

DILLEY



ATHLETIC HANDBOOK

2020-2021

“Earning the Right to Win!”



FAMILY

All Dilley I.S.D. athletes will be held to a higher standard throughout their participation in the Dilley Athletic Program. They will learn that academics are always at the forefront of their education, and that, together with competitive sport, they will leave Dilley I.S.D. with an education that encompasses all of the characteristics that make young men and women successful and well equipped to take on life's challenges.

The Dilley athletic policy is intended to reinforce and work in tandem with the standards of the Dilley I.S.D. campus student/parent handbooks.

Any violation of Dilley I.S.D. athletic policy will result in disciplinary action set by the athletic director and school administration. Extra disciplinary action will include, but is not limited to extra conditioning, practice, and/or extra academic assignments.

The purpose of this manual is to orient you in the ways of Dilley I.S.D. Athletics. Keep this manual throughout the year and refer to it often.

Our program prepares student athletes for life, both in winning and losing, and does it in a manner that allows students to gain self-confidence, improve skills, and to exhibit sportsmanship, ethical behavior, and integrity

This handbook is intended to encourage the line of communication between parents, athletes, and coaches. It is designed to ensure that we all know what is expected and to reach our goals. The Dilley I.S.D. administration and all members of the Dilley I.S.D. Family should have high expectations and should settle for nothing less than excellence.

Lamar Rodriguez, Jr.

Lamar Rodriguez, Jr.

Dilley I.S.D. Athletic Director

FAMILY - "Earning the Right to Win" - WOLF PRIDE



EXPECTATIONS OF ATHLETICS

Under law and UIL rules, participation in school athletics is a privilege and not a right.

Students who volunteer to participate in athletics represent Dilley I.S.D.. For that reason athletes will be held to higher standards of conduct than for students not involved in athletics. Because only those students who abide by school and athletic rules will be allowed to represent Dilley I.S.D., it is beneficial to coaches, athletes and parents to understand what is generally expected of each.

Coaches will:

- Communicate to parents the times and locations of all practice and game schedules
- Ensure that any other team requirements - for example, physical examinations, parent consent forms, special equipment, out-of-season conditioning - are communicated to parents
- Monitor the safety of athletes
- Encourage and assist athletes in their classwork
- Oversee athletic tutorials when needed
- Schedule contests and travel arrangements
- Discipline of athletes
- Compliance with UIL rules
- Teach athletic skills in a professional matter
- Teach sportsmanship and respect for game officials
- Assist in the care of athletic equipment and facilities
- Act as a positive role model for student-athletes

Students will:

- Be on time for practices and games
- Demonstrate discipline, teamwork, and effort at all athletic activities, including practices
- Exhibit sportsmanlike conduct at all times while participating / representing Dilley I.S.D.
- Practice and play to the best of your abilities
- Work hard in academic classes and maintain UIL eligibility
- Comply with the Dilley I.S.D. Student Code of Conduct and the rules in Athletic handbook
- Properly care for athletic equipment, uniforms, and facilities. This also means that

athletic clothing and shoes provided by the district is not for students' personal use it may not be worn away from practices or games

- Be role models on campus and in the community, and represent Dilley I.S.D. in a positive manner

Parents will:

- Provide positive support to your child and his or her team(s)
- Demonstrate sportsmanlike conduct at your child's practices and games, as well as towards coaches
- Encourage your child to attend all summer sessions, practices and games
- Provide or arrange for your child's transportation home from games, practices, and to practices if needed.
- Be sure your child has any necessary equipment not provided by the district.
- Assist with booster club or fundraising efforts when possible.
- Monitor your son/daughter's grades and insist that he/she studies and earn good grades.
- Be aware of your son/daughter's social activities and environment. Talk to him/her about drugs, alcohol, and tobacco use. Encourage your child to make the right choices.
- Treat other players as if he/she were your child.
- Be realistic and accept your child's abilities and limitations. Encourage him/her to make the most of his/her opportunities.
- Let the coaches push and challenge your child. Allow he/her to become mentally tough and face challenges and adversity.
- Support the coaching staff and the rules, philosophies, and playbook of the program. Let the coaches' coach and players play.
- Be positive, motivate and encourage.

If a conference between the coach and the parent is necessary, the following procedures should be followed to help promote resolution: Dilley ISD Chain of Command to set up an appointment

MARY HARPER MIDDLE SCHOOL	DILLEY HIGH SCHOOL
Your Son / Daughter Team Coach	Your Son / Daughter Team Coach
Middle School Athletic Coordinator (Girls / Boys Sports)	Head Coach of the Sport
Head Coach of the Sport	Girls Athletic Coordinator (Girls Sports)
Girls Athletic Coordinator (Girls Sports)	Athletic Director (Boys Sports)
Athletic Director (Boys Sports)	Principal
Principal	Superintendent
Superintendent	

Reminders:

1. Please do not attempt to confront a coach before or after a contest or practice. Meetings of this nature do not promote resolution.
2. There will not be a conference regarding playing time, game strategy/philosophy, or other student athletes.



ATHLETIC DEPARTMENT GOALS & OBJECTIVES

Our Goal: The student-athlete shall become a more effective citizen and productive member of society.

Our Specific Objectives: The student-athlete shall learn

1. To Work with Others

In a democratic society, a person must develop self-discipline, respect for authority, and the spirit of hard work and sacrifice. The team and its objectives must be placed higher than personal desires.

2. To Be Successful

Our society is very competitive. We do not always win, but we succeed when we continuously strive to do so. You can learn to accept defeat only by striving to win with earnest dedication. A successful person has a desire to excel and a “never quit” attitude.

3. To Develop Sportsmanship

To accept any defeat or victory like a true sportsman and to know one has done his/her best are the signs of a good sportsman. We expect students to have positive desirable social traits, including emotional control, honesty, cooperation, and dependability. We expect students to respect opposing players, coaches, officials, spectators, and support groups. Treat them as you would want to be treated. Who better than they can understand all the hard work and team effort that is required?

4. To Improve

Continual improvement is essential. As an athlete, you must establish a goal and you must constantly try to reach that goal. An athlete should better him/herself in the skills and characteristics set forth as being desirable.

5. To Enjoy Athletics

It is necessary for athletes to enjoy participation, to acknowledge all of the personal rewards to be derived from athletics, and to give sufficiently of themselves in order to preserve and improve the program.

6. To Strive for Excellence in All They Do

To be an active, contributing citizen, it is important for a person to strive to be the very best at what they are doing. When a person has a commitment to excellence, they will never settle for not doing their very best.



PHILOSOPHY OF ATHLETICS

Naturally, all students want as much playing time as possible. Parents and students are reminded that all decisions about playing time, playing position, and team strategy position will be made by the coaching staff, using their professional judgment. Any concerns about these issues should be addressed by making an appointment with the coach or Athletic Director, please do not confront a coach before, after, or during practice or a game. Decisions about playing time and position will be based on:

- 1. Knowledge of the Assigned Position.** Coaches cannot and will not play students who do not demonstrate knowledge of their assignment. Coaching staff will devote extra time to students who ask for assistance in learning their position.
- 2. Effort.** Athletes are expected to show full effort at all times. Effort wins games.
- 3. Focus and Mental Toughness.** Through practice, coaches are able to determine who is demonstrating the necessary focus and mental toughness needed for athletic success.
- 4. Contribution to the Overall Team.** Players who motivate their teammates to do better, are always enthusiastic, prepared, and respectful will make a greater contribution to the team than those who do not demonstrate these qualities.
- 5. Skill.** Assuming the characteristics above are equal, and they should be, then the athlete who has the most skills will likely earn a starting position. However, skill will not enter into a player's evaluation until the first four qualities are examined closely.



ELIGIBILITY TO PARTICIPATE

1. Physical Examination A physical examination is required for incoming 7th, 9th and 11th grade student/athletes or if injured the previous year. The physical form is available from the athletic trainer or the coaches. Use only the approved UIL form to record physical examinations. Club or organization forms will not be accepted. The physical covers all sports for the year.

- Updated by UIL May 15, 2020: All students participating in UIL marching band and/or UIL athletic activities will be required to complete the UIL Medical History Form. Any “yes” answer to any of questions 1-6 on the Medical History Form will require a student to receive further medical evaluation, which may include a physical exam, and receive written clearance from a physician, physician assistant, chiropractor, or nurse practitioner before any participation in UIL practices, games, performances, or matches.
- Only those students with “yes” answers to those questions are required to receive written clearance through further medical evaluation.
- Any participant in athletics or marching band, in any grade level, who has not previously completed a Pre-Participation Physical Evaluation (PPE), and been cleared for participation, will be required to complete the Medical History Form as noted above, as well as a PPE prior to participation in any UIL practices, games, performances, or matches.
- Please note that this is only for the 2020-21 school year, and local school district policies still apply.

