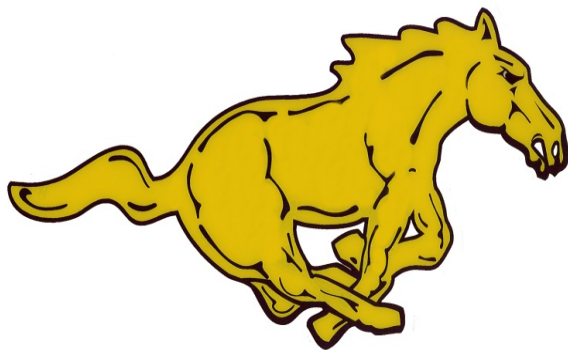


McA⁺ALLEN

INDEPENDENT SCHOOL DISTRICT



**McAllen High School
Bulldogs**



**McAllen Memorial
Mustangs**



**Nikki Rowe
Warriors**

High School Athlete Code of Conduct 2020-2021

Introduction

Dear Parent/Guardian:

Your son/daughter has expressed an interest to participate in an athletic program in the McAllen Independent School District (MISD). It is the belief of MISD that athletics can do more for your child than teach him/her to play the sport he/she has chosen. We believe athletics instills the desire to win and builds strength of body and character which is the foundation upon which to build the well-developed individual. Student athletes, like those in any other specialized field, have a unique role to play. Athletes are constantly being monitored by their peers, teachers, and the community. By constantly being under this scrutiny, athletes must have strength of character and be constantly aware of their role. They must be certain they present to their peers, teachers, and the community respect, sincerity, and honesty expected of a young lady/gentleman. We strongly believe that our athletes should possess these qualities and because of this belief, we have established the following set of guidelines to be followed by all student athletes in the McAllen Independent School District High School athletic programs.

ALL ATHLETES, REGARDLESS OF SPORT, MUST:

1. Abide by all University Interscholastic League (UIL) rule specifications and abide by all local MISD Athletic Department and campus guidelines and policies.
2. Attend every practice session and athletic contest unless ill or because of an emergency situation. (Parents or athlete must call their respective coach, if the athlete is not attending a practice session).
3. Respond to every situation as a young lady/gentleman.
4. Maintain academic intensity to achieve success in the classroom.

Violation of these policies shall result in appropriate disciplinary procedures and could result in his/her removal from MISD athletic programs. Therefore, we ask your cooperation in encouraging your son/daughter to observe these rules so that he/she will receive the maximum benefit from the program. Enclosed is an information handbook for MISD athletics which includes guidelines and policies for the student-athletes.

Please read and discuss these rules and regulations with your son/daughter. We thank you for your support and interest in all our MISD Athletic Programs.

Sincerely,

Paula Gonzalez
MISD Athletic Director
(956) 618-6089
paula.gonzalez@mcallenisd.net

Patrick Shelby McHi AC (956) 632-3150 patrick.shelby@mcallenisd.net	Ruth Garcia McHi Asst. AC (956) 632-3152 ruth.garcia@mcallenisd.net	Bill Littleton Memorial AC (956) 632-5283 William.Littleton@mcallenisd.net	Sammy Cortez Memorial Asst. AC (956) 632-5201 samuel.cortez@mcallenisd.net	Bobby Flores Rowe AC (956) 632-5174 robert.flores@mcallenisd.net	Magda Canales Rowe Asst. AC (956) 632-3267 magda.canales@mcallenisd.net
---	--	---	---	---	--

Table of Contents

Introduction	1
Table of Contents	2
Core Values	3
Pursuing Victory with Honor	3
Sportsmanship and Public Relations	4
General Policies and Procedures	4
Parent/Coach Relationships	5
University Interscholastic League (UIL) Rules	6
Multi-Sport Participation	6
Required Athlete Paperwork	6
Athlete Insurance	7
Medical Disqualification/Return to Participation	7
Risk of Injury	8
Student-Athlete Conduct	8
Care of Equipment	9
Absence Rules	9
Discipline of Athletes	10
Student Travel and Supervision	10
Lettermen Jacket Guidelines	11
Student & Parent Acknowledgement Form	12

Core Values

While we value championships, we value developing championship individuals more.
We value graduation rates more than winning percentages.
We are extremely dedicated to the education of student athletes.
We focus on the team, not the individual.
We focus on developing character, not characters.
We value positive sportsmanship at all times.

