School Student Handbook.

Any teacher, administrator, or other person employed by the District, or any student who observes any other student engaged in any form of hazing, or who has reason to know or suspect that a student or students intend(s) to engage in hazing, shall report that fact or suspicion to the Athletic Director or Campus Principal.

WINK WILDCAT ATHLETIC HANDBOOK

3) CONDUCT: BE A LEADER OF CHARACTER AND INTEGRITY

The individuals who have preceded you have given a great deal of class and pride to this program. Do not do anything to take away from this. We are noted for our clean, tough, competitive play. Praise the opponent and play beyond your ability. We expect you to conduct yourself as ladies and gentlemen at all times. This means that you are to follow school rules and procedures while attending class. You are expected to act properly in class, giving your teachers and administrators courtesy and respect. We know that each of you does not have the same abilities, but we expect each of you to perform to the best of your ability. Failure to adhere to the above conduct policies will result in a parent conference and possible disciplinary action, which may include dismissal from the team. Inappropriate conduct may result in disciplinary action.

Be a Leader of Character and Integrity!! Guilty by association is also enforced in the athletic department. Student athletes who are found to have been knowingly associating with others who are illegally using, possessing, or distributing drugs, drug paraphernalia, or alcohol, and do not attempt to remove themselves in a reasonable amount of time will be disciplined accordingly.

4) ATTENDANCE

Do not cut classes or practice. Do not be tardy. If you must miss an athletic period or practice, be sure that it can't be helped. If you must be absent, call and talk to one of the coaches before the athletic period or practice. If you fail to call, disciplinary actions may be taken.

- a. Excused Absence from Practice (calling the coach and informing them constitutes an excused practice)
 - i. Make up conditioning must be completed before participating in a competition
 - ii. Make up conditioning will be at the Head Coaches discretion, but must be consistent
- b. Unexcused Absence from Practice
 - i. 1st Offense: 50 yards of CHARACTER BUILDERS and make up conditioning
 - ii. 2nd Offense: 100yards of CHARACTER BUILDERS and make up conditioning
 - iii. 3rd Offense: 200 yards of CHARACTER BUILDERS, 1 game suspension, make up conditioning, and Conference with Athletic Director

Athletes will not be late or miss the next day after a trip out of town for athletic purposes unless previous approval and arrangements have been made.

** Note, athletes that are sick or injured and do not have a doctor's note stating otherwise, must be in attendance at practice at all times to observe and learn. If deemed necessary, the head coach of the sport may allow the athlete to miss practice.

5) INJURY

All athletic injuries should be reported to the coach or athletic director immediately. An accident report must be completed regarding any injury that requires medical attention. We ask that before any athlete is taken to see a doctor for a sports related injury, all injuries are reported and evaluated by the athletic director, athletic trainer, or coach beforehand.

WINK WILDCAT ATHLETIC HANDBOOK

6) **RESPECT FOR COACHES and TEACHERS**

Coaches and Teachers should receive “Yes sir” and “No ma’am” responses from players when talking to them. Players in return will be treated with respect by their coaches. Whenever a coach is speaking with you, either individually or as a group, you will give your undivided individual attention and always establish eye contact with him or her. Failure to adhere to these expectations will result in disciplinary action, which may include dismissal from the team if persistent.

7) **PROMPTNESS**

Always be on time. On trips, the bus will not wait. After the athletic period bell rings or after-school bell rings, you do not have time to waste. Get directly to the locker room. The sooner you are ready to begin, the earlier you may leave. Tardiness will result in disciplinary action. Live by the 10 minute rule – ALWAYS BE 10 MINUTES EARLY.

8) **DRESS**

Your status as a member of our athletic program requires that you look sharp in uniform and out of uniform. Everyone will wear his or her uniform in the same manner. We are not individuals. We will furnish your equipment; so do not bring your own equipment unless given special permission by the head coach. Take care of the equipment issued to you as if it were your own. Do not wear jewelry in practice since you cannot wear it during a game. Your appearance away from the field and court, especially at school, should reflect the same pride that you show in our program.

9) **PERSONAL APPEARANCE**

For safety reasons and to attain a good team appearance, look sharp, be sharp. Give an appearance of pride. Remember, for many people perception is reality. It is important to remember that since athletics is a privilege, not a right; we will have a stricter dress code than that of the school. Hair will be kept appropriate and well groomed. Facial hair will not be allowed.

