

INGLESIDE ISD



VOLLEYBALL GUIDELINES 2020-2021



**INGLESIDE INDEPENDENT SCHOOL DISTRICT
2020-2021 Volleyball Guidelines Acknowledgement Form**

I have read, understand, and agree to abide by the 2020-2021 the Extra Curricular Code of Conduct, the Athletic and Volleyball Guidelines set forth by Ingleside ISD.

Students must turn in this signature page before participating in any Ingleside ISD Athletic program. All Leon Taylor Junior High students will return the forms to the coaching staff at LTJH.

Parent Signature

Date

Athlete name printed

Athlete Signature

Date

INGLESIDE VOLLEYBALL POLICIES

CONDUCT

The Ingleside Athletic Department will follow the Extra-Curricular Code of Conduct in regards to disciplinary action for demonstrating behavior that is detrimental to the team or program.

Category A Violations

Prohibited Conduct:

- Buying, selling, giving, delivering, using, possessing, or being under the influence of alcohol, marijuana, a controlled substance (without a proper prescription), or a dangerous drug at any time and regardless of whether the student is on school property or at a school-related activity; this includes any admission or citation for drug or alcohol offenses on campus or off campus (including social media).

Consequences:

First Offense:

The student will be suspended from participation in extracurricular activities for a minimum of 4 school weeks pending a clean drug screen, a conference will be held with the student/parents/administrator and they will complete 2 hours of substance abuse counseling from an approved provider within the 4 school weeks.

Second Offenses:

The student will be suspended from participation in extracurricular activities for one calendar year, a conference will be held with the student/parents/administrator and they will complete 4 hours of substance abuse counseling from an approved provider within 6 school weeks.

All Category A suspensions will result in a 5-4-3-2-1, 2 horses, and 100 burpees per day that you are suspended, You will not return to play until this disciplinary exercise is completed.

Category B Violations

Prohibited Conduct:

- Engaging in theft, destruction, or misuse of school district property;
- Failing to return school property as directed where the property is valued at more than \$50;
- Engaging in fighting, hazing, harassment or bullying of others as defined by the Ingleside ISD Student Code of Conduct;
- Buying, selling, giving, delivering, using, possessing, or being under the influence of tobacco; E-cigarettes or vapes containing liquid nicotine. *Other banned substances or dangerous drugs would fall under a Category A violation*
- Engaging in any unreasonably dangerous athletic technique that unnecessarily endangers the health or safety of a student;
- Maintaining or being identified on a website or blog that depicts behavior that is illegal or is sexual in nature;
- Sending, transmitting, or posting images or other material that is related to illegal or sexual activity;
- Engaging in conduct prohibited by the District's Student Code of Conduct that is punishable by placement in DAEP or expulsion; and
- Habitual Category C violations that result in multiple office referrals.

Consequences:

First Offense:

The student will be suspended from participation for 2 school weeks and will be placed on a behavior contract.

Second Offense:

The student will be suspended from participation for 4 school weeks and will be placed on a behavior contract.

Third Offense:

The student will be suspended from participation for 8 school weeks and will be placed on a behavior contract.

Fourth Offense:

The student will be suspended from participation in extracurricular activities for one calendar year.

Definition: "weeks" means school weeks, but also includes any non-school weeks in which an extracurricular competition or event occurs, such as camps during the summer or on school holidays.

Definition: "suspension" means that the student will not be permitted to participate in any competition, contest, scrimmage, performance, or election associated with an extracurricular activity. The student may continue to participate in practice.

All Category B suspensions will result in a 5-4-3-2-1,2 horses, and 100 burpees per day that you are suspended. You will not return to play until this disciplinary exercise is completed.

