

VERNON I.S.D ATHLETIC DEPARTMENT POLICIES AND GUIDELINES

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ATTENDANCE – IN SEASON

- A. ABSENT: Make up for each day of being absent. Make up @ 7:00 in the morning. All make up has to be completed before athlete can participate in an athletic event. Make up is only done during school year or sport season (August 4 to June 13) Monday thru Saturday.
1 MILE
- B. SUSPENDED FROM SCHOOL OR ISS: Make up for each day of being suspended. Make up @ 7:00 in the morning. All make up has to be completed before athlete can participate in an athletic event. Make up is only done on school days.
1 LION
- C. AEP: Make up for each day of being suspended. Make up @ 7:00 in the morning. All make up has to be completed before athlete can participate in an athletic event. Make up is only done on school days.
1 LION
- D. TARDY: 3 tardies equals one absent. Use absent policy in season..

NOTE: MIDDLE SCHOOL WILL DO MAKE UP DURING ATHLETIC PERIOD

ATTENDANCE – OFF SEASON

- A. ABSENT: Make up for each day of being absent. Make up will be done the next school day in athletic period.
1 MILE
- B. SUSPENDED FROM SCHOOL OR ISS: Refer to in season.
- C. AEP: Refer to in season
- D. TARDY: 3 tardies equal one absent. Use absent policy off season.

NOTE: MIDDLE SCHOOL WILL DO MAKE UP DURING ATHLETIC PERIOD

CHAIN OF COMMAND

If a player or parent has a problem or conflict with a coach, there is a proper chain of command to follow. **First**, talk to the coach that you have the problem with. Be respectful, honest, and direct, and you will receive the same treatment in return. If you are not satisfied or the problem is not resolved, then go to step **two**. Talk with the boys or girls coordinator. Again, be honest and respectful and you will be treated that way in return. If you still feel like the problem is not resolved to your satisfaction, then you should, **third**, take the problem to the athletic director. If you still feel like the problem is not resolved, then **final** take the problem to the superintendent. These steps seem lengthy, but almost any problem can be solved in this manner. By following the proper channels, further conflicts and problems can be avoided.

CONDUCT

- A. KICKED OUT OF A GAME OR CONTEST: 21 days of make up. Make up @ 7:00 in the morning. All make up has to be completed before athlete can participate in an athletic event. Make up is on Monday thru Saturday.
1 LION
- B. SIDELINE BEHAVIOR: {throwing helmet, equipment, leaving field or court,ect.}: 21 days of make up. Make up @ 7:00 in the morning. All make up has to be completed before athlete can participate in an athletic event. Make up is on Monday thru Saturday.
1 LION

NOTE: MIDDLE SCHOOL WILL DO MAKE UP DURING ATHLETIC PERIOD

CRIMINAL ACTIVITY

If you are charged with a serious misdemeanor or felony crime, you will not be allowed to participate on any athletic team until your name is cleared. In other words, you will be off all teams until one of the following occurs: (A) The charges are dropped. (B) You are found not guilty. (C) If you are found guilty and have served your time.

ELIGIBILITY

Under the provisions of **House Bill 72**, an athlete must maintain a 70 average in all classes to be eligible for extracurricular activities. In addition, the athlete must have the correct number of credits at the beginning of the school year.

- 9th – must be promoted to 9th grade
- 10th – must have 5 credits
- 11th – must have 10 credits
- 12th – must have 15 credits

In order to attend a Division I or II University on athletic scholarship, the athlete must meet all requirements or **Proposition 48**. Student athletes should check with the **athletic director** for these requirements.

EQUIPMENT

Vernon I.S.D. will issue the proper equipment for each sport. **The athlete will be held responsible for his or her own equipment.** An athlete will not be allowed to participate in another sport until his or her equipment record is cleared in the previous sport.

- A. EQUIPMENT LEFT OUT – Make up done the next day during athletic period.

1 MILE

NOTE: MIDDLE SCHOOL WILL DO MAKE UP DURING ATHLETIC PERIOD

FORMS

All incoming athletes are required to have a physical examination before participating in any athletic activity. An athlete that moves into the district should have a copy of his or her physical exam or make arrangements to get it. In addition to a physical examination form, all athletes must have a completed **Medical History Form, Acknowledgement of Rules Form, and Steroid Form**. Examples of these forms are included in this handbook. Please see to it that your paperwork is completed, signed properly, and up – to – date.