- a. Hair, dress, and grooming must comply with district guidelines at all times. This means while on school grounds, while attending school functions, and in the community.
- b. Hats are not allowed to be worn backwards, pants are to be worn at the waist, tattoos must be covered, and earrings must be removed (not covered)

10) **CARE OF EQUIPMENT AND FACILITIES**

You are to hang your equipment in your locker as directed. You are to clean your equipment and practice uniform on a regular basis. Do not track mud and dirt into the dressing room. Take off cleated shoes before entering the field house area. When you change into workout gear, your clothes are to be hung up in your locker. All trash will be thrown in the trashcan. Clean up in and around your locker each day. Failure to adhere to this policy will result in disciplinary action.

11) **ATHLETIC CLOTHES ISSUED TO STUDENT**

All student athletes will be issued a set of workout shorts and a shirt. In order to reduce the effects of student loss / theft of athletic clothes, and to account for the wear and tear on athletic clothes that cannot be re – used the next year, we will expect each student athlete to pay \$10.00 for their athletic clothes. The student athlete’s name will be visibly written on the clothes to show ownership. The clothes will then become property of the student and will not have to be returned. Any additional clothes that wish to be purchased and be bought at the same price of \$10.00 (\$5.00 for each item) to replace any lost or torn articles.

WINK WILDCAT ATHLETIC HANDBOOK

12) ALL STUDENTS WHO WISH TO QUIT A PROGRAM

- a. Quitting cannot and will not be an acceptable practice. Athletes are encouraged to always finish what they start. "If you commit you can't quit."
- b. Athletes will be granted a two school week grace period (beginning with their first day of practice) before a formal commitment is made. At the conclusion of that two week grace period, the athlete is committed to that sport for the duration.
 - i. Athletes will be allowed to return to the team within 24 hours or the next school day, provided the coach will accept the return and all make up conditioning is completed.
 - ii. If an athlete quits, and then wishes to return to the team, the athlete must make up conditioning for every day missed. An athlete who quits and stays out for two weeks or more will not be allowed to return to that sport for that season.
- c. Any athlete that has decided to quit, must schedule a meeting with the Athletic Director, the Head Coach of the sport, and the athlete's parents. This meeting must be held **within two weeks of quitting** in order to have an opportunity to play any other sports that school year. It is the responsibility of the parent and student to schedule this meeting.
 - i. If the meeting is conducted, the consequences of the action of quitting will be determined by the Athletic Director and head coach of involved sport with parent and student athlete input.
 - ii. If the meeting is not conducted, then an automatic suspension of one calendar year will be instituted.
 - iii. If the athlete decides to quit one sport and join another, then they will not be able to start that sport until the season of the sport they quit is over. Any exception to this rule will be determined by the AD. Examples of exceptions are injury or illness, or any other hardship cases. While the player waits, he/she will remain in the athletic period.
 - iv. Quitting players give up all rights to any honors which they have earned but not yet received.
 - v. All equipment must be turned in clean. An athlete must pay for any equipment not returned or damaged.
- d. Any athlete that quits any sport a 2nd time (does not have to be the same sport) will be suspended from all activities **until the athletic director approves reinstatement (minimum of one year)**. The athlete will be allowed to rejoin athletics once he / she has completed one semester in the athletic period and demonstrated championship qualities, maintains quality in the classroom, and exhibits strong character (Athletic Director's approval)
 - i. If a student athlete does not hold up his / her end of the bargain in the classroom and becomes ineligible, then decides to quit, he or she will automatically be placed in the category of quitting for a 2nd time and will face the suspension from all activities as stated above in (d).
- e. The Athletic Director has final decision on the consequences of an athlete quitting a sport. If the Head coach and athletic director agrees that it would be in the best interest of both the program and the athlete that the athlete quit his or her sport, there will be no penalty assessed.

WINK WILDCAT ATHLETIC HANDBOOK

13) TRAVEL

Students who participate in school sponsored trips shall be required to ride in transportation provided by the school to and from the event. Exception may be made if the student's parent or guardian personally requests that the student be allowed to ride with the parent. A written request submitted to and approved by the principal or athletic director the day before a scheduled trip may allow a student to ride with an adult designated by the parent. A parent may also sign the athlete out at the event to ride home with the parent, however, only the parent can sign the athlete out at the event – no exceptions.

