

BEN BOLT – PALITO BLANCO
INDEPENDENT
SCHOOL DISTRICT

ATHLETIC DEPARTMENT

HANDBOOK



FOREWORD

This Athletic Handbook was prepared and updated to better familiarize coaches, athletes, and administrators with the policies, procedures, and operations of the Ben Bolt - Palito Blanco Independent School District's competitive athletic program. It sets forth in definite terms the procedures and guidelines which we will follow at Ben Bolt - Palito Blanco. It is an effective orientation manual for all new as well as experienced staff members. It can act as a communication instrument not only for staff members, but also for students and patrons. Please refer to this when you have questions about relative policies or procedures of departmental operations.

Ray Ramos
Athletic Director
Ben Bolt - Palito Blanco Independent School District

TABLE OF CONTENTS

- I. CODE OF CONDUCT
- II. GENERAL POLICIES AND PROCEDURES
- III. COACH/PARENT COMMUNICATION
- IV. ATHLETIC STAFF CODE OF CONDUCT
- V. BBPB DRUG TESTING PROGRAM
- VI. ATHLETIC LETTERING POLICIES AND REQUIREMENTS
- VII. ATHLETIC FORMS AND PAPERWORK

CODE OF CONDUCT FOR
BEN BOLT - PALITO BLANCO I.S.D. ATHLETES

- A. Use of profanity by the student athlete – we will not allow it. We will start taking action in punishing students who use profane language.

- B. Stealing – taking things that do not belong to you, especially from teammates, will not be tolerated. An athlete caught stealing will be dismissed from the athletic program. Stealing could also be interpreted to involve school equipment NOT turned in after the season is completed.

- C. Individual conduct – do everything you can to add class to our program. As an individual, don't do anything detrimental that would take away from the program. Ben Bolt - Palito Blanco Athletes should be noted for their clean, tough, and competitive play. Praise your opponents and play beyond your ability. You will be expected to conduct yourself as a lady/gentleman at all times. We know that each of you do not have the same ability, but we expect you to perform to the best of your ability. Failure to adhere to the above conduct standards will result in a coach/athlete conference with possible disciplinary actions.

- D. Respect for Coaches – Coaches should receive “yes sir”, “yes mam” and “no sir”, “no mam” responses from players. Players in return will be treated with respect by the coaches. Whenever a coach is speaking with you, either individually or as a group, you should give them your undivided attention.

- E. No athlete at any time should have in their possession, use, or intend to use alcohol, tobacco, or any illegal drug. Violating the illegal substance code will result in disciplinary action. Continued violations will result in suspension from athletic contests and/or program.

- F. A Ben Bolt - Palito Blanco Athlete will show respect to all teachers, administrators, and other adults with whom they come into contact.
- G. Male athletes will not be allowed to wear earrings in the field house, gym, or during any athletic contest (including the stands), off-season or any time they are representing Ben Bolt - Palito Blanco I.S.D as an athlete. The athletic department will confiscate earrings.
- H. A Ben Bolt - Palito Blanco Athlete will be on time for all classes, practices, trips, and any other scheduled event unless he/she has notified the teacher or coach in advance.
- I. Every athlete at BBPB.H.S. or BBPB.M.S. will participate in his or her classes and do his or her best in the classroom.
- J. A Ben Bolt - Palito Blanco Athlete will remember at all times when he or she is on an athletic trip that he or she is representing the school and community from the time the bus is boarded until he or she returns home.
- K. A Ben Bolt - Palito Blanco Athlete must remember that he or she is recognized first as a Ben Bolt - Palito Blanco athlete. With this in mind, one must think before one acts, and decide if his or her actions will hurt the character of this school and its athletic program.
- L. Social Media is to be used platform to promote positive influence and stature. A student athlete is not to post in any manner that will negatively shadow their personal ability, team, or coach. A student athlete is not to post about anything that is deemed negative towards BBPB ISD and its respective programs.

- M. An athlete's school is one of the most important factors in his or her maturing process. High school days will always be remembered, so one must remain loyal to his/her school and its spirit.
- N. Good sportsmanship (STAR Method) is a must in being a true Ben Bolt - Palito Blanco athlete. An athlete never loses his or her poise causing anger to be shown at his/her opponent during competition. It is natural to become angry at times during a contest or game, but a real champion can control his/her feelings and come back stronger instead of "flying off the handle," causing his or her team to be penalized. An athlete will accept the decisions of the officials and show respect for their authority. An athlete will never put on a show in front of the fans whenever he/she disagrees with an official.
- O. Athletics is participation in competitive sports. Athletes must participate at a high intensity level and will be pushed by their coaches and peers to a level higher than thought possible. Athletes will be expected to participate in every workout and/or contest unless they are excused by the athletic trainer and/or head coach due to injury or illness. Continuously not participating could result in dismissal from the athletic program and/or failure of the course.
- P. Tutorials may be required for athletes who are in danger of failing an academic class. If tutorials are required, the athlete is expected to attend or face disciplinary action.
- Q. All athletes are expected to conform to all U.I.L. rules and Ben Bolt - Palito Blanco I.S.D. Student Handbook rules and regulations.
- i. Athletes who do not follow the athletic code may be removed from the athletic program. The removal of an athlete will be the decision of the head coach and athletic director. There will be a conference between the head coach, athletic director, the athlete, and the athlete's parent before an athlete is removed from the program. Reinstatement will be considered but no guaranteed. In the event that a student is considering a reinstatement then a meeting with the parties involved will be setup so that a growth plan can be established. The growth plan is not to be negotiated and is to be a tool that will allow for parties involved the exact criterion that is expected in order to achieve full reinstatement.