GROOMING

Students competing in athletics at Vernon I.S.D. will reflect a positive public image in their appearance. Hairstyles and clothing should not be disruptive. To attain a team appearance, as well as for safety reasons, hair should be neatly trimmed and not exceedingly long. Women should wear a hairstyle that will keep hair out of their eyes. Your appearance should, at all times, reflect class and pride in yourself and in our athletic program. {1 DAY OF MAKE-UP.} Make up is done the next day during athletic period.

1 LION

- A. FAILURE TO FOLLOW TRAVEL RULES WHILE TRAVELING (each sport different)
- B. IN PRACTICE AND GAME – NO EARRINGS
- C. IN PRACTICE, GAME, AND ANY SCHOOL FACILITIES – NO BANDANAS, RAGS, BODY PIERCING (not including earrings), TONGUE RINGS, ETC.
- D. FACIAL HAIR OR HAIR (will be asked to take care of the problem, otherwise)

NOTE: MIDDLE SCHOOL WILL DO MAKE UP DURING ATHLETIC PERIOD

INJURY OR ILLNESS

If you have an injury, see the team trainer. He will either treat the injury or refer you to your physician. If you are ill, tell your coach before you leave school or call him or her to let him or her know that you will not be in school. We do not need notes from home saying that you were ill or injured. As long as you do not abuse the privilege, your word on these matters is good enough.

If you are sick or injured, we do not expect you to work out, but if you are at school, we do expect you to be at practice, in the required uniform, following your group from station to station and learning as much as you can.

If your injury or illness requires a visit to a physician, bring us a note from the physician telling us how long you will be out and what we can do to treat your injury. **We will treat what a doctor says as law; you will not be allowed to return to practice until the doctor releases you.** We like to keep a file of these doctor's notes so please be sure to get one.

INSURANCE

Vernon I.S.D. has provided a supplemental insurance policy for all the district's athletes. This policy will provide insurance to all athletes regardless of age, sport, or activity. It is important to remember that this coverage will **not cover** the complete cost of an injury and will pay only after your primary insurer has paid all that it will pay. However, it should cover the deductible if you already have health insurance and help defray your costs if you do not.

Vernon I.S.D. cannot legally assume responsibility of medical and or hospital bills resulting from injury to any student who participates in any activity. It is the policy of the district to communicate with parents to make them aware that **any expense not covered** by the student insurance carrier **is the responsibility of the parent or legal guardian and not Vernon I.S.D.**

LETTERING

The individual coach will establish the lettering requirements. If the coach feels extenuating circumstances (such as an injury) have kept the player from meeting the requirements, the letter will be awarded. The athlete can purchase a jacket or blanket whenever he or she so desires, as long as all qualifications for the letter has been met.

LOCKER ROOM

During the course of the season you will spend a great deal of time in the locker room. **Take care of it like it was your own; it is.** Keep it clean by putting trash and tape in the trashcan. Do not wear muddy shoes or steel cleats in this area. Make this room a pleasant place for everyone. The locker room is also a private place. It is the place where your team family meets. **What is said in the locker room should stay there.** A rumor can grow until it disrupts a whole team.

LOCKERS

The athlete will be responsible for keeping his or her locker neat and clean for hygienic and organizational reasons. Your coach will explain to you how your locker is to be kept. **Do not keep valuables such as cash, jewelry, expensive clothing, etc. in your locker. Keep these items locked in your car or give them to your coach for safekeeping.**

PARENT, STUDENT, AND FAN BEHAVIOR

You are asked to remember that the athlete on the field or court is participating in a game. Winning is important, maybe even critical; however, it is still a game. All coaches work very hard to keep athletics in perspective, and we are asking you to do the same.

The **University Interscholastic League** is currently in the process of cracking down on schools whose fans cause confrontations with officials and coaches. Remember that if the UIL disciplines our school, it is our athletics that will suffer the most. In order to prevent discipline from the UIL, we must discipline ourselves. With this in mind, we want you to know that **unruly behavior on the part of fans will not be tolerated.**

Any fan that confronts an **official or coach** and threatens him or her either verbally or physically **will have charges filed** and will be **suspended** from attending any school – sponsored event for a period of **one year**, subject to a school board hearing.

Any fan that confronts an official or coach and uses profanity with him or her will be suspended from any school – sponsored event for a period of **one year**, subject to school board hearing.

It is a **violation** of state law to consume **alcoholic beverages** on school property. Drinking on the part of fans will not be tolerated. In other words, if you are intoxicated at a school – sponsored event, you will be asked to leave.

