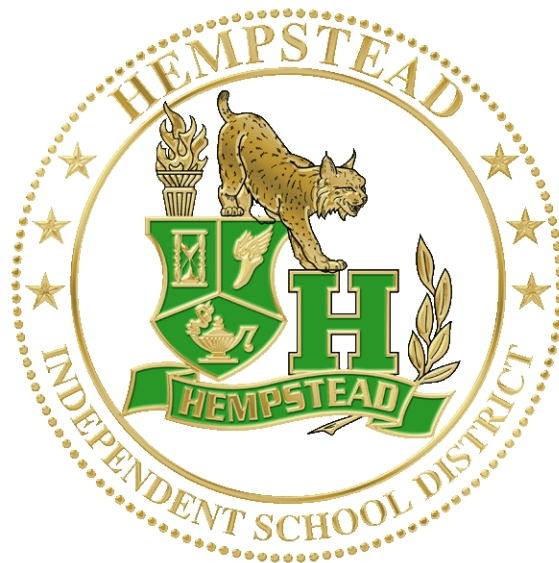


Hempstead

Independent School District



Hempstead ISD Athletics Handbook

2007 - 2008

Hempstead Athletics

Athletics is an important voluntary part of the total extracurricular program provided by the school. Athletics is designed to produce a well-rounded person who has learned the benefits of hard work, self-discipline, teamwork and leadership. It is believed that lessons gained from participating in extracurricular activities will enable students to better cope with everyday life.

The Athletic Department of the Hempstead Independent School District (HISD) strongly believes the primary purpose of a student's enrollment in school is to receive an education. We will provide the opportunity for young men and women to add to their education the skills and strengths that are the basis of all athletics:

- DETERMINATION
- SELF-DISCIPLINE
- COMMITMENT

Students that choose to be a part of athletics will be asked to do more than is required of the non-participating students. The "extra" is what will set them apart as they grow into contributing members of our society.

School athletics does have a tremendous potential for meeting the needs of our youth. Competition and cooperation have long been prized by our American culture. Both are fostered by well-conducted and competently directed athletic games. An intensive, well-balanced program of interscholastic sports should therefore be offered to all students. Interscholastic athletics for the physically gifted represents an area of great potential for practicing the pursuit of excellence.

It is therefore the goal of the athletic program to offer this opportunity of participation to every student who has the ability and desire to do so. However, no student is obligated to take part in athletics, nor is this required for graduation. **It is stressed that participation in athletics is a PRIVILEGE, not a right.** Since it is a privilege, the coach has the authority to revoke that privilege when rules are not followed. The special standards for athletes will provide the security of authority that our youth need. The athlete will know what he/she can and cannot do. He/she will realize that the school wishes for him/her the very best achievement level, both in his/her own life and in interscholastic athletics.

It is our desire that all students are allowed to participate in athletics; however, participation does require extra effort and dedication, requirements that not all students are willing to meet. We are willing to help all students but not to sacrifice the efforts of many to help someone not willing to abide by our standards.



Academics (No Pass, No Play)

Students shall be permitted to participate in athletic activities subject to these academic restrictions:

1. During the initial six-week period of the school year, students must have accumulated the required number of credits toward graduation. An incoming 9th grader must have been promoted to the 9th grade, not placed there. A 10th grader must have at least 5 credits, an 11th grader must have 10 credits, and a 12th grader must have 16 credits; however, a student obtaining at least five credits the previous year may also be eligible at the start of the school year. Students not meeting these state requirements can practice but cannot compete during the initial six-week grading period of the school year.
2. During subsequent six-week periods, students who receive a six-week grade below 70 in any subject (60 in approved advanced level classes) or students who fail to meet the standards of their IEP may not participate in extracurricular activities during the following six-week period. The suspension goes into effect 7 days after the last day of the six-week period during which the grade lower than 70 was earned. Students shall be allowed to participate at the end of any six-week period in which they earn a grade of 70 or above in **all** subjects.
3. Students who are academically ineligible to participate will continue to practice with the team during the period of ineligibility; however, they are prohibited from participating in contests.
4. Ineligible students may regain eligibility at the 3-week point of the six-week grading period if they are passing **ALL of the classes** that they are taking.
5. All students receiving grades below 75 on progress reports and report cards should attend tutorials. Any student attending tutorials will bring a note from the tutorial teacher to the coach to assure the coach that they were in the tutorial that they needed to attend. Specific sports may make this practice mandatory and even require more stringent guidelines.
6. If a student consistently fails classes or makes no attempt to obtain extra assistance by attending tutorials, he/she can be removed from the athletic program.
7. Students not passing state level tests may be placed in review classes for extra assistance. While these classes are mandatory, the state places no credit with them. These classes could also replace classes that the student wants to take including athletics. Students in this situation will need to visit with their coach to determine what they will need to do to continue to participate in their desired sport. Anyone in this situation will need to also discuss the matter with the athletic director.