GENERAL POLICIES AND PROCEDURES FOR STUDENT ATHLETES

I. Participation In Various Sports

- A. All boys and girls are to be encouraged to participate in as many sports as their interests and abilities allow. An athlete will be granted a “trial period” of 7 calendar days to drop a sport without penalty. If an athlete wants to drop a sport, they should first be directed to the Head Coach of the sport. At that time the coach will discuss the matter with the athlete. However the Head Coach of that sport may deny the athlete’s participation in that sport in the future. An athlete dropping/dismissal of a sport after 7 calendar days will not be allowed to participate (practice or contest) in another sport while the sport they are dropping is still in season unless otherwise granted permission from athletic director.
- B. No coach should ever attempt to influence an athlete to give up participation in one sport in order to devote more time and greater concentration to another, unless advised by the athletic director.
- C. Athletes must show academic success by maintaining eligibility. An athlete failing 3 consecutive six weeks will be removed from the athletic program. The athlete may apply for reinstatement after the next six week grading period if the athlete has passing grades in all course.
- D. **Athletes are expected to be enrolled in athletics year round to allow for physical development and team building.** Students aren’t allowed to “get in and get out” of athletics to avoid off season workouts. For example, a baseball player must be in athletics in the fall and a football player must be enrolled in athletics in the spring. In the event of a academic scheduling conflict a meeting will be held with the parent so to accommodate the student athlete and their schedule.
- E. Sports requiring team or individual workouts during the athletic period of the school day require athletic period enrollment. These sports include football, volleyball, basketball, tennis, track and field, powerlifting, golf, baseball, and softball.

II. Student Athlete Travel To And From Contests

- A. All athletes are required by policy to travel to the destination of all athletic contests with the coach or sponsor by transportation means furnished by the school district.
- B. **All varsity team sport members are required to return home from contests with the team.** *Note exception: Special circumstances such as a family emergency, injury, or illness may require exceptions to this rule but must be approved by head coach of that sport.
- C. Sub-Varsity (JV, 9th, 8th, 7th) participants may be granted permission to return home after a contest with their parent or guardian. **THE PARENT OR GUARDIAN MUST PERSONALLY CONTACT THE COACH AND ASK PERMISSION TO TRANSPORT THEIR CHILD AT THE SITE OF THE CONTEST AT ITS CONCLUSION.** No person other than parents or guardians can be granted this permission. *Note Exception: An athlete may be transported by another adult with written approval from parent of athlete to be transported.

III. Athletic Dress

- A. No athlete will be allowed to wear issued athletic clothing to school. This right and privilege should be reserved to practice and game participation.
- B. Student/Athletes can wear issued athletic clothing if they are going to leave directly from school to participate in a contest. **AT NO OTHER TIMES WILL THIS BE PERMITTED**
- C. All athletes must wear issued uniforms to all contests. Every athlete must wear their uniform in the same manner. No one will be allowed to be different.
- C. Personal clothing worn to contests by athletes should not include tank tops, t-shirts with alcohol, drugs, etc., on them. Slacks, jeans, or dress skirts are preferred. Girls may wear dress shorts if approved by the Head Coach of their sport and the Athletic Director.
- D. All Athletic Equipment will be clearly marked for identification purposes when issued to an athlete. Each article issued to an athlete is the property of the Ben Bolt - Palito Blanco Athletic Department and

is on loan to the athlete. The Head Coach of each sport will maintain in written form an equipment issuance checklist showing every item issued, the replacement cost, and its identification number. All issued equipment MUST be returned at the request of the Head Coach or Athletic Director regardless of the items condition.

- a. Student athletes participating in the Athletic Program will be given the opportunity to purchase their Athletic Clothes for \$20.00 in the event that athlete cannot arrangements can be made with the Athletic Director so to accommodate the athlete.

IV. Discipline of Student Athletes

A. Discipline in athletics may be in addition to any discipline already administered in the classroom or by principal. The discipline of student athletes will be administered by the coach immediately responsible for the athlete.

1. Common discipline procedures for all sports (all of the following discipline steps will vary from sport to sport, but should resemble the discipline set in this handbook. Discipline may be more or less severe if the circumstances are unique.)
 - a. Missing an assigned tutorial, or serving detention. One Badger Crawl or equivalent (a Badger Crawl is a 200 yard bear crawl on hands and feet)
 - b. ISS. One Badger Crawl for two consecutive days.
 - c. Other infractions such as; cussing, disrespect, misbehavior in the classroom, etc. will be dealt with by the policy set by each sport and approved by the athletic director.

