

STUDENT ATHLETIC HANDBOOK

Leon Athletic Department

Mission Statement

The athletic program should be an integral part of the total educational process. The mission of the Athletic Department is to insure and enhance the quality of life for youth by providing competitive activities. Good contests, properly supervised, give youthful competitors the opportunity to gain self-confidence, improve skills, and exhibit good sportsmanship, ethical behavior and integrity. Sports programs help the participant to develop physically, morally, and mentally.

Athletic offerings within the district are competitive and diversified, thereby allowing students the opportunity to realize their full potential relative to growth and development. All programs are designed not only to teach athletic skills, but also instill good character and teach sound values. It is felt that the success of the athletic program sets the tone for the entire school year. It builds a positive self-image for the individual athlete, the team, the school, and the community.

It is our final goal that sports activities will produce young men who will be able to enter the community and become constructive, contributing members of society.

LEON ISD ATHLETICS

According to University Interscholastic League rules, being in athletics is a privilege, not a right. Only those students who abide by school and athletic policies will be allowed to represent Leon ISD.

When young men sign up for athletics and become a member of a team, they make a commitment. They are obligated to follow the rules and regulations of the program. They are not forced to participate. It is voluntary; therefore, they are expected to follow rules of order.

Parents should strive to help their son to achieve success in athletics. Success is defined as participating at 100% of the individual's ability. We can never expect athletes to do more than they are capable; however, we do want them to obtain their fullest potential. Supportive parents can instill this desire in student-athletes long after their playing days are over by seeing that the student is on time, attends practices and games, and follows the rules and regulations.

ADMINISTRATION OF THE PROGRAM

The administration of the Athletic Program should provide every student the opportunity to participate in any sport. No student in any grade should be deprived of the opportunity to participate in any sport if he has met the head coach's off-season and previous participation requirements.

The general administration of the Athletic Program is the direct responsibility of the Athletic Director. This includes the arrangement of all schedules, time and place of playing games, selection of officials, and the general management of all matters pertaining to the Athletic Program. In carrying out this program, each head coach in the department shall attend to details of their respective sports.

REQUIREMENTS TO PARTICIPATE

The following items must be turned in to the Athletic Department before participating in any practice or game in any extracurricular athletic activity.

1. UIL Forms

A. Physical Examination

A physical examination is required every year for all student-athletes (7th thru 12th grade). Use only the approved UIL form to record physical examinations. The physical covers all sports for a one-year period.

B. Sudden Cardiac Arrest Awareness Form

C. Concussion Acknowledgement Form

D. Parent/Student Steroid Agreement Form

E. Acknowledgement of Rules Form

2. Leon Athletic Department Forms

A. Leon ISD Athletic Handbook Acknowledgement Form

The student-athlete and the parent/guardian must sign the Athletic Handbook Acknowledgment form. This shows receipt of the Athletic Handbook and acknowledges that the student-athlete and parent/guardian will comply with the rules and policies contained in the Athletic Handbook.

B. Student/Parent Emergency Information Card

3. Academic Eligibility

A student in grades 9-12 may participate in extracurricular activities on or off campus at the beginning of the school year only if the student has earned the cumulative number of credits in state-approved courses:

A. Beginning the 9th grade year – must have been promoted from the 8th grade to the 9th

B. Beginning the 10th grade year – must have at least 5 credits towards graduation

C. Beginning the 11th grade year – must have at least 10 credits towards graduation or during the preceding 12 months, he/she must have earned 5 credits

D. Beginning the 12th grade year – must have at least 15 credits towards graduation or during the preceding 12 months, he/she must have earned 5 credits

A student participating in UIL activities will be suspended from participation in games after a grading period in which the student received a grade lower than a 70 on a scale of 100 in any academic class (other than an identified honors or advanced class). This suspension continues for three weeks. The grades will be reviewed at the end of each three-week period; the suspension will be removed if the student is passing ALL classes with a grade equal to or greater than 70.

