

Dear Athlete and Parent,

The purpose of this athletic handbook is to serve as a guide of our expectations for our student-athletes at Troy Independent School District. I believe the foundation for success is that of discipline, and an important key in the establishment and maintenance of good discipline is clearly defined expectations. I would like to ask each student and parent to carefully read the contents of our Athletic Handbook and sign the contract at the end of the booklet. **The Contents of this handbook along with the Student Code of Conduct will be strictly followed.**

In signing the contract you are showing your acceptance of the discipline policies outlined in the Athletic Handbook. Remember the participation in interscholastic athletics is a privilege, not a right. It is our goal for our athletes to represent our community, our schools, and our families with a great deal of **pride**. Let's win with class, dignity, and respect.

NO EXCUSES!!!!

Ronnie Porter

Athletic Director

Troy Independent School District

Troy Independent School District

Athletic Code of Conduct

Athletic Philosophy

The primary purpose of an athletic program should be the fostering and development of young boys and girls. All policies, objectives, relationships and activities shall be governed by this student-centered philosophy. Everything we do shall be in the best interest of our young people.

Participation in athletics develops the bodies and minds of students to a greater level of efficiency. In addition, it gives self-confidence and a sense of accomplishment and belonging. Leadership qualities are discovered and enhanced through athletics. Athletics also provides for competition. Competition is an essential part of life. Human nature is competitive and in all aspects of life, people compete. Therefore, we should teach our young people how to compete with pride, respect, morals, and a positive attitude. However, no student is obligated to take part in athletics, nor is this required for graduation. It is stressed that this is a privilege, not a right. Since it is a privilege, the coach has the authority to revoke the privilege when rules are not complied with.

It must be understood that a good athletic program must be an integral part of the total school system. Academic achievement must remain the number one concern of the student, coach, and administrator (Academics First).

President
Vice President
Secretary

Pam Bulls,
Cory Herring,
Carrie Trees,
Jennine Jarolik
Edward Luna
Becky Maks
Jon Gersbach

PARTICIPATION

It is the goal of this athletic program to offer the opportunity of participation to every student who has the ability and desire to do so. However, no student is obligated to take part in athletics, nor is participation in athletics required. To participate in athletics in Troy ISD there are certain standards that must be maintained. **It is also stressed that participation in Troy ISD's athletic program is a privilege, not a right.** Since it is a privilege, the coaching staff has

the authority to suspend or revoke the privilege when the rules and standards of this athletic program are not followed.

GENERAL POLICIES AND RESPONSIBILITIES

All athletes have the responsibility to give their best, play to win, follow training guidelines, and exhibit good conduct and fair play at all times so as to be a credit to their school. Athletes, as well as coaches, are always on display. We are judged by the company we keep. Our actions in everyday life, both private and public, are a direct reflection on this athletic program and our school.

A. During competition, an athlete must:

1. Learn that both winning and losing are part of the game and learns to accept both.
2. Never resort to illegal tactics
3. Have complete control of himself/herself at all times. Horse play, display of temper, use of profanity, and disrespect for coaches or will result in loss of respect for the athlete and in disciplinary action from the coach.
4. Respect the decision of officials. The breaks of a game might go against you, but the officiating is not to blame. Officials are human beings who are doing their best to see that a contest is being run smoothly and honestly and also being conducted in accordance with the established rules.

B. In the locker room, an athlete:

1. Must take pride in the locker room and follow all rules and expectations - the locker room will be a home away from home during the athletic season and throughout the school year for most athletes.
2. Must hang up and store equipment in the proper place.
3. Must maintain a clean locker (poster/chart of how to keep locker organized will be posted in each locker room).
4. Will not borrow another player's equipment. The athlete should ask a coach for equipment. The athlete should ask a coach for equipment.
5. Will not keep food overnight.
6. Will be encouraged to shower after each practice/contest.

C. In the classroom, an athlete must:

1. Realize that he/she is a student first, and athlete second. The student-athlete must give time and energy to the classroom to ensure acceptable grades that meet the UIL requirements for participation. Coaches will monitor grades through a grade check system. Coaches will speak with the student first, then the parent/guardian will be contacted by the coach. If a student is struggling, he may be required to attend a study hall. The head coach of each sport will outline his/her expectations for study hall or tutorials.

2. Maintain a satisfactory citizenship and behavior record by giving respectful attention to classroom activities and by treating teachers, administrators, and fellow students with respect. Tardiness, horse play, and unnecessary talking are unacceptable behavior habits that, if uncorrected by the student-athlete, may result in suspension from the athletic program.
3. Be in attendance for at least half of the school day to be eligible to compete in a contest. Any exception will be decided by the Athletic Director.

