

LAMESA ISD – ATHLETIC PROCEDURES, GUIDELINES, & EXPECTATIONS

The regular academic curricular programming offered at Lamesa ISD is a right afforded to each student, but participation in the Athletic Program is a privilege. What an athlete does at home under the jurisdiction of his/her parent(s) or legal guardian(s) is between the athlete and his/her parent(s) or legal guardian(s). What an athlete does at school, on school sponsored trips, or anywhere else in public becomes a reflection on the Athletic Program; therefore, we expect the athlete to act accordingly. The emphasis of the Athletic Program is to provide student athletes with direction in developing responsibility, self-discipline, leadership, competitiveness, teamwork, respect for authority, and adherence to rules and regulations. The head coach of each sport at Lamesa ISD has the authority to suspend or revoke the privilege of participation in the Athletic Program when rules, regulations, and/or standards are not followed. All students involved in the Lamesa Athletic Program are expected to adhere to the following:

- Student athletes have the responsibility to give their best effort, strive for excellence both on and off the field, and exhibit good conduct and character at all times in a manner that is a positive example to team members, fellow students, and the community.
- Student athletes will abide by all rules set forth by the coaches at all times they are representing Lamesa Athletic Programs.
- Student athletes will demonstrate respect for their coaches, teammates, teachers, staff, administrators, fellow classmates, and maintain a positive attitude.
- Student athletes are to serve as positive representatives of their team, coaches, and school district during competitions and interactions with rivals.
- Student athletes are expected to keep their grades above passing. Failing one class makes an athlete ineligible for athletic competition. Failing more than one class may result in an athlete being put on Athletic Probation. Failing multiple six week grading periods may result in Athletic Suspension.

Middle School

The Lamesa ISD Athletic Procedures and Guidelines are for ALL students involved in the Athletic Program, grades 6-12. All Lamesa Middle Schools will utilize the same Probation and Suspension procedures and guidelines as Lamesa High School. A Middle School student athlete that who loses his/her privilege to participate in our Athletic Program will be allowed to rejoin athletics in High School at the beginning of his/her ~~next~~ school year only if he/she is granted permission from the head coach of the sport for which he/she is seeking to participate in. If permission is granted, the athlete may rejoin at the beginning of the school year. If permission is not granted, the student must wait until the first six weeks grading period of his/her freshman year is complete before he/she may rejoin, provided the student is passing all of their his/her classes and adheres to our athletic procedures and guidelines during this time period.

Sportsmanship

Student athletes are expected to exhibit good sportsmanship both on and off the field or court. During competitions, students will display respect for officials and leave the resolution of any

conflicts to their coaches and officials. Student athletes should demonstrate the ability to accept defeat as well as be gracious winners

School Equipment

Students will be issued proper appropriate equipment, workout uniform(s), and game uniform(s) to the extent applicable to each particular sport. In the event that all equipment and/or uniform(s) issued are not returned, the student athlete will be required to reimburse the athletic department for the replacement cost(s). Per UIL rules, no equipment or uniforms may be given to students to keep on a permanent basis.

Practice Expectations / Off Season

Students are responsible for the following:

- Notifying a coach of an anticipated absence prior to a practice or off-season workout.
- Contributing to the goals of the team, obeying all rules established by the coach, and respecting fellow teammates.
- Attending all practices for all activities, including those that occur during school holidays.
- Displaying a strong work ethic.

Travel

Student athletes traveling as a part of an extracurricular team will be expected to arrive at the designated location prior to the scheduled departure time. Student athletes are expected to travel to and from an athletic event on the bus with the team. At the discretion of the coach in charge, an athlete may be given granted an exception to ride home with his/her parent or guardian ONLY. An athlete cannot ride home with anyone other than his/her parent or guardian. A signed post-activity release request must be given to the coach by the parent/guardian before dismissal from the event.

Awards / Lettering Policy

Each varsity sport has criteria for earning a varsity letter jacket. The head coach of each sport will be responsible to adhere to the Lamesa ISD Guidelines set in place for the lettering criteria. Earned letter jackets are purchased by the school district and may be denied in the event a student athlete violates these Athletic Guidelines. Varsity athletes are eligible to receive one letter jacket while in high school, provided they meet the criteria for lettering in a varsity sport.

Participation

Each varsity head coach sets the criteria for participation in each sport. The chance to participate in a school sponsored sport may require a try-out period. Some sports have a limited roster number, therefore, try-outs are required to get the proper number of participants. Student athletes are expected to participate in all practices and/or games for school sponsored activities that occur during school holidays. Student-athletes must have a completed and current physical examination form, medical history form, and athletic packet on file with the athletic trainer prior to participation in practices and/or games. If an student athlete quits a

sport, he/she may return for a second chance within that sport with the approval of the head coach of that particular sport. Again, the chance to participate may require another try-out period.

