

# Meadow ISD Athletic Policy

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**Superintendent:** Bric Turner

**Athletic Director:** Josh Conner

**Principal:** Jason Atcheson

Athletics during ancient times served a single purpose. Through the gymnastic and Olympic programs, the Greeks sought to equate the academic and physical curriculum. It was the aim of Pericles, the famous Greek Statesman, to develop, through proper coaching techniques, the following objectives:

## **An appreciation of proper health habits**

It is necessary to teach that health is one of our most important assets.

## **Proper attitudes of sportsmanship**

In this area, the coach seeks to implant proper moral, spiritual, and ethical patterns of conduct that will serve the athlete throughout his/her life.

## **An appreciation for teamwork**

Here, the coach develops attitudes of self-denial, self-sacrifice, subordination of individual desires, courage, loyalty, devotion to a cause, and the other attitudes necessary to the realization of a successful team effort.

## **Proper attitudes toward the role of victory and defeat**

The coach must strive to develop the proper attitude in his/her players toward both victory and defeat. Although every team enjoys winning, each one must also know how to face defeat. When one has given fully of their self, there is no shame in defeat.

## **An understanding of democracy in action**

In this area, the coach encourages the squad to select its leaders and prepares plans that will enable the team to achieve its objectives.

Athletics in our society provides one of the finest ways in which our young people can develop into responsible men and women. Seeds can be sown on the athletic fields that may well reap the fruits of victory in life. This being true, the athletic program should assume its rightful place in a total school program and make its vital contributions to the development of youth.

# Disciplinary Policy

## Student Conduct

Athletes at Meadow ISD are expected to always conduct themselves as young ladies and gentlemen. They are to remember as athletes; they are representing their school and their conduct on and off the field of athletic competition reflects upon the reputation and public image of their school and community. As such, athletes may be subject to rules and disciplinary procedures that may differ from other students. Participation in the extra-curricular activities program of the school is not a right of the student; it is a privilege. Therefore, differences in rules and disciplinary procedures are not unfair or illegal. Students who choose to participate in athletics place themselves under these additional rules and/or disciplinary procedures.

## Disciplinary Procedures

In general, the coach of a particular team is responsible for maintaining good discipline and student conduct. The coach will be responsible for minor or routine discipline. All major disciplinary infractions will go through the Athletic Director's office. A standard form, notifying parents about the problem, will be sent with the athlete. This form will tell the disciplinary action that will be taken and possible future consequences. If the athlete's parents desire a conference, they must contact the head coach of that sport or the Athletic Director.

Major offenses include, **but are not limited to**, the following:

- Insubordination
- Lying
- Stealing
- Alcohol/Tobacco/Vaping
- Disloyalty that sabotages team, player, coach, or compromises the athletic program
- Chronic absences (after three absences)
- Chronic disciplinary problems
- Ejection from an athletic contest

Discipline for major offenses, including a positive drug test for illegal substances, will include the following:

- **1st Offense:** 10 miles of running under the supervision of the head coach of the sport in season and suspension for 14 calendar days. All conditioning must be completed before the athlete will be allowed to participate in an athletic contest. Running during practice will not count toward the 10 miles. The student will also be referred to the school counselor. The student will also be placed on the drug testing list for a calendar year.
- **2nd Offense:** 20 miles of running under the supervision of the head coach of the sport in season and suspension from forfeiture of the entirety of the season up to one calendar year. All running must be completed before the athlete will be allowed to participate in an athletic contest. Running during practice will not count toward the 20 miles. The student will also be referred to the school counselor. The student will also be placed on the drug testing list for the remainder of the student's athletic involvement in Meadow ISD.
- **3rd Offense:** The athlete will be dismissed indefinitely from all Meadow ISD athletics.

