



2022-2023 Athletic Handbook
Parent and Student Athlete
2022-2023

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Athletics Foundation

The Blackcat Way Principles of a True Defender

- Integrity
- Excellence
- Leadership
- Academic Scholar (AB Honor Roll)
- Character (Do Right, Be Right, Act Right)
- Pursue Service
- Build Community- All Mexia

Mission Statement

The athletic program at Mexia High School is designed to walk alongside our families to help student-athletes become Champions in School, Sports, and Life.

General Philosophy

Our objective is to point young people toward excellence. We will teach the qualities of teamwork, commitment, selflessness, and leadership. We believe that interscholastic sports are the greatest teachers of one of life's hardest, yet important lessons: overcoming adversity. In the junior high and high school arena of competitive sports, we have a situation that challenges our students to pursue excellence and meet high expectations.

Junior High Athletics Philosophy

The primary focus of middle school athletics is to teach basic fundamentals and general team concepts in a positive environment. Students are encouraged to be multisport athletes and develop physical fitness. Students develop socially while learning lessons in character, respect, sportsmanship, teamwork and cooperation.

High School Athletics Philosophy

At the upper school level, we will continue to build on the lessons learned in the junior high programs. We will field teams that play hard, fair and aggressive in order to win.

Qualities of a Blackcat/ Ladycat Athlete

1. Hustle on and off the field/court at all times.
2. Athletes will listen when a coach speaks, with ears and eyes.
3. Athletes will arrive on time and be prepared.
4. Athletes will be in the athletic dress code.
5. Athletes will refer to adults as Yes Sir/Ma'am/Coach or No Sir/Ma'am/Coach.
6. Athletes will encourage and respect peers and staff on the court and in the classroom.
7. Athletes will compete with honor and respect.
8. Athletes will accept their role outlined by their coaching staff.
9. Athletes will take pride in wearing a Blackcat/Ladycat uniform.
10. A True Defender has a servant's heart.

General Athletic Policies/Guidelines

Banquets and Award Ceremonies

Each team will have an end of the season celebration. There will be one high school and one junior high All Sports banquet. Fall/ Spring

Changing Sports Mid-Season

No athlete shall drop a sport in season and join another team in the same season without the written approval of both head coaches.

Quitting A Sport

Quitting is an intolerable habit to acquire. Athletes that quit are “giving up” on themselves and those that depend on them. Commitment to being a Mexia team member is one of the most valuable lessons learned in athletics. Concerns and frustrations can often be worked out with proper communication between the athlete and the coach.

Athletes will be given a 14 calendar day grace period at the beginning of each sport. We encourage all athletes to participate in multiple sports and try new sports. Therefore, no punishment for quitting during the 14 calendar day grace period. After this grace period an athlete who quits a sport cannot begin another sport until the completion of the sport they quit.

1. Any athlete wishing to quit a sport should notify the head coach.
2. The athlete will not be allowed to quit until a meeting is set up with the parents and the head coach of the sport to discuss their child's desire to quit.
3. If an athlete quits a sport after two weeks, he/she will not be allowed to start another sport until the sport they quit has concluded, and the athlete has completed the consequences for quitting.
4. If an athlete begins participation in two concurrent sports, he/she will have 14 calendar days to determine if it is in his/her best interest to drop one sport and concentrate on the other sport. After 14 calendar days, if the athlete decides to quit one of the sports, he/she will not be allowed to continue with the other until they complete the Athletic Re-Entry Program.
5. An athlete quitting a sport and not wishing to participate in another sport will be removed from the athletic program and athletic class period. The schedule change will be made as soon as it is possible. In some cases, this change may not be possible until the end of the semester.
6. An athlete that quits a second time (same sport or different sport) may not be allowed to use the re-entry program to regain participation privileges with that team.

Ultimately, if a student decides to quit, but wants to play another sport, he/she must make-up the following exercises to be eligible to participate. The make-up workout will be held after school and practice (if applicable). The student must attend for a total of 15 consecutive workouts. The only exceptions for being absent are personal illness, family emergency, or school activity.

If a student misses a workout without notifying his/her coach, the student will be given one opportunity to start the program over. If the student fails to notify his/her coach a second time, playing another sport will be denied.

1. 400 Jump Ropes-100 per session (2 Minute Rest)
2. YoYo-Begin on the goal line running to the 5/10/15/20 etc. and back to the goal line each time. (100 yards)
3. 75 Bleachers-25 per session
4. 3 400's-Must be run in the designated time (2 Minute Rest). The coach will determine the time. The student will have 5 opportunities to run 3 400's under time.