In School Multi-Sport Participation

Participation in multiple sports at Lamesa is strongly encouraged. A student-athlete must complete sport # 1's season before he/she can move on to sport # 2, unless a different timing is mutually agreed upon by both varsity Head Coaches, an Assistant Athletic Director, and/or the District's Athletic Director. If an athlete wants to participate in two in-season sports at the same time, he/she will also be encouraged and allowed to do so. At the same time means an athlete would miss more than half of sport # 2's schedule if he/she waited until the end of sport # 1 to begin sport # 2.

Outside of School Participation

It is a procedure of the Lamesa Athletic Department that a student athlete currently involved in a sport at Lamesa ISD will be allowed to participate in or attend another sport, camp, or athletic-related activity outside of school sponsored sports as long as it DOES NOT interfere with the school sponsored sport in any way. This includes club sports, camps, AAU, and all other athletic related activities. All school sponsored practices, games, and other school-related athletic events at Lamesa take priority over all outside sporting events, camps, and other sporting activities. A violation of "outside of school participation" procedures and guidelines may result in disciplinary action by the Head Coach.

Injuries

Injuries should be reported to an athletic trainer as soon as possible. Unless the injury is an extreme circumstance, please contact an athletic trainer prior to visiting a doctor. All student athletes are expected to adhere to treatment recommendations when recovering from injuries and will not be allowed to participate in a practice and/or game without the approval of the athletic trainer and/or the student's treating physician. Middle school student athletes should report injuries to a coach or the middle school trainer – NOT the school nurse. Student Accident Insurance has been purchased by Lamesa ISD for all student athletes. This coverage is provided through Texas Kids First and is SECONDARY coverage unless the parents/guardians do not have their own insurance; then it becomes PRIMARY. There is a \$100 deductible with this plan. In order to facilitate a smooth accident claims process, all injured student athletes must see one of the school district's athletic trainers before filing a claim. Once the injury has been reviewed, an official claims form may be obtained by contacting the athletic trainer or the athletic secretary. Injuries that occur outside of a school sponsored activity are NOT the responsibility of Lamesa ISD athletic trainers and must be evaluated by a physician before any treatment may be rendered. The treatment will NOT be given without written documentation from the physician.

Strength and Conditioning

All student-athletes will participate in strength and conditioning activities as a part of in-season and off-season training during the school year. A student athlete's attendance in summer strength and conditioning programs shall be voluntary, limited to a maximum of one

session per day, and shall not be required in order to try out for or participate in any school school-sponsored sport.

Communication / Parents' Role

It's important that coaches maintain an open and positive communicative relationship with the parents and/or guardians of the student athletes. Parents and/or guardians are expected to communicate any questions or concerns they might have to the appropriate coach. Student athletes should be encouraged to seek resolution of issues or concerns with their coach first before taking it home to the parent/guardian. Coaches are employed to make decisions concerning strategies, procedures, playing time, evaluation of student performance, and to determine what is best for the team. Playing time will not be discussed with parents/guardians. Playing time is based on competition and every student athlete will benefit from being in the Lamesa Athletic Program regardless of how much playing time he/she receives. We ask that parents/guardians show positive support for your son/daughter and the athletic program. Encourage your son/daughter to talk to his/her coach first about an issue or concern. These concerns should be expressed directly to the head coach of a sport. Also, please notify the appropriate coach and/or athletic trainer of any injury, illness, or absence in a timely manner.

Protocol for meeting with a coach about a question or concern

- Concerns should be resolved at the level closest to the problem (Chain of Command).
- Emailing the coach is the best way to contact the appropriate coach. Check the Lamesa ISD website for its employee email directory.
- If requested, a meeting place and time can be arranged. If it is concerning a student athlete it is best to have that individual student present at the meeting

***NEVER** confront a coach before, during, or after a practice or game. Any complaints or concerns must begin the day after any competitive event about which a parent/student is complaining. A parent/guardian may be prohibited from attending future school-sponsored events for up to the remainder of the school year should he/she engage in disrespectful, disruptive, or argumentative conduct towards a Lamesa ISD employee or a sports official while at an extra-curricular activity.

If your question or concern is not answered or resolved

- Contact the Head Coach to discuss and resolve the situation
- If you are unable to attain resolution then set up a meeting with the Athletic Director/Principal to discuss problem.
- If the problem is still not resolved then proceed forward to set up a conference with Human Resource at central office.

*If concerns are not resolved after ALL the steps outlined above are taken, then a parent or guardian can may follow the District grievance policy as outlined in Board Policy FNG (LOCAL). Nothing in these guidelines are meant to alter, change, or affect in any way the time lines set forth in the Lamesa ISD local grievance policy, including, but not limited to, the deadline for filing a formal grievance thereunder.

Fundraising

Athletes may be asked to help with a fundraiser for their particular sport. In NO way will an athlete be forced to help raise money. They will be encouraged to do so, but not forced to do so, and in NO way will there be any consequences for an athlete who does not help or chooses not to help in the fundraising process activities.