D. On campus, an athlete must:

1. Maintain proper dress and appearance, good grooming and personal cleanliness. You are a leader and you have only one chance to make a good first impression
2. Refrain from fighting, scuffling, horse play, and juvenile behavior in and around the school building.

E. Outside of school, an athlete:

Is still a representative of the Athletic Program, thus has higher expectations as a student-athlete.

3. Is subject to disciplinary action by the Athletic Department for behavior deemed inappropriate (criminal activity, reckless behavior, alcohol, tobacco, drug use, fighting, etc).

F. Club, League, or Select Team Participation

1. An athlete in-season for any Troy ISD sport is highly encouraged not to participate in any other club, league, or select team participation without the head coach's approval.
2. The Troy ISD sport must come first and should be the priority.

PERSONAL APPEARANCE & GROOMING

In addition to following Troy ISD Board approved dress code (found in the Student Code of Conduct) student-athletes may have additional expectations in regard to personal appearance and grooming in the athletic period, practice, games, and travel to and from competition. This will be determined by the coach in charge.

Some general guidelines are listed below:

- Uniformity - athletes will all be dressed in school issued clothing for the athletic period, practice, and games (each head coach may have additional requirements).
- Be neatly groomed.
- All jewelry must be removed for any type of participation in athletics.
- Caps/Hats-student-athletes are not to wear caps to school. Baseball caps are to be kept in the athlete's locker. It should be noted that hats are not to be worn inside and student-athletes will be asked to remove them inside at school events.

- "Do rags", "skull caps" - are not permitted to be worn. It is important to note that most of these trap heat in the body and become a health hazard.
- Tattoos must be completely covered at all times.
- Males are not permitted to wear earrings at any time. It should be noted that at district events earrings are not permitted.

EQUIPMENT

All athletes will wear school issued practice uniforms during the athletic period and practices. This equipment will not go home with the athletes and is not to be worn to class (exception: MS athletes are issued a bag and clothes to be taken home daily to be washed). The coaching staff will wash athletic clothing daily. All athletic equipment issued will be returned in proper condition to the Athletic Department. Any student who fails to return issued equipment will be financially responsible. Those students who have not made settlement for lost or damaged equipment will not be allowed to participate in another sport until a settlement is reached. If a senior athlete does not return equipment, the district reserves the right to place a hold on his/her transcript.

RESPECT

The Athletic Department believes you get respect by giving respect. Sometimes as a young person you have to work very hard to earn respect, **but we must do just that**. All athletes will be respectful to teachers, coaches, and **each other**.

An act of disrespect by an athlete to his/her teacher, coach, or any individual will be handled on an individual basis. Punishment may call for expulsion from all athletic activities for a calendar year from the date of the incident. His/her return would be determined by his/her conduct during the period of expulsion.

Respect-during competition

The athlete must never use profanity or resort to illegal tactics. He must learn that both winning and losing are part of the game and that you have to be a good loser as well as a gracious winner. Temper fits, flagrant violations of the rules, etc., will not be tolerated. Total respect to officials is an absolute must.

Discussion of calls made by officials will be done by the coach. Any behavior contrary to the above mentioned or any other act that is not conducive to good sportsmanship may result in removal from the contest and possible expulsion from the game or the athletic program.

Keys to Respect

- Say yes sir/ma'am and no sir/ma'am
- Show respect for managers as well as your teammates
- Never use profanity

- When talking to teachers and coaches show them respect by being a good listener

QUITTING

Quitting a sport is highly discouraged. An athlete's philosophy should be to finish what he or she starts. With that being said, there may be times where an athlete feels it is necessary to quit playing a sport before, during or after a season.

Whatever the reason, an athlete must follow the steps listed below:

1. The athlete should think the whole situation through before reaching a final decision.
2. The athlete should talk to the coach and parents to see if a solution can be reached without having to quit. A conference between the parents, athlete, and coach, or any combination thereof, may be required, and is highly recommended before an athlete will be permitted to quit.
3. An athlete may NOT quit one sport to participate in another sport. The entire season of the sport that is quit must be completed before the athlete is allowed to practice or participate in another sport. If two or more sports are taking place at the same time, the head coaches of the sports must agree to allow the athlete to participate. This is to include agreeing on a required punishment and or suspension to be completed before participation is allowed to continue.
4. If an athlete decides to quit, he/she must check out of the sport with the head coach and turn in all issued equipment in proper condition. That athlete must pay for any equipment not returned.
5. If an athlete does quit he/she will:
 - Forfeit his/her letter or award for the sport quit
 - May not be allowed to participate in the sport in the future (discretion of head coach)
 - Will be required to do extra work/conditioning to participate in the future if allowed

May be suspended/removed from the athletic period

It is important to note that quitting a team is considered to be a serious matter and the athlete may lose all future athletic privileges.