B. Discipline will be consistent and fair, and will meet the violation. There will be standard discipline procedures for some behavioral problems. Other infractions that are not listed are the responsibility of the head coach of each sport. Discipline procedures will be similar among all sports and each sport's guidelines will be approved by the Athletic Director.

C. No student athlete should ever be punished for attending another school activity in which they are team or squad member. However, there may be make-up activities required for the athlete to learn any skills or to make-up conditioning they may have missed while absent.

PARENT/COACH COMMUNICATION

Parent/Coach Relationship

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to children. As parents, when your children become involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

Communication You Should Expect From Your Child's Coach

1. Philosophy of the coach.
2. Expectations the coach has for your child as well as all the players on the squad.
3. Locations and times of all practices and contests.
4. Team requirements, i.e. rules, paperwork, equipment, off-season conditioning.
5. The procedure followed should your child be injured during participation.
6. Discipline resulting in the denial of your child's participation.

Communication Coaches Expect From Parents

1. Concerns expressed directly to the coach.
2. Notification of any schedule conflicts well in advance.
3. Specific concern in regard to a coach's philosophy and/or expectations.

As your children become more involved in the programs in BBPB, they will experience some of the most rewarding moments in their lives. It is important to understand that there also may be times when things do not go the way you or your child wishes. At these times discussion with the coach is encouraged.

Appropriate Concerns to Discuss with Coaches

1. The treatment of your child, mentally and physically.
2. Ways to help your child.
3. Concerns about your child's behavior.

It is very difficult to accept your child's not playing as much as you may hope. Coaches are professionals. They make judgment decisions based on what they believe to be best for all students involved. As you have seen from the list above, certain things can be and should be discussed with your child's coach. Other things, such as those in the following sections, must be left to the discretion of the coach.

Issues Not Appropriate To Discuss With Coaches

1. Playing Time.
2. Team Strategy.
3. Play calling.
4. Other student-athletes

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

The Procedure You Should Follow If You Have A Concern To Discuss With A Coach

1. Call to set up an appointment.
2. If the coach cannot be reached, call the athletic director. He will set up the meeting for you.
3. Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and coach. Meetings of this nature do not promote resolution.

THE NEXT STEP

What can a parent do if the meeting with the Coach did not provide a satisfactory resolution

1. Call and set up an appointment with the athletic director to discuss the situation.
2. At this meeting the appropriate next step can be determined.

Since research indicates a student involved in co-curricular activities has a greater chance for success during adulthood since these programs have been established. Many of the character traits required to be a successful participant are exactly those that will promote a successful life after Middle/High School. We hope the information provided within this letter makes both your child's and your experience with the BBPB Athletic Program less stressful and more enjoyable.

ATHLETIC STAFF CODE OF CONDUCT

BE PROFESSIONAL – In attitude, responses, work, and appearance.

Be the kind of person for whom you would want your son or daughter to play...Watch your language and your actions!

Enthusiasm is contagious! Show it on the practice field, in the dressing room, at pep rallies, in the hallways, in the classroom – everywhere.

Be cooperative with and considerate of the administration.

Be on time.

Be consistent with discipline in the classroom and all sports.

Appropriate coaching attire will be worn.

There will be no misuse of equipment.

Never discipline an athlete without making a point to talk with him or her again after practice. Do not let hard feelings leave the field.

No athlete is to be dismissed from athletics until twenty-four hours has lapsed from the time of the offense. This time period will include a discussion with the head coach and athletic director.

All administration and school board policies will be followed at all times.

All U.I.L. rules will be followed in every sport.

The head coach of each sport will be responsible for the issue and care of the equipment in his/her sport as department regulations state. Each coach will take inventory before and after the season. Inventory will then be submitted to the athletic director.

All coaches will enforce our athletic code. We will be just as successful as our implementation of the code in our total athletic program.

Teaching and coaching responsibilities at BBPBISD must take priority over all other commitments or sources of employment.

AT ALL TIMES – BE FAIR AND HONEST!

BBPB DRUG TESTING POLICY

MANDATORY DRUG TESTING PROGRAM

Effective 2018-19

Ben Bolt - Palito Blanco Extracurricular Activities

Ben Bolt - Palito Blanco ISD provides opportunities for students to participate in extracurricular activities. This participation should be viewed as a privilege, which carries additional expectations for the students involved. An important goal of extracurricular activities is to give students direction in developing healthful living habits, self-discipline, leadership, teamwork, and respect for authority, rules and regulations. The District has determined that it has a substantial interest in student participation in these extracurricular activities because of the discipline, health and safety of all students participating in extracurricular activities. This determination is based on a variety of health risks associated with drug and alcohol use. Therefore, the District has taken the following measures to maintain the discipline, health, and safety of the students by instituting the Mandatory Drug Testing Program.