2. Athletic Department Forms Packet This packet must be filled out completely and includes (1) Consent to participate and information form; (2) medical history and consent to medical treatment; (3) Physical. (4) Steroid Packet (5) Cardiac arrest form (6) Concussion protocol

3. Acknowledgment of Dilley I.S.D. Athletic Handbook The last page of this handbook should be signed by the student-athlete and the parent/guardian. It should then be returned to the Athletic Department. This shows receipt of the Athletic Handbook and acknowledges that the student-athlete and parent/guardian will comply with the rules and policies contained in the Athletic Handbook.

4. Academic Eligibility A student in grades 9-12 may participate in extracurricular activities on or off campus at the beginning of the school year only if the student meets the following requirements:

- **Freshman:** must have been promoted from the eighth grade to the ninth grade.
- **Sophomore:** must have at least 5 credits towards state graduation requirements.
- **Junior:** must have at least 10 credits toward state graduation requirements or, during the preceding 12 months, have earned 5 credits towards state graduation requirements.
- **Senior:** must have at least 15 credits toward state graduation requirements or during the preceding 12 months, must have earned 5 credits toward state graduation requirements.

A student participating in UIL activities will be suspended from participation in athletic competitions** after a six-week grading period in which the student received a grade lower than a 70 on a scale of 100 in any academic class (other than an identified honors, advanced placement or dual credit course).

- This suspension continues for at least three weeks.
- The grades will be reviewed at the end of each three-week period; the suspension will be removed if the student is passing all classes with a grade equal to or greater than a 70.
- Student athletes will be given an opportunity for reflection conditioning until the individual is removed from the Progress Report list / Six Weeks Suspension list.

In order to remain eligible an athlete must pass all courses each six-week grading period. If an athlete fails one or more courses for a six-week grading period, the grades for all courses will be checked at the end of the designated status reporting period (approximately 3 weeks) and the athlete will regain eligibility if he/she is passing every course. When any change in eligibility takes place, it is seven days before the change is effective.

In the case of a student with a disability that significantly interferes with the student's ability to meet regular academic standards, an academic suspension must be based on the student's failure to meet the requirements of the student's IEP, as determined by the admission, review, and dismissal (ARD) committee.

An academically suspended student may not be reinstated to athletics until, after at least three weeks or the end of the school year, the student is academically eligible as determined by the campus principal and classroom teachers.

**** The student must attend and participate in all practice and/or training sessions. Failure to comply with this requirement may result in removal from the athletic program.**

5. Age To participate in athletics, at any level, a student cannot have reached his or her 19th birthday before September 1 of the applicable school year. In addition, no ninth grade student is eligible to play if he or she has reached his or her 16th birthday before September 1. In addition, at the junior high level, the following local and district age rules shall be followed:

- 8th grade: A student cannot have reached his or her 15th birthday before September 1. Anyone repeating the 8th grade is not eligible to play on the 8th grade team.
- 7th grade: A student cannot have reached his or her 14th birthday before September 1.

6. UIL Information The UIL has developed a Parent Information Manual which is located at: <http://www.uil texas.org/athletics/manuals>. Please go to the web site and read this manual. If you do not have Internet access to this document, you can pick up a copy from the athletic department.

7. COVID-19 - DISD Athletics will follow all UIL, TEA, and District guidance.

- **For the 2020-2021 school year, UIL eligibility requirements for the first six weeks of school have been modified to allow a student to be eligible for the first six weeks if they accumulated at least two and a half credits since the start of the 2019-2020 school year.**



INSURANCE

Dilley I.S.D. provides a Supplemental Accidental Only Policy to all students of the district. This is a limited pay policy that pays after Major Medical has paid.

If a Student does not have Major Medical, then this policy will pay up to the limits of each covered procedure.

The Claim must be school related to either Extra-curricular or Field Trip activities. Claim Forms can be obtained in the Athletic Director Office or Administration Office.

The Student's Insurance Company, Health Special Risk, also offers the opportunity for the Parent/Guardian to purchase Additional Accident Coverage. The information on the coverage is on the:

- **DISD website:**<http://www.dilleyisd.net/>

- **HSR website:**[https://hsri.com/K12 Enrollment/ Main/ default.asp](https://hsri.com/K12%20Enrollment/Main/default.asp)

Health Special Risk has access to numerous PPO Networks, including First Health Occunet, and Data inSight thus providing discounted provider services to Students and Parents.

In addition, our “**No Balance Bill**” **Agreement**, in which providers agree to accept plan benefits as payment in full with no balance to parents may be utilized. A listing of doctors and facilities participating in the No Balance Billing is on the Dilley I.S.D. website. Always keep in mind to inquire with the Medical Service Provider as to the discounts that will be received.

Should you need further information, please feel free to contact:

- **Administration Office: 830-965-1912**

- **Health Special Risk's Customer Service: 1-866-409-5734.**



ATHLETIC DEPARTMENT - EMERGENCY ACTION PLAN

When an **Injury** Arises please make **Contact** with:

1. Head Coach of Sport

2. Athletic Trainer: Alex Saldana ; (Monday - Saturday)

3. Supervisors:

- **Athletic Director:** Lamar Rodriguez: AD Cell: 830-965-7122
- **Girls Athletic Coordinator:** Khole Torres: Cell: 830-483-0986
- **High School Boys Coordinators:**
 - Lonnie Garcia: Cell: 210-928-7013
 - Daniel Autrey: Cell: 830-444-1289
- **Middle School Girls & Boys Coordinator:** Jose Alfaro: Cell: 956-763-9817

Before each Practice & Competition:

- We will keep our Safety / Emergency Team updated to Rosters & Emergency Contact Phone Numbers to use in case an Emergency were to develop.
- At all times we will make sure that our Student Athletes & Parents feel that as an Athletic Department we are caring for our athletes & have the best interest to see they are doing well with their Medical Evaluation, Recovery, Rehabilitation, and Return to Play protocols.
- In continuing to make the above Contacts and follow ups with proper Communication, we will keep the focus on working as a Team and we will continue to create & protect the culture of our Dilley I.S.D. Athletic Family.

Dilley I.S.D. – Athletic Trainer:

Schedules:

- **Trainer: Alex Saldana** - Training Room Hours: Monday - Saturday (3:00-7:00 PM); Saturday (Fall Semester: 8:00-11:00 am) - Game Days: Tuesday & Friday; 1 Hour before the start of Competition

EMERGENCY ACTION PLAN FOR ATHLETICS

Introduction

Emergency situations may arise at any time during athletic events. Expedient action must be taken in order to provide the best possible care to the sport participant's emergency and/or life threatening conditions. The development and implementation of an emergency plan will help ensure that the best care will be provided.

As emergencies may occur at any time and during any activity, all school employees and sports medicine teams must be prepared. This preparation involves formulation of an emergency plan, proper coverage of events, maintenance of appropriate emergency equipment and supplies, utilization of appropriate emergency medical personnel, and continuing education in the area of emergency medicine and planning. Through careful pre-participation physical screenings, adequate medical coverage, safe practice and training techniques, and other safety avenues, some potential emergencies may be averted. However, accidents and injuries are inherent with sports participation, and proper preparation on the part of the sports medicine team should enable each emergency situation to be managed appropriately.

Components of the Emergency Plan

These are the basic components of every emergency action plan for athletics:

1. Emergency Personnel
2. Emergency Communication
3. Emergency Equipment
4. Roles of Licensed Athletic Trainers, Student Trainers, Coaches, and Administrators
5. Venue Directions

Emergency Plan Personnel

With athletic practice and competition, the first responder to an emergency situation is typically a member of the athletic staff, most commonly a coach or athletic trainer. The type and degree of sports medicine coverage for an athletic event may vary widely based on such factors as the sport or activity, the setting, and the type of training or competition. Certification in cardiopulmonary resuscitation (CPR), athletic safety, prevention of disease transmission, and emergency plan review is required annually for all athletics personnel associated with practices, competitions, skills instruction, and strength and conditioning.

The development of an emergency plan cannot be complete without the formation of an emergency team. The emergency team may consist of a number of healthcare providers including physicians, emergency medical technicians, certified athletic trainers, student athletic trainers, coaches, parents, and possibly other athletes and bystanders. When forming the emergency team, it is important to adapt the team to each situation or sport. It may also be advantageous to have more than one individual assigned to each role. This allows the emergency team to function even though certain members may not always be present. The roles of these individuals within the emergency team may vary depending on various factors such as the number of members of the team, the athletic venue itself, or the preference of the head coach or head athletic trainer.

Roles within the Emergency Team:

1. Establish scene safety and immediate care of the athlete
2. Activation of the Emergency Medical System
3. Emergency equipment retrieval
4. Direction of EMS to scene

There are four basic roles within the emergency team.

The first and most important role is establishing safety of the scene and immediate care of the athlete. Acute care in an emergency situation should be provided by the most qualified individual on the scene. In instances that an athletic trainer is available, this role will be assumed by the athletic trainer.

