

Lexington ISD

Athletic Handbook



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http://www.uil.utexas.edu/athletics/manuals/pdf/parent_information.pdf

LEXINGTON ISD ATHLETIC HANDBOOK

Introduction

This handbook communicates important information concerning athletic policies and procedures to our parents and students. After reviewing this information, we ask that the parents and student sign the receipt page in the back of the Handbook and turn it into his/her head coach.

Anything not covered in this Athletic Handbook will be left to the judgment of the Athletic Director.

It should be noted that different sports might have additional rules and regulations that go beyond what is listed in this athletic handbook. These rules are subject to the judgement of the Athletic Director.

PHILOSOPHY OF ATHLETICS

Mission Statement

The mission of Lexington I.S.D. Athletics is to provide a competitive athletic environment while promoting and embodying the ideals of teamwork, sportsmanship, hard work and self-discipline.

The athletic program at Lexington I.S.D. is part of the total educational program. Athletics are a vital part of the physical, mental, social, and moral growth of our students. Sports are extracurricular activities, not designed to transcend the academic program, but to supplement it. Athletics can give students the opportunity to develop outside of the classroom, and the principles and lessons learned in the classroom can be put into practice through athletics.

Lexington I.S.D. offers its students a broad range of athletic activities from team sports like football and basketball, to more individualized sports like golf and tennis. The athletic program is designed to meet a variety of needs from team sports that teach teamwork, to individualized sports that promote lifelong wellness and recreation.

Participation in athletics is a privilege that carries with it responsibilities to the school, to the sport, to the student body, to the community, and to oneself. Athletics is not a guaranteed right to every student. If one chooses to participate in athletics, one accepts certain responsibilities. With these responsibilities will come valuable lessons which will enhance one's potential for success in later life.

Athletics is not about winning games or getting athletic scholarships to college; athletics is about teaching the value of dedication, commitment, goal setting, hard work, fair play, sportsmanship, teamwork, and sacrifice. If one will live up to the standards set by the athletic department, athletics can and will serve as an outstanding extension of academics.

At the **Junior High** level it is our belief that as many athletes should participate as is possible. Junior high teams have a no-cut policy. Playing time will be at each coach's discretion. Athletes will learn basic skills and introduction of game strategies, along with the importance of team play, commitment, and respect for fellow players, coaches, and officials.

At the **Sub Varsity** level playing time will be at each coach's discretion. Athletes will continue to develop skills, commitment, good sportsmanship, and respect for fellow players, coaches, and game officials. At this level, roster limitations may be necessary.

At the **Varsity** level of competition, the most dedicated and skilled athletes will be the primary participants. Leadership and enthusiasm will also be factors in participation. This level of play is highly competitive, and rosters and playing time are left solely to the discretion of the coach. Varsity athletes will be expected to exhibit game knowledge, commitment, skill, sportsmanship, and respect for fellow players, coaches, and officials.

Goals of Athletics

1. Emphasize that academics must come first and foremost.
2. Promote the development of the whole person - spirit, mind, and body - by competing with full positive effort, self-control, and exemplary conduct.
3. Provide the opportunity for students to learn the value of hard work, discipline, commitment, and teamwork.
4. Conduct an athletic program in accordance with the letter and spirit of the rules and regulations of Lexington Independent School District and the University Interscholastic League.
5. Learn how to win and become successful.
6. Teach athletes the value of experiencing "victory with grace" and "defeat with dignity."
7. Develop sportsmanship in our athletes, coaches, and fans.
8. Have fun!

Sportsmanship Roles

A true sport shows a combination of values and attitudes, all in a positive light. Respect, fairness, courtesy, and graceful acceptance of the results are all characteristics of good sportsmanship. A good sport reflects "fair play" in every aspect of life.

Athletic Director

1. Proactively promotes sportsmanship.
2. Informs parents and other spectators of acceptable and unacceptable behaviors and insures that everyone abides by these expectations.
3. Develops athletic policies and provides support for the implementation of these policies.
4. Enforces consequences for students and athletes who violate expectations of sportsmanship.

Coach

1. Sets a good example for athletes, fans, and the community to follow.
2. Teaches good sportsmanship to athletes and parents.
3. Disciplines athletes who display un-sportsmanship like behavior.
4. Abides by the rules of the game in letter and in spirit.
5. Treats opposing players and coaches with respect.
6. Respects the judgment of the officials and their interpretation of the rules.