8. All athletes are reminded that they are at school to obtain an education. They are not at school to participate in athletics. Coaches will monitor grades in all classes in order to encourage athletes to strive to do their best academically.

Athletic Programs

A. Football

High School – The high school will field up to three teams: varsity, junior varsity, and freshmen. Each team may schedule a maximum of ten games and two scrimmages and will conform to UIL rules and regulations, 26AA district rules and any HISD special rules.

Middle School – The middle school will field a 7th grade team and an 8th grade team. If at all possible, an A and a B schedule will be played at each level. A maximum of nine games per season shall be played.

B. Volleyball

High School – The high school will field up to three girls' volleyball teams: varsity, junior varsity, and freshmen. Schedules shall conform to UIL rules and regulations, 26AA district rules and any HISD special rules.

Middle School – The middle school shall field a 7th and 8th grade girls' volleyball team. If at all possible, an A and a B schedule will be played at each level. Each team may participate in no more than twelve matches and one tournament.

C. Cross Country

High School – The high school shall be allowed to field a team for boys and for girls. The cross-country program will begin in August and continue through October. The schedule of meets shall conform to UIL rules and regulations, 26AA district rules and any HISD special rules.

Middle School – The middle school shall be allowed to field a team for boys and a team for girls, provided that interest is shown and that meets can be found.

D. Basketball

High School – The high school will field up to three teams for both the girls and the boys program: varsity, junior varsity, and freshmen. The schedule will conform to UIL rules and regulations, 26AA district rules and any HISD special rules.

Middle School – Both boys and girls will field teams for the 7th and 8th grades. If at all possible, an A and a B schedule will be played at each level. Each team may schedule a maximum of twelve games and two tournaments.

E. Track

High School – Both the girls and boys may field a maximum of two track teams: varsity and junior varsity. Schedules shall conform to UIL rules and regulations, 26AA district rules and any HISD special rules.

Middle School – The middle school may field a maximum of two boys and two girls track teams: 7th and 8th grades for each. Each team shall be allowed to participate in a maximum of six track meets.

F. Golf

High School – The high school shall be allowed to field a varsity and junior varsity golf team for boys and girls. Schedules shall conform to UIL rules and regulations, 26AA district rules and any HISD special rules. Golf workouts shall be conducted during after school hours only.

Middle School – The middle school will field both a boys' and girls' team. The golf coach under UIL guidelines will design their practice schedule. They will at least compete at the district golf tournament. Golf workouts will take place after school.

G. Power Lifting Program

High School – The high school may field a maximum of two boys' and two girls' power lifting teams: varsity and junior varsity. Schedules shall comply with the rules and regulations of the Texas High School Power Lifting Association and any special rules of HISD.

H. Softball

High School – The high school may field a maximum of two girls' fast-pitch softball teams: varsity and junior varsity. Schedules shall conform to UIL rules and regulations, 26AA district rules and any HISD special rules.

I. Baseball

High School – The high school may field a maximum of two boys' baseball teams: varsity and junior varsity. The junior varsity team will play in no more than fourteen games and one tournament. Schedules shall conform to UIL rules and regulations, 26AA district rules and any HISD special rules.

Athletic Awards

The coaching staff of each sport, along with the athletic director, will determine what is expected of an athlete in order to qualify for a letter in each sport. At the achievement of the first letter, the district will award a jacket to the athlete. Jackets will be ordered in November and May. Awards will be based upon UIL guidelines and athletes will only receive one jacket from the district. At least one annual athletic banquet will be held in order to recognize the achievements of our athletes over the school year.

Medical Program

General

The school designates an athletic trainer to administer and give advice regarding all injuries that occur with athletes. This trainer is to be used for initial analysis if possible and if not then is to be consulted as soon as possible to facilitate the rehabilitation of the injury. The specific coach is to communicate with the parents as to the rehabilitation and/or further examination of the athlete if necessary. Should parents request that a specific physician be used, the trainer and coach will attempt to honor that request.