GENERAL ATHLETIC DEPARTMENT POLICIES

Attendance

Be in school and in class. If you must miss an athletic period or practice, be sure that it cannot be avoided. **If you must be absent, call and talk to one of the coaches BEFORE** the athletic period or practice. You will be required to make up work missed. It is the expectation that all athletes contact a coach when they are going to be absent. Non-contact results in an unexcused absence regardless of the reason for the absence.

School Attendance After A Competition

It is the expectation that players attend school the day following a competition. Any player that does not attend school the day following a competition, without proper documentation from a physician or an extenuating circumstance approved by the head coach, will not be allowed to participate in the next competition.

Athlete Travel

Travel to and from all sporting events is provided by the athletic program. It is the expectation that all athletes travel with the team both to and from all competitions. **Any deviation from this policy must be approved by the head coach 24 hours prior to the start of the competition.** If approved, only the parent/guardian will be allowed to transport their athlete, unless the proper waiver has been signed that allows the transportation of another student athlete. Waivers can be found on the Boy's Athletic page on the Leon ISD website. Situations that would be considered for approval of parent transportation could be:

1. Athlete has a sibling playing at a later time, therefore no ride will be available for that athlete.
2. Family emergency
3. Any other circumstance approved by the head coach
4. Track Meet – Due to general nature of a track meet, it will be acceptable for a parent/guardian to sign their athlete out after their athlete has completed all entered events and has received the approval of the head coach. The 24 hour notification of this request prior to these events will not be necessary, however the parent/guardian must sign the athlete out with the head coach or head coach designee before leaving. Any parent/guardian requesting that their athlete be signed out by a relative or another student's parent/guardian must fill out the proper waiver. Waiver can be found on the Boy's Athletic page of the Leon ISD website. Travel waiver must be given to the head coach prior to the team departure to the event.

Injury or Illness

We have access to an Athletic Trainer who knows their business. They will either treat you or refer you to a physician. **If you must leave school because of illness, contact coach before leaving the school.** If you are ill or injured, we don't expect you to work out, but if you are at school, we expect you to wear the uniform of the day and accompany your group or team unless given special permission by your head coach or the trainer.

Respect for Others

Coaches should receive “Yes Sir / Ma’am” – “No Sir / Ma’am” responses from players when talking to them. Players in return will be treated with respect by their coaches. Show respect for the opposing players, coaches, officials, spectators, and support groups. Treat others as you would want to be treated.

Promptness

Always be on time. After the final bell rings, you do not have time to waste; go directly to your sport. Tardiness will result in disciplinary action. **“On time is late, early is on time...”**

Dress and Appearance

It is the expectation that all student-athletes comply with the Leon ISD dress code policy as outlined in the Student Code of Conduct. These policies will be strictly enforced.

Conflict in Activities

An individual student who attempts to participate in several extracurricular activities will, undoubtedly, be in a position of a conflict of obligations. The Athletic Department recognizes that each student should have the opportunity for a broad range of experiences in the area of extracurricular activities, and to this end, will attempt to schedule events in a manner to minimize conflicts. Students have a responsibility to do everything they can to avoid continuous conflicts. This would include being cautious about participation in too many activities where conflicts are bound to happen. It also means immediately notifying the faculty sponsors and coaches involved when a conflict does arise. When a conflict arises, the sponsors and coaches will work out a solution so the student does not feel caught in the middle. If a solution cannot be found, the Athletic Director will make the decision based on the following:

1. The relative importance of each event
2. The importance of each event to the student
3. The relative contribution the student can make
4. How long each event has been scheduled
5. Talk with parents

Once a decision has been made and the student has followed the decision, he/she will not be penalized in any way by either faculty sponsor or coach.

Vacations

Vacations by the athletic team members during a sport season are discouraged and while family values will always take precedence over program requirements, we urge parents not to plan their vacations during times when there will be conflicts. In the event of an absence due to a vacation that is unavoidable, an athlete must:

1. Contact the head coach prior to the vacation
2. Make up all practices in accordance with the discipline policy before return to competitions
3. Be willing to assume the consequences related to their status on the squad for time missed

Club Sports

A club sport is a sports program outside of the school that is not affiliated with UIL athletics. We are very fortunate to live in a community where the high school can be the main focus. We feel our athletes' obligations are to their school team first. We will not excuse our athletes to miss a school contest or practice for a club event.

