

ITASCA ATHLETIC POLICY

MISSION STATEMENT

The ultimate goal of this program is to provide all possible avenues for the student athlete to achieve a well-rounded athletic and academic experience. We will also strive to provide wholesome activities and opportunities for students to develop favorable habits and attitudes that will help them to succeed in life.

The program should, at all times, conform to the rules and guidelines set forth by the administration of the Itasca Independent School District and the University Interscholastic League (UIL). At no time should the athletic program be given more emphasis than the total education curriculum. The program should function as a part of the whole curriculum and should strive for the development of well-rounded individuals capable of taking his/her place in society.

The purpose of the athletic program is:

To provide opportunities for the student athlete to cope with problems and be placed in situations similar to those he/she may face upon graduation from high school. The program should provide opportunities for:

- A. Physical, mental, and emotional growth
- B. Development of life-long skills
- C. Development of the "TEAM" concept, with emphasis on loyalty, fair play, and cooperation
- D. Directed leadership and supervision that stresses self-discipline, self-motivation, and competing with "class", which includes winning and losing with dignity
- E. Attaining knowledge of skills that will provide the basis for life-long leisure activities
- F. Participation by highly skilled athlete, which could provide outlets for future athletic endeavors (i.e. college/professional)

Athletics in our society provides one of the finest ways for young people to develop into responsible, caring, and competitive men and women. The program should, however, assume a rightful place in the whole educational experience. This can continue to be accomplished with an enthusiastic, aggressive, and caring coaching staff.

STUDENT ATHLETE POLICIES

ACADEMICS Athletes are expected to work to their greatest potential in the classroom. Athletes failing classes or have an unsatisfactory Success Sheet may be required to attend mandatory tutorials, may be assigned additional physical training, and may be suspended from participation. Athletes that continue to fail over several grading periods may be removed from the program. Student athletes must remain on pace for graduation credits and courses annually. Student's not on pace will not be allowed in athletics.

PARTICIPATION To be eligible for athletics you must be enrolled in the ATHLETIC PERIOD, in good academic standing, maintain a great attitude, no felony convictions and MUST participate in at least TWO sports (Fall and a Spring Sport). Failure to meet expectations will result in removal from the program.

APPEARANCE To attain a good TEAM appearance, look sharp. Give an appearance of class. No extremes in hairstyles or dress. No jewelry may be worn during any athletic competition or practice. Head coaches will assign dress and travel policies for their sports. It will be up to the head coach in each sport to communicate and enforce acceptable ways to meet the policy.

ATTENDANCE Promptness and attendance are expected at all times for all athletic competitions, practices, and athletic periods. All absences must be approved by the Head Coach prior to the absence. If you are going to be absent, call and get the absence excused. Excused absences will still require make-up work. Unexcused absences will be handled as a disciplinary action and may include suspensions and/or removal from athletes.

CONDUCT Composure during the course of a competition is critical. We expect you to conduct yourself with class at all times. This means you are to follow all rules of our school and community. Athletes will stand and honor the flag during the playing of our National Anthem. No exhibitions, boycotts or demonstrations will be tolerated for this, or any cause. We will represent IISD, our community, and our families with class, pride, and dignity. Failure to maintain proper respect and behavior in this area will result in loss of athletic participation privilege.

Each coach, teacher and administrator at Itasca ISD is a professional. Working with young people is what they do to earn a living, and they have spent a great deal of time and money training to be good at what they do. Therefore, they will be treated with the respect to which they are entitled. These people should receive "yes ma'am/yes sir," "no ma'am/no sir" responses from players when talking to them. They in return will treat players with respect. Whenever one of these people is speaking to you, either individually or as a group, you will

give him or her your undivided attention and look him or her in the eye. If a player is disrespectful to a coach, teacher, or administrator, or is in violation of athletic policies, he or she will be disciplined. This discipline may be extra physical work or game suspension(s). If the behavior persists on the part of the student athlete, he or she may be removed from the program. .

Itasca Athletics and its members serve as representatives of Itasca ISD. You are expected to follow the IISD Student Handbook/Code of Conduct and you are subject at all times to Student Handbook/Code of Conduct consequences. Keep in mind that you also represent your community, family, and school. Your behavior is a reflection of us all.

CHAIN OF COMMAND If a player or parent has a problem or conflict with a coach, there is a proper chain of command to follow.

First Step, schedule a time to talk to the coach with whom you have the conflict or problem.