Pursuing Victory with Honor

Winning Is Important

Winning is important and trying to win is essential. Without the passionate pursuit of victory, much of the enjoyment, as well as the educational and spiritual value of sports will be lost.

Honor Is More Important

Sports programs should not trivialize winning or the desire to win. To dismiss victory by saying, "It's only a game" can be disrespectful to athletes and coaches who devote their time to being the best they can be in the pursuit of individual victories, records, championships, and awards. Let us note that the greatest value of sports is its ability to enhance and uplift the character of participants and spectators.

Ethics Is Essential to True Winning

The best strategy to improve sports is not to de-emphasize winning, but to more vigorously emphasize that adherence to ethical standards and sportsmanship in the honorable pursuit of victory is essential to winning in its true sense.

There Is No True Victory without Honor

Cheating and bad sportsmanship are not options. They rob victory of meaning and replace the high ideals of sport with the petty values of a dog-eat-dog marketplace. Victories attained in dishonorable ways are hollow and degrade the concept of sports.

Ethics and Sportsmanship Are Ground Rules

Programs that adopt Pursuing Victory with Honor are expected to take whatever steps are necessary to assure that coaches and athletes are committed to principles of ethics and sportsmanship as ground rules governing the pursuit of victory. Their responsibilities to demonstrate and develop good character must never be subordinate to the desire to win. It is never proper to act unethically in order to win.

Benefits of Sports Come from the Competition, Not the Outcome

Quality amateur sports programs are based on the belief that vital lessons and great value of sports are learned from the honorable pursuit of victory, from the competition itself rather than the outcome.

Reprinted from the Josephson Institute of Ethics.

Sportsmanship and Public Relations

Sportsmanship is character displayed through athletic competition. People of character live by the "Six Pillars of Character" universal values that can be used to define a good person: **trustworthiness, respect, responsibility, fairness, caring and citizenship.**

The first objective stated for all extracurricular events is the teaching of sportsmanship. This has been one of the primary objectives of the UIL as long as UIL has been in existence. In order for athletics and other extracurricular activities to remain a vital part of the educational program, student athletes, coaches, players, and spectators must all demonstrate an understanding of and adherence to the rules of sportsmanship. At McAllen ISD the following efforts will be made and expectations adhered to in order to demonstrate our attitude towards positive sportsmanship.

1. Athletes/coaches shall treat opponents with dignity and respect.
2. Athletes/coaches shall shake hands with opponents at the conclusion of any contest.
3. McAllen ISD athletes are subject to the UIL and McAllen ISD procedures and regulations.
4. Student athletes are considered athletes 365 days a year, 7 days a week and 24 hours of the day. They should always conduct themselves in the manner which we expect at all times.
5. Unsportsmanlike conduct may lead to disciplinary action including suspension or possible permanent removal from a team, which will be evaluated on case a case basis.

General Policies and Procedures

These are the general MISD athletic policies. Each coach or sport may add to these rules or have stricter guidelines upon approval by the campus Athletic Coordinator, Principal, and Athletic Director. Each athlete is responsible for adhering to individual sports rules and those set by the MISD Athletic Department.

Athletic success is dependent upon many factors. Outlined here are the core expectations of the athlete. These are necessary for an athletic program to be successful. If each person does his/ her part, there will be a positive effect for the competitive athlete and will create a rewarding experience for all involved.