10 Day Grace Period: Should an athlete decide to quit a sport within 10 calendar days of the first day of practice, there will be no penalty.

An athlete that quits after the ten day period will be subject to punishment before he or she is allowed to participate in another sport.

INITIATION - HAZING

Initiation practices and or hazing are against the law and will not be tolerated.

1. **MAJOR OFFENSE** - Any form of hazing or initiation - type of activity that is sexual or vulgar in nature is deemed to have a potential for physical harm will be considered a **MAJOR OFFENSE** - they will be punished by penalty ranging from a one game suspension to dismissal from the Athletic Program.
2. **MINOR OFFENSE** - this could be any type of boisterous or "horseplay" - type of behavior directed at an individual or group of individuals for the purpose of initiation or hazing. Penalty could be corporal punishment and/or extra conditioning. Repeated minor offenses will be treated as a major offense.

BEING ON TIME/ABSENCES

Student-athletes are expected to be dressed and on time to the athletic period, practice, games, or any other event specified by the coach. It is the student-athletes responsibility to notify the coach if he/she is going to be late or absent. If a coach is unable to be contacted a message should be left at the office. Failure to notify the coach may result in disciplinary action.

An absence for any reason is still an absence and should be made up prior to the next contest. The make-up conditioning is done to make up for the workout missed by the athlete. The extra make up conditioning is done in addition to the normal daily workout and should be done for every workout missed. All absences will have make up conditioning. There are two types of absences:

Excused Absence - an excused absence is granted for an illness, emergency, death, etc. In such cases, the student-athlete must call the coach prior to the absence as well as present the coach a written note from the parent/guardian immediately following the incident. Communication is the responsibility of the student-athletes and parent/guardian.

The Athletic Department understands that there will be times when it is unavoidable to miss. However, even an excused absence will be required to make up the work missed (The head coach of each individual sport will outline the make-up conditioning). This is not punishment; it is "make-up" conditioning that was missed.

Student-athletes who miss due to other school activities will be counted as an excused absence, but it should be understood that the student-athlete will be missing out on practice (new schemes, plays, strategies, game planning) and this

may or may not hurt the student-athletes playing time for the sport they are missing. This is not to punish the individual student-athlete.

Unexcused Absence - an unexcused absence is granted for absences other than illness, emergency, death or failure to communicate an absence. Any student-athlete who continuously misses practices and/or games will face possible dismissal from the team.

INJURIES/ILLNESS

The health of our student-athletes is a major concern of the Athletic Program. In the event a student-athlete is ill or injured the head coach or a position coach must be notified. If ill or injured, a note from a doctor should be provided (it should be noted that a note from a parent/guardian will only be permitted for two days, if an illness or injury is any longer a note from a doctor should be provided). Every effort should be made to attend practices and games while ill or injured unless the illness is contagious or the student-athlete has been instructed to stay home. Everyone learns from each practice session, whether you are actually working out or simply observing.

All injuries should be reported immediately. Specific instructions regarding treatment will be given. If you are sent to the doctor or see a doctor due to an injury, an accident form should be filled out. The head coach will provide the form for you after an injury is reported. If you feel you need to see the doctor about an injury, make sure you check with the head coach. The head coach or athletic director may be able to provide you with information regarding your injury or assist you with a specialized doctor. Going to the doctor for an athletic injury without informing the head coach is highly discouraged.

When the services of a doctor are required, the athlete must bring a written note with instructions from the doctor describing the condition or injury and recommendation for activity.

Following an injury, the athlete should immediately report it. Even minor injuries can become serious. Therefore, all injuries should be reported so they may be checked and evaluated. Treatment for injuries may be required. Failure to attend treatment times will result in the presumption that the injury is healed and the athlete will be expected to practice. Athletes that are injured are still required to attend practices and games. Athletes may be required to dress out (not participate).

IN SCHOOL SUSPENSION/DAEP

Student-Athletes who are assigned ISS will be disciplined by the Athletic Department. Athletes who continuously are assigned ISS are subject to removal from the team and/or athletics.

Athletes who are assigned ISS will have conditioning everyday they are assigned ISS (i.e.: HS male athletes will do 1000 Bear Crawls for each day ISS is assigned. 2 days = 2000 Bear Crawls.)

Athletes are expected to attend practice while assigned ISS for conditioning purposes only. The athlete will not be able to practice, but will be required to complete the discipline running or extra conditioning for being assigned ISS.

If an athlete is assigned ISS the day of a contest the athlete may not participate or even attend the contest.