Category C Violations

Prohibited Conduct:

- Excessive tardies to games, meetings, practices, performances, camps, and/or other events without permission from the activity sponsor or coach;
- Being absent from games, meetings, practices, performances, camps, and/or other events without permission from the activity sponsor or coach;
- Engaging in acts of poor sportsmanship, such as cheating, using profane language, or taunting other participants;
- Being insubordinate to a coach or sponsor;
- Being disruptive during a game meeting, practice, performance, camp, and/or other event;
- Failing to return school district property as directed where the property is valued at \$50 or less;
- Violating the established rules or guidelines of a specific extracurricular activity in which the student participates;
- Violating the District's standards for dress and grooming or the standards set for the specific extracurricular activity; and engaging in general misconduct prohibited by the District's Student Code of Conduct.

Note: Students placed in DAEP are ineligible to participate in or attend extracurricular activities pursuant to Texas Education Code § 37.006(g). Furthermore, if a student's DAEP assignment is longer than the suspension, the student will serve out DAEP time before regaining eligibility in extra-curricular activities.

Note: The standards of the ECC are independent of the Student Code of Conduct. Violations of these standards of behavior that are also violations of the Student Code of Conduct may result in a student being disciplined under both standards.

Consequences:

Each coach or sponsor will assign consequences for Category C violations.

Note: An extracurricular activity participant starts each school year with a clean slate, unless he or she had participation in extracurricular activities revoked during the previous school year, in which case that revocation continues from year to year. In addition, any consequences that were assessed during the prior school year for which the student owes additional suspension or behavior contract time must still be completed. For example, a student who was suspended from participation for 4 school weeks during the last week of school may have an additional 3 weeks of suspension to complete beginning with the next school year.

ISS/OSS

Any In-School or Out-of-School Suspension will have a disciplinary exercise that accompanies the suspension. The athlete will perform a **5-4-3-2-1 and 2 horses** for each day that they are serving a suspension. A partial day assignment will count as a whole day.

ACADEMICS

Athletes must realize that they are students first. Athletes must prioritize their schedule so that they can give sufficient time and energy to their studies to ensure acceptable grades. Athletes must be passing all subjects at the six weeks grading period in order to be eligible to play. Athletes failing a course will be ineligible for competition for three weeks. They may regain eligibility after three weeks if they are passing all subjects at that time. If not, they remain ineligible for another three weeks.

Athletes that have a 75 or below on their progress report will be required to attend study hall in the mornings from 7:10 – 7:55 on Tuesday's and Thursday's. As soon as the athlete is able to provide written documentation from the teacher that they are above a 75 they will be released from study hall.

ATTENDANCE

It is the obligation and responsibility of team members to attend scheduled practices, contests, and meetings regularly and on time. If an unavoidable conflict arises with a practice or contest, one of the coaches should be notified before the workout or game. Failure to make contact prior to the practice, contest, or meeting may result in absence being considered unexcused.

****This school year presents us several unique challenges. Daily in-person attendance to athletic period will not be possible for all virtual learners. It is our goal to work with each student-athlete and their individual situation. Athletes and parents need to realize that while we are empathetic of everyone's differing circumstances, we will continue to have daily athletics for in-person learners. ****

Tardies:

All tardies will result in **extra conditioning** at the conclusion of practice. The only person that can excuse you from a tardy is a school administrator. If you are not in the gym/weight room when we take attendance you are tardy. Tardies during athletics will be dealt with in after school practice that day.

Excused Absences from practice or contest:

Excused absences will be made up. **Athletes will only be required to make up a maximum of three days, for a Covid-19 related illness/event.** The make up for an excused absence is

not punishment, but is administered so that the athlete can make up missed work and conditioning. Examples of excused absences are illness, a death in the family, school sponsored activities, or emergency situations. **Athletes should understand that when they have to miss, it is imperative that a coach be notified prior to the absence.** Most of the head coaches will share their phone numbers with the athlete so that the athlete can contact them directly. The high school athletic number is 361-776-2712 ext 2550. If you cannot reach anyone at the high school athletic number, you may call the high school office at 361-776-2712 and leave a message for the coaches. Junior high athletes or parents may call the Junior High at 361-776-2232 and talk with a coach or leave a message with the office. An email to the sport specific coach will suffice if the notification is prior to the absence.