Physical Examinations

Before participation in either a practice or a game is permitted, ALL students are required to have a current physical examination. The original official (UIL) physical form, signed by both the examining physician and the parent, will be kept on file in the training room at the gym. Each coach is responsible for having a copy on file. Students will not participate nor be assigned athletic uniforms without a valid physical form being on file in the athletic office. The athlete can use their own physician and according to UIL this year, a chiropractor can be the recognized doctor on the signature line. **No one will practice or participate without a current physical on file.**

Insurance

HISD purchases an insurance policy that acts as the insurance co-pay for students injured “while participating for, competing in, or traveling to and from as representatives of a member school and under the direct supervision of a full time school employee, all athletic and activity events under the regulation and jurisdiction of the school.” This policy is secondary coverage and prescribed procedures must be followed. For parents who already have insurance coverage on their child, claims will be sent to their insurance carrier first. When their policy has met its obligation, claims may be filed on our policy. Procedures for filing the insurance claim must be followed. Check with the athletic director to make sure of the policies as they are subject to change from year to year. Any insurance claims that are not paid by the above mentioned policy would be the responsibility of the student and/or his/her parents or guardians. The school assumes no responsibility for such claims. The claim forms will be allocated through the athletic director’s office along with instructions for proper use.

Injuries

When an injury of a serious nature occurs during competition or practice, the athlete needs to inform the coach or trainer immediately. The coach or trainer will make an effort to determine the extent of the injury. If at practice, and the trainer is not present, the coach will notify the parents as soon as is reasonable to his best estimate of the extent of the injury. The trainer will be notified in non-serious situations and a visit will be scheduled as soon as possible so that the trainer can examine and determine the best way to proceed, either with treatment or with further diagnosis. If the injury appears serious and a more expert medical attention appears to be warranted, then the parent (or the coach in charge if no parent can be contacted) will make that determination. If the injury requires immediate attention, the coach will attempt to locate the parent to find out how they want to proceed; if a parent cannot be found, the coach will alert the proper authorities to respond the site of the injury.

Athletic Team Travel Policy

1. School buses are to be used to transport all athletic groups whenever possible. When a school bus is not practical, because of distance, size of group, etc., transportation may be in another school vehicle.
2. Coaches are to demand that all athletes dress properly on all out of town trips. We are not just representing ourselves but HISD when we travel. Athletes should act like ladies and gentlemen on the bus, in the dressing rooms, during competition, and in the restaurant (if applicable) following the contest.
3. Meals will be provided during all away competitions in which more than thirty minutes travel time is involved.
4. No student is to make an athletic trip if he/she is not a participant or if he/she does not have an official capacity with the team. Any student who is ineligible cannot travel with the team for any reason.
5. All athletes must travel with the team. No student is allowed to drive him/herself to the site of a contest when outside the HISD. All athletes must return with the team unless a parent (**and only the student's parent**) has requested that his/her son or daughter be allowed to travel home with them. This should be done in emergency or special type situations only. The "Parental Release Consent Form" must be signed and kept on file each time an athlete is released to a parent.
6. No athlete may leave the team under the supervision of anyone other than his/her parent or guardian.
7. Any overnight travel will require that information on the trip be provided for the parents in a timely manner. Any action that is deemed inappropriate during the course of a trip

will result in disciplinary actions that could include the athlete being sent home at the time of the occurrence.

8. Coaches may set more specific guidelines for their sports when traveling.

Athletic Standards

The following areas are judged to be of significant importance in the establishment of the type of athletic program necessary to achieve the above-mentioned objectives.

Behavior:

- Proper dress and appearance, good grooming, and personal cleanliness
- Abstinence from alcohol, tobacco, and drugs
- Pursuing physical fitness through training, adequate rest, and proper nutrition

Citizenship:

- Exemplary conduct, on and off campus
- Adherence to school and community rules
- Respect for individuals and property
- Appreciation for scholarship and academic achievement

Team Responsibility:

- Common goals and group loyalties
- Subordination of self-interest to team values
- Self-discipline and personal sacrifice for team goal

BEHAVIOR GUIDELINES

If we are truly committed to becoming more competitive in all sports, we will need to be committed to becoming better athletes. To become a better athlete, we must be willing to strive to do our best in all areas of the educational process. This means that certain behaviors must be learned and developed: commitment and self-discipline.

A true commitment means working hard at all times, taking care of class work in order to retain eligibility, being a self-disciplined leader at school instead of being one of the undisciplined problems in the hallway and classroom, and having the willingness to be coached.

Self-discipline means doing what is expected of an athlete even when no one is around to make sure that you are taking care of yourself and trying to make sure that your teammates are doing what they are supposed to be doing.

