



## SAN BENITO CISD

### Athletic Department Policy

SAN BENITO CISD ATHLETIC DEPARTMENT  
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ATHLETIC DEPARTMENT  
Athletic Policy**

Guidelines for Athletes

WORKOUT PRACTICES

To build and maintain a winning team, we feel that it is necessary that each athlete make every workout and team meeting unless:

1. ILLNESS- an athlete should try and notify his/her coach when he/she is ill so that the coach can make plans for their absence (at workout or practice).

• An athlete must be present at least 1/2 a school day on game day in order to be eligible to play. (Each case will be evaluated by the principal and Athletic Director.)

2. EXCUSED BY DOCTOR- (written notification should be given to the respective head coach).
3. ANY EXCEPTION, except those mentioned above, to be decided at the discretion of the head coach and/or athletic director.
4. If the coach in charge feels that the athlete's habitual absences are unacceptable to the team he/she may be dismissed from the team.
5. SCHOLASTIC FAILURE

NOTE: Must be enrolled in an athletic class of choice and participate in the off-season program unless otherwise arranged by the head coach, athletic coordinator and/or principal.

Any reason other than those listed above, the athlete would be subject to EXTRA WORK in the participating sport.

## RESPONSIBILITIES OF THE ATHLETE

1. All participants in the athletic program shall have a physical examination on file and your parental permission turned in to the coach before taking part in any athletic contest on an inter-school level.
2. Students shall not change sports during season. Athletes are urged to attend every practice session during the season. No unexcused absences. Anybody who quits a sport will be transferred to the P.E. class and has to wait until that sport season is over to go out for another sport.
3. Each prospective athlete shall maintain the proper social attitudes conducive to winning in athletics. This means that he/she should get along with other students, teachers, etc., and maintain proper dress and grooming according to the athletic and school policy.
4. On out-of-town trips all representatives of the school shall conduct themselves properly. Everyone going on the bus shall return on the bus unless parents personally ask the coach to take their child home with them and fills out a waiver letter that you should have on hand when you travel. No group of students shall ride a bus unaccompanied by a coach nor shall students be allowed to take their own car.
5. No parent or individuals may ride with athletes in the bus/van unless requested and/or approved by the coach and the athletic coordinator.
6. Each athlete will follow training regulations. **NO ATHLETE SHOULD DO ANYTHING THAT WOULD HURT THE REPUTATION OF THE TEAM, SCHOOL, OR HIS/HER FAMILY.**

## DROPPING OR CHANGING SPORTS

It is easy for your students to get discouraged and want to drop out of a sport or jump around from one to another. If a student athlete quits one sport, he/she cannot join another sport until the end of the season of the sport he/she left. The athlete needs to understand any equipment / apparel issued to them is school property and needs to be returned or it could lead to a monetary reimbursement to the school district. No athlete may quit one sport and turn out for another after the season has begun without mutual consent of both coaches involved and the Athletic Director.

## CONDUCT ON BUSES

Students are required to ride the bus to and from the game location except in the special cases that are cleared by the head coach such as injury or illness to a player. Athletes shall not damage the buses in any way nor exhibit bad conduct. Yelling out of the windows shall not be allowed. Horse playing is not allowed. Student athletes will not be permitted to go shopping, etc., during a trip.

### STUDENT INSURANCE

The school district will pay for our athletes' athletic insurance.

You need, though; to make sure your parents understand that is a **SECONDARY** insurance policy. If your parents have family health coverage through their place of employment, then this coverage is considered **PRIMARY**. (In other words, the claim must first be filed with this company) Any balance will then be covered by the school insurance in accordance with the **BENEFIT SCHEDULE**.

### ACADEMIC ELIGIBILITY

Remember that in order for you to compete, you must be **PASSING** your classes. If you fail then you will not be allowed to compete, you can practice but; **NO PASS, NO PLAY!**

Grade and Conduct checks will be done throughout the school year. If you are in an "in season" sport expect grade checks on a two or three week basis.

### PERSONAL ITEMS LOSS

It will be the responsibility of the student athlete for any loss by theft or carelessness of personal items left in the athletic facilities, ground or lockers. (Items such as radios, jewelry, clothes, etc.) The school district and the Athletic Department will not be held responsible for replacing lost or stolen items.

### ATHLETICS GEAR LOSS

It will be the responsibility of the student athlete to pay for any item(s) lost, damaged or stolen that were assigned to him/her for the school year. (Shorts, shoes, etc.) Payment should be taken care of before the end of the school year. Failure to rectify these matters will result in documentation of monies owed turned in to the principal's and athletic director's office.



Your respective coach will point out any changes in your dress that need to be made. This will be done to present a good image of Athletes and to help a better image of you to our community.

Have PRIDE and LOVE in yourself, your team, your school and last, but the most important, YOUR PARENTS.

### DISCIPLINARY ACTION

1. DISCIPLINE is a must in any successful athletic program. Unless discipline is maintained, respect of both coaches and players are lost.
  
2. ACTIONS THAT MAY CAUSE REMOVAL FROM ATHLETIC PROGRAMS:
  - A. STEALING
  - B. DISRESPECT for coaches, teammates, property, or any adult.
  - C. DISOBEDIENCE of or to coaches, teammates, or any adult (bus drivers)
  - D. FAILURE to participate in prescribed workouts and off-season
  - E. FAILURE to attend regular classes
  - F. SENT to principal's office for chronic misconduct
  - F. EXPELLED from school
  - G. LEAVING school without notifying anyone in authority
  - H. ANY CONDUCT unbecoming of an athlete (to name a few; cussing, harassing officials, fighting in games, any unsportsmanlike conduct, destruction of property, inappropriate web media content, ETC...)
  - I. DRINKING ALCOHOLIC BEVERAGES, SMOKING MARIJUANA, OR DRUGS, ON OR OFF CAMPUS IS PROHIBITED.
  - J. CHEWING TOBACCO AND SNUFF are also hazardous to your health and conduct unbecoming of an athlete. THIS IS NOT PERMITTED OF ATHLETES.

NOTE: EVERY infraction will be reviewed and investigated on an individual basis at the discretion of the coach and Athletic Director.

## TRAINING POLICIES

Training is necessary for the protection of the athlete and the success of the team.

1. Any athlete injured during an athletic activity should contact the coach and trainer in charge before consulting a doctor. This is necessary because it is part of the coach and trainer's job to know so that the proper insurance forms are filled out. Failure to do this could cause hardship and cause you to pay all medical bills, as per previous experiences.
2. BE ON TIME FOR ALL PRACTICES
3. Good grooming and appropriate dress is expected at ALL times. In addition to the dress code policy in the student handbook, the following also apply to the athletes:

### A. Boys

Clean shaven as per school policy. No earrings of any type are to be worn by athletes on campus and extra-curricular competition. Haircuts deemed "extreme" by Coaches or Athletic Director will be called to the athlete's attention and the athlete will be asked to correct this hairstyle. (Consistency across entities is paramount)

### B. Girls

Your dress should always be ladylike and in good taste. Foundation garments are to be worn at all times. Shimmie shirts, tank tops, and mini skirts are not permitted on Lady Athletes. No earrings to be worn at any extra-curricular practices or competition.

I have read the set of rules and guidelines for San Benito C.I.S.D. athlete and agree to follow them.

\_\_\_\_\_  
Athlete's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent's Signature

\_\_\_\_\_  
Date

Print Athlete's Name \_\_\_\_\_ Id Number \_\_\_\_\_

Grade Level \_\_\_\_\_

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