In cases where the athlete is not able to travel with the team to an event because they are involved with other UIL or school sponsored activity, and will meet the team at the game site, may do so with the proper notification and/or documentation as outlined above. The district shall not be liable for any injuries that occur to students riding in vehicles not provided by the school.

When going out of town, buses will leave promptly. Be on time. Athletes that will be picked up after a contest by their parents should inform their parents of an expected "pick-up" time before leaving.

14) YEAR-ROUND PARTICIPATION

ALL football, cross-country, volleyball, basketball, track, golf and tennis athletes MUST BE ENROLLED IN THE ATHLETICS CLASS, and must remain in the athletics class year-round in order to gain the benefits of the structured speed, weights, agility, and endurance training provided there. Once you have commenced participation in athletics, you are expected to remain in the program. Any and all exemptions to this rule must be approved by the Athletic Director.

**There is one exception to this requirement: That is, if you are in your senior year and an unavoidable conflict in your academic schedule prevents you from enrolling in the athletics class. If you face such a case of an irreconcilable conflict in your academic schedule your senior year, you must secure the approval of the athletic director in order to participate in a sport.*

15) CHAIN OF COMMAND

This athletic department will always follow the proper chain of command in addressing any complaints or issues. Please follow the proper chain of command in resolving any type of problem or situation that may arrive. Each successive step will provide you with the appropriate process to advance in the chain of command.

1. Coach / Sponsor
2. Athletic Director
3. Campus Principal
4. Superintendent
5. Refer to FNG (LOCAL) concerning the grievance process thereafter

16) OVERNIGHT TRIPS

If an approved overnight trip is planned, we expect that all athletes and parents respect the opportunity to stay overnight for competition purposes. The purpose of the trip cannot be taken for granted and the proper rest and preparation must be taken by all to ensure optimal performance the next day in competition. Each coach will set a trip itinerary including stops, hotel information, "in room" and "lights out" procedures. This itinerary will be followed strictly and any athlete that abuses the opportunity to stay overnight while representing our school, community, or athletic program will be suspended from competition the next day and possibly in all future events.

WINK WILDCAT ATHLETIC HANDBOOK

18) GRADES / TUTORIALS

Each and every student will be held to a very high standard in the classroom, both with grades and with discipline. It is expected for every athlete to maintain a course average of 75 or better. The athletic director will check grades every Monday morning and will provide each coach with a report of all athletes with a grade below a 75 in any class. Every athlete that is on this grade report, grade of 75 or below, will be expected to attend after practice tutorials the entire week with the coaches, in addition to any other tutorials mandated by school administration or teachers. CHARACTER BUILDERS can be administered as well to help motivate students who routinely remain on the tutorial list.

19) PLAYING TIME

Playing time is not an issue for discussion at the Varsity level. Sub – Varsity athletes are expected to play in every game eligible to play in and with “meaningful minutes”. However, Varsity sports are not required to play every athlete at any point. The only appropriate discussion about playing time at the Varsity level of competition would be conversations about practice habits and actions that can be taken by the parent / athlete to improve chances of playing time. Varsity level coaches will not be expected to justify playing time decisions. If you want to discuss playing time, be ready to hear the truth from your coaches.

20) SPRING SPORTS

In order to reduce the amount of time spent out of the classroom, all athletes will be limited to two (2) athletic sports per fall, winter, and spring periods. The only time this really comes into play will be in the spring. We will limit all athletes to competing in two sports in order to make sure (1) our athletes can become adequately competitive in each sport and not strung too thin on time and commitment, and (2) to ensure athletes are not missing academic class time too much. An athlete will not be allowed to miss two full days within a school calendar week for any athletic related event. The only exception to this rule will be made with direct support and approval from the campus principal and athletic director.

21) SOCIAL MEDIA

Playing and competing for the Wink Wildcats is a privilege. Student-athletes at Wink are held in the highest regard and are seen as role models in the community. As leaders you have the responsibility to portray your team, your school and yourselves in a positive manner at all times. Sometimes this means doing things that are an inconvenience to you, but benefit the whole team.

Facebook, Twitter and other social media sites have increased in popularity globally, and are used by the majority of student-athletes in one form or another. Student-athletes should be aware that third parties - - including the media, faculty, future employers, friends, and family- - could easily access your profiles and view all personal information. This includes all pictures, videos, comments and posters.

Inappropriate material found by third parties affects the perception of the student-athlete, the athletic department, the school, and our community. This can also be detrimental to a student-athlete’s future employment options, whether in professional sports or in other industries.