Athlete

1. Accepts the responsibility and privilege of representing the school and community.
2. Learns the rules of the game.
3. Treats opponents with the respect that is due to them as guests and fellow competitors.
4. Respects the judgment and integrity of the officials.
5. Exercises self-control and displays positive actions in public at all times.
6. Accepts both victory and defeat with pride and compassion while never being boastful or bitter.

Fans

1. Respect the players, coaches, and fans of opposing teams.
2. Know and understand the rules of the game.
3. Realize that a ticket is a privilege to observe the contest, not a license to verbally assault others or be generally obnoxious.
4. Never criticize an athlete, coach, or official.
5. Censure fellow spectators who display negative behavior.

ATHLETICS CLASS

Athletics is a state-approved course offered by Lexington I.S.D. Students may receive credit by successfully completing the following basic requirements:

1. Attend class regularly and promptly. Students must participate in the actual class period. Students must be directly supervised by the coach and are not allowed to leave to go to another classroom, library, computer lab, etc. Please schedule make-up work and tutorials for other classes outside of the athletics class period.
2. Dress out every day in school-issued clothing and/or equipment. Students unable to physically participate are still required to dress out and participate mentally. (Some injuries may not allow the athlete to dress out. If there is a question, the Head Coach will make the decision on the athlete dressing out or not for workout).

Sports Offered at Lexington I.S.D

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

ELIGIBILITY

You must participate in at least one team sport (FB/VB/BB/SB/BB/Track) and one individual sport (CC/Power Lifting/Golf/Tennis), or two team sports to remain in the athletic period. One may participate in a sport after school only at the discretion of the coaching staff.

Academic Eligibility

In the area of academics, a good athlete becomes a good student. The character and competitiveness of the athlete should carry over into the classroom. The athletes must plan their schedule so that they give sufficient time and energy to their studies to ensure acceptable grades.

In addition to maintaining good grades, an athlete should give respectful attention to classroom activities and show respect for faculty and other students at all times. Athletes can be positive leaders at school as well as in athletic competition.

Athletes must meet the UIL guidelines to be eligible for competition. They must meet standards of residence, credits toward graduation, age limits, and class schedules to be eligible for varsity competition. At any level they must meet the no pass no play expectations. They must pass all courses to be eligible unless otherwise specified by the UIL or TEA. Students failing a course will be ineligible for competition for three weeks. Ineligible athletes, however, are still allowed to practice. If a student stays ineligible for 6 weeks they will be placed on academic probation. At this time the head coach will review the athlete's grades and inform the athlete of his/her possible removal from athletics. Some students take on more than they can handle; academics come first, and removal may be the best way to insure this individual's success.

Coaches will counsel and tutor the athlete when needed. The athletes will be solely responsible for their grades.

School Suspension

Athletes assigned to ISS or AEP may not participate in any extracurricular activity until released from ISS or AEP. Upon your return from serving ISS, you will be counseled, the documentation will be placed in your folder and you will do extra conditioning. You will also be assigned make-up work from your head coach for missing your athletic period workout/game. Your second offense of ISS will be a conference with the Athletic Director and make-up work given by the Head Coach.

RULES AND REGULATIONS

Practice and Game Attendance

It is the obligation and responsibility of team members to attend all scheduled practices, meetings, and games regularly, and on time. Practice times will be scheduled and announced.

Being late is considered a tardy. Each tardy will be defined as excused or unexcused. The athlete will be disciplined for an unexcused tardy. Any team member who arrives late to practice or who leaves early is disruptive to the team's improvement and game plan. It is very important that individual athletes are not pulled out of a team practice until the practice concludes.

After school workouts are limited to eight hours per school week. Lexington I.S.D. has an "open practice" policy and encourages parents of our student athletes to make at least one practice.

The head coach should be notified immediately when an unavoidable conflict arises with a practice or a game. If the coach is notified before the workout, most absences will be excused. If the coach is not notified prior to the workout, it will be an unexcused absence. (Some situations will be considered an excused absence without a phone call. If there is a question as to whether it is excused or not, the Athletic Director will make the decision.) All absences can be made up. The athlete will be disciplined for an unexcused absence.