If the student does not accomplish the requirements, credit will not be given. Refusal or failure to follow the appropriate steps will ban the student-athlete from athletics for one calendar year.

Coaches Contact Information

Coach's contact information can be found on our Athletics website, Mexiaisd.net.

College Recruiting

Mexia High School has an Athletic College Recruiting Coordinator (ACRA) devoted specifically to help both boys and girls athletes find the best fit for their academic and athletic futures. The recruiting coordinator will meet with families and students to help navigate the college recruiting process and begin to develop a recruiting plan for each athlete that is interested in playing at the collegiate level. It is the responsibility of the student-athlete to contact the recruiting coordinator to begin this process.

Communications

Weekly Communication to Parents

Parents can expect a weekly post on SportsYou, Facebook and Twitter from each program while they are in-season.

Changes to Practices or Games

Communication regarding any changes to practice or game schedules will be sent out in a timely manner.

24 Hour Rule

Parents are asked to wait 24 hours before contacting a coach with a concern after a competition.

Early Dismissal for Athletes

If your child needs to leave during athletics, we ask that you pick them up prior to the start of the athletic period.

Text/Email

Coaches will communicate with athletes via sportsYou (and/or group text).

Cell Phone

- We support the campus tech free zones.
- There may be times that coaches require athletes to turn in their cell phones.

Social Media

- Follow Mexia Athletics @Mexia_Athletics on Twitter and Mexia Athletics on Facebook and repost.
- Athlete accounts will be monitored.

Conflict Resolution Plan -

- 1) Athlete to coach
- 2) Athlete to parent to coach
- 3) Athlete to parent to coach and athletic coordinator
- 4) Athlete to parent to coach to girls coordinator (Coach Wiley) and athletic director

Dress code

The following detailed guidelines state the acceptable athletic wear for a Mexia athlete. Please be sure to uphold the dress code. Repeat offenders will be sent to the Athletic Office.

Athletic Wear Grades 7-12

Mexia athletes are required to wear the issued athletic wear from Mexia Athletics. Below are the required apparel items:

- Issued Athletics T-shirt with shorts.
- Athletic shorts.
- Issued hooded sweatshirt and sweatpant (for cold weather days).
- Non-marking tennis shoes used exclusively for athletics. And/or any footwear that is required for the sport the athlete is playing.

Drug Policy

Please refer to the Mexia High/Junior School Handbook regarding drugs, alcohol or vape use by an athlete. In addition to the schools Drug & Alcohol Policy, athletes who use or are in attendance in places where drugs, alcohol or vape are in use, may move through the following steps.

1. Suspension from contest(s)
2. Possible removal from team and/or team activities
3. Removal from athletics

Ejections

Athletes that are ejected will be held accountable to school as well as UIL disciplinary measures. These disciplinary measures could involve “reminders” and/or missing games as outlined by UIL and Mexia expectations. The athlete will miss the next scheduled game.

Eligibility

Mexia grade requirements for interscholastic competition state that a student in grades 7–12 cannot fail during each grading period. The length of time for the ineligibility after each grading period will be approximately three weeks. A student will become ineligible the next Friday at the end of the school day, and remain ineligible until all classes of 70 or higher at the three week mark.

Periods of extended school closing (Holidays) will not be included in the period of ineligibility. If at the end of the three week period, there are students who continue to fail one or more classes, they will continue to be ineligible.

During the ineligibility period, student athletes will not be allowed to travel on the team bus to away contests, nor be with the team on the sideline, dugout, court, etc. Other additional limitations could be administered as it pertains to that particular sport.

Note: Mexia follows the guidelines of the UIL as our minimum standard, but Mexia athletic coaching staff reserves the right to evaluate individual situations as needed.

Facilities

Athletes are responsible for keeping the facilities in order and they should report any damages or problems to their coach or to the athletic director.

Fieldhouse/Locker Rooms/Training Rooms

- Athletes must maintain proper conduct at all times (attitude, language, behavior, respect)
- Camera/video use in locker rooms is strictly prohibited
- We recommend all athletes take a quick shower after practice. Please bring a towel, athletic staff will wash. Personal shower shoes (flip-flops, slides, etc.) are encouraged. Please bring your own soap/shampoo to store in your locker. All showers should be turned off after use
- Do not enter the equipment room or training room without a coach's permission.
- Each athlete is responsible for seeing that the equipment is in its proper place before leaving. Leave it better than you found it.
- All athletes will be issued a locker, with a combination lock, Students will be given the combination, which should not be shared with anyone else.
- Athletes who wear cleats or spikes must remove these items before entering any building.
- Athletes are not to climb the fences surrounding any school building or field at any time.
- All shoes must be clean before entering any building.