Consequences for use and possession of tobacco, vaping, and/or alcohol will include the following:

- **1st Offense:** Seven calendar day suspension from athletics. The student will still be able to practice with the given team. Conditioning will be at the discretion of the head coach / AD discretion. The student will be referred to the school counselor.
- **2nd Offense:** Fourteen calendar day suspension from athletic contests. The student will still be able to practice with the given team. Conditioning will be at the discretion of the head coach / AD discretion. The student will be referred to the school counselor.
- **3rd Offense:** The student will be suspended from athletic contests for the period of 45 calendar days. Conditioning will be at the discretion of the head coach / AD discretion. The student will be referred to the school counselor.

**Illegal Substances:** If any athlete is found to have in his/her possession or is under the influence of an illegal substance during practice, at games, or traveling to and from a game, or at school, he/she will be suspended or removed from athletics for up to one calendar year and be referred to the school counselor. Parents will be notified of such action.

**Quitting or Removal from Teams:** In the case of an athlete quitting or being removed from a team, he/she will be removed from the athletic program and may only be reinstated with the following requirements:

1. Approval from the in-season Head Coach and the Athletic Director.
2. The completion of 40 miles.

\*The athletes will be given a trial grace period through the first two weeks of competition before the requirement will go into effect.

**Length of Hair:** Hair should be well groomed. Hair on all athletes should be in line with the Student Handbook.

**Tattoos:** Tattoos shall be always covered up during sporting events.

**Facial hair and earrings:** will not be worn by male athletes on school property or will not be worn at a school function at any time. Female athletes will not wear any facial piercings on school property or will not be worn at a school function. This policy is in effect the entire school year, in-season, and off-season.

**Athletic Bus:** Athletes are required to ride the athletic bus to and from athletic events. Students will be allowed to ride home with parents if proper communication with head coach is made. Students that have a special situation arise should make sure it has been pre-approved with Head Coach or Athletic Director.

**Chronic ineligibility:** may be grounds for dismissal from the athletics.

Students may be removed from athletics and prohibited from participation in the athletic programs of Meadow ISD for serious or persistent misbehavior that substantially disrupts the athletic program. The Athletic Director may immediately suspend a student.

## **Awards**

Under University Interscholastic League regulations, a student-athlete is permitted to receive only one jacket award during his/her high school career. A student-athlete who letters will take his/her jacket award the first time he/she qualifies. Additional symbolic awards will be presented to the athlete who letters more than once.

In all sports, a letter will be awarded to a student-athlete for two years of participation in the same sport. A student-athlete may earn a letter sooner under the following guidelines of each sport:

### **Football**

1. The student must participate in 95% of all workouts. All missed workouts must be made up.
2. The student must participate in all scheduled games unless injury or sickness prevents participation.
3. The student must play at least 50% of the scheduled game time or satisfy the coach that they are worthy of a letter.

### **Boys and Girls Basketball**

1. Must participate in 95% of all workouts. All missed workouts must be made up.
2. The student must participate in all scheduled games unless injury or sickness prevents participation.
3. The student must play at least 12 quarters or satisfy the coach that they are worthy of a letter.

### **Boys and Girls Track**

1. Must participate in 95% of all workouts. All missed workouts must be made up.
2. Participation in at least 80% of the varsity track meets. The track coaches will decide upon illness or injury. Participation in another varsity sport will also be considered if it is simultaneous with the track season.
3. Score a total of 20 point for the year in varsity track.
4. Score in the District track meet in the varsity division or satisfy the coach that they are worthy of a letter.

### **Golf and Cross Country**

1. Must participate in 95% of all workouts. All missed workouts must be made up.
2. Must advance beyond District Tournament and participate in next level of competition unless conflicts with other extracurricular activities arise.

### **Trainers and Managers**

1. Must be a member of a varsity team and attend at least 95% of all practices.
2. Must be in attendance of at least 75% of all competitions.
3. Must meet the sport's standard of lettering when applicable.
4. Must be approved for letter by coach of that sport.
5. Trainers and managers must always show the following: good attitude, good work habits, respect toward others, and dependability.