Theft

Taking things that do not belong to you, especially taking from your team mates, will not be tolerated. We ask that you do not bring valuables or large sums of money to the dressing room. The athletic director has final discretion as to the future of the athlete. This may include, but not limited to, removal from program for a semester, a year, or indefinitely.

Destruction of School Property

Anyone caught vandalizing school property or stealing school equipment will be subject to the harshest of punishments. The athletic director has final discretion as to the future of the athlete. This may include, but not limited to, removal from program for a semester, a year, or indefinitely.

Hazing

No athlete at any time, by means of practical jokes, initiation rites, horseplay, etc., will humiliate any fellow athlete. The Leon ISD Athletic Program will not tolerate hazing in any form. No one has to "earn his way" on a team by submitting to ridicule from other members of the team. It is the duty of each team member to discourage this behavior. The Athletic Director will discipline athletes found guilty of hazing in accordance with district policy.

Alcohol & Tobacco

Any athlete caught using alcohol or tobacco products will be subject to the following discipline procedures:

1. First Offense – 3 days of Level 3 consequences and will be suspended from competition until all consequences have been completed.
2. Second Offense – 6 days of Level 3 consequences and a 1 week suspension from athletic competition.
3. Third Offense – 9 days of Level 3 consequences and a suspension from athletic competition for one semester or days equal to.
4. Fourth Offense – Removal from the athletic program for 1 calendar year

*Any athlete caught using illegal drugs will be subject to punishment as described in the student code of conduct.

Coaches' Rule

Coaches may establish additional rules and regulations with the approval of the Athletic Director for their respective sports. The coach shall administer penalties for violation of team rules.

Letter Policy

All athletes must strictly adhere to all training, attendance, conduct, discipline and appearance rules set forth by the coaches. It must be clearly understood that the coach recommends an athlete for an award.

CRITERIA FOR LETTERING:

1. Academic status
 - Must be eligible for the entire season
2. Coaches discretion
 - Effort, attitude, attendance, etc.
3. Fulfill the participation requirements listed below

Team Sports:

Baseball – Basketball – Football

A student who participates in at least one-half of all varsity games played during the season will qualify for a letter.

Individual Sports:

Cross Country – Golf – Tennis – Track

A student who represents the school in the varsity district/zone meet and competes in all scheduled events during the season will qualify for a letter.

Note: Only one jacket can be awarded to a student during their high school career. Jackets will be ordered three times a year: October, February and May. Freshman will not be measured for a letterman jacket. Sophomore year is the earliest a letterman will be ordered.

*Non-participation in an event due to conflicts with other school activities or illness/injury will be taken into consideration when determining participation requirements fulfillment.

ATHLETIC DEPARTMENT DISCIPLINE POLICIES

Consequences

Level 1	Level 2	Level 3
Unexcused Absence	Referral	Suspended – 1 For Each day
Model Locker	PAR5 Tutorials	ISS – 1 For Each Day
Teacher Contact (Coach Discretion)	Teammate Altercation (2 x Swats)	Skipping Athletic Period
Dress Code Violations	Penalty/Foul - Sportsmanship	Behavior Unbecoming
Minor Infractions		Ejection – Sportsmanship
1. Air Raids – 200 yds 2. 50 yd YoYo (10 yds) 3. 25 Sit Ups & 25 Push Ups OR 1 SWAT (Coaches Discretion)	1. Air Raids – 400 yds 2. 100 yd YoYo (10 yds) 3. 100 yd Tire Flips 4. 50 Sit Ups & 50 Push Ups	1. Air Raids – 600 yds 2. 150 yd YoYo (10 yds) 3. 150 yd Tire Flips 4. 75 Sit Ups & 75 Push Ups

Suspension

An athlete that has been suspended from school will not be allowed to participate in practices nor competitions while suspended from school. Furthermore, the athlete will not be allowed to compete in the days following the suspension equal to the number of days of the suspension. The athlete must complete required Level 3 consequences before competition is permitted. It will be the head coach's discretion as to any further discipline measures or adjustments in playing time once the athlete has fulfilled his obligation to the program.