Fundraising

Athletes may be asked to participate in fundraising events.

Letter Jackets

Each sport has criteria that athletes must achieve in order to letter. Letter jacket patches and awards may be ordered by the individual athlete from the letter jacket vendor.

Lost & Found

There will be two Lost & Found areas, one is located in the men's coach's office and the other is located in the women's coach's office and weight room. If a student loses an item, check with the coaches in the coach's office. Please label your personal items with their first and last name. To aid in the retrieval of lost items it is paramount that all athletes clearly label all their items with a marker or embroidery. The school is not responsible for any lost or misplaced items

Music/GameTime Radio

All music played on the Mexia campus and at any Mexia athletic contest must come from GameTime Radio station. If a song is not listed, please email a request to the Athletic Office.

Off Campus Athletics

A student who participates in select sports or non-UIL sponsored sport that is not offered by Mexia should not conflict with in-season sports at Mexia High School/Junior High. If there is a conflict we expect you to honor your Mexia commitment. Questions regarding Off-Campus Athletics should be directed to the Mexia Athletic Department.

Parent Meetings

Parents are encouraged to attend all Mexia athletic meetings in person for each sport their son or daughter is participating in.

Parent Volunteer

Parent participation is essential to the success of our athletic programs. You will learn about service opportunities at parent meetings.

Team Meals

Team meals may be provided by the parents in partnership with the head coach.

Mexia Booster Club

Parents are encouraged to join the Mexia Booster Club to help support our athletic programs. Contact Brian Hullum and Jeff Proctor for more information.

Playing Time

Junior High

At the junior high level, skill training and team building is our main focus. As dictated by the game situation and the coach, all athletes will get to participate at some point in the contest. If there are discipline, academic or attendance issues there is a good chance that the athlete will not play that contest.

Freshman/Junior Varsity

At the freshman/junior-varsity level concepts of competition and role-playing within the team become more evident and may result in some athletes not playing in a particular contest. As dictated by game situation, the coach may or may not play every player in the contest. If there are discipline, academic or attendance issues there is a good chance that the athlete will not play that contest.

Varsity

At the varsity level, concepts of competition and role playing within a team setting enter into the equation and playing time is decided by the coach to provide the best opportunity to win the contest. Depending on game situations, a player may or may not play in the game. Players, regardless of grade level and past experience, will enter contests based on the discretion of the coaches. Often in a team sport it becomes necessary to put the individual's needs aside for the greater good of the team. This type of teamwork must be taught and is a valuable skill for life. The coach will strive to actively involve all of his or her team members in the game, but players should be taught to accept their various roles and support their teammates in any way they can.

Programs Offered

The following sports are offered at MHS/MJH and are listed by their competitive seasons: Pick 2

Upper School

FALL	WINTER	SPRING
Football	Boys & Girls Basketball	Softball
Volleyball	Boys & Girls Soccer	Baseball
Boys & Girls Cross Country	Powerlifting*	Boys & Girls Track
Boys & Girls Tennis		Boys & Girls Tennis*
		Boys & Girls Golf*

Middle School

FALL	WINTER	SPRING
Football	Boys & Girls Basketball	Boys and Girls Track
Volleyball		Boys and Girls Tennis
Boys & Girls Cross Country		*Boys and Girls Soccer*

Schedules

Schedules by sport are available online.

School Closure

When Mexia ISD is closed due to inclement weather, all athletic activities are canceled as well, unless given permission by the athletic administration to conduct the athletic activity. When such is the case, it is up to the parent to decide whether to send their athlete to the event. The athlete will not be punished for not attending the athletic activity.

Senior Night

We will honor each senior who participates in athletics during each season. The head coach will determine the appropriate avenue to recognize their seniors which may include, but is not limited to, the last home game, pep rallies, or team banquet.

Signing Day

Athletes that will be competing at the collegiate level will be honored at one of our National Signing Day events.

- The athlete must be enrolled in the Mexia High School athletic program for the season of the sport in which they are signing.
- The athlete must have been on the school roster for the sport in which they are signing.
- The athlete must remain on the school roster for the duration of the season for the sport in which they are signing.
- It is the responsibility of the athlete to inform the Mexia Head Coach that they will be signing a letter of intent to play at the college level and to communicate the name of the college.