- | | |
|--------------------|--|
| 1. Attendance | The athlete shall be on time and attend all practices as required. |
| 2. Attitude | The athlete shall practice and compete with a good positive attitude. |
| 3. Effort | The athlete shall give 100% effort at all practices and competitions. |
| 4. Rules | The coach shall make sure the athlete understands all rules and strategies of their sport. |
| 5. Character | The coach shall use athletics to teach positive life skills and values. |
| 6. Problem Solving | If any problems were to arise, the first step in solving such a problem should be to contact the coach of the team involved followed by the head coach of that particular sport. If this does not solve the problem, then the campus Boys or Girls Athletic Coordinator shall be involved. If a suitable resolution can still not be reached, the MISD Athletic Director shall be contacted while keeping the campus Principal informed. |

Parent/ Coach Relationships

Both parenting and coaching are unique vocations. By establishing an understanding relationship between coaches and parents, both are better able to accept the actions of the other and provide a more positive experience for everyone. Parents should be informed of the expectations placed on them and their children by the coach. Coaches should be afforded the opportunity to meet and discuss any concerns of the parent at the appropriate time and place.

Communication parents should expect from the coach:

1. Coach's philosophy.
2. Expectations the coach has for the team and its members.
3. Locations and times of practices and contests.
4. Team requirements (team rules, off-season expectations, season expectations, etc.).
5. Procedures that will be followed if the student becomes injured during participation.

Communication coaches expect from parents:

1. Concerns regarding the athlete expressed directly to the coach at the appropriate time and place.
2. Specific concerns in regards to the coach's expectations.
3. Notification of any schedule conflicts well in advance.

Appropriate concerns to discuss with a coach:

1. The mental and physical treatment of your child.
2. What your child needs to do to improve.
3. Concerns about your child's behavior.

It is very important to understand your child may not be playing as much as you may hope. A coach makes decisions based on what he/she believe is in the best interests of all athletes participating. As you can see from the list above, certain things can and should be discussed with your child's coach. Other things, such as those listed next, must be left to the discretion of the coach.

What NOT to discuss with a coach:

1. How much playing time each athlete is receiving.
2. Team strategy.
3. Play calling.
4. Any situation that deals with other student-athletes

If a parent has a concern to discuss with the coach, the following procedure should be followed:

1. Call the coach to set up an appointment.
2. If the coach cannot be reached, call the campus Boys/Girls Athletic Coordinator and ask him or her to set up a meeting with the coach for you.
3. Think about what you expect to accomplish as a result of the meeting.
4. Stick to discussing the facts, as you understand them.
5. Do not confront the coach before, during or after a practice or contest. These can be emotional times for both the parent and coach. Meetings of this nature do not promote resolution of the situation, but often escalate it.
6. If a satisfactory resolution is not provided:
 - a. Call the Boys/Girls Athletic Coordinator to set up a meeting with the coach, and parent present.
 - b. At this meeting, an appropriate next step can be determined, if necessary, which would be to set up a meeting with the MISD Athletic Director.

University Interscholastic League (UIL) Rules

According to UIL standards, student athletes are eligible to represent their school in interscholastic activities if they:

- Are not 19 years of age or older on September 1st of the current scholastic year. (See 504 handicapped exceptions).
- Have not graduated from high school.
- Are enrolled by the 6th day of the current school year or have been in attendance for 15 or more calendar days immediately preceding a varsity contest and are full-time students in the participant school.
- Initially enrolled in 9th grade not more than 4 calendar years ago and are meeting academic standards required by state law.
- Live with their parents inside the school attendance zone their first year of attendance. (Parent residence only applies to varsity athletics).
- Student athletes placed by the Texas Youth Commission are covered under Custodial Residence (Section 442 of the Constitution and Contest Rules in UIL handbook).
- If a student athlete does not live in the respective high school attendance zone with their parents, a Previous Athletic Participation Form (PAPF) must be filled out and approved by the appropriate District Executive Committee before an athlete may participate in a varsity contest.

Multi-Sport Participation

An athlete attends high school once in their lifetime. They have one opportunity to participate in interscholastic athletics. Each athlete needs to be encouraged to participate in as MANY sports as their interests and abilities permit. No coach or school employee shall ever coerce an athlete to give up participation in a sport to concentrate on another sport (UIL Constitution & Contest Rules: Section 1201 (b) (7)).

Required Athlete Paperwork

The UIL and MISD require that all student athletes complete the following documents prior to participation: Athletic Participation Form, Insurance Information for Parents, Hazing Policy, Acknowledgment of Rules, Pre-Participation Physical Evaluation, Steroid Use and Random Steroid Testing Form & Concussion Acknowledge Form.