In order to be a part of our program, athletes will be expected to abide by the following guidelines. While these guidelines are few, if followed, they will allow our athletes to develop the skills and abilities to become the type of person who is a lifelong leader in their community. If he/she or his/her parents feel they cannot follow these guidelines, then they may need to find something else to do with their energies. The guidelines are simple and WILL be adhered to.

All athletes will be held accountable for all of the following guidelines.

- 1. All athletes in the athletic program will actively participate in our off-season program. Any one desiring to participate in a sport that is not in the athletic period will have to meet with the athletic director to discuss what requirements must be met in order to participate.**
2. All athletes will dress out daily in order to participate in workouts.
3. Any absent athlete will call on that day **before** their athletic period (979-826-3331 or the appropriate number) to report that they will not be there. If no call is received it will be considered an unexcused absence and will result in extra work to be completed. **Three** or more unexcused absences are grounds for an athlete being removed from the program.
4. Any assignment to ISS or OSS will result in athletes being suspended from competition and extra work being assigned; however, they will still attend and participate in practice. Repeat assignments to ISS or OSS may result in removal from the athletic program.
5. More than one assignment to the district DAEP may result in removal from the athletic program.
6. All athletes will be assigned workout clothes and lockable lockers. The athletes will be responsible for the assigned clothes. Anything not returned will be the responsibility of the athlete. Anyone wearing workout clothes in a non-athletic setting will be considered to be in possession of stolen school property.
7. Athletes will be expected to strictly follow the normal school guidelines as far as dress code, attendance, and behavior are concerned. **IN ADDITION, THERE WILL BE NO FACIAL HAIR, WEARING OF EARRINGS OR DO-RAGS, OR WEARING OF PANTS BELOW THE BUTTOCKS BY THE YOUNG MEN IN OUR PROGRAM AT ANY SCHOOL-SPONSORED ACTIVITIES.**
8. Due to past events, some athletes will be asked to sign behavior contracts in order to participate in our athletic program. We are not trying to prevent involvement, but athletes must realize that they will be held to higher standards (since they represent the entire community when they participate in athletic competitions) and these contracts will insure that all parties involved are cognizant of these standards.

9. Athletes competing in one sport are required to successfully complete that sport before being allowed to participate in a subsequent sport. This does not mean that they cannot participate in two sports at the same time; simply that they cannot quit one sport to participate in another.
10. All athletes will be required to demonstrate simple conditioning level before being allowed to participate in a sport, for example, by running a mile or performing a certain amount of crunches.
11. All athletes will comply with ALL coaches instructions at all times.
12. Athletes who commit acts away from school that lead to their detainment by civil authorities will be subject to disciplinary actions by the athletic program which could include removal from the program depending on the severity and nature of the incident.

The Coach's Role

The coach who is willing to take a personal interest in every young person in the educational environment can influence the destiny of the community. In our work, we can influence and affect the lives and character of many young people. We can teach true values and the real meaning of a successful life. We can teach the proper mental attitude and the vital role it plays in the development of that successful life. The crucible may be the football field, the basketball court or the track; the ingredients – self-confidence, determination, and the will to win – may be present; but the inspiration to put it all together must come from the one who leads. That is the role of the coach – to be their leader.

A coach is a leader and a leader's job is to reach predetermined goals through other people. The key to successful leadership is the relationships that exist:

- Between the coaches themselves
- Between the coaches and the parents
- Between the coaches and the community
- Between the coaches and the school faculty
- Finally, and most importantly, between the coaches and the players.

Leadership involves genuine, solid relationships with all people, but success in coaching lies first of all in the coach's relationship with the players. It is absolutely essential to establish and maintain a consistent philosophy toward the players and how they will be treated. A successful leader must develop a system of values with which he/she can live in openness and with the assurance that he/she is maintaining private, personal integrity as well as good public relations.

Coaching Responsibilities

1. Each coach is responsible for implementing and maintaining the before mentioned objectives and standards.
2. He/she is responsible for preparing the athletes to meet the demands of competitive sports with safety.
3. The coach should prepare each athlete by teaching individual and team skills, game rules and strategy, and by developing the athlete's ability to cope with the psychological aspects of competition.
4. He/she should emphasize that training is a prerequisite for achieving top performance; therefore, athletes will demonstrate this by their efforts and attendance at all practices.
5. He/she will stress that athletes are leaders, representing their school and community, and therefore should be showing this leadership in competition, practice, and in the classroom.
6. The coach should be concerned with the image he/she personally projects and the relationship he/she establishes with (a) the athlete, (b) the faculty and administration, and (c) the people in the community.
7. The coach should make every effort to encourage good relationships between his/her team and the team against whom he/she is competing.