Examples of inappropriate and offensive behaviors concerning participation in online communities may include depictions or presentations of the following:

- Photos, videos, comments or posters showing the personal use of alcohol, drugs and tobacco e.g., no holding cups, cans, shot glasses etc.
- Photos, videos, and comments that are of a sexual nature. This includes links to websites of a pornographic nature and other inappropriate material.
- Pictures, videos, comments or posters that condone drug-related activity. This includes but is not limited to images that portray the personal use of marijuana and drug paraphernalia.

WINK WILDCAT ATHLETIC HANDBOOK

- Content online that is unsportsmanlike, derogatory, demeaning or threatening toward any other individual or entity (examples: derogatory comments regarding another institution; taunting comments aimed at a student-athlete, coach or team at another institution and derogatory comments against race and/or gender).
- No posts should depict or encourage unacceptable, violent or illegal activities (examples: hazing, sexual harassment/assault, gambling, discrimination, fighting, vandalism, academic dishonesty, underage drinking, and illegal drug use).
- Content online that would constitute a violation of UIL policies, district policies, or athletic expectations (examples: commenting publicly about a prospective student-athlete, providing information related to sports wagering activities; soliciting impermissible extra benefits).

If a student-athlete's profile and its contents are found to be inappropriate in accordance with the above behaviors, he/she will be subject to the following penalties:

1. Verbal and Written warning in a meeting with Director of Athletics and Head Coach
2. Penalties as determined by the athletic department, including but not limited to possible suspension from his/her athletic team.

For your own safety, please keep the following recommendations in mind as you participate in social media websites:

- Set your security settings so that only your friends can view your profile.
- You should not post your email, home address, local address, telephone number(s), or other personal information as it could lead to unwanted attention, stalking, identity theft, etc.
- Be aware of who you add as a friend to your site – many people are looking to take advantage of student-athletes or to seek connection with student-athletes.
- Consider how the above behaviors can be reflected in all Facebook applications. If you are ever in doubt of the appropriateness of your online public material, consider whether it upholds and positively reflects your own values and ethics as well as the WW Athletic Department expectations, district vision and goals, and community interests. Remember, always present a positive image and don't do anything to embarrass yourself, the team, your family, school, or community.

WINK WILDCAT ATHLETIC HANDBOOK UIL MEDICAL FORM REQUIREMENTS

1) **MEDICAL FORMS:**

- A. A Student – Athlete **must** have all the required medical form completed in full and turned into the athletic director before the athlete is allowed to participate in any full off – season or in – season practices, drills, games; and be eligible for athletic medical insurance

THE REQUIRED FORMS ARE:

- Valid and Updated Physical
- UIL Acknowledgment of Rules
- UIL General Information
- Emergency Contact
- Anabolic Steroid
- Concussion Acknowledgement
- Sudden Cardiac Arrest
- Signed receipt of Student / Athlete Handbook

When these forms **are completed** and in the athletic director’s possession, the athlete will then be allowed to participate in practice and competition

- B. If an athlete **participates without** all the required medical forms being completed in full, signed and being on file with the athletic director, the athlete **is not** eligible for injury treatment and / or athletic medical insurance

2) **PHYSICIAN VISITS:**

- A. If / When an athlete goes to a physician for a school – related **Athletic Injury**, he / she is to take a Medical Referral form from the Athletic Director. If the athlete is unable to get this form before going to the physician, he / she must make every attempt possible to inform the Athletic Director and / or Sponsoring Coach. In order for our Insurance Policy to be effective, insurance claims will not be submitted unless the athletic director and / or coach knows of the injury and the physician visit **beforehand**.
- B. If / When the athlete **goes** to a physician for an **illness**; he /she is to bring a note signed by the **doctor** stating the problem and time out of participation.
- C. **Any time** an athlete sees a doctor and the doctor states that the athlete is to sit out of participation, then the athlete **must have** either a written note from the doctor or the parent releasing the athlete to participate again.

3) **AT HOME OR NON – SCHOOL INJURIES:**

- A. The athletic coaches can administer injury evaluation and treatment / first aid procedures. However, injuries that occur away from school activities or injuries associated with non – school activities cannot be claimed under school insurance.

4) **INJURY TREATMENTS:**

- A. When an athlete is injured they are expected to attend treatment at designated times provided by the Athletic Director or coach. Treatment is essential to overcoming injuries in a timely manner and providing the athlete with an opportunity to return to action as soon as possible.