ISS – In School Suspension

An athlete that has been given In School Suspension will not be allowed to compete while assigned ISS. The athlete IS expected to participate in all team practices while in ISS. Furthermore, the athlete will not be allowed to participate in competition on the day following release from ISS. The athlete must complete required Level 3 consequences before competition is permitted. It will be the head coach's discretion as to any further discipline measures or adjustments in playing time once the athlete has fulfilled his obligation to the program.

Ejection from a Competition

If an athlete is ejected from a competition for an issue related to sportsmanship, the athlete will not be allowed to participate until he has completed a full game suspension. Game time after the ejection has taken place will be counted as part of the suspension. The athlete will complete suspension by not participating in the next competition up until the point in the competition in which he was originally removed. Video, if applicable will be taken into consideration. The athlete must complete required Level 3 consequences before competition is permitted. It will be the head coach's discretion as to any further discipline measures or adjustments in playing time once the athlete has fulfilled his obligation to the program.

Unsportsmanlike Conduct Penalties / Fouls

Any athlete whose actions on the playing field are deserving of an unsportsmanlike penalty must be removed from the field of play immediately. It will be the head coach's discretion as to when the athlete will be allowed to return to the field of play. Video, if applicable will be taken into consideration. The athlete must complete required Level 2 consequences before participation in the next competition is permitted. Individual actions detrimental to the success of the team will not be tolerated.

Quitting

When organized practices for a sport begins, an athlete will have 2 weeks or 10 practices, whichever comes first, to decide if they are going to play or not. If the athlete quits after the initial trial period has ended, the following must occur before the athlete is allowed to participate in another sport:

1. The athlete will not be allowed to practice or compete in another sport until the sport in question has concluded.
2. The athlete will be placed in the general off season program.
3. The athlete must complete an entire year of off season and receive the permission of the head coach before being allowed to play the sport in question the following year.

Any athlete that has quit, but wishes to return to the team must complete a level 2 consequence for each day that the athlete missed. (Unexcused Absence)

AEP – Alternative Education Program

An athlete that has been placed in AEP must complete the protocol for a suspension before being allowed to compete in any athletic event. The athletic director has final discretion as to the future of the athlete. Any athlete placed in AEP could be subject to removal from program for a semester, a year, or indefinitely.

ATHLETIC DEPARTMENT ACADEMIC POLICIES

No Pass No Play – Start of School

Initial athletic eligibility for incoming Freshman is determined simply by promotion to that grade from the Junior High. Athletic eligibility for Sophomores – Juniors – Seniors is based on the 5-10-15 credit model or the acquisition of 5 credits in the previous 12 months prior to the 1st day of the current school year.

No Pass No Play – 1st 6 Weeks & Beyond

Athletes must be passing ALL classes at the end of each cycle. Any athlete that fails a course (providing that course is not on the exemption list) will become ineligible for competition at the close of the school day 7 calendar days after the end of the grading cycle. Athletes will have an opportunity to regain eligibility at the mid-cycle reporting time if they are passing ALL classes when mid-cycle grades are reported. Athletes can only regain eligibility at this time. Athletes that regain eligibility become eligible for competition at the close of the school day 7 calendar days after the end of the grading cycle or mid-cycle report. ALL athletes are eligible for competition regardless of academic status during holidays if the holiday break is a calendar week or longer.

*All Athletes are eligible for competition during Thanksgiving – Christmas – Spring Breaks...Including the Friday before each holiday after 3:15...

PAR5 – 5 Step Program for Academic Recovery

We will continually monitor the academics of our athletes. Any athlete failing multiple classes after the 2nd week of a grading cycle will be placed in the PAR5 program. The athlete will remain in the PAR5 program until he is no longer failing multiple classes. The PAR5 program includes:

1. Athlete must sit in the front of the classroom
2. Athlete must complete 90 minutes of tutorials that week
3. Assigned coach must complete a “drive by” to the class that the athlete is failing
4. Assigned coach must hold a conference with the athlete to check progress
5. Assigned coach must contact the athlete’s parent to inform them of the situation

If the athlete does not complete the tutorial requirement of the PAR5, they will be assigned a Level 2 disciplinary consequence.