All participants of MISD athletic programs are required to have a physical once a year. The physical examination is valid for one school year. This examination must be filled out on the UIL form which can be downloaded from the UIL website or obtained from an athletic trainer. A medical examination must be completed every school year. The physical must be on file before participating in any practice session, scrimmage, or game. A written record of these examinations filled in and signed by either a Physician, a Physician Assistant licensed by a State Board of Physician Assistant Examiners, a Registered Nurse recognized as an Advanced Practice Nurse by the Board of Nurse Examiners or a Doctor of Chiropractic. Examination forms signed by any other health care practitioner will not be accepted. These forms must be on file with the McAllen ISD licensed Athletic Trainers. Any student athlete who has medical problems prior to participation must have another physical and present it to their campus Athletic Trainer. **A parent's permission may not override a medical doctor's exemption from practice or competition.**

The McAllen ISD Athletic Department will provide physicals for student athletes during a designated time period during the spring of each year. In order for a student athlete to be provided a physical free of charge, they must

report during the assigned times. All physical times will be announced by campus coaches and athletic coordinators.

The UIL conducts random drug testing for the use of Anabolic Steroids. Signature on the Steroid Form acknowledges that parent is aware of testing and giving consent for random testing if their child is randomly selected.

These documents must be on file with the McAllen ISD Athletic Trainers before any participation in any athletic practice before, during, or after school. A student athlete must also have these forms on file before participating in any off season strength and conditioning program. Forms need to be properly signed and dated. Copies of these forms should be taken to all competitions. An athletic trainer may require a student athlete to obtain a new physical examination at his/her discretion.

Athlete Insurance

McAllen Independent School District provides insurance coverage for student athletes injured during school supervised and sponsored UIL participation and competition. This provided insurance serves only as a secondary insurance. It pays based on a schedule of benefits, after all other available insurance has paid. Balances after consideration of the athlete insurance benefit remain the responsibility of the parent/guardian.

If an athlete is injured:

1. They must report injury immediately to respective coach.
2. They must seek medical attention of a campus athletic trainer.
3. If further medical care is needed, they must get an insurance claim form from the athletic trainer which must be presented to the doctor or medical facility prior to treatment.
4. It is the parent/guardians responsibility to verify that the doctor or medical facility accepts the athletic insurance provided by McAllen ISD.
5. If the athlete is insured through another insurance, the claim must be submitted and paid for by the other insurance before submitting a claim.
6. Student athlete must show written proof of clearance before allowed to practice or compete when treated by a doctor or medical facility.
7. Clearance or restrictions must be from a United States doctor.
8. A parent's permission may not override a medical doctor's exemption from practice or competition.

Medical Disqualification/Return to Participation

Medical disqualification from participation is determined by collaboration between the student athlete's physician, the coaching staff, and athletic trainers. The coaching staff and athletic trainers work under the direct supervision of the physician and will follow his/her directions for treatment and rehabilitation of the student athlete. Under certain situations, the staff and athletic trainers have the option of medically disqualifying a student athlete from participation when in their judgment further harm could result to the athlete by participating.

If a student athlete is prohibited from participation by a physician, a physician is the only person who can clear the athlete to participate. All athletes that see a physician or are instructed to see a physician must have a signed clearance by a physician before returning to participation. The clearance from the doctor must state that the athlete may return to athletic activity. At no time shall the athlete be given permission to participate by a parent, coach, or athletic trainer when it contradicts the physician's orders. The athletic trainer may return the athlete to participation when it does not contradict the orders of the physician.

It is recommended that the athletic trainer be notified prior to taking an athlete to the doctor. Generally, most injuries are minor in nature, i.e. sprains, strains, etc., and can be rehabilitated and treated in the athletic training room. If the athlete is medically disqualified for participation, the procedures as stated above shall be followed. If an athlete is disqualified from participation by a doctor, that athlete must see that same doctor or specialist, in

order to be cleared for participation. For example, if you see one general practitioner for a head injury, you can only be cleared by that same doctor or from a neurologist, not another general practitioner.