Make-up work for absences will be given by the Head Coach; this workout will vary from sport to sport. To inform your coach on any absence, the following phone numbers will be used:

School phone number is (979) 773-2254. The athletic director's extension is 221. The male coach's extension is 233. The female coach's extension is 234.

Practice and Game Attire

All athletes are required to wear school-issued equipment and clothing at all practices. Students must learn to be organized and prepared, as they will not be allowed to go home to get practice gear or game uniforms.

Athletes that are injured or unable to participate in a practice are still required to suit out and pay attention to the mental aspects of the workout. (Some injuries do not allow for the athlete to dress out. If there is a question, the Head Coach will make the decision if the athlete is required to dress out or not for workout).

Failing to wear appropriate workout clothes or forgetting a game uniform will result in reminders to be determined by the head coach.

Anyone caught vandalizing or stealing school equipment will be subject to the harshest of punishments. This may include, but not be restricted to: permanent dismissal from the athletic program.

Tobacco, Alcohol, and Other Drugs

It is a violation of athletic policy for Lexington I.S.D. athletes to use or possess alcohol, illegal drugs, drug paraphernalia, or tobacco products. Violations of this nature reported by a coach, school administrator, or law enforcement official will be investigated by the athletic director and/or coaching staff. All student athletes are subject to the random drug testing policies of LISD.

Poor Attitude

An athlete may be suspended for all or part of a sports season for demonstrating behavior that is detrimental to the team. Suspensions will be dealt with on an individual basis. What is best for the team, first and foremost, and then what is best for the individual athlete will be the approach of the Athletic Department. Examples of unacceptable behavior include, but are not limited to:

1. Inappropriate language
2. Unwilling or lazy attitude
3. Disrespect to the coaching staff
4. Fighting
5. Negative effect on team morale

Unsportsmanlike Behavior

Any athlete participating in an athletic event who flagrantly violates the rules of good sportsmanship should be removed from the game immediately by the coach regardless of the action taken by game officials. Consequences for a game ejection shall be at the discretion of the head coach.

Development Program

Virtually all athletic programs have some system to develop their athletes. A great program will work to maximize the physical, skill, and intangible ability of the athletes enrolled in athletics. We will run a great program and work to maximize the total athletic program. Specific details of the development program will be given to the athletes as they enter into each phase of the program.

Procedure for Quitting a Sport

Commitment to being an Eagle or Lady Eagle is one of the most valuable lessons learned in athletics. Quitting violations will be kept as an accumulative total for the duration of the athlete's career in the Lexington I.S.D. athletic program.

1. The first 48 hours of participation in a sport or the athletic period is a free trial period. If the athlete chooses to not participate during this time there is no quitting violation. Quitting a sport after the 48 hours will require the athlete to run 25 miles in 5 school days, with no participation in next sport until sport quit season is complete.
2. Athletes removing themselves from the athletic period for the semester will be sent to the counselor's office for a schedule change. This will be considered as a quitting violation.

Athletic Re-Entry Application

After quitting a sport, or being removed from enrollment in the athletic period, an athlete can regain participation privileges by choosing to complete the following:

1. Any athlete wishing to re-enter must notify the head coach in writing. A conference will be scheduled with the Athlete, Parent, Coach, Principal, and Athletic Director. At this time the athlete will be interviewed and a decision will be made for re-entry.
2. If an athlete is approved to re-enter the Lexington Athletic Program, he/she will complete a 25 mile run. These miles must be completed before or after school and at the coach's convenience.
3. The athlete will be on probation for a full semester. If discipline problems occur, the athlete will be dismissed from the Lexington Athletic Program.

Equipment and Uniforms

Team uniforms, warm-ups, and equipment are the property of Lexington I.S.D. and must be treated with care. Athletes are responsible for keeping their school-issued equipment clean and secure. Do not use any equipment or protective gear that is no longer safe or functional. Get a replacement.

All athletes must return their uniforms and equipment to their coach no later than seven (7) days after their last game or competition. Theft, loss, or damage of any equipment is the athlete's financial obligation.

No athlete will be allowed to check out any equipment or uniform for another sport until payment for missing or destroyed equipment is made. Award recognition, letter jackets, and the privilege of registering for classes may also be withheld until all uniforms and equipment are returned.