Football Season Mandatory Tutorials

If any athlete has a 75 or below in any one class, they will be required to attend tutorials after school on Thursday afternoons. They will be given a tutorial signature sheet that must be signed by the teacher and returned to the coaches that afternoon. Any athlete failing more than one class, will be placed in the PAR5 program and be subject to the requirements listed above.

Other Sport Mandatory Tutorials

It will be up to the head coach of that particular sport to determine which afternoon will work best for their sport. Once a tutorial schedule has been determined, it needs to be discussed with the AD

before setting it up with the faculty. Any athlete failing more than one class, will be placed in the PAR5 program and be subject to the requirements listed above.

Failing & Missing Class

An athlete will not be permitted to miss a class that he is failing to attend an athletic competition. Arrangements need to be made for transportation that will allow the athlete to attend the class of concern and participate in the competition in question, if possible.

Academic Coaches

Two coaches will be assigned and placed in charge of monitoring the academic progress of our athletes. They will also be in charge of organizing and implementing the PAR5 program. It will be the duty of these coaches, as well as the athletic director, to be a liaison between the boy's athletic department, the student-athlete, and the faculty.

LEON ATHLETIC DEPARTMENT

Social Networking & Interaction Policy

Student-athletes should be concerned with any behavior that might embarrass themselves, their families, their teams, and/or Leon High School. This includes any activities conducted online. As student-athletes, we represent more than ourselves and the reputation of Leon High School is dependent on the conduct and success of its student-athletes.

As student-athletes participating in the Leon Athletic Program, we are representatives of the school and are always in the public eye. Therefore, we have a duty to conduct ourselves in a manner that is positive to our families, the institution and the young people who look up to us as role models. Please keep the following guidelines in mind as you participate on social networking web sites such as “Twitter,” “Facebook” and others.

- Before participating in any online community, understand that anything posted online is available to anyone in the world. Any text or photo placed online is completely out of your control the moment it is placed online – even if you limit access to your site.
- You should not post information, photos, or other representations of sexual content, inappropriate behavior (for example, endorsing drug or alcohol use), or which contain offensive or foul language that could embarrass or ruin the reputation of yourself, your family, your team, the athletic department or Leon High School. This includes statements, information, photos and items that may be posted by others on your page.
- You should not post your email address, home address, local address, telephone number(s), birth date or other personal information as it could lead to unwanted attention, stalking, identity theft, etc.
- Exercise caution as to what information you post on your website about your whereabouts or plans 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 to give them a sense of membership on a team.

These rules are important because:

- Recruiters have been known to check profiles of current members of the team to find out about the character of the team when making a decision about recruiting athletes.
- Potential employers and internship supervisors also use these sites to screen candidates.
- Many universities and scholarship committees now search these sites to screen applications.
- You could face discipline and even dismissal for violation of team policies and athletic department policies. Coaches and Administrators can and do monitor these sites.

The athletic department strongly advises LHS student-athletes to exercise extreme caution in their use of social networking websites. It is strongly encouraged to use the privacy and security settings made available on these sites. Not following the policies and procedures stated above may be subject to the following penalties: (1) meet with the Athletic Director and Head Coach, (2) possible suspension from athletics, (3) possible dismissal from the athletic program, or (4) other sanctions as determined by the coaching staff.

PARENT EXPLANATION OF ATHLETICS

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 the child's program.

Communication you should expect from your child's coach:

1. Participation requirements and policies
2. Locations and times of practices and contests
3. Team requirements – practices, special equipment, off-season conditioning

Communication coaches expect from parents:

1. Concerns expressed directly to the coach
2. Notification of any schedule conflicts well in advance

As your children become involved in the programs at Leon, they will experience some of the most rewarding moments of their lives. It is important to understand that there may be times when things do not go the way you or your child wishes. At these times, discussion with the coach is encouraged. Examples of these situations include treatment of your child, ways to help your child improve, concerns about your child's attitude, or academic support.

