

Grapeland ISD



ATHLETIC MANUAL

*Please read and sign all materials in this manual. Return this packet to a coach.

Grapeland Sandies Culture for Success

Success- envision it; do not let being afraid to fail stop you.

Attitude- always positive and coachable.

No excuses- own your mistakes; do not blame anyone for your actions.

Discipline- must have it in everything we do.

Intelligence- have to be a student of the game and in the classroom.

Energy- cannot run out of it.

State Champions- our goal in everything we do!



GRAPELAND ISD

Home of the Fightin' Sandies and Sandiettes!

Grapeland Athletics Behavior Policies

Participation in athletics is a privilege and not a right. Athletes are expected to adhere to all school and athletic requirements to earn this privilege. These are the requirements the athletes need to meet:

Academics:

Student athletes must be aware of the importance of education. All academic assignments for each class should be completed in the time required. Athletes should not miss assignments or get behind in assignments. A failure on the report card at the end of the grading period will result in a three week ineligibility period from all games. The student will still be required to practice during this time to remain a part of the team.

Behavior:

Student athletes will also be held to a high standard when it comes to their behavior. Athletes should not be written up by teachers or sent to the office for any negative behavior. All athletes represent their teammates and coaches at all times and when these negative behaviors occur they will be handled appropriately by the coaching staff. Any athlete that is assigned a 1 day ISS during an in-season sport will have playing time and starting privileges taken away along with extra activities to make up for the lost practice time; if any athlete is assigned 2 or more days during an in-season sport they will not be eligible to play for at least half of the next contest and could possibly miss the entire game due to coach's digression and the severity of the act.

Grapeland ISD Drug and Alcohol Testing Program:

Grapeland ISD randomly tests athletes, cheerleaders, and band members for drugs and alcohol. A full copy of the drug testing policy is available and given to all new students.

Drugs, Alcohol, and Tobacco Products:

The use of hallucinogenic drugs will not be tolerated. These mind or mood changing drugs destroys a student's desire to be successful in athletics. The school has a strict zero policy on the use of drugs.

Alcoholic beverages are considered the number one problem with teenagers. We would hope that athletes, for their safety and athletic potential, are not involved with the use of alcohol. Reports of athletes using beer or other alcohol will be investigated. Discipline measure will be taken against any athlete found to be drinking. This may include conditioning, counseling, and even suspension from the team if the behavior is not changed.

Tobacco products are not to be used by athletes. Dipping is not allowed in the field house, the gym, on campus, or any bus trip.

Drug Testing:

Grapeland ISD requires drug testing of any student in grades 7-12 who chooses to participate in any school-sponsored extracurricular event.

A student participating in these activities shall be tested randomly throughout the school year for the presence of illegal drug, synthetic drugs, and alcohol.

The purpose of the drug-testing program is to deter student use of illegal drugs and alcohol.

Consent:

Before a student is eligible to participate in extracurricular activities, the student shall be required annually to sign a consent form agreeing to be subject to the rules and procedures of the drug-testing program. If the student is under 18, the student's parent or guardian shall also sign the consent form. If appropriate consent is not given, the student shall not be allowed to participate in extracurricular activities.

Refusal to Test or Tampering:

A student who refuses to be tested when selected or who is determined to have tampered with a sample shall be deemed to have a positive test result and shall be subject to the appropriate consequences depending on previous positive test results, if any.

Confirmation of Positive Results:

The student or parent shall have three school days following the meeting to provide a medical explanation of a positive result.

Quitting a Sport:

An athlete who has received his or her equipment will be given 5 days to determine if they want to stay with the team. If the student athlete decides they do not want to participate in that sport during those 5 days, there will be no consequences for them quitting the team. However, after the 5 day period is up, they must have a meeting with the Athletic Director to explain their reasoning for wanting to quit. They will be given a 24 hour thinking period for them to reflect on their decision and to determine if they have changed their mind about quitting the team. If after this 24-hour period the athlete wants to quit, they will be allowed to, however, **they will not be allowed to participate in another team sport until the previous sport is over; if they plan to participate in any individual sport- such as golf, tennis, track, etc.; they will be ineligible until the head coaches agree to what the consequences should be for the athlete quitting the team sport.** An athlete can only quit and play another sport if this procedure is followed and there were no disciplinary problems involved.

School Bus Trips:

On out of town games, athletes will return on the bus unless the coach has written permission from the athletes parents for the student to ride back with them. Athletes will not be allowed to ride home with anyone that is not their parent or guardian. Parents should only ask for their child to ride home with them if there is an emergency or it is a great inconvenience to come to Grapeland to pick them up. Busses are school vehicles and are to be treated as such. Behavior on bus trips is the same as all school activity.

Athletic Equipment:

Athletes are not allowed to wear athletic team apparel to school. They also will be responsible for any lost equipment or clothing that has been passed for their use during participation of a sport. If equipment is lost or damaged, an appropriate punishment will be administered.