Second Step, visit with the head coach of that sport. Be respectful, honest, and direct and you will receive the same treatment in return. On the field or court and immediately before or after games are inappropriate times for these types of discussions. Please respect the 24 hour rule. Allow 24 hours to pass before meeting with coaches.

If you are not satisfied or the problem is not resolved, then go to step three.

Third Step, Talk with the Athletic Director. Again be honest and respectful and you will be treated that way in return. If you still feel that the problem is not resolved to your satisfaction, then you should move to step four.

Fourth Step, take the problem to the High School Principal.

This way seems like the long way to go, but almost any problem can be solved in this manner. By following the proper channels further conflicts and problems can be avoided.

INJURY/ILLNESS

If you are injured or ill, we expect for the athlete to dress out and accompany your teammates in practice. All injuries need to be reported and coordinated through the Head Coach. All athletes that are held out due to an injury or illness by a trainer or doctor, must have doctor release to re-enter participation.

PROFANITY Use of profanity is not allowed. All offenses will result in disciplinary action.

STEALING Taking things that do not or are not assigned to you will not be tolerated. An athlete caught stealing may be dismissed from the program.

TOBACCO USE No tobacco use of any form will be permitted. Violations of this policy will result in suspension from the activity which could vary from one day to one year, based upon the situation, as decided upon by the Athletic Director.

DISCIPLINARY ACTION In the event an athlete violates general athletic policies, the disciplinary action will include one or more of the following: extra physical training, suspension, and/or dismissal from the team.

DRESS Should be very professional in or out of uniform. Everyone will wear the uniform and equipment in the same manner. We ARE A TEAM! Take care of your gear or equipment. Do not wear jewelry in practice or during competition. Your appearance away from the athletic setting, especially at school, should reflect the same class and pride that you show in our program.

EQUIPMENT/FACILITIES You are to keep your equipment within your locker as directed by your coach. Your locker should be kept locked at all times. The coaching staff will not be responsible for items lost or stolen. You are to clean your equipment as needed and directed. Gear or school issued equipment is to be used for school purposes **only**, not to be worn or used outside of the school setting. All equipment or gear must be turned in and checked off before the athlete is released to the next sport. Lost or misplaced items assigned to you by the athletic department must be paid for before an athlete is released to the next sport.

ATHLETIC PERIOD The Athletic Period will be reserved for Strength and Conditioning activities. It is the philosophy of the Itasca Athletic Department that all athletes will participate in strength and conditioning activities, both in and out of season. ***Strength and Conditioning activities will be in compliance with UIL guidelines.***

NOT FINISHING A SPORT Any athlete that **quits** or is **removed** from a sport, will be suspended from the Athletic Program for one calendar year.

1. The athlete and his/her parents/guardian must meet with the Athletic Director and Head Coach.
2. Athletes will be removed from the Athletic Program for ONE calendar year.
3. Athletics will be required to attend 90% of summer workouts and run 50 miles during the summer before reentry.

*There will be a 2 week grace period for all athletes that want to try a new sport and decide early in the season that they don't like it, the athlete may be granted permission to be released to the next sport only if both the head coach and athletic director are all in agreement. If the athlete does **NOT** communicate with the Head Coach that they would like to be released, the Head Coach will **REMOVE** the athlete from the sport and the above steps must be taken to regain good standing within the Athletic Program.*

RESPECT FOR ADULTS Adults should receive “Yes Sir”/”Yes Ma’am” and “No sir”/”No Ma’am” responses from athletes. Athletes are not to address coaches by last name only. Whenever an adult is speaking to you, either individually, or as a group, you will give them your undivided attention and always establish eye contact. Players should respect one another especially on the field, court, or track.

DETENTION: If a student is placed in Detention for a time to be determined by the Administration, the athlete will receive physical conditioning or possible suspension at the discretion of the Head Coach.

ISS PLACEMENT (school offense): If a Student is placed in ISS for a time to be determined by the Administration, according to the Itasca Student Code of Conduct. Upon return to the regular school setting, the athletic program consequences will begin, in accordance with the following plan:

1st Offense: The athlete will receive physical training for the number of days of the ISS assignments. (i.e. 3 day ISS assignment results in 3 days of physical training) The athlete will receive a suspension from inter-school competition until this conditioning has been completed and the athletic director has given approval of full return to normal activities. This conditioning assignment is to take place before or after the normal team practice, not during.

2nd Offense: The athlete will receive physical training for double the number of days of the ISS assignments. (i.e. 3 day ISS assignment results in 6 days of physical training). The athlete will receive a suspension from inter-school competition until this conditioning has been completed and the athletic director has given approval of full return to normal activities. This conditioning assignment is to take place before or after the normal team practice, not during.