The second role, EMS activation, may be necessary in situations where emergency transportation is not already present at the sporting event. This should be done as soon as the situation is deemed an emergency or a life-threatening event. Time is the most critical factor under emergency conditions. Activating the EMS system may be done by anyone on the team. However, the person chosen for this duty should be someone who is calm under pressure and who communicates well over the telephone. This person should also be familiar with the location and address of the sporting event.

Activating the EMS System Making the Call: 911

Provide Information:

- Name, address, telephone number of caller(s)
- Nature of emergency
- Number of athletes
- Condition of athlete (s)
- First Aid treatment initiated
- Specific directions as needed to locate the emergency scene (ie. "Faculty parking lot near Main Street")
- Other information as requested by dispatcher

The third role, equipment retrieval may be done by anyone on the emergency team who is familiar with the types and location of the specific equipment needed. Student athletic trainers, coaches, and athletes are good choices for this role.

The fourth role of the emergency team is that of directing EMS to the scene. One member of the team should be responsible for meeting emergency medical personnel as they arrive at the site of the emergency. Depending on ease of access, this person should have keys to any locked gates or doors that may slow the arrival of medical personnel. A student athletic trainer, administrator, athlete, or coach may be appropriate for this role.

Emergency Communication

Communication is the key to quick emergency response. Athletic trainers and emergency medical personnel must work together to provide the best emergency response capability and should have contact information established as a part of pre-planning for emergency situations.

Communication prior to the event is a good way to establish boundaries and to build rapport between both groups of professionals. If emergency medical transportation is not available on the site during a particular sporting event then direct communication with the emergency medical system at the time of injury or illness is necessary.

Access to a working telephone or other telecommunications device, whether fixed or mobile, should be assured. The communications system should be checked prior to each practice or competition to ensure proper working order. A back-up communication plan should be in effect should there be a failure of the primary communication system. The most common method of communication is a public telephone. However, a cellular phone is preferred if available. At any athletic venue, whether home or away, it is important to know the location of a workable telephone. Pre-arranged access to the phone should be established if it is not easily accessible.

Emergency Equipment

All necessary emergency equipment should be at the site and quickly accessible. Personnel should be familiar with the function and operation of each type of emergency equipment. Equipment should be in good operating condition and personnel must be trained in advance to use it properly. Emergency equipment should be checked on a regular basis and its use rehearsed by emergency personnel. The emergency equipment available should be appropriate for the level of training for the emergency medical providers. Creating an equipment inspection log book for continued inspection is strongly recommended. It is important to know the proper way to care for and store the equipment as well. Equipment should be stored in a clean and environmentally controlled area. It should be readily available when emergency situations arise.

Medical Emergency Transportation

Emphasis should be placed at having an ambulance on site at high risk sporting events. In the event that an ambulance is on site, there should be a designated location with rapid access to the site and a cleared route for entering/exiting the venue. If an ambulance is not present at an event, entrance to the facility should be clearly marked and accessible. In the event of an emergency, the 911 system will still be utilized for activating emergency transport.

In the medical emergency evaluation, the primary survey assists the emergency care provider in identifying emergencies requiring critical intervention and in determining transport decisions. In an emergency situation, the athlete should be transported by ambulance, where the necessary staff and equipment is available to deliver appropriate care. Emergency care providers should refrain from transporting unstable athletes in inappropriate vehicles. Care must be taken to ensure that the activity areas are supervised should the emergency care provider leave the site in transporting the athlete. Emergency situations where there is impairment in level of consciousness (LOC), airway, breathing, circulation (ABC), or neurovascular compromise should be considered “load and go” situations and emphasis placed on rapid evaluation, treatment and transportation.

Non-Medical Emergencies

For the following non-medical emergencies: fire, bomb threats, severe weather and violent or criminal behavior, refer to the school district’s emergency action plan.

Safety Drill All Dilley Independent School District sports teams are required to do an annual safety drill. This drill shall be completed prior to the end of the first six weeks and /or the first competition. The drill will include all components of the emergency action plan and/or team and be documented by the head coach.

Conclusion

The importance of being properly prepared when athletic emergencies arise cannot be stressed enough. An athlete's survival may hinge on how well trained and prepared athletic healthcare providers are. It is prudent to invest athletic department "ownership" in the emergency plan by involving the athletic administration and sport coaches as well as sports medicine personnel. The emergency plan should be reviewed at least once a year with all athletic personnel. Through development and implementation of the emergency plan, the Dilley Independent School District helps ensure that the athlete will have the best care provided when an emergency situation does arise.

Below is a sample of a site based EAP which is to be posted at all facilities.

Dilley High & Middle School Emergency Procedure

Dilley High School Fieldhouse

- **Non-Urgent**
 1. Contact Athletic Trainer or School Nurse
 2. Contact Parent

- **Urgent**
 1. Call 911
 2. Instruct EMS to report to:
 - DHS Fieldhouse
 - Dilley High School 1 Grey Wolf Dr
 - Dilley, Texas 78017

Instruct the EMS:

1. Enter the facility by turning off of **FM 117** at the traffic light
2. The **DHS Fieldhouse** is located directly north of Stadium.
3. Send appropriate personnel to meet and **direct EMS personnel** into the building from the parking lot.
4. Provide necessary **information** to EMS personnel.
5. Provide appropriate **emergency care** until the arrival of EMS personnel.
6. Contact **Parent**
7. Contact **Athletic Trainer/Athletic Coordinators /Athletic Director / Principal**
8. Contact **SRO/Frio County Sheriff Campus Officer**

LOCATION(s) OF AED

1. Hallway field house next to the **training room**.
2. Building in the hallway next to the **Middle School office**.
3. **Girl's coach's office** at the high school.
4. **Elementary Gym**



EAP: SAFETY PROCEDURES & PROTOCOLS

The **Athletic Trainer** will be the qualified individual to examine the athlete and make evaluation of the injury.

The **Decision** of whether or not an Athlete Returns to the Contest will solely rest with the **Athletic Trainer**.

If an **Athletic Trainer is Not Present**, then the **Head Coach** will decide on treatment.

Parents will be notified by either the Athletic Trainer or Head Coach / Assistant Coach about the athlete's injury and steps being taken to address the injury.

Head Injury - Procedure:

- If the athlete loses consciousness for any period of time he/she will be transported to the Hospital by EMS as soon as possible.
- If the athlete shows any unusual signs & symptoms that indicate head injury, he/she will be removed from the contest and observed and treated until said signs and symptoms dissipate.
- He/she will not be allowed to return to the contest.
- The Parents will be notified of the injury by the Athletic Trainer or Head Coach and alerted of problems that may arise later in the night.

Suspected Spinal Injury - Procedure:

- Under no circumstances will the athlete be moved until the Athletic Trainer and EMS have thoroughly examined the athlete to make a tentative diagnosis. - Only then will the athlete be moved, but proper methods for movement should be used so as not to incur further damage.
- Transportation by ambulance will be used to transport athlete to recommended hospital.
- A parent who wishes to ride with the injured athlete may do so to ensure immediate treatment at the hospital upon arrival.
- If the injury occurs out of town – Away Games, a coach will accompany the athlete if the parent is not at the contest.

Strains, Sprains, Contusions, Fractures, Dislocations, & Separations – Procedures: -

Strains, Sprains, and Contusions: should be treated with an ice bag, or immersion in a bucket of ice.

- If the athlete experiences difficulty in walking, crutches should be used.
- The following day, the injury will be re-evaluated to determine if further consultation is needed.

Fractures, Dislocations, and Separations: will be treated at the scene.

- Treatment will include ice compression & splinting to provide immobilization.
- Athletic Trainer will determine if EMS or if the parent may transport the athlete to the hospital for extensive evaluation.

Heat Guidelines:

District protocol for heat guidelines are aligned with the UIL and weather advisories broadcasted through local and National Weather announcements. Activity adjustments based on local protocols provided in the chart below. Shade must be provided with cooling stations and water available to outdoor athletes.

Pre-season football rules in regard to practice times, practice duration, number of practices, equipment and acclimatization are in accordance with UIL rules and National Weather guidelines.

District protocol requires each football player to weigh in before and after each practice. A weight loss of 2% or > requires removal from activity until weight returns to within 2% of baseline body weight.

Water breaks are mandatory every 20-30 minutes during activity and practices are prohibited between noon and 4:30pm

Heat Stroke – Procedure:

- Athletic Trainer will immediately call: 911 & Request EMS
- Coaches will assist in placing Ice Bags in the Groin, Arm-pits, behind Neck & Forehead.
- Athlete will be taken to the closest cool location until EMS arrives.

Cardiac Event – Procedure:

- The Athletic Trainer will immediately use the AED unit on the Athlete.
- A Coach will call: 911 and Request EMS to Location
- The Athletic Trainer will provide care until EMS arrives and takes over care of the Athlete.

