

# **SUNRAY**

## **Athletic**



**Handbook  
2018-2019**

# Sunray Athletics

The Board of Education establishes policy with regards to the athletic programs of Sunday ISD. The following policies shall provide guidelines for the overall administration of the athletic program. In cases where action must be taken and the School Board has not provided guidelines for Administrative action, the Superintendent shall have the power to act and the action of the Superintendent shall be presented to the School Board at its regular meeting to alert the Board of the need for policy.

- The School Board accepts the University Interscholastic League UIL rules and delegates the Athletic Director and appropriate building Principal to be responsible in all matters pertaining to interscholastic athletics.
- The Athletic Director oversees the day to day operation of the athletic program and reports to the appropriate building Principal on all matters relating to the Athletic Program
- Varsity Head Coaches are to maintain the program fidelity for the sport that they are coaching and report directly to the Athletic Director
- JV Coaches, Jr. High Coaches, and Assistant Coaches should plan their programs in collaboration with the Head Varsity Coach for the sport in which they are coaching
- All correspondence relating to athletics should be brought to the attention of the Team Coach, followed by the Varsity Coaches, followed by the Athletic Director, followed by proceeding with the chain of command.

## **Chain of Command**

- 1 Team Coach
- 2 Head Coach
- 3 Athletic Director
- 4 Building Principal
- 5 Superintendent
- 6 School Board

## **PARTICIPATION RULES**

### **Parent Permission**

No student shall be eligible to practice or play until the Athletic Director (A.D.) has on file a signed copy of the *Athletic Handbook Accountability Agreement*, a *Drug Testing Consent Form*, a *Physical*, the *Concussion Acknowledgement Form*, the *Steroid Agreement Form*, the *Acknowledgement of Rules*, and the *Cardiac Arrest Awareness Paper*.

## **Physical Fitness**

The athlete must pass a physical before being allowed to participate in practice of any sport. Athletes take these physicals in grades 7, 9, and 11. Students who have been injury needing medical attention must get a release from a medical professional before coming back to practice. If an athlete had an injury requiring medical attention they will need another physical the following year.

## **Participant Insurance**

Participants must be covered by accident/injury insurance prior to participation. They may carry school offered insurance or provide the school with documentation that they are covered by a private insurance carrier. A document signed by the student and parent verifying insurance coverage must remain on file in the athletic administrative office, this form is in your physical packet.

## **Dress Code**

The Sunray school dress code will be followed for all Activities while traveling to and from a competition/event, and also while at an overnight competition. Exemptions from the school dress code are workout gear and or game/event uniforms. NO Jewelry will be worn during athletic practices or competitions.

## **Orientation Meeting**

An orientation meeting shall be held with players and parents to explain expectations required of each player. Written notice of such meeting must be turned into the Athletic Director prior to first official contest.

## **Athletic period**

Any athlete that will participate in any of the sports offered in Sunray, will be required to participate in the Athletic Period. This period will be used to build overall athletic strength and agility.

## **Illegal Drugs, Tobacco, and Alcohol**

These rules and consequences are covered in the Extracurricular Code of Conduct.

## **Mandatory Drug and Alcohol Testing Policy**

Any student who participates in interscholastic extracurricular activities must be willing to submit to randomized drug and Alcohol testing during any time of the academic school year. All student who participate in such programs must agree to sign and turn in a completed form.

The consequences to testing positive to a random drug or alcohol test are in the District Testing Packet.

## **Eligibility**

Extra-curricular activities play a vital role in the educational process. Our main priority is to ensure students reach their highest academic potential.

All students must have an average of 70 or above in every class at the end of each six weeks. If a student has below a 70 average, then that student will be placed on a three week ineligible list and be suspended from games/events. At the end of the official three week period, if the athlete has no grade lower than a 70 he/she will be put back on the eligible list and is cleared to play in games/events. If at the end of the three week period the ineligible student does not have all grades above a 70, then the athlete stays on the ineligible list through the schools six week period.

In order to keep students and parents well informed concerning their grades Sunray ISD will provide an online student management system that is available to parents at all times.