In this regard, all students entering the District, in grades 7-12, who will participate, or who is participating, in an extracurricular activity, shall be subject to mandatory initial and random testing for the presence of alcohol and illegal drugs. The Program applies to all District students in grades 7-12, who will participate, or who are participating, in an extracurricular activity. The Program will be applied to all District students in conjunction with all applicable Board of Trustees Policies and District procedures.

Definitions

“Alcohol” is defined as ethyl alcohol. Alcohol, as used herein, includes any beverage, mixture or preparation containing ethyl alcohol.

“Controlled Substance” means a drug or substance which the use, possession, sale, transfer, attempted sale or transfer, manufacture or storage of it is illegal under any federal, state or local law or regulation and includes, but is not limited to inhalants, marijuana, cocaine, narcotics, opiates, opium derivatives, phencyclidine, hallucinogens and any other substances having either a stimulant or depressant effect on the central nervous system such as amphetamines or barbiturates, methadone, methaqualone, propoxyphene, steroid, or other metabolites. Also include in this definition are prescription drugs used for any reason other than a legitimate, prescribed medical reason and inhalants used illegally. All references to “drugs” throughout this Program mean the same as “controlled substances.”

“Reasonable Suspicion” is defined as an evaluation by the drug testing coordinator or extracurricular sponsor of a student’s conduct that would lead a reasonably prudent person to suspect that the student is under the influence of drugs and/or alcohol [see definition of “under the influence”]. A conclusion can be based on personal observation and/or information received from third parties. Such indications may include, but are not limited to, a drop in the student’s performance level, impaired judgment or reasoning, decreased level of attention, or behavioral change. Characteristics indicating reasonable suspicion may include, but are not limited to:

- A pattern of abnormal or erratic behavior
- Physical symptoms such as glassy or bloodshot eyes, slurred speech, unsteady gait, poor coordination or reflexes
- Odor of alcoholic beverages or marijuana
- Unexcused absenteeism or tardiness
- Direct observation of drug or alcohol use or possession

“Under the influence” means not having the normal use of mental or physical faculties; however, the student need not be legally intoxicated.

“Use” means a student has voluntarily introduced into his or her body by any means a prohibited substance recently enough that it is detectable by the student’s physical appearance, actions, breath, or speech.

PARENTAL CONSENT

Parental consent for a student to submit to biological testing by urine shall be a required condition for participation in the District’s extracurricular programs. A parent’s refusal to consent shall result in denial of the student’s participation in any extracurricular activity.

Each student in grades 7-12 who wishes to participate in extracurricular activities must sign a consent form agreeing to submit to the Program. The student’s parent prior to testing must also sign the consent form. Once signed, a consent form shall remain in effect for the duration of the student’s participation in any extracurricular activities in the District.

INITIAL TESTING

For the 2017-2018 school year all students participating in extracurricular activities will be tested for illegal drugs prior to participation.

For each year afterwards all incoming 7th grade students and all new 8th-12th grade students will be tested for illegal drugs prior to participation.

RANDOM TESTING

After completion of the initial drug testing, all students in an extracurricular activity shall be subject to random testing for alcohol and illegal drugs, which may be conducted at any time. Students shall be selected for testing through a computer-generated random selection process conducted by the testing company. Under the selection process used, each student shall have an equal chance of being tested each time selections are made. The random alcohol and illegal drug tests conducted under this Program will be unannounced and the dates of administering random alcohol and illegal drug test will be spread reasonably throughout the calendar year.

REASONABLE SUSPICION TESTING

When the drug testing coordinator or any extracurricular sponsor has a reasonable suspicion that a student subject to this Program is currently using illegal drugs, the drug testing coordinator may require the student to submit to a drug test. Any extracurricular sponsor or District staff member having a reasonable suspicion that a student subject to this Program is currently using illegal drugs should immediately report his/her suspicion to the drug testing coordinator.

TESTING PROCEDURES / LABORATORY

The District shall contract with a nationally – certified drug testing company, which shall conduct all drug testing authorized by this Program. The laboratory shall provide qualified persons to oversee the collection of all specimens and shall provide medical review officer services for interpretation and verifications of results. The medical review officer shall report all drug test results to the designated District official.

PROTOCOL

Drug testing shall be performed by urinalysis in accordance with accepted practices and procedures established by the laboratory with which the District contracts. Student privacy shall be protected to the greatest extent possible during the collection and coding of urine specimens, and then shall be conducted in the least intrusive manner possible.

DRUGS TESTED

The substances for which tests shall search shall include:

1. Alcohol as defined herein;
2. Drugs or controlled substances, as defined herein;
3. Performance-enhancing drugs, including steroids and their metabolites;
4. All prescription drugs, upon reasonable suspicion that they were obtained without proper authorization and;
5. All prescription and over-the-counter drugs, upon reasonable suspicion that they are being used in a manner inconsistent with the written prescription or written instructions.