WINK WILDCAT ATHLETIC HANDBOOK
ASTHMA POLICY

PARENT/GUARDIAN - THIS IS YOUR COPY OF THE "ASTHMA POLICY"; PLEASE KEEP THIS PAGE FOR FUTURE REFERENCE.

THE FOLLOWING POLICIES ADDRESS STUDENT-ATHLETES WITH ASTHMATIC CONDITIONS THAT REQUIRE THE USE OF PRESCRIBED MEDICATION.

1. The asthmatic athlete is to bring at least one extra inhaler to the school to be kept by the coach. A note from the parent(s) to the athletic director or coach stating that the inhaler is the correct prescription and that the coach has the authorization to administer the dose is also required. One inhaler will be kept by the coach, and a second inhaler **can** be kept in the student's athletic locker for use before practice. The athlete is responsible for giving the medication to the coach, and for obtaining replacements when they become empty.
2. The asthmatic athlete is responsible for using the inhaler properly (i.e., technique, before activity). Most asthmatics athletes should use their inhaler about 15 minutes before practices/games. The athlete's inhaler (personal/own) Must Always be present on the field/gym/court during all practices and during games/matches. This applies to all athletes and all sports.
3. The athlete Will Not be allowed to participate if their rescue medicine is not present (No exceptions). The athletes are not allowed to use another player's medication. Not having your medication as previously mentioned may result in not being allowed to participate, and having to make-up the missed practice and/or additional make-up work.
4. The asthmatic athlete must be stable (the medicine works as designed) with the proper medications. When an individual Must Use their medication Two times during an exercise period, or more than four times per week during an exercise period, the athlete is considered as Unstable. Therefore, the athlete needs to be referred to their physician for evaluation and possible adjustments in the medication and its use.
5. Communication between the player, coach, & athletic director is Vital. For instance, if a player was awake the previous night with an asthma attack, he/she should be excused from practice the next day without fear of being of being excluded from practices or games. However, a note from the parent is required to verify the previous night's problem. This exclusion from practice does not relieve the athlete of the responsibility to make up the practice at a later date.
6. PLEASE KEEP THIS PAGE FOR REFERENCE!

DIABETES POLICY

Any Wink Loving ISD student participating in any WLISD / UIL sponsored athletic activity that has been diagnosed (by a licensed physician) with any form of Diabetes, and is currently under a physician's care, and is receiving treatment for their type of Diabetes, MUST inform the WLISD athletic director and their coaches of their Diabetes and treatment requirements.

The student is required to provide the athletic director/coaching staff with both their type of Diabetes and/or any special medications or dietary requirements. This information is required to be on the medical history form, and on the emergency information form. Talking directly to the athletic director about the condition is always the safe route!

WINK WILDCAT ATHLETIC HANDBOOK ELIGIBILITY FOR ALL EXTRA CURRICULAR PARTICIPANTS

1st Six Weeks

Students beginning grade nine and below must have been promoted from the previous grade prior to the beginning of the current school year.

Students beginning their second year of high school must have earned five (5) credits that count toward state high school graduation requirements.

Students beginning their third year of high school either must have earned a total of ten (10) credits which count toward state high school graduation requirements or a total of five (5) credits which count toward state high school graduation requirements must have been earned during the twelve (12) months preceding the first day of the current school year.

Students beginning their fourth year of high school either must have earned a total of fifteen (15) credits which count toward state high school graduation requirements or a total of five (5) credits which count toward state high school graduation requirements must have been earned during the twelve (12) months preceding the first day of the current school year.

Students who do not meet the above requirements are academically ineligible for participation the first six (6) weeks of the school year. Grades are checked at the end of the first six (6) weeks and if the students are passing all classes, they could regain academic eligibility after the seven (7) calendar day grace period.

When a migrant student enrolls for the first time during a school year, all criteria cited above apply. All other students who enroll too late to earn a passing grade for a grading period are ineligible.

High school students transferring from out-of-state may be eligible the first six weeks of school if they meet the criteria cited above or school officials are able to determine that they would have been eligible if they had remained in the out-of-state school from which they are transferring.