Risk of Injury

Almost 6 million student athletes participate in high school sports programs nationally. Each of these student athletes assumes a risk of injury when participating in athletics. Even under ideal situations, anyone who engages in physical activity is subject to the possibility of injury. According to the National Athletic Trainer's Association, over 1.3 million student athletes (about 1 out of 7) are injured each year. Fortunately, the vast majority of these injuries are minor. With proper training, conditioning, instruction, diet, and rest habits many of these potential injuries can be eliminated or significantly reduced.

Student-Athlete Conduct

Student athletes must show respect at all times for coaches, teachers, administrators, other student athletes, opposing players, and themselves. Self-respect is of the utmost importance because a person with self-respect will also respect others. The McAllen ISD coaches shall strive to teach student athletes the proper way to conduct themselves. One of the best teaching tools is modeling. So the coaching staff shall model as well as reinforce acceptable behaviors with our athletes. McAllen ISD athletes shall conduct themselves in a proper manner at all school functions and in the community. Any athlete not meeting Athletic Department standards in these areas is subject to disciplinary action.

Honesty

One of the main goals of the Athletic Department is to teach young men and women how to be responsible adults and law abiding citizens. We want to instill good morals in our athletes. It is dishonest to tell a lie. It is better to be disciplined than suspended. Trying to cover up an incident could result in more severe disciplinary action.

Theft/Fighting

Again we are trying to build responsible law abiding adults. Theft is not tolerated. If caught stealing, athletes shall be subject to immediate suspension and or dismissal from athletics. A student athlete involved in a physical altercation shall be subject to immediate suspension and or dismissal from athletics. The incident may also require campus police notification.

Alcohol, Tobacco, and/or Illicit Drugs

Alcohol, tobacco, and/or illicit drug usage will not be tolerated in or out of season. If caught, an athlete is subject to immediate disciplinary action. This action may include suspension from athletics and/or implementation of a behavior contract in accordance to the severity of the action. Drug use is illegal and we as a staff will do our best to educate and prevent student athletes from participating in such activities.

Profanity

Profanity of any kind is not acceptable for student athletes. Student athletes using profanity will be subject to disciplinary action. We, as the adults, guiding our student athletes shall help them to understand that there are better ways for them to express themselves. This falls in line with the education of sportsmanship on and off the court or field.

Social Media

Taking, sending, posting, or possessing inappropriate messages or pictures may be subject to disciplinary action.

Hazing

Hazing is any action or activity that, regardless of location, intent, or consent of participants, causes or intends to cause: Physical harm, mental harm, anxiety, or disgrace to a person for the purpose of pledging, being initiated into, affiliating with, holding office in, or maintaining membership in an organization. Hazing is an illegal activity (Texas Education Code 37.151-37.157) and is also a violation of the McAllen ISD Student Code of Conduct. Therefore, hazing under any circumstances will not be tolerated in the athletic programs of our school district. Students found to be in violation of this portion of the Athletic Code will be subject to disciplinary action.

Sexual Harassment

A student athlete shall not engage in unwanted and unwelcome verbal or physical conduct of a sexual nature directed toward another student or district employee. This prohibition applies whether the conduct is by word, gesture, or any other intimidating sexual conduct, including a request for sexual favors, that the other student regards as offensive or provocative. All students are prohibited from engaging in offensive verbal or physical conduct of a sexual nature directed toward another individual. This type of behavior will be grounds for dismissal from athletics. This sort of conduct will also result in reporting of the incident to the proper school and law enforcement officials. We will create an environment that is conducive to the development of all of our athletes educationally, athletically, and socially.

Care of Equipment

A record of all school issued equipment to include football helmets will be maintained by the head coach of each sport. It is the player's responsibility to take care of such equipment. Athletes will be required to turn in all equipment at the end of the season/year and will be held responsible for the cost of items not returned. Student athletes that have not met their obligation for lost items will be placed on a fine list which will be submitted to the campus principal. A student athlete will not be allowed to receive equipment in another sport if they have an equipment obligation with another sport.