Weather and Environmental Emergencies and Guidelines Cold Weather Policy:

Dilley ISD follows Accuweather guidelines in regard to temperature, wind and precipitation and makes a collaborative decision with the district athletic director, campus coordinators and athletic trainers.

- **Lightning Procedure** - Dilley ISD athletics utilizes the National Weather System for weather information and monitoring.
 - Protocol requires a warning to coaches, officials and administration when lightning is within a 15 mile radius.
 - Play resumes when there are no lightning strikes within the 10 mile radius for a period of 30 minutes.
 - When lightning is within a 10 mile radius, activity is stopped and everyone is moved indoors.
 - When activity is stopped for football & track; the field house, JV gym and varsity gym will be the location used to house players, coaches, officials, and fans.
 - When activity is stopped for softball and tennis, the spectator gym will be used.
 - When activity is stopped for baseball, the Dilley Field House building will be used.
 - Coaches, officials, administrators and fans will enter through the southwest entrance of the school next to the auditorium.

Lightning Strikes Athlete – Procedure:

- Athletic Trainer: will monitor with yellow lightning tracking system
- A Coach will call: 911 and Request EMS to Location
- Athletic Trainer will evaluate the athlete's Airway, Breathing, & begin CPR if necessary.
- Athletic Trainer will evaluate for Hypothermia, Shock, Fractures, and/or Burns.
- The Athletic Trainer will provide care until EMS arrives and takes over care of the Athlete.

Away Game – Procedures:

- If the **Hosting School has an Athletic Trainer**, he/she will make the evaluation of injury and our coaching staff will follow recommendation of treatment & whether or not the Athlete may continue in the contest.
- If the Athletic Trainer determines **EMS is Needed** to transport the Athlete to the hospital, a coach will accompany the athlete if a parent is not present at the contest.
- **Parents** will be notified by phone of the **Injury & Name of Hospital** where the athlete is being transported.
- If the **Hosting School Does Not have an Athletic Trainer**, the welfare of the athlete is always the prime concern. The Head Coach will make a determination if an injury requires EMS, or keeping the athlete out of the contest.
- Either case **Parent** will be notified by the **Head Coach** of the **Injury & Name of Hospital** where the athlete is being transported.



DISD CONCUSSION OVERSIGHT TEAM RETURN TO PLAY PROTOCOL

Each athlete will be required to complete all six stages of the graduated return to play. The athlete shall only complete one stage of the graduated return to play protocol per day. If an athlete experiences any symptoms at any time during this process, they will start back at the previous stage. They will progress through all stages if there are no recurring symptoms until they have completed the protocol.

All athletes will be cared for on an individual basis depending upon their individual symptoms and progression. Final return to play decisions will be at the discretion of the treating physician in collaboration with the athletic trainer.

GRADUATED RETURN TO PLAY			
STAGE	REHABILITATION STAGE	FUNDAMENTAL EXERCISE @ EACH STAGE OF REHAB	OBJECTIVE OF EACH STAGE
1	NO ACTIVITY	COMPLETE PHYSICAL & COGNITIVE REST	RECOVERY
2	LIGHT AEROBIC EXERCISE	NO IMPACT ACTIVITIES. BALANCE & VESTIBULAR TREATMENT AS NEEDED. LIMIT HEAD MOVEMENTS AND POSITION CHANGES. STATIONARY BIKE. FOAM PAD BALANCE. PLANKS.	INCREASE HEART RATE
3	SPORT-SPECIFIC EXERCISE	NO IMPACT ACTIVITIES. USE VARIOUS EQUIPMENT. ALLOW POSITIONAL CHANGES AND HEAD MOVEMENT. (IE: ELLIPTICAL/JOGGING, BALANCE EXERCISES, MODERATE INTENSITY NON-CONTACT SPORT SPECIFIC ACTIVITIES & LOW INTENSITY STRENGTH TRAINING)	ADD MOVEMENT
4	NON-CONTACT TRAINING DRILLS	DYNAMIC WARM-UPS. PROGRESSION TO MORE COMPLEX SPORT SPECIFIC TRAINING DRILLS. STRENGTH TRAINING. PLYOMETRICS.	EXERCISE, COORDINATION & COGNITIVE LOAD
5	FULL CONTACT PRACTICE	PARTICIPATE IN NORMAL TRAINING ACTIVITIES	RESTORE ATHLETE'S CONFIDENCE; COACHING STAFF ASSESSES FUNCTIONAL SKILLS
6	RETURN TO PLAY	NORMAL GAME PLAY	

1. Troutman-Enseki, C. (2013). Post Concussion Management: Exertion Therapy. Pittsburgh, PA. University of Pittsburgh Center for Sports Medicine
2. McCrory P, Meeuwisse WH, Aubry M, et al. Br J Sports Med. 2013; 47: 250-258



ATHLETIC DEPARTMENT POLICIES

1. Coaches Rules:

Coaches may establish additional rules and regulations for their respective sports with the approval of the Athletic Director. These rules pertaining to a particular sport must be explained to parents and students, in writing, by the coach at the start of the season. Penalties for violation of team rules shall be administered by the Athletic Director.

2. Team Selection:

In accordance with our philosophy of athletics and our desire to see as many students as possible participate in the athletic program, we encourage coaches to keep as many students as they can without disrupting the integrity of their sport. Time, space, facilities, equipment, personal preference, and other factors will dictate the most effective squad size for any particular sport.

Sample Criteria for Team Selection

- Physical attributes of the student: strength, agility, stamina, running, jumping, throwing, kicking
- Attitude and work ethic
- Skills particular to the sport
- Skills particular to a “position”
- Team needs
- Previous experience in the sport

Responsibility

- Choosing the members of athletic squads is the sole responsibility of the team head coach.
- Prior to trying-out, the head coach shall provide the following information to all candidates for the team:
 - Extent of try-out period
 - Criteria used to select the team
 - Number to be selected
 - Practice commitment if they make the team
 - Game commitments

Procedure

- When a team cut becomes necessary, each person cut shall:
 - Have completed a minimum of five practice sessions
 - Have performed in at least one intrasquad game,
 - Be personally informed of the cut by the coach and the reason for the decision.
 - Team rosters/and or “cut” lists are never to be posted

3. Athletic Periods / Athletic Practice / Game Day / Contest Expectations:

Every athlete shall be in an athletic period class. Athletes who do not go through an off-season program may not be allowed to participate on the varsity level regardless of their grade level.

Exception:

- Only when there is a conflict in the scheduling of academic classes as determined by the Counselor, Principal and Athletic Director.
- Individual / Team sports are at the discretion of the Athletic Director.

Unexcused Tardiness & Absences: Athletic Period or Athletic Practice

- Any unexcused absence or excessive tardiness from Athletic Period or Athletic Practice will result in an athletic referral with consequences that will consist of limited playing time in athletic contests as well as extra conditioning.
- Excessive (3+) unexcused absences or tardiness to Athletic Period or Athletic Practices will be grounds for suspension or dismissal from the sport in progress utilizing that DISD Athletic Referral: Warning and Strike policies.
- Student athletes are asked to be in class and be on time. If a student athlete must miss an athletic period or athletic practice, please call and speak to one of your team coaches before the athletic period or athletic practice. Student athletes may be required to make up work and conditioning missed.
- Always be on time for out of town events, the bus will not wait. Tardiness or absence for out of town events will result in disciplinary action.

Athletic Practice, Athletic Event, or Athletic Contest: 7th & 8th Grade / 9th Grade / J.V.

- A player who practices plays. Exception: Unless on a practice squad.
- Miss one practice or event, you do not start if you are a starter and may not play if non-starter; 25% of athletic competition. (1-Quarter of 4 Quarters):Conditioning 800 m. run for each practice or event missed.
- Miss two practices, you may not suit up; 50% of athletic competition. (2-Quarters of 4 Quarters); Conditioning 800 m. run for each practice missed.
- A player not suited up is on the sideline or bench with the team as a manager.
- Concurrent participation in multiple sports will be left to the discretion of the participating coaches.
- Rehabilitation of sports medicine injuries will count as practice time.
- An injured player that could not play due to an injury will not suit up.
- An injured player who could play in the next possible game will be expected to receive treatment or rehabilitation before and after practice.

Athletic Practice, Athletic Event, or Athletic Contest: Varsity Teams

- Miss one practice or event, you do not start if you are a starter and may not play if non-starter; 25% of athletic competition. (1-Quarter of 4 Quarters):Conditioning 800 m. run for each practice or event missed.
- Miss two practices, you may not suit up; 50% of athletic competition. (2-Quarters of 4 Quarters); Conditioning 800 m. run for each practice missed
- A player not suited up is on the sideline or bench with the team as a manager.
- Concurrent participation in multiple sports will be left to the discretion of the participating coaches.
- Rehabilitation of sports medicine injuries will count as practice time.
- An injured player that could not play due to an injury will not suit up.
- An injured player who could play in the next possible game will be expected to receive treatment or rehabilitation before and after practice.