2nd Six Weeks – 6th Six Weeks

A student who receives, at the end of any grading period (after the first six weeks of the school year), a grade below 70 in any class (other than an identified advanced class) or a student with disabilities who fails to meet the standards in the Individual Education Plan (IEP) may not participate in extracurricular activities for three school weeks. An ineligible student may practice or rehearse, however. The student regains eligibility after the seven calendar day waiting period has ended following a grading or the 3 school weeks evaluation period when the principal and teachers determine that he or she has earned a passing grade (70 or above) in all classes, other than those that are advanced. Students, who pass all classes at the end of the six week grading period, remain eligible until the end of the next grading period. All activity coaches and directors are responsible for obtaining official grade reports from Athletic Director before the student represents the school. This provision applies to all grading periods. It also applies to all three-school week evaluation periods for ineligible students.

- All students are eligible during a school holiday of a full calendar week or more. When the bell rings to dismiss students for the December holidays, all students are eligible until classes resume in January. The same is true for summer recess and fall and spring breaks provided those breaks consist of at least a full calendar week. (See example at the end of this document.)
- If a grading period or three school week evaluation period ends on the last class day prior to a school holiday of one calendar week or more (e.g. spring break, winter holidays), the seven calendar day grace period to lose eligibility and the seven calendar day waiting period to regain eligibility begin the first day that classes resume.
- Students lose eligibility for a three school week period. For purposes of the law, "three school weeks" is defined as 15 class days. Exception: One, but only one of the three school weeks may consist of only three or

WINK WILDCAT ATHLETIC HANDBOOK

four class days, provided school has been dismissed for a scheduled holiday period. Two class days does not constitute a "school week" for purposes of this law except Thanksgiving week if schools are on holiday Wednesday, Thursday and Friday. A school district may request an exception from UIL officials to the two-day school week in the event of a disaster, flood, extreme weather condition or other calamity as listed in §42.005. In the event two of three school weeks are shortened, one of the shortened weeks may be counted as five days with ten other actual class days making up the fifteen class days. After the first six weeks of the school year, academically ineligible students in schools with six week grading periods have one opportunity to regain eligibility after the first three school weeks of the grading period; students in a nine week grading period have two opportunities, one at the end of the first three school weeks and one at the end of the first six school weeks. Students who fail to regain eligibility at the evaluation periods remain ineligible until seven calendar days after passing a grading period.

Example: School week ends on Friday - Students who are losing eligibility have a seven-calendar day grace period, and students who are regaining eligibility have a seven-calendar day waiting period. Eligibility is lost or regained the following Friday at the time the regular school day ends or would end if that day is a holiday. Section 5 (b) of the UIL Constitution and Contest Rules defines calendar week as 12:01 am on Sunday through midnight on Saturday. 19 TAC, §76.1001 (b) states: The school week is defined as beginning at 12:01 am on the first instructional day of the calendar week and ending at the close of instruction on the last instructional day of the calendar week, excluding holidays.

****NOTE: The athletic director reserves the right to suspend or remove any athlete from the program if there is a habitual lack of performance in the classroom (habitually failing a class or classes).**

WINK WILDCAT ATHLETIC HANDBOOK

CRITERIA FOR AWARDING VARSITY ATHLETIC LETTERS

* Participant must have completed the season as a Varsity member in good standing and meet UIL requirements to be eligible for consideration.

** Each head coach reserves the right to award a letter to a participant because of extenuating circumstances such as an injury or because the participant was elevated from JV status to Varsity status late in the season.

I. Football, Basketball, Volleyball, and Track

- Participant must have been a member of the Varsity team for at least one-half of the season.

II. Cross Country

- Participant must have placed in the top ten individuals at the varsity District Cross Country Meet or be a member of the team and have participated in at least one-half of scheduled meets.

III. Golf

- Participant must have been a member of the "five member" Varsity team for at least one-half of the season's tournaments or have qualified for Regional honors.

IV. Tennis

- Participant must have completed the season as a Varsity member in good standing.
- Participant must have been a member of the "six member" Varsity team for at least one-half of the season's tournaments.

V. Managers/Trainers/Statisticians/Record Keepers

- Must be in attendance at regular workouts and games or events for two years.

WINK WILDCAT ATHLETIC HANDBOOK COLLEGE SPORTS

The National Collegiate Athletic Association (NCAA), an organization founded in 1906 that has established rules on eligibility, recruiting, and financial aid, regulates many college sports. The NCAA has four membership divisions - Division I, Division I-AA, Division II, and Division III. Institutions are members in one or another division according to size and scope of their athletic programs and whether they provide athletic scholarships.