Dress Code:

The school dress code is to be followed. The guidelines on hair as well as facial hair are to be followed. Also, if an athlete chooses to wear a hat to a sporting event that they are participating in, it must be a Grapeland hat, a school issued hat, or one that has been approved by a coach for that individual athlete- do rags are not allowed at any time during practice or games.

Cell Phones:

Cell phone usage will be at the Head Coaches discrepancy while traveling on a bus. For example, in Football, cell phones will only be allowed as music devices if the athlete chooses to listen to music. If an athlete abuses this privilege, they will be banned from future use of their cell phone until they get back to Grapeland. There will also be allotted times an athlete can listen to the music until asked to put them away.

Conduct Guidelines:

The following *minor offenses* will be addressed by the head coach of the sport and the Athletic Director:

1. Abusive or profane language.
2. Inappropriate dress- head coaches will set the expectations of dress.
3. Demonstration poor sportsmanship during a game.
4. Multiple tardies to class
5. Fighting/ arguing with a teammate at practice.

Consequences for committing minor offenses will consist of meeting with the head coach of the sport, extra reminders assigned by the coach (sprints, up-downs, push-ups, etc.), or missing playing time in the next game.

Dismissal from Athletics:

An athlete may be dismissed from a team for the remainder of the school year, prior to the season starting or during the season for committing any of these *major offences*:

1. Disrespecting a coach or teacher.
2. Missing multiple practices without a legitimate excuse.
3. The use of alcohol, drugs, or tobacco.
4. Continues academic failures.
5. Fighting- in practice, in school, or any time representing Grapeland ISD will not be tolerated.
6. Stealing-
 - a. 1st Offense- conference with players and a parent contact along with physical punishment.
 - b. 2nd Offense- Player will be removed from the team.

Absences:

We understand that sometimes absences to practice cannot be avoided, but we encourage every athlete to attend every practice during the season. If a student will miss a practice, the coaches will need to hear from the athlete and the parent via phone call or note to make it an excused absence- *even with excused absences the athlete will make up the conditioning from the previous practice that they missed at the conclusion of the next practice.*

Unexcused absences fall under our conduct guidelines and will be handle in that manner.

Dressing Out:

All athletes will dress out into their school assigned workout clothes every day. Even if an athlete is injured or ill, they will still dress out in shorts and shirt and participate by doing mental reps or doing rehab of their injury. ***Parent notes are not an excuse to not dress out.*** The coaches will take appropriate measure to ensure we take care of our injured athletes, but they must be in the athletic period and dressed in athletic clothing. Refusing to dress out, will lead to consequences chosen by the coach or the AD in order for the athlete to continue to be a part of the team. Continual refusal will lead to getting dismissed from athletics.

Letter Jackets:

Letter jackets are considered a major award for athletes who have committed to the Grapeland athletic program and the school will purchase the first jacket for each athlete that earns one.

Requirements for earning a varsity sports letter:

- Football- participation in one-half of all district games.
- Basketball- participate in one-half of all district games.
- Baseball- participate in one-half of all district games.
- Softball- participate in one-half of all district games.
- Volleyball- participate in one-half of all district games.
- Powerlifting- participate in one-half of all district games.
- Cross Country- participate in one-half of the meets and the district meet.
- Track- participate in one-half of the meets and the district meet.
- Golf- participate in one-half of the meets and the district meet.
- Tennis- participate in one-half of the meets and the district meet.
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** All requirements can be waived by the judgement of the athletic director concerning injuries, illness, practice participation, and any marginal cases.

Athletic Insurance:

Parents are fully responsible for payment of all medical bills. Grapeland ISD has a secondary accidental insurance policy on all UIL activities. This policy is secondary to the family insurance policy. The parents are responsible for filing their primary insurance carrier first and the school's insurance next.

Parents should contact the school coach or the athletic director to get proper forms as soon as possible after the injury. Many doctors require the form be brought to the examination.

The athletic director, along with the hired trainer will recommend which doctor to use and will help set up all appointments due to injury.

It will be best to contact Coach Ward concerning insurance matters at (903)806-3658.

Game-time injuries:

There may be occasions when the parents will have to take their athlete to the emergency room and in this case, the insurance forms will be handled after the visit. Hopefully, these accidents happen very infrequently. However, if an athlete is able to get to school and needs an appointment to see a doctor, the coaches would like to be informed. The athletic trainer is very helpful in getting an appointment with orthopedic doctors or specialists. The safety and health of the athletes are of great importance to each one of us. Please notify a coach if your athlete is complaining of something you deem serious, whether it happened at practice, game, or home. It will give us time to start up a treatment routine for your athlete.

We have read the Athletic Code for Grapeland ISD and understand all the provisions. We understand that to participate in the athletic program, the athlete must follow the guidelines that have been set forth in the code. We also understand that violations of the rules will result in the state disciplinary action.

We agree to abide by the rules set forth in this Athletic Code:

Athlete's Signature _____ Date _____

Parent's Signature _____ Date _____