Social Media

If a student-athlete's profile is found to be inappropriate in accordance with the above behavior, he/she will be subject to the following

1. Written warning
2. A meeting with the Athletic Director and Head Coach
3. Penalties as determined by the athletic department, including but not limited to possible suspension for his/her athletic team

For your own safety, keep the following recommendations in mind as you participate in social media websites:

- Set your security settings so only your friends can view your profile
- You should not post your email, home address, telephone number, or other personal information as it could lead to unwanted attention
- Be aware of who you add as a friend to your social media

If you are ever in doubt of the appropriateness of your online public material, consider whether

it upholds and positively reflects your own values and ethics. Remember, always present a positive image and don't do anything to embarrass yourself, the team, your family, or the school.

Athletes are expected to represent Mexia ISD in an appropriate and respectful manner. Follow Mexia social media accounts (Twitter, Instagram, Facebook, etc). Athlete accounts will be monitored.

Spectator

At Mexia ISD, we expect the following fan behavior:

- Applaud good team play and individual skill
- Treat opponents and officials respectfully
- Refrain from criticizing and disparaging players, coaches and officials

Unacceptable behavior may lead to removal from the event and/or meeting with the head coach and/or Athletic Director.

Sports Medicine

The Sports Medicine Staff at Mexia ISD is committed to providing the student athlete with access to the highest quality patient care and the most current health and injury prevention training. Fisd Sports Medicine is dedicated to the development of each individual's physical, mental, and performance health. The Sports Medicine Team strives to serve every student athlete through comprehensive treatment, evaluation, education, and support as their physical well-being is essential to success as a student athlete.

Concussion Policy

If a concussion is suspected the athlete will be evaluated thoroughly by the Sports Medicine staff. Based on the athlete's exam, the athlete will either be referred to an appropriate physician for further evaluation or given an observation period of 24-48 hours to monitor symptoms. Once the athlete is diagnosed with a concussion, they must follow the Mexia Sports Medicine's Staff Return to Play Protocol which states that they must be seen by a concussion trained specialist. Under no circumstances should a coach allow an athlete to return to play prior to their full release from the Mexia Athletic Training Staff and diagnosing physician. Our certified athletic trainer will be in contact with the physician and the student's teachers in order to monitor Return to Play and Return to Learn Process. The Mexia High School Concussion Protocol can be found at mexiaisd.net

Injuries/Dr. Notes

We understand that from time to time injuries and sickness occur causing athletes to miss a practice/sports performance. If a student needs to be exempt from practice/sports performance, an orthopedic doctor's note must be presented to the athletic training staff. The note must include a description of the injury or illness, date of return for participation, and/or necessary modifications to the workouts. The Mexia High School Sports Medicine staff has as strong affiliation with the Sports Medicine Clinic of North Texas as a referral recommendation for all orthopedic injuries.

In the event that an athlete is injured in an activity outside of Mexia athletics, rehabilitation would be at the discretion of the athletic training staff. If they are not able to participate in athletics, they may be asked to assist with athletic department needs.

Insurance

Fisd offers secondary insurance to athletes that are injured while participating in school related activities. Please contact the athletic training staff for more information.

Medication

The Sports Medicine Staff can dispense medication once evaluated by the athletic trainer and deemed as medically necessary.

Physicals

Each athlete must have a current physical on file in order to participate in athletics. Physicals are good for one calendar year.

Policies and Procedures

The FISSD Sports Medicine Staff has created policies and procedures for the following and can be presented upon request.

- Lightning
- Hot/Cold Weather
- Emergency Action Plans for all FISSD athletic event locations

PlanetHS Pre-participation Forms - Link Sent From Sports Medicine Staff

Each of the following forms must be completed prior to participating in any athletic practices, scrimmages, or contests. All athletes and their parents must log into PlanetHS and complete the following forms.

- Student Acknowledgement of Rules
- Pre-Participation Physical Evaluation Physical Examination
- Pre-Participation Physical Evaluation Medical History

Athletics

Mexia has a full time Sports Performance Coach (strength and conditioning) for both boys and girls athletics, who plans sport specific training necessary for our athletes and their teams to be successful. If an athlete is **not** in season they are considered to be in our Sports Performance Program. The goal of this program is injury prevention, improved athletic performance, and to build leadership characteristics in our athletes.

Athletic Development Training Plan

Here at Mexia we believe in a unified, year round, performance training plan for all of our athletes. This training plan includes consistent weight lifting, speed development, plyometric training, and conditioning. Out of Season Junior High athletes will train during their class period and no after school workouts are required. During the year, athletes will participate in the following training phases:

Summer Program

- optional and highly encouraged
- 4 training sessions per week that consist of lifting, speed mechanics and conditioning
- Summer Program days and times will be communicated by the Athletic Office.