We in the Vernon I.S.D. Athletic Department sincerely hope that no incident of this kind occurs and that good judgment and good sportsmanship will prevail.

PROFANITY

- A. PROFANITY – Make up is done during the next day during athletic period.

1 LION

NOTE: MIDDLE SCHOOL WILL DO MAKE UP DURING ATHLETIC PERIOD

QUITTING

If an athlete quits a sport, he or she will be given an initial 24 – hour grace period to return. No coach will try to make you participate in a sport, but we do expect you to honor your commitments and finish what you start.

SCHEDULING CONFLICTS

Conflicts will arise in which an athlete will be participating in some other extracurricular activity. These conflicts are handled using the following rule: **A district contest will always take precedence over a non – district contest.** Using this rule, all participants will be given an opportunity to compete in the major contests or events of any extracurricular activity. The Athletic Department will do everything possible to avoid conflicts of this type.

SUBSTANCE ABUSE / {HS-MS}

Use of drugs, alcohol, and or tobacco will not be tolerated.

Drugs All athletes in grades 7 – 12 shall be subject to a mandatory student drug-testing program. Testing shall be performed in accordance with accepted practices and procedures as established by the drug – testing laboratory with which the district contracts. Sample collections shall be made on a random basis. In order for an athlete to participate in ANY extracurricular or UIL activity, the parent or legal guardian must give written permission for random drug testing. If the athlete is legal age or is married, he or she must sign a permission form in order to participate. If an athlete refuses to participate in the drug – testing program, he or she will not be allowed to participate in any athletic activity. If a test is positive, the parents shall be notified of the results. If the student is an adult or is married, the student shall be notified. The athlete must participate in a mandatory drug counseling program.

1st Offense: 21 DAYS OF MAKE-UP, all of which will start on the day of the next contest {Monday thru Saturday}. The athlete will be suspended from that sport until all make-up is finished. Will have to be tested again and show results of a negative test. Will run @ 7:00 in the morning.

2nd Offense: 42 DAYS OF MAKE-UP, all of which will start on the day of the next contest {Monday thru Saturday}. The athlete will be suspended from that sport until all running is finished. Will have to be tested again and show results of a negative test. Will run @ 7:00 in the morning.

3rd Offense: **Automatically suspended for one calendar year.**

Alcohol - Tobacco

1st Offense: 21 DAYS OF MAKE-UP, all of which will start on the day of the next contest {Monday thru Saturday}. The athlete will be required to attend and participate in all practices and training sessions while under supervision but can not travel with the team. Will run @ 7:00 in the morning.

2nd Offense: 42 DAYS OF MAKE-UP, all of which will start on the day of the next contest {Monday thru Saturday}. The athlete will be required to attend and participate in all practices and training sessions while under supervision but can not travel with the team. Will run @ 7:00 in the morning.

3rd Offense: **Automatically suspended for one calendar year.**

TRAVEL TO AND FROM ATHLETIC CONTESTS

Vernon I.S.D. will provide athletes with transportation to and from all athletic contests. All athletes will ride the bus to all athletic contests, except in cases of emergencies. Athletes may ride home from the contest in private vehicles providing the following conditions are met:

1. The coach has to receive a note.
2. The athlete may ride only with his or her own parent.
3. The athlete will only be released to the parent.
4. The athlete is responsible for returning all uniforms and equipment to the school as soon as possible.

UNIFORMS

Dress should be very professional both in uniform and out. We will furnish your uniform; so do not bring personal equipment from home. You will not be allowed to take any equipment from the locker room. Take care of your equipment; it is the best money can buy. Do not wear jewelry in practice or during the game.

If any situation arises that is not covered within these pages, policies and actions outlined in the Vernon I.S.D. student handbook will apply. In cases where there is no policy for the situation, the athletic director, the appropriate coach, and the superintendent shall decide what actions will be taken.

I have read and fully understand all of the policies of the V.I.S.D. athletic department: Academics, Attendance, Chain of Command, Conduct, Criminal Activity, Eligibility, Equipment, Forms, Grooming, Injury or Illness, Insurance, Lettering, Locker Room, Lockers, Parent Student and Fan Behavior, Profanity, Quitting, Scheduling Conflicts, Substance Abuse, Travel to and From Athletic Contests, Uniforms, Sign off Sheet.

Athlete's Signature _____

Parent's or Guardian's Signature _____