## **Physicals, Insurance, and Medical Procedures for Athletes**

### **Physicals**

All team candidates must pass a physical examination before equipment will be issued and before a candidate will be allowed to work out with the team. A physical exam is required at the beginning of participation in middle school athletics, then once again at the beginning of high school athletics. If a candidate moves in from another district, his/her physical must be obtained from that district before participation is allowed.

### **Doctor's excuse and release**

A note from his/her physician must accompany any injury or illness that prevents an athlete from participation in practice or in a game. Before returning to competition, an athlete must have a note from his/her physician, clearing him/her for competition.

### **Other forms required before competition**

- **General information form:** This form supplies immediate information should an emergency occur and must be turned in yearly.
- **Medical history form:** This form is designed to describe the general medical history of the athlete and must be signed and turned in yearly. Any change in medical history from year to year may require another physical.
- **Acknowledgement of rules form:** This form describes the rules regarding eligibility for athletic events and violations of those rules, as set by the University Interscholastic League.

- **Parental Permit form:** The most important of all the other required forms is the parental permission form. It allows school officials access to medical care for the athlete should we not be able to contact a parent or guardian in the event of the need of medical assistance for the athlete.
- **Concussion Acknowledgement Form:** This form supplies information on concussions and the new return to play policy.
- **Parent and Student Anabolic Steroid Use Agreement/Acknowledgement Form:** The form supplies information about the use of illegal steroids and informs parents and athletes that as a prerequisite to participate they agree not to use anabolic steroids and understand that they may be asked to test for steroid use.
- **Alcohol and Drug Testing Consent Form:** This form informs parents and athletes of alcohol and drug testing procedures at Meadow ISD and consequences of failed tests.

## **School Insurance**

Below is information pertaining to athletic and extracurricular accidental insurance provided free by the Meadow Independent School District for your child. This policy is a secondary policy that covers all students while participating in school sponsored activities.

A “secondary policy” means that our insurance company will provide benefits for medical expenses exceeding those not covered by a “Primary policy”. A primary policy would be any other insurance coverage you may already have for your child. If you do not have a primary policy, then our secondary policy will act as the primary policy. Furthermore, our secondary policy will only provide payment on injuries that result during athletic events, practice, or travel to and from such events. The school procured insurance does not pay for any pre-existing conditions, childhood maladies, or any other contact related sports illness.

When an injury occurs, athletes are expected to report the injury immediately to their coach. Athletes are expected to contact the coach before going to a doctor unless an emergency exists. This procedure will often avoid unnecessary visits to the doctor. We encourage the use of medical care when it is called for, but the parents and athletes should remember to notify and communicate with their respective coaches. We also worry and care about your child.

After it has been decided that medical attention is needed, an injury report form and an insurance form will be filled out (sometimes this is done after you have already been to your doctor). The steps below explain what should be done with insurance form.

1. Obtain an insurance form the principal’s office.
2. Read and fill in the appropriate blanks.
3. Sign and date.
4. Either have your doctor file or bring back to school and have the coach file.
5. The coach should be given any explanation of benefits you receive from your Primary policy or any itemized bills. This will help speed up matters. Please be patient.

6. The school cannot be responsible for any bills. We have insurance to help in the case of an injury. Sometimes the doctors charge more than the insurance will pay. In that case, the parents are responsible for paying the bills.

It should be noted that the Meadow Independent School District merely provides accidental insurance and does not assume any liability for accidents, neither does the school district assume liability for benefits not covered by the insurance company.

If you have any questions concerning the insurance policy, please free to call the Athletic Director at the high school. 806-539-2246

### **Athlete's Promise to MISD Athletics**

As an athlete participating in the Athletic Program at Meadow I.S.D., I promise to read, understand, support, and abide by the Athletic Code of Conduct. It is my desire to be a contributing part of the Meadow Athletic Program, and to make it the very best possible.

\_\_\_\_\_Athlete's Signature

\_\_\_\_\_Date

\_\_\_\_\_Parent's Signature

\_\_\_\_\_Date