Locker Room

Locker rooms are provided for athletes changing into practice or game attire. Backpacks or school supplies are allowed during athletic workouts. Specific locker and locker room guidelines will vary from season to season. Specific expectations will be announced to the athletes. It is the responsibility of the athletes, not the coaches or janitors, to throw away trash, pick up equipment, and keep the locker room clean.

Please lock up all valuables every day. Lexington I.S.D. is not responsible for any loss or theft in the locker room. Be on the safe side; do not leave cash, jewelry, or anything of value in the locker room.

Quite often, certain locker rooms will be off limits due to visiting teams using them during our home games. Please be sure to remove your items on time and clean up for our guests.

Personal Appearance and Conduct

Lexington Eagles and Lady Eagles are quite often the only contact that many people in other communities have with our school. Appearance, expressions, and actions always influence opinions of our athletes, teams, and our school. It is expected that Lexington I.S.D. athletes will conduct themselves in a manner that will be positive for our school. Our student/athletes will:

1. Respect fellow teammates, coaches, managers, and school officials.
2. Respect our opponent's team, coaches, managers, and school officials.
3. Respect all officials, umpires, referees, etc.
4. Display desirable behavior, desirable language, cooperative and polite attitudes, and great sportsmanship in and out of the arena of competition.
5. Be well-groomed and dressed appropriately at all games and contests.
6. No earrings or jewelry will be worn during any athletic activity.

All athletes representing Lexington I.S.D. should establish and maintain a high standard of appearance at all times. Athletes must follow the student dress code and grooming policy as outlined in the Lexington I. S. D. Student Code of Conduct manual. The head coach of each sport will establish attire guidelines for the team.

Team Travel

The school will provide transportation for away contests. Team members, managers, statisticians, etc. should ride to and from the contest on school provided transportation. This policy is necessary for obvious liability reasons. In some situations athletes may be expected to travel together to and from a contest.

Athletes will travel via school vehicle, to all athletic events. Parents may sign out their child, by giving advanced notice to the coach and provide a written statement at the conclusion of the athletic activity; at this time the athlete will be released to them. This will be done to keep families together on the weekends and to give some the opportunity to return home in a timely manner. Your child will only be released to the parent and no one else. This will be allowed at the Jr. High level. Once in high school, we ask the team remains together on the return trip home. We want to encourage team work and unity after a win or a loss.

Team Buses

Be on time and be ready for the bus. Be appropriately dressed. Please keep the noise to a minimum and remain seated at all times. No metal spikes should be worn on buses. Please do not leave valuables and expensive items on the bus. Restrict food and beverages to reasonable amounts. Pick up your trash and help clean the bus when arriving back at school.

Hazing

No athlete at any time, by means of practical jokes, initiation rites, horseplay, etc., will humiliate any fellow athlete. The Lexington I.S.D. Athletic Department will not tolerate hazing in any form.

No one has to "earn his or her way" on to a team by submitting to ridicule from other members of the team. It is the duty of each team member to discourage this behavior.

Athletes found guilty of hazing will be disciplined by the Athletic Director, and Head Coach.

Media Relations

The school or coach cannot control the content of sports stories and photos. The press does not guarantee accuracy in quoting or equal coverage. If interviewed, protect your credibility by giving facts in a straightforward, honest, and sincere manner. After an emotional game, it is necessary to handle the press in a patient manner. Avoid criticism of the officials and opponents. Give teammates credit whenever possible. Be aware of the fact that what you say reflects not only on yourself, but also on your team, school, and community.

College Athletic Scholarships

The coaching staff will work hard with college and university coaches to help our athletes with continuing education. We want our athletes to have the experience of playing on the college level. These coaches are usually looking for certain positions they need to fill. We

will do all we can to positively inform them of our athletes' abilities and qualities. High school coaches do not "GET" scholarships for their athletes. Athletic scholarships from various universities and colleges are offered to high school athletes whose talents and grades are exceptional. It must be understood that the philosophical intent of the high school athletic program is NOT to guarantee college athletic scholarships to its participants. Please contact the Counselor's Office for any information regarding scholarships or grants.

ATHLETIC LINES OF COMMUNICATION

Parent/Coach Relationship

Both parenting and coaching are difficult vocations. By establishing lines of communication and understanding each position, we are better able to accept the actions of the others 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 Parents Should Expect From Coaches:

1. Expectations the coach has for your child, as well as all the players on the team.
2. Locations and times of all practices and contests.
3. Team requirements (fees, special equipment, etc.)
4. Procedure should your child be injured during athletic participation.
5. Discipline that results in the denial of your child's participation.