Student Athlete - Game Day and Athletic Contest Expectations:

- Conduct yourselves on game day in such a way that you will be emotionally and physically ready for the game.
- Avoid confusion.
- Eat properly.
- Use good judgment in all your behavior choices.
- Be organized in your responsibilities for the team.
- Coaches will give you an organizational plan. Stick by it and be alert at all times.
- Play the game the way you are taught: Hard-Clean-Sportsmanlike. Never fake an injury.
- Lying around on the ground or on the court when you're not seriously injured is a disgracing thing to do.
- Losing your temper will not be tolerated.
- Do not show off. When you do something good, everyone will know.

4. Ejection From Competition Consequences will be determined by UIL, Head Coach, and Athletic Director.

Examples: verbal reprimand, referral, extra-conditioning, and district / uil suspension from next competition.

5. Illness or Injury (COVID-19):

We have athletic trainers who are contracted by San Antonio Methodist Sports Medicine. If you have an injury, please make sure to check in. They will either treat you or refer you to a physician.

Athletes with Illness:

- If you must leave school because of illness, contact your team coaches or come by the training room.
- If you are ill or injured, you are not expected to work out but if you are at school you are expected to wear the uniform of the day and accompany your group or team unless given special permission by your head coach or the athletic trainer.

Injured Athletes:

- Injured athletes are required to continue to attend practice, and support their teams at practices, games, or athletic contests.
- They are required to travel with the team to and from competition. If it is determined by a professional trainer or physician that an athlete should not continue to attend practice or competition for support purposes, the athlete will be exempt from the above rule.

6. Travel:

Dilley I.S.D. encourages all student athletes to engage in positive relationships with their peers and coaches. We believe that through transportation of our athletes positive relationships can form and grow between our “FAMILY”. Bus rides are also used as a tool for players and coaches to mentally prepare and debrief, before and after competitions.

All team members must travel to and from an away game event with their teammates and must stay with them through the duration of the trip, this includes overnight stays at tournaments. However exceptions may be made at the discretion of the Athletic Director.

If approval is to be granted to a student athlete to travel separately, the student athlete must give the team’s Head Coach & Athletic Director a signed parent request form two days before the competition. If a request form is turned in the day before a game or the day of a game, it is then up to the Athletic Director to allow the athlete to go home with a parent or guardian. In cases of an Injury or Emergency the student check out form must be signed by a parent/guardian and given to the Athletic Director. The student check out form releases Dilley Athletics and Dilley I.S.D., from any liability or risk involved in the alternate travel plans due to the below exceptions.

Two Days Before Competition - Parent Request Form

- Family Illness
- Special Situations

Exceptions - Student Check Out Form

- Injury During Competition
- Emergency Situations

Student Athlete - Behavior & Discipline at Competition Site and Travel:

- All athletes will be subject to all disciplinary action set by the DISD student/parent campus handbooks and Code of Conduct.
- Every athlete is expected to represent our Dilley I.S.D. with the best and most appropriate behavior.
- The Athletic Director will utilize the DISD Athletic Department Referral: Warning & Strike Policy, for behavior that is in violation of our DISD School/Athletic Policy and Rules.

7. Vacations:

Vacations by athletic team members during a sport season are discouraged and while family obligations will always take precedence over program requirements, parents and athletes who expect conflicts between vacations and program requirements may wish to reassess their decision to be involved in athletics. We urge parents not to plan family vacations during times that will present conflicts. In the event of an absence due to a vacation that is unavoidable, an athlete must:

- Contact the head coach prior to the vacation.
- Be willing to accept any consequences related to their status on the squad as a starter, 2nd string, 3rd string, etc.

8. Activity Conflicts:

A student who participates in several extracurricular activities will, undoubtedly, be in a position of conflicting obligations. The Athletic Department recognizes that each student should have the opportunity for a broad range of experiences in the area of extracurricular activities, and, to this end, will attempt to schedule events in a manner to minimize conflicts. Students also have a responsibility to do everything they can to avoid ongoing conflicts. This would include using good judgment about participating in too many activities where conflicts are bound to occur. Students must immediately notify the appropriate faculty sponsors and coaches when a conflict does arise and within two days of expected events. The sponsors and coaches will make every effort to work out a solution. If a solution cannot be found, the athletic director along with principal if needed will make a decision based on the following

Priority Rule:

- The relative importance of each event.
- The importance of each event to the student.
- The relative contribution the student can make.
- How long each event has been scheduled.
- Talking with parents. Once the decision has been made and the student has followed the decision, he/she will not be penalized by either the faculty sponsor or coach. If it becomes obvious that a student cannot fulfill the obligation of a school activity, he/she should withdraw from that activity.

9. Multiple Sports:

Athletes are encouraged to participate in more than one sport throughout the fall, winter, spring seasons; however, eligibility to participate in a particular sport will not be based upon participation in a second sport. Student athletes who attempt to participate in multiple sports whose seasons overlap may encounter schedule conflicts. When and if conflicts arise, the head coaches of the sports will work out a solution. If a solution cannot be found, then the Athletic Director will make a decision.

10. Club / Select Team Activities:

Athletes at Dilley I.S.D. will be allowed to participate in U.I.L. sanctioned sports and non-school sports at the same time provided no practice or game time is missed because of the non-school participation.

A club is a sport program outside of the school that is not affiliated with U.I.L. athletics. We are very fortunate to live in a community where the high school can be the main focus. We feel our athletes' obligations are to their school team

first. We will not excuse our athletes to miss a school contest or practice for a club event. If an athlete pursues club participation he/she must:

- Contact all head coaches of sports at the school in which he/she is participating.
- Be willing to assume the consequences related to their status on the squad as a starter, 2nd string, or even dismissal, for the time participating in club activities without approval of all head coaches involved at the school.
- While students may participate in club sports, Dilley I.S.D. athletes' obligations are to their school team first. Absences for a club/select team event will not be excused.

11. Respect for Others:

Coaches should receive "Yes Sir / Ma'am responses from our players. Players in return will be treated with respect by their coaches.

- Athletes must show respect for the opposing players, coaches, officials, spectators and support groups. Our athletes will treat others as they would want to be treated.
- An athlete who fails to demonstrate respect will be disciplined at the discretion of the team head coach. Depending on the severity of the offense or continued infractions may result in suspension from the Athletic Director.

12. Grooming:

- Our athletes will be well groomed throughout the school year.
- For male athletes there will be no individual bleaching of the hair, no ponytails, no spiked hair, and hair must be no thicker than 4 inches from the scalp.
- Also, for males, the hair will be neat and out of the face and off the collar. The bottom of the earlobe must be visible. There will be no facial hair and sideburns will be no longer than the earlobe.
- No body piercing jewelry of any kind will be worn by male athletes while representing the Dilley Athletic Department in practices, events, contests or at any school function.
- Female athletes will not wear any body piercings during practices or contests. The athletic director, with the approval of the administration, will determine what is, or is not, outlandish. As representatives of Dilley ISD will be well groomed and neat at all times.

13. Care of Equipment and Locker Rooms:

- Athletes must hang up equipment in their assigned locker and clean up in and around your locker each day.
- Athletes are reminded to not track mud and dirt into the dressing rooms and to take off cleated shoes before entering the dressing rooms.
- When changing into workout gear, hang up clothes in assigned locker and lock up all valuables.
- You will be instructed on how to store your equipment in your locker.
- All trash should be thrown in a trash can, including beverages.
- Latrines and toilets are to be flushed and showers and faucets turned off completely.
- No rough or boisterous play.
- Practice safety in and around the showers.

14. Weight Room Rules

- Workout shirts, shorts, and proper shoes are required in the weight room. No jeans, dress shoes, halter tops or uncovered sports bras allowed.
- Have a spotter present when doing heavy free bar exercises.
- Do not move weight room equipment from its designated area.
- No weights will be left on the floor at any time. All weights have a rack. All athletes will put them back on the proper rack after each lift or workout.
- Do not bring footballs, basketballs, book bags, or other foreign objects into the weight room area.
- Athletes are in the weight room to lift, not to socialize or visit. Do not distract anyone from their workout.
- Absolutely NO food, gum, or drinks of any kind allowed in the weight room area.
- No rough or boisterous play.
- Weight room equipment must stay in the weight room at all times.
- No spitting on the floor.
- For safety reasons, no jewelry may be worn while in the weight room area.

15. Quitting:

Anyone quitting a sport after a trial period (one week grace period) or (before the start of first contest) will not be allowed to participate in another sport until the season of the sport quit is completed. Anyone walking off the field or gym floor during a practice or game will be considered to have quit that team. A Quit Form is at the end of this handbook.