3rd Offense: Possible suspension and/or removal from all athletic participation, based on a meeting by the Athletic Council.

DAEP PLACEMENT: Any athlete placed in DAEP will be suspended from competition for 15 school days after completion of DAEP and placed in an alternative athletic program.

Any **second** DAEP placement will result in removal from the Athletic Program

DIGITAL CITIZENSHIP Maintaining a high standard of conduct includes ensuring that student-athletes' websites and online social media interactions are appropriate. The internet is a worldwide, publicly accessible form of communication. Students and parents must be aware that all digital communication (Snap Chat, Twitter, Instagram, Facebook, photo sharing, emailing, texting, etc.) is public domain even if it is marked as private. Members are responsible for their personal sites and postings, as well as postings from or on other students' sites. The following are examples of inappropriate digital communication: profane, foul, or disrespectful language; pictures with suggestive poses or inappropriate clothing; references to alcohol, weapons, drugs, vaping products, or tobacco; postings (either verbal or photos) that could be interpreted as being negative or threatening towards IISD teaching staff, students, athletes, or demonstrating poor sportsmanship or a disrespectful attitude towards other schools. Any such incident may result in review by the Athletic Director and Principal and may lead to probation or dismissal from the Athletic program.

Student-athletes who violate internet and digital communication guidelines shall be subject to the following:

Step 1 – Upon confirmation of a first violation, the individual will be asked to remove any offensive items from the site(s) and will be asked to give an apology and plan of action to deter this behavior to the principal, directors, and any involved individuals.

Parents/guardians will be contacted and made aware of the offensive behavior.

Step 2 – Upon confirmation of a second offense, the individual will be asked to remove any offensive items from the site(s) and will be asked to give an apology and plan of action to deter this behavior to the principal, directors, and any involved individuals.

Parents/guardians will be contacted and made aware of the offensive behavior. In addition, the student may be suspended from all athletic activities for a period ranging from 3 days to 3 weeks, depending on the offense and placed in an alternative athletic program.

Step 3 – Upon confirmation of a third offense, the member is subject to removal from the athletic program.

***Any violation deemed extreme enough may result in immediate dismissal from Athletics without following Step 1 or 2 as outlined in this section.

DRUG AND ALCOHOL USE No athlete shall knowingly possess, use, transmit, or be under the influence of any controlled substance, alcohol, vape products, or tobacco in any form while representing our programs. Any athlete found to be in violation of this may forfeit his/her right to participate in any athletic activity and will also be subject to the appropriate and/or specified consequences listed in the IISD Student Handbook/Code of Conduct.

Use of alcohol and illegal drugs by students will not be permitted. If the school is notified of any conviction upon a student involved in the athletic program or has proof of alcohol/drug use by an athlete, the student will receive the usual student punishment as stated in the Itasca High School Code of Conduct; and, upon return to the regular classroom setting, begin the following additional physical training described below in "Sanctions".

Students may be tested for use of:

1. Drugs which an individual may not buy, possess, or use without a prescription, or sell or distribute under federal or Texas law. Such drugs include but are not limited to, marijuana, cocaine, opiates, amphetamines, methaqualone, benzodiazepines, phencyclidine (PCP), methadone, barbiturates, and propoxyphene.
2. All prescription drugs, upon reasonable suspicion that they were obtained without authorization.
3. All prescription and over-the-counter drugs, upon reasonable suspicion that they are being used in an abusive manner.
4. Performance-enhancing drugs.

TESTING PROCEDURE

All students participating in extracurricular activities are subject to random drug testing. The selection of participants to be tested shall be done by a third-party administrator, and selections shall be made from time to time throughout the school year. Testing may occur on any day, Monday through Saturday.

No student shall be given advance notice or early warning of the testing. In addition, a strict chain of custody shall be enforced to eliminate invalid tests or outside influences.

Either urinalysis and/or hair testing shall be employed, at the sole discretion of the school. The student shall fill out, sign, and date any form that may be required for testing.

If at any time during the sampling procedure a supervisor has reason to believe that a student is tampering with the sample, the supervisor shall notify the appropriate campus

administrator who shall then determine if a new urine sample or hair sample should be obtained. If it is proven that tampering or cheating has occurred during the collection, or if a student refuses to provide a sample, the student shall receive the consequence of a confirmed positive test.

If the initial test result of a sample is positive, it shall be confirmed by a second test of the original sample. A sample shall not be reported as positive unless both tests are positive.