POSITIVE OR SUSPICIOUS TEST RESULTS

The testing laboratory shall notify the drug testing coordinator of any positive or suspicious test results. The drug testing coordinator shall notify the student and parent. If applicable, the District may contact the student's physician to rule out any factors, which may have caused the results to appear positive or may require the student to retest to rule out any factors that may have caused the results to appear suspicious.

REFUSAL TO TEST

If a student refuses to submit to any test as required or authorized by this Program, the student shall be subject to the same consequences as if he or she tested positive for drugs or alcohol.

RECORDS

All records relating to the Program, including consent forms, test results, and intervention actions, shall be maintained in a separate file from the student's cumulative folder and academic records. Access to the records shall occur only in compliance with District policies and procedures, the Family Education Rights and Privacy Act, or other applicable state and federal laws and regulations.

CONSEQUENCES FOR POSITIVE RESULTS:

The following consequences apply for offenses under the Ben Bolt - Palito Blanco ISD ("District")

Mandatory Drug Testing Program ("Program"):

First Offense:

Upon a first confirmed positive test result, the student and parent shall be required to meet with the drug coordinator to discuss the test results and the consequences. The student will be required to submit to drug testing on each District test date for the remainder of the student's participation in extracurricular activities.

Second Offense:

Upon a second confirmed positive test result, the student and parent shall be required to meet with the drug testing coordinator to discuss the test results and the consequences. The student will be required to attend and successfully complete a drug education program approved by the district. The student shall be suspended from participation in any extracurricular activity and performance for 30 calendar days from the date tested. The student may not practice with other students. After the 30 calendar days from the date tested, the student will be required to submit to drug testing before resuming participation, on the District's next scheduled test date. The District will not adjust the test date schedule to accommodate a student attempting to resume participation in extracurricular activities. The student will be required to submit to drug testing on each District test date for the remainder of the student's participation in extracurricular activities.

Third Offense:

Upon a third confirmed positive test result, the student and parent shall be required to meet with the drug testing coordinator to discuss the test results and the consequences. The student will be required to attend and successfully complete a drug education program approved by the District. The student shall be suspended from participation in any extracurricular activity for one calendar year from the date tested. The student may not practice with other students. After the expiration of 365 calendar days from the date tested, the student will be required to submit to drug testing before resuming participation and/or before attempting to qualify for participation in extracurricular activities. The District will not adjust the test date schedule to accommodate a student attempting to resume participation in extracurricular activities. The student will be required to submit to drug testing on each District test date for the remainder of the student's participation in extracurricular activities.

Fourth Offense:

Upon a fourth confirmed positive test result the student will be dismissed from all extracurricular activities for the remainder of his/her high school career.

*Academic and disciplinary sanctions shall not be applied under the Program. However, violations of the Student Code of Conduct will be addressed in accordance with District Policy and procedures.

**If a student refuses to submit to any test as required or authorized by the Program, the student shall be subject to the same consequences as if he or she tested positive for drugs or alcohol.

ATHLETIC LETTERING POLICIES AND REQUIREMENTS

I. FOOTBALL

- a. Players must participate in at least 25% of the total number of quarters played for the current football season at the varsity level.
- b. A senior participant who has participated in the football program at Ben Bolt - Palito Blanco High School for four consecutive years becomes eligible for a letter.
- c. In the event that the varsity team enters the state playoffs, all players who were carried as varsity roster members from the beginning of the season become eligible for a letter award. These members have to be in good standing with the athletic department and made a significant contribution to the program.

II. BASKETBALL

- a. Players must participate in at least 25% of the total number of quarters played for the current basketball season at the varsity level.
- b. A senior participant who has participated in the basketball program at Ben Bolt - Palito Blanco High School for four consecutive years becomes eligible for a letter.
- c. In the event that the varsity team enters the state playoffs, all players who were carried as varsity roster members from the beginning of the season become eligible for a letter award. These members have to be in good standing with the athletic department and made a significant contribution to the program.

III. TRACK AND FIELD AND CROSS COUNTRY

- a. Participants must compete for an entire season at the varsity level or score one point in the varsity division at the district track meet or place in the top 5 of Ben Bolt - Palito Blanco team members in the varsity division of the cross country meet.
- b. A senior participant who has participated in the track program at Ben Bolt - Palito Blanco High School for four consecutive years becomes eligible for a letter.

IV. TENNIS

- a. Participants must represent Ben Bolt - Palito Blanco High School in at least 50% of all matches, tournaments, and outside competition at

the varsity level and must represent Ben Bolt - Palito Blanco High School in district competition.

- b. Any tennis participant, whether in singles or doubles competition, placing first or second in district competition automatically becomes eligible for a letter award.

V. BASEBALL/SOFTBALL

- a. Players must have played 1/3 of the total number of innings played in the total season. This is to include all players with the exception of reserve pitchers, catchers, and designated hitters and runners if used. These participants must be shown to have entered into a game at least one time for 1/3 of the total number of games involved in the complete season.
- b. A senior participant who has participated in the baseball/softball program at Ben Bolt - Palito Blanco High School for four consecutive years becomes eligible for a letter.
- c. In the event that the varsity team enters the state playoffs, all players who were carried as varsity roster members from the beginning of the season become eligible for a letter award. These members have to be in good standing with the athletic department and made a significant contribution to the program.