## **Tutorials**

As athletes we can not let down our team by falling below the eligibility line. Any athlete who has below a 75 in any class must go to tutorials during lunch or after school. The Athletic Director or JH Coordinator will be in charge of making sure athletes with an average below 75 are in lunch tutorials or attend after school tutorials. If an athlete misses practice to attend an after school tutorial it will count as an excused absence and the workout will have to be made up.

## **Discipline**

While students have the legal right to attend school, the courts have held that the same right does not extend to participating in extracurricular activities. Because of this, the community, school administration, and coaching staff feel strongly that high standards of conduct and citizenship are essential to the maintenance of our extra-curricular programs.

The following are examples of unacceptable conduct:

1. Truancy
2. Theft
3. Vandalism
4. Disrespect
5. Violations of the law
6. Vulgar or profane language

Coaches will use the Extracurricular Code of Conduct when deciding disciplinary actions. The coach may enforce stiffer consequences as long as those consequences were discussed and in writing during the preseason parent meeting. The building Principal and or Athletic Director may

revoke the privilege of participation at any time for disciplinary reasons, flagrant misconduct or poor sportsmanship, excessive absenteeism, and failure to meet scholastic standards.

Athletes who have either quit a team, and or have been asked to leave a team or practice because of poor conduct, must have a meeting with the head coach of that sport, their legal guardian, and the Athletic Director. During the meeting the athlete will have the chance to rejoin the team, with the knowledge that their will be a consequence for their behavior. The head coach of that team will set into place the consequences of the athletes actions, and the guidelines for reentering the team.

If the athlete has a second altercation during the same season, the student will not be allowed to rejoin the team. The coach will contact the parents of the athlete to inform them of the situation.

### **Policy on quitting a sport**

The first week of all seasons will be seen as a grace period. Any athlete who quits after the first week of a sporting season will not be allowed to participate in any other sport until the season that was quit is over, and 15 miles of running has been made up. ex: if a player quits basketball, they will not be allowed to join track until the basketball team is no longer playing and his 15 miles of running has been completed.

### **OSS / ISS**

If a student has been placed in OSS or ISS, that student will not be allowed to participate in any activity while that student is suspended. This means games/events or practice. The day that the student gains back regular class privileges they also gain back their regular activity privileges. ex: A student is put in ISS on Tuesday and will remain there until Friday. The student will not be able to participate in any activity, either practice/game/event until their first day back in class, in this case Monday.

### **Injuries**

The coach is responsible for the welfare and safety of his/her players. If an injury or accident occurs, the coach shall take immediate steps to care for the injured player. If an injury is serious, the coach shall attempt to contact a parent. If a parent is not available, the coach should call a doctor and/or ambulance. Each coach will have an emergency release form from each parent on file for each player. Emergency Release Forms will be part of the equipment taken to away games. All serious injuries must be reported to the Athletic Director using the Accident/Injury form.

If an athlete is injured but not serious enough to require immediate medical attention, it is up to the student athlete to notify the coach and trainer. Please go through the athletic trainer before scheduling a doctor's apt.

## **Multi Sport Athletes**

To encourage our athletes to compete in more than one sport at a time, we have set out a practice and contest guideline.

1. A team sport practice will take precedence to an individual sport practice.
2. If there is a practicing conflict between two individual sports or activities, the activity that is dealing with the student athlete advancing to a district, regional, or state contest will take precedence.
3. If there is a game or contest in one activity interfering with the second activities practice or game, the higher level of advancement achieved will take precedence. ex: regular season track meet versus state playoffs in basketball. Basketball would be the higher level of advancement so the athlete would be expected to be at the basketball game.
4. An athlete must stay with their current team until the end of their season, before moving onto another sport. ex; if an athlete is in a winter sport, they need to finish their winter sport before officially starting scheduled school practices for their spring sport.
5. If there is a conflict with a practice or game between two activities, coaches will use the guidelines above to set out a practice and or game solution.

## **INSEASON**

### **Equipment Issued**

All equipment issued to athletes shall be recorded on a School Property Issuance Form and signed by the player. It is the coach's responsibility to see that all equipment is returned in good condition. The coach shall bill a player for equipment that has been damaged, lost, or not returned. Complete uniform inventories should be submitted to the Athletic Director at the end of each season.