Student-athletes who are placed in an off campus alternative education arrangement will not be able to participate in practices or contests. Athletes will be assigned extra conditioning for each day they are placed in the alternative program. This conditioning must be finished prior to competing in the next contest (it should be noted that this conditioning may not be started until the placement has been completed). Placement in an alternative education program may result in dismissal from the team and possible removal from the athletic program.

TOBACCO, ALCOHOL, AND ILLEGAL DRUGS

All Troy Independent School District students who participate in extracurricular activities must sign up for random drug testing. All TISD policies and procedures will be followed if a test comes back positive. In addition to the standards set by TISD the Athletic Department will issue further consequences.

Tobacco, alcohol, and illegal drugs are not permitted at any time for TISD student-athletes. The following are guidelines that will be followed for the use of these substances:

Tobacco:

Extra conditioning (laps, bleachers, bear crawls, etc) Continuous use may result in suspension from contests and/or athletics.

Alcohol:

1st offense: 5,000 Bear Crawls or equivalent conditioning (must be completed before the next contest), parent conference

2nd offense: 10,000 Bear Crawls or equivalent conditioning (must be completed before the next contest), after the conditioning is completed - one game suspension, parent conference

3rd offense: Suspension from athletics.

Illegal drugs:

Please see Student Drug Testing handbook for the mandatory drug testing policy for students participating in extracurricular activities available on the Troy ISD webpage.

In cases of illegal drug use or possession the following action will take place:

1st offense: The student will be suspended from athletic competition for 6 school weeks to start on the first day of infraction

2nd offense: The student will be permanently suspended from the athletic program

TEAM TRAVEL

Student-athletes will travel numerous times throughout the school year. It is important to remember that we are representatives of our school and we must be very careful of our conduct. Athletes must also dress neatly and properly on all trips. Coaches will advise athletes of the proper attire. Our conduct and appearance is very important. It reflects on our family, our school, our team, our athletic program, our community, and on each individual team member.

While traveling it is important to be on time. The athlete should know the time to leave and be at the designated place. The bus will not wait. All athletes will travel with the team to and from all contests. If for some reason an athlete needs to ride home with a parent, arrangements must be made with the head coach 24 hours ahead of time. The parent must then make personal contact with the coach after the contest and sign the athlete out before being released (it is important to note that athletes can only ride home with their parent/guardian, athletes will not be able to ride with someone other than their parents). **All varsity athletes will ride home with the team; only in emergency cases will an athlete be able to ride home with a parent.**

SHARE THE TALENT/MULTIPLE EXTRACURRICULAR ACTIVITIES

The Athletic Department believes that each student should have equal opportunity to participate in as many extra-curricular activities as possible. The coaching staff will make every effort to coordinate schedules and practices to fit the needs of our student-athletes. It should be noted that there are consequences involved for missing practices and conditioning. Team practices and scholastic events take precedence over individual events and outside-school events. We will make every effort within reason to accommodate our student-athletes with other extracurricular activities, but there will be times that student-athletes may have to make a decision on what activity to participate in.

AWARDS AND LETTERING

The University Interscholastic League rules stipulate that only one major award, maximum cost of \$70.00, can be awarded for participation in any interscholastic competition during a student's high school career. Additional symbolic awards not to exceed \$10.00 may be presented for each additional interscholastic activity during the school year. Participants must meet the scholastic requirements as set forth by the UIL and by the district in order to receive an award. A student may receive a major award (jacket) the first time he/she qualifies for it. Any subsequent varsity symbolic awards will be certificates or plaques.

Symbolic awards for sub-varsity awards will be as follows.

Jr. High-one certificate for all sports
9th grade-one certificate for all sports
Junior Varsity-one certificate for all sports

Minimum standards for lettering in a varsity sport:

Football-completes the season and participates in a minimum of one fourth of the quarters that the team plays.

Basketball-completes the season and participates in a minimum of one fourth of the quarters that the team plays.

Baseball and Softball-completes the season and participates in at least one third of the innings that the team plays or demonstrates outstanding performance as a specialist (designated hitter, pinch runner, relief pitcher, etc.)

Volleyball-completes the season and participates in at least fifty percent of the matches played.

Track-completes the season and scores at least eight points in major meets during the course of the season or -places at the district meet. The student must compete in the district meet to be eligible.

Cross Country-completes the season, competes in at least 75% of the meets, and places in the district meet.

Tennis-completes the season and competes in at least 75% of the meets on the varsity level and places in singles or doubles at the district meet.

Golf-completes the season and competes in at least 75% of the meets on the varsity level and places as a team or medalist at the district tournament.

Powerlifting-completes the season and qualifies for the regional meet.

******The coach of any sport at his/her discretion may recommend an athlete for a letter who has not met the above mentioned requirements. These are instances in which a student has contributed greatly to team success through personal effort, loyalty, attitude, etc.