VI. GOLF

- a. Participants must compete in at least 50% of the scheduled tournaments at the varsity level and compete in the district tournament at the varsity level.
- b. A senior participant who has participated in the golf program for four years is eligible for a letter.

VII. VOLLEYBALL

- a. Players must have played in 1/3 of the total number of matches in a total season. This would include district, non-district tournaments and playoff matches at the varsity level.

- b. A senior participant who has participated in the volleyball program at Ben Bolt - Palito Blanco High School for four consecutive years becomes eligible for a letter.
- c. Must be in good standing with the athletic department and made a contribution to the program.

VIII. POWER LIFTING

- a. Participants must score in a varsity meet to be eligible for a letter.
- a. Participants must score a total of 5 or more points in a season to be eligible for a letter.
- b. Senior participants who have competed all four years are eligible for a letter.

GENERAL POLICIES FOR ATHLETICS

GENERAL REQUIREMENTS:

All athletes (Sr. and Jr. High) must meet all requirements of the U.I.L for previous scholastic eligibility, current scholastic eligibility, physical form, rule acknowledgment form, and athletic policies form.

PRACTICE UNIFORMS:

All athletes will wear school issued practice uniforms during workouts, if applicable.

DRESS AND HAIR REQUIREMENTS:

In addition to normal school requirements for dress and appearance, all athletes shall have neat haircuts. They should also be clean-shaven in order to practice and participate in any sport.

IMPROPER LANGUAGE:

Cursing is not acceptable and each coach will take disciplinary action as deemed proper.

RETURNING OF EQUIPMENT:

Any student who fails to return athletic equipment or to make a settlement for lost equipment shall be banned from further athletic participation until the equipment is returned or paid for.

TRAVEL OUT OF TOWN:

Transportation to and from athletic events away from home is provided by the school. Participating athletes are expected to use the school provided transportation both to and from the event, and any deviation from this procedure should be cleared with the coach in charge, in writing and in advance.

ATHLETES WHO ARE SUSPENDED:

Any athlete who is suspended from a team must meet with the Athletic Director to arrange his or her reinstatement into athletics. Those who quit a team must meet with the Athletic Director in order to be reinstated.

DETRIMENTAL SUBSTANCES:

Tobacco, Alcohol, and other drugs have no place in the life of an athlete; they are detrimental to health and performance. Athletes are expected to refrain from the use of these substances.

Disciplinary action for the use of and or possession of substances on or off the school grounds or at school or non-school activities will be taken in accordance with Athletic Code of Conduct guidelines. (In addition to discipline mandated by school administration)

These guidelines are as follows:

TOBACCO

O.F.I. (Opportunity for Improvement) Running laps, bleachers, up-downs, etc...

FIRST OFFENSE: Suspension from **athletics** for SIXTY SCHOOL DAYS.

SECOND OFFENSE: Permanent suspension from athletics.

ACCEPTING AUTHORITY

If you cannot accept authority, your place is not in athletics. We must have the cooperation of everyone. If you feel that you cannot do what you are told, then it is best that you take your interest elsewhere.

GUIDELINES

You should know what is expected of you at all times. Read these guidelines carefully. By knowing them, you can eliminate many problems before they arise.

I. GENERAL RULES

1. School comes before anything, so make your grades.
2. Do right—Be responsible in your actions.
3. Stealing or the use of drugs (alcohol included) will not be tolerated in any form or fashion.
4. Always give 100% effort in everything.
5. So that your coach will be able to plan practices more effectively, you will notify the Head Coach, or your position coach, of your absence or lateness before workout. Try to schedule all of your appointments away from practice time, if possible.

II. DRESSING ROOM RULES

1. Read the bulletin board everyday in order to stay informed.
2. Secure your valuables at all times. (Keep your locker locked)
3. Take proper care of your equipment; Keep it repaired and stored properly. Do not share equipment.
4. Take care of your dressing room, because nobody is going to clean up after you.
5. The dressing room is not a storage facility, however, it will be locked at all times.
6. Do not allow non-athletes into your dressing room.
7. Profanity will not be tolerated anywhere for any reason.

III. FIELD/COURT RULES

1. Be on time
2. Run and hustle at all times...enjoy practicing.
3. Never have a bad practice
4. When you step on the field/court, be fully dressed and ready to go physically and mentally.
5. Keep your mouth closed; keep your poise and temper at all times.
6. Practice with INTENSITY AND ENTHUSIAM and your will play with intensity and enthusiasm.
7. Work to get better, not get even. Do some thing extra.

IV. CLASSROOM RULES

1. Show your teachers and classmates the highest form of respect.
2. Obey all district and school rules.
3. Do everything possible to help your academics, but do not ask your teachers for special favors or grade consideration.
4. YOU must control your own academic destiny...STUDY
5. Do not ask for special time off to go study; discipline yourself away from school to study.