Coaches are professionals. They make judgments based on what they believe to be the 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 that should be left to the discretion of the coach include team strategy, other student-athletes, playing time, etc. There are situations that may require a conference between the coach and the parent. These are encouraged. It is important that both parties involved have a clear understanding of the other's position. All conferences requires the student-athlete and coach present.

When these conferences are necessary, the following procedures should be followed to help promote resolution:

1. Call the coach to set up an appointment
2. If the coach cannot be reached, please contact the Athletic Director. A meeting will be set up 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 the coach. Meetings of this nature do not promote resolution.**

If the meeting with the coach does not provide a satisfactory resolution, the next step is to set up an appointment with the Athletic Director.

Since research indicates that a student involved in extracurricular activities has greater success during adulthood, these athletic 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 high school.

INSURANCE

Leon ISD strives in providing each and every student athlete with the best care possible under the guidance of a certified and/or licensed Athletic Trainer. Each year we hope to avoid injuries but unfortunately that is something that cannot be controlled. The reality is that all medical expenses resulting from an athletic injury are inherently a parent's responsibility. Therefore, Leon ISD has elected to purchase an excess insurance policy for all UIL sanctioned participants. Leon ISD also provides all students the opportunity to purchase an insurance policy with the current insurance company under contract at a minimal cost. We encourage all parents to check with the Athletic Trainer for details to see if this is something that may benefit them.

Listed below are two scenarios that a parent and/or guardian may find themselves in with when their child is hurt during an athletic event and must follow in order to qualify for our "excess" coverage.

I. If the parent and/or guardian carry primary insurance on the student the following steps should be followed:

1. All injuries must be reported and documented by the Athletic Trainer or an assistant.
2. Injury must have resulted during a sanctioned practice or competition under the supervision of a coach.
3. All visits to the doctor or other providers must be approved by the Athletic Trainer.
4. Parents and/or guardian must fill out a claim for within 90 days of injury.
5. Parents and/or guardian must show proof of insurance when claim form is filled out.
6. Parents and/or guardian will submit itemized bills in a timely fashion from all doctors, hospitals, or other providers that rendered services to the student athlete.
7. Insurance company will pay on what ever the primary insurance has not covered. Please do be aware that the "excess" coverage may not totally pay all the remaining balances.
8. Parents and/or guardian are asked to submit a copy of all correspondence from the "excess" insurance company to the Athletic Trainer in a timely fashion.

II. If the parent and/or guardian do not carry primary insurance on the student the following steps should be followed:

1. All injuries must be reported and documented by the Athletic Trainer or an assistant.
2. Injury must have resulted during a sanctioned practice or competition under the supervision of a coach.
3. All visits to the doctor or other providers must be approved by the Athletic Trainer.
4. Parents and/or guardian must fill out a claim for within 90 days of injury.
5. Parents and/or guardian will submit itemized bills in a timely fashion from all doctors, hospitals or other providers that rendered services to the student athlete.
6. Insurance company will become the primary and pay on reasonable and customary charges on any athletic related injury. Please do be aware that any balances remaining after the insurance has paid on the parents and/or guardian is responsible for the entire amount of balances.
7. Parents and/or guardian are asked to submit a copy of all correspondence from the "excess" insurance company to the Athletic Trainer in a timely fashion.

LEON INDEPENDENT SCHOOL DISTRICT ATHLETIC HANDBOOK

ACKNOWLEDGEMENT FORM

The Leon Independent School District provides an athletic program for the benefit of the students in the school district. We believe that participation in a competitive athletic program can provide students an opportunity to learn responsibility, dedication, leadership, hard work, respect for rules, respect for authority, and many other qualities. These rules are established to promote these qualities, and to help build and maintain a strong athletic program. It is recognized that some of the expectations for athletes exceed the expectations for the general student body. Athletes are expected to follow the established rules. Violations of the rules will result in corrective and/or disciplinary action. The facts and circumstances will be taken into consideration when determining what actions will be taken.

I am aware that the Leon ISD Athletic Handbook is available on the Leon ISD website. I furthermore have read and agree to abide by all policies listed within.

Athlete Name (Print)

Athlete Signature

Parent/Guardian Name (Print)

Parent/Guardian Signature

Date

Parent/Guardian Phone Number