If a test is confirmed positive, the appropriate campus administrator shall immediately contact the student and the student's parents and schedule a conference at which time the student or parents may offer an explanation of the positive result.

Parents may provide any doctor's prescription of drugs that the student was taking that might have affected the outcome of a drug or alcohol test and may request that another test be conducted on the remaining portion of the urine sample. In the case of a hair test where there is no remaining sample, parents or guardians may request that another hair sample be collected and another test conducted. Any retest shall be at the expense of the parent.

SANCTIONS

FIRST OFFENSE

Upon a first offense, a student shall be suspended from any extracurricular activity for 15 calendar days. During the 15 calendar day suspension the athlete will be placed in an alternative athletic setting. During the period of suspension, the student may participate in practices but not in any competitive activities or performances.

SECOND OFFENSE

Upon a second offense, a student shall be suspended from any extracurricular activity for 30 calendar days following the date the student and parent are notified of the test results. During the 30 calendar day suspension, the student must complete two school-based counseling sessions and provide written documentation that ten hours of school-based community service has been completed, and the athlete will be placed in an alternative athletic setting. . During the period of suspension, the student may participate in practices but not in any competitive activities or performances.

THIRD OFFENSE

Upon a third offense, a student shall be suspended from participation in any extracurricular activity, and the student's parking permit shall be suspended for the remainder of the school year. During the period of suspension, the student shall not be permitted to participate in practices.

ATHLETIC LETTERING POLICY

Itasca ISD will purchase one jacket during an athlete's high school career.

Lettering Requirements: Good standing may include, but not limited to: academic eligibility, good attendance rate, good attitude, discipline record, etc.

FOOTBALL

- A. Complete the season as a varsity squad member in good standing; and
- B. Be a member of the varsity squad and play in at least 5 games.
- C. Injured players may be awarded a varsity letter if it is apparent to the coach that they would have earned it not for the injury.

BASKETBALL (BOYS & GIRLS)

- A. Complete the season as squad member in good standing; and
- B. Be a member of the varsity squad and play in at least 50% of the games.
- C. Injured players may be awarded a varsity letter if it is apparent to the coach that they would have earned it not for the injury.

VOLLEYBALL

- A. Complete the season as squad member in good standing; and
- B. Be a member of the varsity squad and play in at least 50% of the games.
- C. Injured players may be awarded a varsity letter if it is apparent to the coach that they would have earned it not for the injury.

CROSS COUNTRY (BOYS & GIRLS)

- A. Complete the season as squad member in good standing; and
- B. Place in the top 15 at the district meet or qualify for the regional meet, or
- C. Place in the top 25 in half of the regular season meets
- D. Injured players may be awarded a varsity letter if it is apparent to the coach that they would have earned it not for the injury.

TRACK (BOYS & GIRLS)

- A. Complete the season as squad member in good standing; and
- B. Earn a total of 8 points in meets during the season – 1 point will be given for each varsity meet the athlete competed in, whether he/she scores a point or not, or
- C. Score a point in the district meet.
- D. Injured players may be awarded a varsity letter if it is apparent to the coach that they would have earned it not for the injury.

TENNIS (BOYS & GIRLS)

- A. Complete the season as squad member in good standing; and
- B. Win a match in the District tournament
- C. Be a member of the varsity squad and play in at least 50% of the tournaments..
- D. Injured players may be awarded a varsity letter if it is apparent to the coach that they would have earned it not for the injury.

GOLF (BOYS & GIRLS)

- A. Complete the season as squad member in good standing; and
- B. Earn as many points as there are varsity tournaments – 1 point for playing in tournament and 1 point for earning an individual or team medal; or
- C. Qualify for regional tournament.

D. Injured players may be awarded a varsity letter if it is apparent to the coach that they would have earned it not for the injury.

BASEBALL & SOFTBALL

A. Complete the season as squad member in good standing; and

B. Be a member of the varsity squad and play in at least 50% of the games.

C. Injured players may be awarded a varsity letter if it is apparent to the coach that they would have earned it not for the injury.

POWERLIFTING

A. Complete the season as squad member in good standing; and

B. Earn as many points as there are varsity meets – 1 point for competing in meet and 1 point for earning an individual or team medal; or

C. Qualify for regional meet.

D. Injured players may be awarded a varsity letter if it is apparent to the coach that they would have earned it not for the injury.

STUDENT TRAINER OR MANAGER

A. Complete the season as squad member in good standing; and

B. Work varsity sports for 2 consecutive years.