V. COACHES

EXPECT OF YOUR COACHES:

1. To be totally honest.
2. To be loyal to you at all times.
3. To provide the positive leadership and training necessary to achieve your goals.
4. To work you harder than you have worked before.
5. To assist you in every way possible, now and after you graduate.
6. To treat you like an athlete and to love and respect you.
7. To make all decisions based on what is best for the team, and then what is best for you.
8. To do everything within their power to improve your facilities and make this the best place in Texas to be a STUDENT-ATHLETE.
9. To help you mature and grow as a young man/woman.
10. To help you reach your goals.

** In addition to the STUDENT ATHLETIC CODE OF CONDUCT HANDBOOK, each sport will have their own individual code of conduct specific to their program.

GRADING POLICY:

Your grade will be earned as follows:

Practice and Participation	40 Points
Skill Improvement	20 Points
Attitude	20 Points
Work Ethic	10 Points
Punctuality	10 Points

A Doctor's excuse will be required for non-participation

DRISCRIMINATION/PHYSICAL & MENTAL HARASSEMENT

All athletes are brothers and sisters. There is no place for discrimination of any kind in our program. Any form of discrimination and physical or mental harassment will result in suspension from the program for a period of six weeks.

If any infraction occurs, it will be up the responsibility of the Head Coach of that sport to prepare a written report and present the evidence to the Athletic Director. The Principal, Athletic Director, and Head Coach will then take appropriate action.

ATHLETIC PRACTICE RULES AND REGULATIONS

The Head Coach of all sports, with the permission of the Athletic Director, have the prerogative to hold closed practice sessions if they so deem it necessary. (U.I.L does not address Practice Sessions) Any individual (s) wanting to film and or video a practice session of any athletic team must adhere to the following rules:

- 1) Must obtain written permission from the Athletic Director and the campus principal.
- 2) The Head Coach must agree with the request to film his practice session.
- 3) If the Head Coach at anytime feels that he filming and or videoing is disruptive or distracting, he may ask to have the filming stopped.
- 4) Individual(s) not wishing to comply with any of these rules and regulations may be asked to leave the premises.

These are the characteristics we wish to instill in your child. He/she will be expected to exhibit these characteristics or he/she may be dismissed from the team.

RESPONSIBILITY

The primary purpose of all players is an education and all other things are secondary. Therefore, they should apply themselves and study diligently.

BB-PB athletes are expected to be on time for all their classes and practices, including first period athletic periods (if applicable). They are expected to come to school everyday. If they are sick and are going to be absent, they should notify the coach's office at their campus.

BB-PB athletes are expected to pass all of their classes (NO Pass...No Play). If we see the student is having problems, we may give you a call.

BB-PB athletes are expected to be well groomed and dressed properly for school. This includes being clean-shaven before coming to school and having his shirt tucked in while in school. No earrings and long hair will be allowed for male athletes.

BB-PB athletes may be issued a locker and equipment that belongs to the school. Loss or damaged (other than normal wear and tear) equipment will require the players to pay for the loss.

The players are ambassadors for their school and school system on and off the campus and they should conduct themselves accordingly.

Be prompt to all meetings.

COMMITMENT

BB-PB athletes are expected to work hard everyday in athletics in order to get stronger physically and mentally in order to be able to compete with the teams we will be playing. This includes running and lifting weights on their own time. This also includes working out before or after school and during the summer.

SELF RESPECT

BB-PB athletes will be treated with respect. In return, they are expected to treat their coaches, teachers, parents, and peers with respect. This includes being able to take discipline when it is required. Yes Sir, No Sir, Yes Ma'am, No Ma'am will be used when addressing all coaches and teachers.

BB-PB athletes will exhibit self-respect and be proud of their accomplishments without showing off.

Profanity is absolutely not acceptable.

Arrogance of any player will not be tolerated

HARD WORK

BB-PB athletes are expected to be prepared to work hard EVERYDAY. They will be put to the test on a daily basis. By implementing a sound program of weightlifting, running, agility, drills, and teaching skills for their individual sport, we will train your son or daughter to compete and be successful in their sport.

CHARACTER

BB-PB athletes will exhibit desirable character traits that will help him or her become a better student and citizen. We will teach him/her to make decisions based on what is in the best interest for the team.

Be loyal and confident in yourself, teammates, and coaches.

DISCIPLINE

Illegal tactics will not be tolerated.

Never alibi or complain about officiating.

BB-PB athletes will learn discipline and self-discipline. When they break the rules, they will suffer the consequences. The coaching staff or school administration will handle all discipline situations until it becomes a distraction or a major problem. At this point, the player may be dismissed from the team.

The safety and well being of your son and daughter is our highest priority. We will teach the team concept and the fact that no individual is more important than the team. We will instruct them in the proper techniques of drills and skills, including weight lifting. Our goal is to help you help us mold the finest young man or woman, athlete, and citizen as possible.

Players dismissed from a squad for disciplinary reasons shall not receive any awards nor can they participate in another sport without the consent of the Athletic Director.