If you are planning to enroll in college as a freshman and you wish to participate in Division I or Division II sports, **you must be certified** by the NCAA Initial-Eligibility Clearinghouse. The Clearinghouse will analyze your academic information and determine if you meet the NCAA's initial-eligibility requirements.

CORE COURSES:

Division I:

- At least four years English
- At least three years math
- At least two years social science
- At least two years natural or physical science (including one lab course if offered)
- At least one year additional classes in English, math or natural or physical science
- Four additional academic courses in any of these areas: foreign language, computer science or comparative religion.

Note: Division II is same as above except only two year math and three additional academic courses.

It is also **your responsibility** to make sure the Clearinghouse has the documents it needs to certify you. The Athletic Director can help you complete these forms. These documents are:

1. Your completed and signed Student Release Form and fee.
2. Your official high school transcript
3. Your ACT or SAT scores

The NCAA has a booklet called "***MAKING SURE YOU ARE ELIGIBLE TO PARTICIPATE IN COLLEGE SPORTS***" that is available in the counselor's office that will give you specific directions on filling out the forms for the Clearinghouse. The Clearinghouse may also be reached as follows:

NCAA Clearinghouse
2255 North Dubuque Road
P.O. Box 4044
Iowa City, IA 52243-4044
(319) 337-1492

**** Start the process EARLY – BY THE FIRST SEMESTER OF YOUR JUNIOR YEAR. ****

WLISD – WINK WILDCATS ATHLETIC HANDBOOK 2018 - 2019

TEN COMMANDMENTS OF CHAMPIONSHIP ATHLETIC PARENTS

1. Be positive with your son/daughter. Let them know they are accomplishing something by simply being part of the team.
2. Do not offer excuses or place blame if your son/daughter is not playing. Be supportive and encourage them to work hard and do their best.
3. Do not criticize the coaches in front of students. Coaches, like parents, represent authority; they are teachers charged with responsibility of education in a complex society. Continual parental criticism creates doubt in the mind of the athlete and can render the coaches ineffective. As a result, the athlete becomes a complainer, not a doer!
4. Encourage your son/daughter to live an athletic life off the field of play. An athlete must have proper rest and diet to be effective mentally and physically. Know what your athlete is doing at all times. Be accountable for your child.
5. Insist on good grades. If an athlete is not passing, he/she cannot play. We want an athlete to be a successful person, not just a successful athlete.
6. Do not live your life through your son/daughter. Athletics are for the students, let them play! Do not show animosity or jealousy toward any of your child's teammates. This type of envy can rub off on your child and have an adverse effect on him/her and the team. Remember, it is amazing what can be accomplished when no one cares who gets the credit!
7. Allow the coaches to coach. They work with the athletes daily and know the individual abilities of each participant. They are professionals and have been trained to coach.
8. Understand the athletic pyramid. The further one advances in athletics, the more difficult it becomes to be successful. Being a little league all-star does not ensure success at the high school level. Each level becomes more demanding and requires more parental support and understanding.
9. Your successes, a sibling's successes, do not constitute guaranteed success for all family members. Each child is an individual, unique, like no other before or after. The battle one must wage is against oneself only, against taking the line of least resistance, against not working for self-improvement. Comparisons, although inevitable, should be avoided at all costs because they can lead to irreparable damage.
10. Love your child for who he/she is, not for his/her athletic accomplishments. Your child is a human being, not an object.

**WLISD – WINK WILDCATS
ATHLETIC HANDBOOK 2018 - 2019**

Athlete's Last Name

First Name

Grade

**WINK LOVING INDEPENDENT SCHOOL DISTRICT
Athletic Handbook Acknowledgement Form**

The Athletic Handbook is available online at www.wlisd.net. If you would like a paper copy you may come by the Athletic Office or email bgibson@wlisd.net to request a copy to be sent home with your student.

I have read, understand, and agree to abide by the guidelines in the Athletic Handbook set forth by the WLISD Athletic Department.

Students must turn in this signature page before participating in any WLISD Athletic program.

Parent Signature

Date

Athlete Signature

Date

**** STUDENT AND PARENT MUST SIGN AND DATE THIS SHEET, REMOVE FROM THE PACKET, AND RETURN TO THE ATHLETIC DIRECTOR. KEEP THE REST OF THE PACKET FOR YOUR REFERENCE.**