Every athlete participating in the **Dilley Athletic Program grades 7-12** will be subject to the following upon quitting a sport:

- First, an athlete has a **One Week / Grace Period before the start of the first contest of the season** to decide if he/she wants to participate and proceed. After the one week / grace period, the student athlete will be under the “quit” policy. **Quit Policy:** if a student athlete quits a sport he/she will be required to continue with off-season, but will not be allowed to participate in the next sport until the sport he/she quits is completed for the year. He/she will be required to fill out a quit form upon the decision to no longer be a part of such team.
- Next, if a student athlete **quits two sports**, he/she will be removed from competitive competition for the remainder of the **current school year**. The student athlete will be allowed to continue with the offseason program if he/she wishes to return to athletics the following year.
- Finally, if the student **athlete wishes to quit the Athletic Program**, then, the Athletic Director, Campus Principal, and Counselor will sign a form granting or denying the request until the change of semester. If the change of schedule is denied, then, the student athlete will continue with off-season for academic credit.

16. Disciplinary Removal:

If it becomes necessary to consider removing a student from a team or the athletic program, the coach of that team will notify the Athletic Director. The student will have an opportunity to confer with the coach and the Athletic Director. Parents will receive notification and be invited to attend the conference with the Athletic Director / Principal. Exit Form will be utilized and filed with the Athletic Department and Counselor for schedule change.

17. Athletic Grading Policies All student-athletes will be graded at the discretion and judgment of the coach on the following criteria in athletics each six weeks: Maximum of (600 points)

- **Attendance:** 50 Points per week (Monday- Friday); 10 Points per day will be rewarded
- **Participation:** 50 Points per week (Monday- Friday); 10 Points per day will be rewarded on Attitude, Dressing Out, Work ethic, etc.
- **Total Points an Athlete can accumulate Monday – Friday** = 100 Points per week
- **Total Points an Athlete can accumulate each 6 Weeks** = 600 Points per six weeks

18. Hazing / Bullying / Social Media

No hazing or bullying will be tolerated. This includes any activity intentionally taken in which any student(s) humiliates, degrades, or physically or mentally abuses any member of Dilley ISD and our Dilley ISD Athletic Program (Student / Employee).

This includes Social Media. The student will be suspended pending the investigation which could result in strike consequences or removal from the athletic program. Each situation will be handled on a case by case basis with the Athletic Director & Campus Principal making the final decision.

Please be aware of what your child is posting on Social Media.

- Avoid using Social Media negatively towards coaches, teachers, school administrators, other students and/or athletic programs.
- Avoid using Social Media in regards to displaying negative choices or displaying a negative representation of the expectations set forth in the Dilley ISD Student Handbook and Dilley ISD Athletic Handbook.
- This will lead to strike consequences or removal from the program for the athlete and the suspension of parent(s) from attending athletic contests.

19. U.I.L. Transfer Policy

- A student who changes schools for athletic purposes is not eligible to compete in varsity athletics at the school to which he or she moves for at least one calendar year; even if both parents move to the new school attendance zone.
- The District Executive Committee for the district into which the student moves shall determine when or if the student who moves for athletic purposes becomes eligible.
- A student attending a school outside the attendance zone where the parents reside would not be eligible for varsity athletics for one calendar year.
- A student who changes school for non-athletic purposes must be enrolled and in regular attendance for 15 or more calendar days before becoming eligible for varsity athletics.

- The student becomes eligible on the 15th day unless he/she enrolled within the first 6 days of school.
- A Previous Athletic Participation Form (PAPF) is also required if the student has participated or practiced in athletics in grades 8-12 at another school.
- This form must be approved by the District Executive Committee before they are eligible to participate at the varsity level. Approval is not guaranteed.

20. College Recruitment:

In the event an athlete should be contacted personally by a college recruiter, he/she should work through his/her coach and the Athletic Department. Inform your coach of such a contact as soon as possible. NCAA standards are available in the Athletic Department office or Counselor's office.



CODE OF CONDUCT

Dilley ISD Student Code of Conduct / Athletic Code of Conduct

Students who participate in Dilley ISD athletics are expected to abide by the district's Student Code of Conduct and the Athletic Code of Conduct below.

- A student may be disciplined for violations of either or both the Dilley ISD and Athletic Code of Conduct.
- The coaching staff will determine whether a violation of the Athletic Code of Conduct has occurred and will assess the appropriate consequence.
- In addition, coaches retain the discretion to discipline, suspend, or remove a player for misconduct not specifically addressed in this handbook.
- As used in this code, suspension means the student will remain in the program, but may not participate in any contest during the suspension period.
- Suspension from participation and/or punishment is to be determined by the athletic director.

Athlete Charged / Under Indictment

Note: Any athlete who is charged with and under indictment for a felony crime will be prevented from participating in any athletic event until the athlete is cleared of the pending charges.

- This action should not be considered a presumption of guilt, but rather it affords the accused athlete the time and opportunity to clear his/her name.
- The student/athlete may be allowed to remain on his/her athletic team as a suspended member, but should not be allowed to represent his/her school or community in an athletic contest while under this suspension.

Consequences for athletic conduct violations are described below, and they may also include:

- Oral correction or reprimand
- Assigning cooling-off time or "time-out"
- Counseling by coaches
- Parent-coach conference
- Behavioral contracts
- Suspension of athletic participation privileges
- Dismissal from team or program
- Other techniques or penalties relevant to the sport, as identified by the coach

Expelled / DAEP

No student who is expelled, placed in DAEP, or receives an out-of-school suspension may participate in athletics during the term of his or her discipline.

- While parents may appeal the disciplinary placement, the student will continue to be suspended from athletics during the period of any appeal.
- Students may also be suspended during the pendency of any investigations of misconduct.

ISS

If a student is placed in ISS, the student:

- 1) will attend all practices; will be given reflective conditioning: Each day x 800 M. Run
- 2) will receive an unexcused absence for the athletic period.
- If a student is placed in ISS for any amount of time on a day in which a game(s) are scheduled he/she may not participate in any game(s) scheduled for that day.
- Should a student be placed in ISS on more than one occasion, the student may be removed from athletics, depending on the circumstances and the levels of DISD Athletic Referrals documented.

Notification

Parents will also be notified of all Athletic Code of Conduct violations that result in suspension from participation in athletic activities.

- The coach will contact the student and the student's parent via telephone or face-to-face conference within 5 school days from the time the coach learns of such a violation.
- At this time, coaches will inform the parent and student that a violation of the DISD / Athletic code of conduct has occurred, discuss with them the applicable consequences, and give the student an opportunity to respond to the allegations.

In order to apply consistent discipline standards the system below will be applied. When a coach determines that one or more violations have occurred, the coach will notify the student & parents, either verbally or in writing, and offer the student an opportunity to respond verbally prior to issuing the discipline.

Typically, each school year, participants in athletics will begin with a clean disciplinary slate. However, any consequences that were assessed during the prior school year and 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 even though he or she will have no disciplinary violations at the beginning of that school year.
- For example, a student athlete was issued disciplinary levels of the 3-Strike Policy with the use of DISD Athletic Department Referral system, this will continue throughout the student athlete's two year middle school participation and reset. A high school student that was issued a disciplinary level of the 3-Strike Policy will continue for his/her four year high school athletic participation.



DISCIPLINE

OFFENSES	CONSEQUENCES
Any violation in the Student Handbook	Athletic Referral: Will be determined by the Athletic Director and each activity sponsor/coach. <ul style="list-style-type: none"> ● Examples: verbal reprimand, extra-conditioning, athletic referral form: warning / strike policies.
Any violation of an individual organization's rules. <ul style="list-style-type: none"> ● Examples: tardy, no costume, equipment. 	Athletic Referral: Will be determined by the Athletic Director and each activity sponsor/coach. <ul style="list-style-type: none"> ● Examples: verbal reprimand, extra-conditioning, athletic referral form: warning / strike policies.

IN-SCHOOL SUSPENSION	CONSEQUENCES
First placement: to In School Suspension.	Athletic Referral: The student: <ul style="list-style-type: none"> ● will attend all practices; ● will receive a verbal reprimand ● Reflective conditioning: Each day x 800 M. Run ● Playing time will be affected. ● If a student is placed in ISS for any amount of time on a day in which game(s) are scheduled he/she may not participate in any game(s) scheduled for that day or week.
Second placement: and each subsequent placement to In School Suspension within the same semester.	Athletic Referral: The student: <ul style="list-style-type: none"> ● will attend all practices; ● will receive a verbal reprimand ● Reflective conditioning: Each day x 800 M. Run ● Playing time will be affected. ● If a student is placed in ISS for any amount of time on a day in which game(s) are scheduled he/she may not participate in any game(s) scheduled for that day or week.