Sports Performance Training Outside of Mexia

Some of our athletes participate in training for their sport outside of Mexia athletics. This training can range from skill training, to club sport, to performance training. We love for our athletes to commit to getting better! Please stay in communication with the Mexia coach to avoid overtraining.

UIL

Mexia High School is a member of the University Interscholastic League (UIL). As a member in good standing, we recognize and adhere to its guidelines and we submit to its authority in all athletics at the upper school level. The UIL rules and regulations are outlined in its members' handbook which can be found online at UILtexas.org

Transfer Forms

Transfer students who previously participated in athletics at the high school level must complete and submit Previous Athletic Participation Forms (A and B) and/or the Residency Waiver. These forms must be completed and approved by the UIL prior to participating in a varsity contest at Mexia.

Team Selection

The makeup of each individual team is at the discretion of the head coach. The team selection/evaluation will last two days when possible.

Junior High (7-8)

- Evaluations will be based on coachability, skill, and experience.
- Cuts may be necessary
- Practice teams may be formed based on coaches discretion
- Skills training may be offered as an alternative

High School (9-12)

- Junior Varsity teams can consist of freshmen, sophomores, and juniors.
- Varsity teams can be made up of freshmen through seniors.

Evaluations

The evaluation (try-out) format will vary from sport to sport. Any student who is enrolled in athletics and is in good academic standing may try out.

- The coach will inform each athlete about their decision.

Transportation

Home Events And Practices

It is the parents' responsibility to arrange for transportation to and from practices. Athletes are expected to be picked up immediately after a practice session.

Away Events

Mexia ISD will provide the necessary transportation to and from away events. Travel to athletic events will be made by school bus. All student-athletes are expected to ride with the team and coach to the away event.

Sign Out Procedure

Athletes leaving an away event, a parent must sign-out with a coach using the Travel Release Form. If an athlete is riding home with someone other than their parent, a note/email must be given to you before departure stating the details.

Away Events With Overnight Stay

Regional/State events may require overnight travel

1. Under any circumstance, no males are allowed in a female's rooms and no females are allowed in a male's rooms.
2. Athletes must be in their room at the time determined by their coach.
3. Only athletes of the team traveling are allowed in rooms.
4. Behavior should be conducted in such a way that it reflects the schools vision and mission and positively represents Mexia Athletics.

5. Head Coaches will conduct room checks. Cell phones can be taken up at room checks (coach's discretion).

A violation of the rules above may result in a call to a parent/guardian for immediate removal.

Bus Transportation

All transportation should be recognized as a part of our facility and no conduct should be allowed that reflects adversely on the individual, team, or school. Team members should follow the rules and regulations set forth by the operator of the charter transportation at all times. When a charter vehicle returns after an away event, the team should remove any garbage.

Leaving School Early For An Away Event

When a team leaves school early for an athletic event, athletes are excused but are required to communicate with their teachers and make up any work that is missed.

Returning to campus after a school-day event

Athletes are required to return to campus after the end of an event if the school day is in session.

Uniforms

Mexia High School and Junior High will provide uniforms and may provide warm-up attire for the student-athlete.

Uniform Guidelines:

- All school-owned uniforms, warm-ups, and equipment must be returned
- There should be no alterations made to the school owned items unless approved by the coach.
- The athlete will be held financially responsible for any items not returned or damaged beyond normal wear-and-tear.
- Awards and honors may be withheld in the event that items are missing or damaged.

Note: UIL prohibits athletes from removing their game jersey or uniform while inside the playing arena. Removal of an athlete's game jersey or uniform shall be considered to be unsportsmanlike conduct and grounds for removal from a contest.

Human Element

The standards, expectations and guidelines are set forth by the Athletic Department. We will make every effort to stay within the lines of the document because we believe they are based on sound principles that coincide with the vision and purpose of Mexia High School and Junior High. However, we also understand that every situation is unique and could reach outside the policy's within. So, when deemed necessary the Athletic Department/Director will be advised to make the final decision based on what is in the best interest of all those involved.

Athlete and Parent Agreement

	Athletic Handbook Top 10	Page Number	Athlete Initial	Parent Initial
1.	Conflict Resolution			
2.	Team Selection/ Evaluation			
3.	Playing Time			
4.	Communications			
5.	Parent Meetings/Parent Volunteer			
6.	Spectator/Parent Behavior			
7.	Sports Medicine/Athletic Performance Section			
8.	Attendance			
9.	Facilities			
10.	Athletic Wear/Uniforms			

Athlete Name

Athlete Signature

Date

Parent Name

Parent Signature

Date