Communication Coaches Expect From Players:

1. Notification of any schedule conflict well in advance.
2. Specific concerns in regard to a coach's philosophy and/or expectations. (It is important to understand that there may be times when things do not go the way the athlete wishes. At these times, a discussion with the coach is encouraged.)

Appropriate Issues to Discuss With Coaches:

1. Treatment of your child.
2. Ways to help your child improve.
3. Concerns about your child's behavior.

Issues Not Appropriate to Discuss With Coaches:

1. Team strategy
2. Play calling
3. Other student-athletes

Parent/Coach Conference Procedure

If you have a concern to discuss with a coach, please follow this procedure below:

1. Please do not attempt to confront a coach before, during, or after a contest or practice. (This can be an emotional time for both the parent and the coach. Meetings of this nature do not promote resolution. Productive meetings require calm, rational attitudes in a private setting.)
2. Call the athletic department to set up an appointment with the head coach during his/her conference period the next school day. Girls Coaches 979-773-2254 ext. 234. Boys Coaches 979-773-2254 ext. 233.
3. If you are not satisfied with your conference with the head coach, you may then call to set up an appointment with the Athletic Director. Call 979-773-2254 ext. 221.
4. After discussing the issue with the head coach and the Athletic Director, you may then contact the Superintendent if you feel the situation has not been justly attended to. Call 979 773-2254, choose extension for administration office.
5. Any decision of the Superintendent may then be appealed to the Board of Trustees.

HEALTH ISSUES

Athletic Physical Examinations

No student/athlete shall be eligible to practice or play a school sport until they have passed an adequate physical examination and have it on file. The UIL physical form must be completed and signed by a licensed physician, a parent or legal guardian, and the student. Students may use their own physician or attend the sports physical day offered locally.

Injury

The potential for injury is inherent in all interscholastic sports. Even with the best coaching, the most advanced protective equipment, and a strict observance of rules, injuries can happen. Although serious injuries are not common in supervised school athletic programs, it

is impossible to eliminate the risk. Parents and students must be willing to accept the risks associated with school sports.

Athletes should report all injuries to the coach and to the athletes' parents. Please remember that coaches are neither doctors nor athletic trainers. They can make suggestions and give advice, but they are not certified to diagnose, treat, and release athletes from injury. If an athlete is seriously injured, he/she must have a doctor's release before continuing practice or competing in athletic contests.

If your child is injured at an athletic event, the coaches will do the following: 1) get emergency help, 2) contact the parent or legal guardian, 3) contact athletic director and administrator, 4) be advised by emergency personnel the next and safest step to follow to insure proper care of our athlete. (If this is EMS, or hospital trip, all parties will be updated continually).

Insurance

A supplementary insurance plan is provided by the school district for high school and junior high school athletes. It insures the athletes while participating in school athletic activities. It most often will not cover the total cost of a doctor's bill. Athletes are advised to have other insurance.

Lexington I.S.D. offers parents the opportunity to purchase "at school" insurance policies for their children. Forms will be available for these policies at registration for interested families. If you have not received these forms you may pick them up in the school office.

The combination of parental and school insurance plans has been very effective in covering the reasonable and customary costs of athletic medical expenses. All Lexington I.S.D. athletes are covered by the school's supplemental policy. However, all claims must first be submitted to the individual's personal insurance carrier. Once the parent's primary carrier has assigned its benefits, the school's supplemental plan will review the claim and pay only the usual and customary portion of the balance of the medical expenses not provided or reimbursed by the parent's insurance.

In order to expedite payment of claims, parents of students who have sustained an injury as a result of athletics should obtain a claim form from the athletic director as soon as possible. Remember, filing claims is the parent's, not the school's responsibility. Coach Muhl will assist parents with the paperwork procedure.

Receipt of Lexington ISD

ATHLETIC HANDBOOK

Athlete's Name: _____

I have received a copy of the Lexington I.S.D. Athletic Handbook. I understand that all athletes will be held accountable for the information outlined in this handbook.

Athlete's Signature –

Parent's Signature –

Date –