Student athletes are required to wear equipment that is issued to them by their coach. They may not substitute personal equipment with issued equipment, unless it is approved by the head coach of that sport. Any additional protective equipment may be worn only with the approval of the head coach of that sport or the campus Athletic Trainer. Anything extra that might need to be worn for an injury will be handled by the Athletic Trainer. For additional information concerning equipment, please feel free to contact the McAllen ISD Athletic Department.

Absence Rules

All student athletes shall adhere to the following guidelines:

1. Any unexcused absence from a scheduled practice may result in having to make up any missed work. A student athlete with multiple unexcused absences is subject to being placed at a lower team status, or suspension from a team. It will be up to each coach to establish their unexcused absence policy with approval by the campus Athletic Coordinator.
2. An unexcused absence from a scheduled or play-off contest may result in the athlete being suspended from the team, but not without consulting with the Athletic Coordinator.
3. An excused absence will be subject to the discretion of the head coaches' guidelines of each sport. Communication is very important and must take place prior to and not after the missed practice or event.
4. Any absence for a non UIL event, without coach's approval, will be considered an unexcused absence, and may be result in penalties. i.e.: Club teams, travel teams, etc.

Discipline of Athletes

Participation in athletics is a privilege and a student athlete is not required to participate. MISD has set standards of conduct that all athletes must maintain. Not adhering to these standards shall result in disciplinary action. These actions could range anywhere from immediate reminders, to a discipline contract, to suspension for an appropriate time for the offense, or complete dismissal from the team.

Suspension of Athletes from a Team

A coach may suspend an athlete from participation in athletics for disciplinary reasons. These suspensions will be determined by the head coach of the sport involved. If the violation is severe enough it may be referred to the campus Athletic Coordinator or Athletic Director.

Dismissal of Athletes from a Team

Repeated severe offenses may result in an athlete being dismissed from a team. This will only occur if it is determined that athletics would not help this individual to grow as a person. Our job, as coaches, is not to remove athletes from our programs that don't fit our mold, but to mold athletes into the type of individual that will be successful in life. Student athletes always need an opportunity to grow. When a student athlete is dismissed from any team, the Athletic Coordinator must be notified prior to the dismissal. The situation will be reviewed by the Athletic Coordinator and head coach of sport involved to make a decision whether or not to allow the student athlete to be reinstated into the athletic program.

Quitting

If an athlete quits one sport, they will not be allowed to participate in another sport (practice games or off-season workout included) until the sport that the student athlete quit is completed. This includes playoff games. As an Athletic Department, we need to work together to instill a "never quit" attitude in our athletes. Certain circumstances would allow the Athletic Coordinator and coaches involved to determine that an athlete may be allowed to join another sport or to quit without consequences.

Student Travel and Supervision

It is of utmost importance that student athletes display appropriate behavior at all times when traveling with their team to compete. Athletes must respect facilities, display proper conduct, and take proper care of equipment provided by opposing teams. When the team travels on overnight trips, students must abide by all travel procedures and coach expectations. Failure to abide by these rules may result in disciplinary action or suspension.

All participants in an athletic contest shall remain with the team under the supervision of the coaches or athletic trainer until dismissed. If an athlete is ejected from a contest or is substituted for in the contest, they shall remain under the supervision of their coach until the team is dismissed. A player's ejection from a game may result in further disciplinary actions.

All participants will be transported to and from a contest under the supervision of the coaches. If there are circumstances which arise, a player may only be transported by his or her parents. Approval must be received from the coach of that sport and a MISD Parent-Provided Transportation Form E must be filled out and approved prior to the contest.

Lettermen Jacket Guidelines

MISD shall purchase lettermen jackets for 9th -12th grade athletes, team managers and student athletic trainers, who have lettered in their sport. To be eligible to receive a jacket, an athlete must have participated in the sport that they are receiving the jacket. It is up to a coach's discretion to award a jacket to a senior athlete who has been loyal to the program. All athletes must end the season in good standing to be eligible to receive a jacket. As per UIL, an athlete may only receive one lettermen's jacket during their high school career. Jackets awarded become the property of the student athlete.