LAMESA ISD EXTRA-CURRICULAR BEHAVIOR EXPECTATIONS

- Keep all grades above passing. One failing grade makes an athlete ineligible for competition. Athletes are still expected to make all practices while ineligible but cannot travel to or participate in UIL contests.
- No profanity, taunting or harassing. Student athletes are expected to Represent represent Lamesa ISD with class and dignity.
- Be prepared for success and keep a positive attitude at all times. This same expectation to prepare for success and be positive applies to the classroom with all teachers and with the principals of each campus.
- Hazing will not be tolerated. Hazing is defined as any activity intentionally taken for the purpose of initiation in which any student(s) humiliates, degrades, or physically or mentally abuses any other student. Refer to the Student Code of Conduct. Such action can cause an athlete to be put on athletic probation punished in accordance with the Lamesa ISD Student Code of Conduct and may result in forfeiture of the privilege to participate in extracurricular activities.
- Out-of-school and off-campus illegal drug use and/or possession will result in immediate athletic suspension. Illegal drug use and/or possession at a school-sponsored or school-related activity will cause an athlete to be punished in accordance with the Lamesa ISD Student Code of Conduct and may result in forfeiture of the privilege to participate in extracurricular activities.
- It is recommended that athletes NOT bring any valuables to the dressing rooms. If they are brought into the dressing rooms, athletes must keep them locked up in your their lockers. It is up to each student athlete to make sure ALL valuables are in a secure place at ALL times. Lamesa ISD is not responsible for replacing or repairing lost, stolen, or damaged student property.

CONSEQUENCES FOR DISCIPLINARY VIOLATIONS

The Lamesa ISD Student Code of Conduct is given to every all students when they enroll in school at the beginning of the school year. The consequences for disciplinary violations for students involved in athletics has been developed in conjunction with the Code of Conduct but with increased requirements due to the role assumed by students involved in the Athletic Program. **FAILURE TO ABIDE BY THE LAMESA ISD ATHLETIC PROCEDURES AND GUIDELINES MAY RESULT IN DISCIPLINARY ACTION, UP TO AND INCLUDING ATHLETIC PROBATION AND/OR SUSPENSION.** These actions are at the discretion of the head coach of each sport. Violations of the Lamesa ISD Student Code of Conduct by student athletes will be addressed by the offending student's campus principal. Student athletes may be subject to disciplinary consequences for the same conduct under both the Athletic Guidelines by his/her coach AND under the LISD Student Code of Conduct by his/her campus principal.

ATHLETIC PROBATION AND SUSPENSION

The Lamesa Athletic Program will use Athletic Probation and Athletic Suspension when dealing with all student athletes. Athletic Probation states that an athlete has violated Athletic Guidelines, and the athlete will be placed on Athletic Probation for the remainder of the current Six Weeks grading period and remain on Probation throughout the following Six Weeks grading period. Under Probation, the athlete will remain in the District's Athletic Program, and his/her participation and grade will not be affected. If the athlete violates the Lamesa Athletic Guidelines while on probationary status, he/she will be placed on Athletic Suspension and lose his/her privilege to participate in Athletics at Lamesa ISD for the remainder of the current individual sport. While on Athletic Suspension, the student athlete must be passing all classes, maintain a good attitude, stay out of ISS, EDS, OSS, DAEP, etc. and adhere to our Athletic Procedures and Guidelines for the entire length of the Suspension before he/she can regain his/her privilege to participate in the Lamesa Athletic Program. Any permanent suspension from a sport must be referred to the athletic director prior to any suspension. A student may be immediately placed on Athletic Suspension for any serious off-campus, non-school related misconduct or for any violation of the Lamesa ISD Student Code of Conduct.

If a student athlete quits a sport twice, or has been suspended twice from that sport, or a combination of the two, he/she will not be permitted to participate in that sport in the future. If an athlete has been suspended once and comes back for his/her second chance, the athlete is coming back to their Athletic Team on Athletic Probation for a full Six Weeks grading period, meaning a violation of Athletic Guidelines during this Probationary period will result in his/her second Athletic Suspension.

*Student athletes who are placed on probation/suspension during the final six weeks of the school year will remain on probation/suspension for the remainder of the current school year and continued for the equivalent of a six weeks calendar period.

Students assigned to In School Suspension (ISS) or Extended Day Suspension (EDS) are expected to participate in practices while assigned to ISS or EDS, but will not be allowed to participate in any UIL sanctioned event until the assignment is completed. Students assigned to OSS/DAEP are prohibited from participating in, or attending, any school sponsored or school related activities, including extracurricular and/or co-curricular activities during the time in which they are assigned OSS or attending DAEP.

Lamesa ISD Athletic Program:

**Procedures, Guidelines, Expectations and
Consequences for Disciplinary Violations**

I have read and understand all sections of the Lamesa ISD Athletic Packet. I have retained a copy for my records. As a Lamesa ISD student athlete and parent/guardian, we agree to abide by the above stated Athletic Procedures, Guidelines, and Expectations.

Student Name Printed

Student Signature

Parent Signature

Date

Date