TOBACCO	CONSEQUENCES
First documented citation: resulting from the possession or use of tobacco regardless of where the behavior occurs.	Athletic Referral: The student: <ul style="list-style-type: none"> ● will run Reflective conditioning for 5 days x 800 M. Run following team practice or game
Second documented citation: resulting from the possession or use of tobacco regardless of where the behavior occurs.	Athletic Referral: The student: <ul style="list-style-type: none"> ● will run Reflective conditioning for 10 days x 800 M. Run following team practice or game Conference will be held with coach, athlete and parents before the next contest
Third documented citation: resulting from the possession or use of tobacco regardless of where the behavior occurs.	Athletic Referral: Athletes suspended from 1 athletic contest <ul style="list-style-type: none"> ● will run Reflective conditioning for 10 days x 800 M. Run following team practice or game ● Any further related violations will result in removal from the team ● Conference held with the athletic director, coach, athlete and parents before the next contest <p>**NOTE: ALL SUSPENSION TIME MUST INCLUDE COMPETITIVE COMPETITION</p>



ALCOHOL or DRUGS	CONSEQUENCES
<p>First documented citation: resulting from the possession or use of alcohol or drugs regardless of where the behavior occurs. It is the expectation of Dilley I.S.D. that students participating in extracurricular activities make reasonable attempts to avoid situations where alcohol or drugs are present.</p>	<p>Athletic Referral: The student will:</p> <ul style="list-style-type: none"> • be suspended from all extracurricular activities including after school practices for 30 days at the conclusion of the investigation.
<p>Second documented citation: resulting from the possession or use of alcohol or drugs regardless or where the behavior occurs. It is the expectation of Dilley I.S.D. that students participating in extracurricular activities make reasonable attempts to avoid situations where alcohol or drugs are present.</p>	<p>Athletic Referral: The student will:</p> <ul style="list-style-type: none"> • be suspended from all extracurricular activities including after school practices for 90 days at the conclusion of the investigation
<p>Third documented citation: resulting from the possession or use of alcohol or drugs regardless or where the behavior occurs. It is the expectation of Dilley I.S.D. that students participating in extracurricular activities make reasonable attempts to avoid situations where alcohol or drugs are present.</p>	<p>Athletic Referral: The student will:</p> <ul style="list-style-type: none"> • be suspended from all extracurricular activities for one calendar year at the conclusion of the investigation. However, he/she will be allowed to participate in the athletic off-season, if the student athlete is an underclassman.

SUSPENSION / D.A.E.P. / EXPULSION	CONSEQUENCES
<p>Any misbehavior, which results in suspension from school. Examples: fighting, truancy, student handbook violation</p> <p>Behavior resulting in a mandatory placement in the Alternative Education Program.</p>	<ul style="list-style-type: none"> • No student who is expelled, placed in DAEP, or receives an out-of-school suspension may participate in athletics during the term of his or her discipline. • While parents may appeal the disciplinary placement, the student will continue to be suspended from athletics during the period of any appeal. • Students may also be suspended during the pendency of any investigations of misconduct. <p>Athletic Referral: The student will:</p> <ul style="list-style-type: none"> • be suspended from all extracurricular activities including after school practices for the number of days of suspension at the conclusion of the investigation.
<p>Behavior that results in expulsion from the District.</p>	<p>Athletic Referral: The student will:</p> <ul style="list-style-type: none"> • be suspended from all extracurricular activities for one calendar year at the conclusion of the investigation. However, he/she will be allowed to participate in the athletic off-season, if the student athlete is an underclassman.



3 STRIKE - POLICY

Strike One

Minimum Mandatory Suspension for Strike One

- Strikes are given out on a case by case basis. Strikes may be given to an athlete for conduct harmful to the team/program or a strike might be given after numerous athletic referrals have been given to the athlete. Every situation will be evaluated by the Athletic Director and Principal.
- Middle School athletes will follow the same strike rules as the high school. Once an athlete reaches high school their strikes will reset to 0, if the athlete had accumulated strikes during their middle school athletic experience.
- Suspensions will be served next scheduled athletic event, not to include scrimmages. Student athletes competing in more than one sport when strike is given will serve suspension for the next scheduled athletic event which may involve two different sports

SPORT:	SUSPENSION:	SPORT:	SUSPENSION:
Football	1 game	Volleyball	2 games
Boys Basketball	2 games	Softball	2 games
Girls Basketball	2 games	Baseball	2 games
Powerlifting	1 meet	Golf	1 tournament
Cross Country; Track	1 meet	Tennis	1 tournament

Strike Two

Minimum Mandatory Suspension for Strike Two

- Strikes are given out on a case by case basis. Strikes may be given to an athlete for conduct harmful to the team/program or a strike might be given after numerous athletic referrals have been given to the athlete. Every situation will be evaluated by the Athletic Director and Principal.
- Middle School athletes will follow the same strike rules as the high school. Once an athlete reaches high school their strikes will reset to 0, if the athlete had accumulated strikes during their middle school athletic experience.
- Suspensions will be served next scheduled athletic event, not to include scrimmages. Student athletes competing in more than one sport when strike is given will serve suspension for the next scheduled athletic event which may involve two different sports

SPORT:	SUSPENSION:	SPORT:	SUSPENSION:
Football	2 games	Volleyball	4 games
Boys Basketball	4 games	Softball	4 games
Girls Basketball	4 games	Baseball	4 games
Powerlifting	2 meets	Golf	2 tournaments
Cross Country; Track	2 meets	Tennis	2 tournaments

Strike Three

DISMISSAL PROCEDURE

If a student-athlete has been allowed to return after a second strike, this student will return on a “three strikes and you’re out” status. This means a third violation between the grades of 9-12 would be STRIKE THREE! This would result in automatic dismissal from the athletic program for a **calendar year** from the **date of the third strike**. A review committee will be formed that is made up of the athlete’s present head coach, the Athletic Director, and campus principal prior to issuing the third strike. The Athletic Director will oversee the committee that will include, but not be limited to the following criteria:

1. Student-athlete personal file
2. Willingness to follow Dilley ISD Academic / Athletic policies
3. Behavior and reaction since first offense

Appeal Process

Athletics is a privilege, not a right. However, a student-athlete has the option to appeal a dismissal if he or she chooses to do so. Any appeal must seek administrative remedy beginning with the head coach of the particular sport. If a student athlete is not satisfied at that level, he or she will meet with the Athletic Director and Principal where a final decision will be made.

Personal Counseling

The school counselor is available to assist students with a wide range of personal concerns, including such areas as social, family, or emotional issues, or substance abuse. The counselor may also make available information about community resources to address these concerns. A student who wishes to meet with the counselor should schedule an appointment or walk-in.



LETTERING

Varsity Student-Athlete Criteria

An athletic letter award jacket should require serious sacrifices on the part of the student-athlete. The school letter should be

a symbol of not only school pride, but also of hard work and dedication in the classroom and on the playing field/court. In order to receive an athletic award each athlete must participate and complete the season in good standing on the varsity team.

By U.I.L. rules, each athlete can be awarded one (1) letter jacket during his/her high school career.

SPORT:	REQUIREMENT	SPORT:	REQUIREMENT
Football	6 or more games	Softball	13 or more games
Basketball	14 or more games	Tennis	60% or more matches *District
Track	4 or more meets *District	Golf	4 or more tournaments *District
Cross Country	4 or more meets *District	Powerlifting	4 or more meets
Volleyball	14 or more games	Student Manager	1 Varsity Season
Baseball	13 or more games	AND/OR	Recommendation from Athletic Director and Head Coach



QUALITIES OF DILLEY WOLVES

Dilley athletes have always had that extra flair, that “extra” that distinguishes competitors and champions. A Dilley Wolf will have that flair and much, much more! - Wolf Pride!!!

Character

As Wolves:

- (1) you will stand for what is right,
- (2) you will be honest in all things,
- (3) you will look the world right in the eye,
- (4) you will neither brag nor run,
- (5) you will never encourage another person to do something against his/her will just to satisfy your own desires,
- (6) you will never expect more of a teammate that you are willing to give, and
- (7) you will never cease in your efforts to develop winning habits.

Self-Discipline

As Wolves:

- (1) you will know where you need self-improvement and make those changes,
- (2) you will add a good habit every day, and
- (3) you will strive to become a better player and at the same time a better person.

Tolerance

As Wolves:

- (1) you will recognize that all members of the team do not have the same likes and dislikes,
- (2) you will recognize that all members of the team do not possess the same athletic skill and ability, and
- (3) you will understand others can still do their part while being different from you.

Enthusiasm

As Wolves:

- (1) you will openly and heartily be supportive of your team, your captains, your coaches and your school. Remember, upon the plain of hesitation were found the bleached bones of countless millions who on the threshold of victory, but lacking enthusiasm, sat down to wait, waiting they died!



Sense of Responsibility

As Wolves:

- (1) you will be responsible for your own behavior,
- (2) you will accept responsibility for doing your part and helping your teammates do theirs, and
- (3) you will show maturity in all things – especially those things affecting the team.

Physical Condition

As Wolves:

- (1) you will be a shining example of physical fitness,
- (2) you will work hard year-round,
- (3) you will constantly train so as to avoid injury, and
- (4) you will be able to play the fourth quarter like it was the first quarter.