STUDENT ATHLETE / PARENT ACKNOWLEDMENT FORM

I _____ (Students full name)

I hereby confirm that I am aware of the 'Ben Bolt – Palito Blanco Student Athlete Handbook, Steroid/Drug Testing Policy and understand that it describes the conduct and behavior that is expected of the participant listed above.

Student Signature

Parent Signature

Date

Name _____

I am a Ben Bolt – Palito Blanco Badger and I want to be part of a winning athletic program. In order for this to happen, I must realize the following:

- Nothing worth having in life is going to be easy. I will achieve my goals through hard work and dedication.
- I understand that sacrifices must be made, and that those sacrifices begin **NOW!!!**
- I will be on time everyday to all of my classes. This includes regular classes and athletics.
- I will come prepared to school every day. I will bring my homework, books, folders, pens, pencils, paper, etc... on a daily basis.
- I will come prepared for athletics every day. I will have my socks, shoes, shimmy, and shorts every day.
- I will be well groomed every day. This means I will be clean shaved with a proper haircut. I will have decent cloths with my shirt tucked as soon as I step foot on campus.
- I will show up every day to school because I understand that my team and my coaches are counting on **ME** to be here every day in order to become the best student-athlete possible.
- I will not make excuses to help cover my faults. I will be mature and try to become a better football player by developing both my mind and my body.
- Finally, my education is foremost the most important task, I must endeavor to achieve my graduation requirements. School work is and will be very important to me and I must and will pass all my classes. I will not and cannot let my teammates and coaches down.

I am responsible for my own actions both on and off the field. I will be held accountable for them. I understand that being a member of the Ben Bolt Football program is a privilege and not a right. Failure to adhere to the rules will result in my dismissal from the program.

Our team is counting on **ME!!**

I will strive to be the best!!!

I will do **Whatever It Takes!!!**

Student-Athlete

Parent or guardian

Ray Ramos, Head Coach/Athletic Director

TEN COMMANDMENTS

For Parents with Athletic Children

1. Make sure your children know that win or lose, scared, or heroic, you love them, appreciate their efforts, and are not disappointed with them. This will allow them to do their best without fear of failure. Be the person in their life they can look to for constant positive reinforcement.
2. Try your best to be completely honest about your child's athletic capability, competitive attitude, sportsmanship and actual skill level.
3. Be helpful but do not coach them on the way to the game or on the way back, or at breakfast, and so on. It is tough not to, but it is a lot tougher for the child to be inundated with advice, pep talks, and often critical instruction.
4. Teach them to enjoy the thrill of competition, to be 'out there trying,' to be working to improve their skills and attitudes. Help them to develop the feel for competing, for trying hard, and having fun.
5. Try not to relive your athletic life through your children in a way that creates pressure; you fumbled too, you lost as well as won. You were frightened, you backed off at times, you were not the hero. Do not pressure them because of your lost pride.
6. Do not compare the skill, courage, or attitudes of your child with other members of the team, at least within his/her hearing.
7. Do not compete with the coach. If the coach becomes an authority figure, it will run from enchantment to disenchantment, etc., with your athlete.
8. Get to know the coach so you can be assured that the philosophy; attitudes, ethics, and knowledge are such that you are happy to have your child under his leadership.
9. Always remember that children tend to exaggerate, both when praised and when criticized. Temper your reaction and investigate before overreacting.
10. Make a point of understanding courage, and the fact that it is relative. Some of us can climb mountains, and some of us are afraid to fight. Some of us will fight, but turn to jelly if a bee approaches. Everyone is frightened in certain areas. Explain that courage is not the absence of fear, but a means of doing something in spite of fear or discomfort. The job of the parent of an athlete is a tough one, and it takes a lot of effort to do it well. It is worth all the effort when you hear your youngster say, "My parents really helped, I was lucky in this."

FAIR PLAY AMONG THE SPECTATORS

- Remember that you are at a contest to support and yell for your team and to enjoy the skill and competition, but you are not to intimidate or ridicule the other team and its fans.
- Remember that high school and middle school athletes are students and that they sometimes make mistakes. Praise student athletes for their attempts to improve, just as you would praise students working in the classroom.
- Remember that holding a ticket to a school athletic event is a privilege to observe the contest, not a license to assault others verbally or to be otherwise obnoxious.
- Learn the rules of the game to understand and appreciate certain situations that take place during a contest.
- Show respect for opposing players, coaches, spectators, and support groups. Treat them as you would treat a guest in your home.
- Never taunt or insult opponents during the game. Avoid comments of an ethnic, racial, or sexual nature.
- Respect the integrity and judgment of game officials. They do their best to promote student-athletes, so admire their willingness to participate in full view of the public!
- Show appreciation for an outstanding play by either team.
- Refrain from using alcohol or drugs before, during and after games on or near the site of the event (i.e.; no tailgating).
- Cheer only in a way that supports and uplifts the teams involved.
- Compliment school and league administrators for their efforts to support educational athletics and fair play.
- Be a positive model through your own actions and censure poor behavior in other spectators.