### **Absences**

A student shall not practice or play in a game/event on the day he/she has been absent from any class without a medical excuse. Cases of emergencies, family issues, and other reasonable absences, will be left up to Administrative Discretion.

If a student is too ill to attend school, he/she is too ill to participate in athletics. We are students, and our education must come first.

Coaches in each sport or activity must keep a record of attendance. As an athletic department we are striving to create an atmosphere where students are learning responsibility. Due to this desire to create responsible students there will be two absence categories for missed practices.

## **Excused**

An excused absence is one that is medical, school, or family related that is approved by the coach prior to the absence. In situations where an emergency was to blame for the absence, the coach has discretion in classifying it an excused or unexcused. The athlete will have a make up workout to do as defined by the head coach of the sport, and it must be made up within a week of the absence, or you will lose the right to play in the next game/event.

## **Unexcused**

An unexcused absence is one that is not approved by a coach prior to the absence, or one that is not related to medical, school, or family situations. The athlete will have a make up workout to be defined by the head coach of the sport, and the make up must be done prior to the next game/event or the athlete will lose the right to play in that game/event.

Tardies Three tardies to a practice will result in an unexcused absence.

## **Absences from a Contest**

If an athlete misses a competition or event due to an unexcused absence, that athlete must also forfeit their ability to play in their next scheduled competition. Cases of emergencies, family issues, and other reasonable absences, will be left up to Administrative Discretion.

## **Travel**

When traveling to a game or competition, the athlete must travel to the location with the team. When returning home from a game/event, that athlete may be signed out at the event to travel home with a parent/guardian. Only a parent/guardian can sign an athlete out after an athletic event. If there is going to be anyone other than a parent bringing the athlete home, there must be a written notice turned into the office, and signed by an administrator the day before the event. Cases of emergency or unforeseen situations will be given Administrative Discretion.

## **POSTSEASON**

### **Team Advancements**

If a team sport advances into the postseason, all athletes on that team will advance. The JV team for that advancing sport will have the option to continue working out with the varsity until the team is out of the postseason. ex: Football, Basketball, Baseball, Softball, Cross Country and Golf team advancements, Track Relays.

## **Individual Advancements**

If an individual advances into the postseason alone, that individual will be allowed to keep an athlete from the same varsity sport they were apart of. This athlete will be expected to continue to workout with the individual advancing, and will accompany the individual to the next level of competition. ex: Powerlifting, Cross Country, Golf, Tennis, and Track individual advancements.

## **Alternates in the Postseason**

An individual who is the alternate for a postseason event will only go to the competition if that individual is called up to compete prior to the event.

## **Lettering Policy**

**FOOTBALL** - Participant of the Varsity team during three district games.

**BASKETBALL** - Participant of the Varsity team during three district games.

**TRACK** - Participant in the Varsity division, must score fifteen points throughout the season or one point at the district meet or beyond.

**ATHLETIC TRAINER / MANAGER** - Participant for 1 full year and work with one team for one entire season.

**GOLF** Participant of the Varsity team and their score used in the district tournament or played beyond the district level.

**CROSS COUNTRY** - Participant of the Varsity team in three meets or run on Varsity at district or beyond.

**POWERLIFTING** - Participant must be a member of the Varsity team in three meets.

**TENNIS** - Participant must be a member of the Varsity team in three meets.

**BASEBALL** - Participant of the Varsity team during three district games.

**SOFTBALL** - Participant of the Varsity team during three district games.

### **NOTE:**

1. All Athletes must finish the season and be in good standing and in compliance with UIL regulations. Athletic Director can amend the lettering policy to benefit the student.
2. Due to injury and the nature of, coaches may make exceptions to the above lettering policy

## **Accountability Agreement**

Students and parent must sign this page. Until this page is turned into the Athletic Director, the student will not be permitted to participate in any sport practice or event.

**I have read the Sunray Independent School District Athletics Handbook, and I understand and agree to the terms of this handbook.**

Student's signature \_\_\_\_\_ Date \_\_\_\_\_ Grade \_\_\_\_\_

Parent's signature \_\_\_\_\_ Date \_\_\_\_\_