Poise

As Wolves:

- (1) you will be confident in any situation – whether your team is winning, tied or behind,
- (2) you will be strong enough to vent frustrations in a controlled and positive way, and
- (3) you will remember to treat your teammates with respect and dignity.

Confidence

As Wolves:

- (1) you will trust and believe in your teammates and coaches,
- (2) you will understand your opponent is good, but you will never fear him,
- (3) you will believe the methods and techniques you have been taught are the very best,
- (4) you will believe you are able to win under any circumstances, and
- (5) you will believe in the importance of positive thinking and always avoiding “the negative”

Loyalty

As Wolves:

- (1) you will have unwavering loyalty to yourself and all who depend on you,
- (2) you will endure hardships without complaining,
- (3) you will be quick to praise your teammates, and
- (4) you will be quick to assist your coaches.



Aggressiveness, Determination, and Alertness

As Wolves:

- (1) you will have a real love for a hard battle,
- (2) you will try even harder when the “going gets tough,”
- (3) you will carry the fight to your opponent,
- (4) you will be persistent and relentless in obtaining your personal goals and the team’s goals,
- (5) you will be mentally and physically “ready,”
- (6) you will have a burning, unquenchable desire to be a champion, and
- (7) you will constantly observe all situations and act to take fair advantage of them – because you want to win.

Habits and Conditioning

As Wolves:

- (1) you will eat properly,
- (2) you will sleep regularly,
- (3) you will train hard,
- (4) you will be clean of drugs and alcohol,
- (5) you will accept the difference between pain and injury,
- (6) you will have a neat, clean appearance,
- (7) you will be courteous, and
- (8) you will avoid obscene language.

A WOLF has and must keep the inherent qualities that attract other individuals. **A WOLF** recognizes that the team has a purpose and a common bond. So strong is the bond that nothing can pierce it or pull it apart. **A WOLF**, therefore, is an individual with a burning desire to win and willing to pay any honorable price for victory!



DILLEY I.S.D. ATHLETIC DEPARTMENT QUIT FORM

I, _____, have decided after careful consideration to remove myself from the Dilley I.S.D. sport of _____.

I have been given a three (3) day consideration period to re-evaluate my decision. I feel that the best decision for my teammates and for myself is to quit. I understand that by quitting, I will forfeit any participation in _____ for one (1) year.

I can return after the one (1) year period only with the Athletic Director's approval. I also understand that if I quit any other sport, I may forfeit any future participation in the athletic program.

Reason for quitting:

Student Signature: _____ Date: _____

Counselor Signature: _____ Date: _____

Coach Signature: _____ Date: _____

Athletic Director Signature: _____ Date: _____



ATHLETIC DEPARTMENT - DISCIPLINARY REFERRAL
2020-2021

Student Name : _____	Grade: _____
Date of Incident: _____	Time: _____
Teacher / Coach: _____	

Notice to Parents:

- The Purpose of this report is to inform you of a disciplinary incident involving the above athlete.
- You are urged to appreciate the action taken by the teacher & coach and to cooperate with the corrective action initiated today.

Reason(s) For Referral: <input type="checkbox"/> Obscene Language / Gestures <input type="checkbox"/> Missing Practice: Without Notification <input type="checkbox"/> Excessive Tardiness: Class; Practice; Game <input type="checkbox"/> Citation or Test Positive: Alcohol / Drugs <input type="checkbox"/> Destructive to: School Property; Equipment <input type="checkbox"/> Academic Requirements <input type="checkbox"/> Smoking / Tobacco <input type="checkbox"/> Lack of Cooperation <input type="checkbox"/> Unsportsmanlike Conduct / Ejection from Contest <input type="checkbox"/> Rude or Discourteous <input type="checkbox"/> Drug Abuse <input type="checkbox"/> Locker Room Misbehavior <input type="checkbox"/> Fighting <input type="checkbox"/> Breaking of Team Rules <input type="checkbox"/> Behavior Not Representative of Our School <input type="checkbox"/> Hazing	Action Taken: <input type="checkbox"/> Extra Physical Condition <input type="checkbox"/> Game Time: Suspension <input type="checkbox"/> Held Conference with Athlete <input type="checkbox"/> Verbal Reprimand <input type="checkbox"/> Contacted Parent <input type="checkbox"/> Consulted Athletic Director <input type="checkbox"/> Consulted Principal Frequency of Notice: <input type="checkbox"/> 1st Notice <input type="checkbox"/> 2nd Notice <input type="checkbox"/> Final Notice Recommendation(s) / Final Disposition: <input type="checkbox"/> Athlete Placed on Probation <input type="checkbox"/> Athlete Suspended <input type="checkbox"/> Athlete Removed From Team
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Signature of Coach: _____

Signature of Parent : _____

Signature of Athlete: _____



DILLEY I.S.D. ATHLETIC DEPARTMENT ATHLETIC PERIOD - EXIT FORM

I, _____, have decided after careful consideration to remove myself from the Dilley I.S.D. Athletic Period.

I have been given a three (3) day consideration period to re-evaluate my decision. I feel that the best decision for my teammates and for myself is to exit. I understand that by exiting, I will forfeit any participation in athletics.

I can return after the one (1) year period only with the Athletic Director's approval. I also understand that if I exit the athletic period, I forfeit any future participation in the athletic program.

Reason for exiting:

Student Signature: _____ Date: _____

Parent Signature: _____ Date: _____

Counselor Signature: _____ Date: _____

Athletic Director Signature: _____ Date: _____



DILLEY I.S.D. ATHLETIC DEPARTMENT ATHLETIC PERIOD - ENROLLMENT FORM

I, _____, have decided after careful consideration to enroll myself into the Dilley I.S.D. Athletic Period.

I have been given a three (3) day consideration period to re-evaluate my decision. I feel that it is the best decision for my future teammates and for myself to enroll into the athletic period.

I understand that by exiting after enrollment, I will forfeit any participation in the athletic program. I can return after the one (1) year period only with the Athletic Director's approval.

Reason for entering:

Student Signature: _____

Date: _____

Parent Signature: _____

Date: _____

Counselor Signature: _____

Date: _____

Athletic Director Signature: _____

Date: _____



DILLEY ATHLETIC DEPARTMENT

STUDENT CHECK OUT FORM

****I WILL BE TAKING MY SON/DAUGHTER IN MY PERSONAL VEHICLE. I AGREE AND UNDERSTAND THAT NEITHER DILLEY I.S.D. NOR ANY OF ITS EMPLOYEES, REPRESENTATIVES ARE TO ASSUME ANY RESPONSIBILITY IN CASE AN ACCIDENT OCCURS.**

DATE: _____ GAME SITE: _____ SPORT: _____

Exceptions:

- Family Illness
- Special Situations
- Injury During Competition
- Emergency Situations

ATHLETE'S NAME	PARENT'S SIGNATURE
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	



DILLEY ATHLETIC DEPARTMENT
PARENT REQUEST - CHECK OUT FORM

DATE: _____

ATHLETE: _____

GRADE: _____

SPORT: _____

GAME SITE: _____

REQUEST: _____

Exceptions:

- Family Illness
- Special Situations
- Injury During Competition
- Emergency Situations

****I WILL BE TAKING MY SON/DAUGHTER IN MY PERSONAL VEHICLE. I AGREE AND UNDERSTAND THAT NEITHER DILLEY I.S.D. NOR ANY OF ITS EMPLOYEES, REPRESENTATIVES ARE TO ASSUME ANY RESPONSIBILITY IN CASE AN ACCIDENT OCCURS.**

PARENT SIGNATURE: _____



ACKNOWLEDGEMENT OF ATHLETIC HANDBOOK

Student's Name: _____ Grade: _____

Parent/Guardian's Name(s): _____

Parent/Guardian's Phone Number(s): _____

Emergency Contact Name and Number: _____

Check any athletic activity in which this student is allowed to participate:

- Baseball Football Cross Country Basketball Golf
 Volleyball Powerlifting Tennis Softball Track & Field

I/we have received a copy of the 2020-21 Dilley I.S.D.. Athletic Manual and I/we agree to follow it as it is written. We have read it and understand the information, rules, and regulations in the handbook which is required for extracurricular participation.

I am aware that the web address for the UIL Parent Information Manual regarding health and safety issues and my responsibilities as a parent/guardian can be found at <http://www.uil texas.org/athletics/manuals>. I understand that failure to provide accurate and truthful information on any UIL forms may subject my student to penalties, as determined by the UIL.

Your signature below gives authorization that is necessary for the school district, its athletic trainers, coaches, associated physicians and student insurance personnel to share information concerning medical diagnosis and treatment for your student.

If there are any questions regarding our extracurricular rules and regulations, please contact the Athletic Director.

Student's Signature: _____ Date: _____

Parent/Guardian's Signature(s): _____ Date: _____