Excused absences to after school practice will be a **5-4-3-2-1 and 2 Horses**. Habitual absences (doctors appointments), even though excused, could escalate to a Category B violation. Please take measures to schedule your personal business around the practice schedule when possible. Please contact the Head Volleyball Coach when circumstances are unavoidable.

Unexcused Absences:

Athletes and parents should understand that failure to notify the coach prior to an absence will usually result in the absence being considered unexcused. Some extenuating situations will be considered an excused absence without prior notification. If there is a question as to whether it is excused or not, the head coach and/or athletic director will make the decision. Unexcused absences will be made up and disciplinary action will be taken.

Unexcused absences to after school practice will be a **5-4-3-2-1, 2 Horses, and 25 burpees** for the first offense. Each additional offense the punishment will double the amount of burpees. (ex: 2nd offense 50 burpees, 3rd offense 100 burpees)

Unexcused absence to the athletic period will be **50 burpees** for each offense. Each additional offense the punishment will double. The athletic period is key to our preparation for our weekly opponent. Missing an athletic period could result in lost playing time. **Any unexcused absence may result in loss of playing time as determined by the head coach.**

INJURED ATHLETES

All athletic injuries should be reported to the coach and athletic trainer immediately. An accident report must be completed regarding any injury that requires medical attention. Injured athletes who cannot actively participate in the workout must still follow all the attendance policies. **Being injured is not an excuse to miss practice.** The injured athlete will be expected to dress out and participate mentally. This is also a time in which they may see the **Athletic Trainer** for treatment. (Some injuries may not allow the athlete to dress out or attend practice. If there is a question, the head coach will make the decision on the athlete dressing out or attending the workout). **If an athlete is injured, it is their responsibility to attend morning treatments at 7:45 A.M. If the athlete fails to show up for their treatment, they may be required to participate in the daily workout.**

DRESS / PERSONAL APPEARANCE

Your status as a member of our athletic program requires that you look sharp in uniform and out of uniform. Everyone will wear his or her uniform in the same manner. We are not individuals. We will furnish your equipment; so do not bring your own equipment unless given special permission by the head coach. **You must wear your issued Volleyball equipment/clothing at every practice.** Take care of the equipment issued to you as if it were your own. **Do not wear jewelry in practice.** Your appearance away from the court, especially at school, should reflect the same pride that you show in our program.

For safety reasons and to attain a good team appearance, look sharp, be sharp. Dress with an appearance of pride and respect. Remember, for many people perception is reality. It is important to remember that athletics is a privilege, not a right. Hair will be neatly groomed.

Any disregard to our dressing policy will result in a 25 burpees for each offense.

CARE OF EQUIPMENT AND FACILITIES

You will be issued practice and game equipment. You are responsible for that equipment, and **if it lost or stolen you will be responsible for paying for the equipment.** All equipment will be turned in at the completion of Volleyball season. You are to clean your equipment and practice uniform DAILY. All game uniforms are to be **washed in cold water by yourself and hung to dry.** Do **NOT dry in a dryer** as it will cause damage to the uniform. When you change into workout gear, your clothes are to be in your locker. **Your locker must remain locked at all times that you are not present.** Do not share combinations with anyone. All trash will be thrown in the trash can. Clean up in and around your locker each day. Failure to adhere to this policy will result in disciplinary action.

***lockers will be issued when we resume in school instruction and have an athletic class period.**

Team locker room violations will be dealt with as a team. Violations by a particular athlete will result in extra running for that individual.

LEAVING FROM AWAY GAMES

After their competition is over, freshmen and Jv players are encouraged to stay and watch the Varsity players compete. Young athletes often learn a lot about the game through watching a higher level of competition.

Any volleyball player that is leaving with their parent/guardian, and not returning home on the bus, must be signed out with their coach before leaving the gym. Failure to do so will result in consequences.

If a player plans on leaving the game with a relative (other than a parent), or a friend on the team, you will need to bring a written note from your parent/guardian giving you permission to leave the game site with that person. In addition to a written letter, your parent/guardian must call/text your coach and give permission. If these two actions do not occur, the athlete must ride the bus back to the high school.

***This applies to Varsity players as well for the 2020 season ONLY**