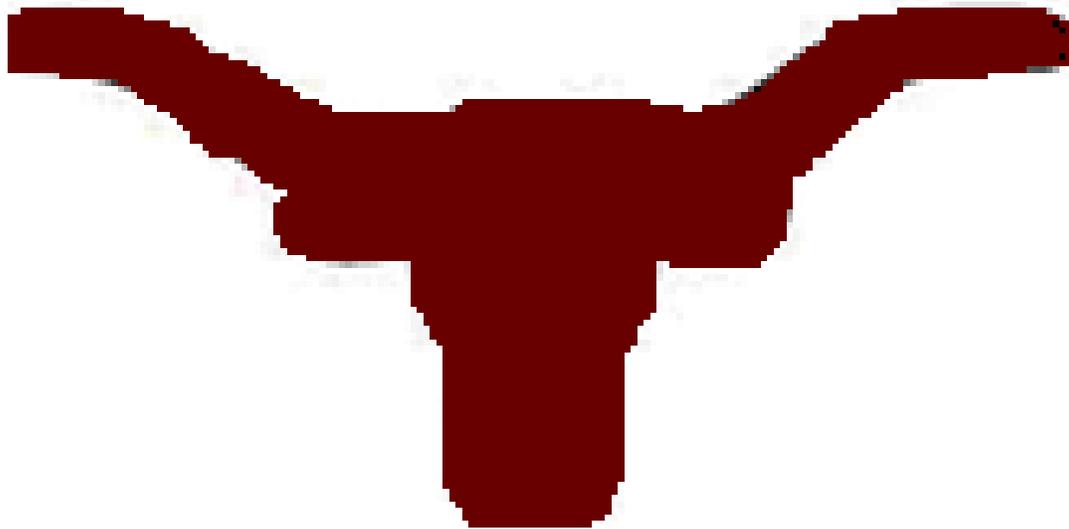


**HART INDEPENDENT
SCHOOL DISTRICT**



**ATHLETIC STUDENT
HANDBOOK
2016-2017**

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I. STATEMENT OF PURPOSE

Athletics is an exciting opportunity for students to excel in extracurricular activities. Individuals will strive to be the best they can be through hard work, goal setting, dedication, and loyalty to: teammates, the program, and to their coaches. It is with these attributes that the young men and women of **Hart ISD** will learn lessons that will stay with them for the rest of their lives. Opportunities will arise, through participating in athletics that will allow students to build character, develop a sense of self-confidence, and to be able to overcome adversity. These lifelong lessons will teach these young men and women to be able to be productive and successful citizens in our society in the near future.

II. SPORTS AND SEASONS

Hart ISD will participate in the following UIL sports for the 2016-2017 academic years:

A. High School:

1. In School Sports: Cross Country, Football, Basketball, Offseason and Track.
2. After School Sports: Tennis, Golf.

Jr. High: Football, Basketball, Track, Cross Country, Tennis.

III. LETTERING AND AWARDS

In accordance with UIL rules, each athlete can be awarded one (1) letter jacket during their high school career. A letter jacket may be received for the first time during the athlete's freshman year.

- A. An athlete will receive a letter when he/she has participated in at least half of the varsity competitions and completed the season on the varsity team for a particular sport.

- B. Managers must complete two years as a manager to qualify for a letter.
- C. Student trainers must complete two years as a trainer in order to qualify for a letter.
- D. All athletes who participate below the varsity level will receive an award certificate from the Athletic Department.

IV. SUB-VARSITY SPORTS

Our program is organized to encourage maximum student participation. It is our philosophy to try to play all sub-varsity players in some form or fashion during the contest. At the Jr. High level all students will participate in contests according to the coach's discretion. As players progress to 9th grade teams and JV teams, coaches will determine playing time as the contest or game allows, with the idea that all athletes can contribute to the contest. Sports at these levels will emphasize fundamentals and will be coordinated with the high school athletics program in terminology and discipline.

V. NO PASS/NO PLAY

VI.

Students must maintain a grade point average of 70 or above in all subjects in order to be eligible for UIL activities. Certain advanced courses are exempt from this provision. *See below.* Students who do not pass all subjects are ineligible to participate in games or contests. They are expected to continue to practice with their teams. Ineligible students will have their grades rechecked every three (3) weeks to determine whether they are passing all subjects and have regained eligibility. Students who regain eligibility at the end of a six weeks period will have a seven-day waiting period before being allowed to participate in a contest. An ineligible student may regain eligibility.

- (1) At the end of a six-weeks period if all subjects, except those identified as Advanced or Honors, are passed; (seven day waiting period required) and
- (2) At the three-week check point if all subjects, except Advanced or Honors courses, are passed. (Seven-day waiting period required) If a student becomes academically ineligible for two consecutive six week periods during the school year; the athlete will be dismissed from athletics. In the following year, if the student has regained academic eligibility, he/she may be reinstated into athletics; however, he/she will be required to sit out for the 1st half of the season in which he/she will be participating.

VI. INJURIES AND INSURANCE COVERAGE

The school assumes no responsibility for medical expenses as a result of injuries; however, Hart ISD provides accident insurance coverage for University Interscholastic League activities. The Hart ISD Student Athletic Insurance Policy is supplemental only. The policy contains limitations, which are explained in the master contract. Parents must assume responsibility for payment of charges that exceed the benefits provided by the policy.

The coverage DOES NOT provide benefits for ANYTHING but UIL activities. Parents may purchase the additional AT SCHOOL, OR 24-HOUR COVERAGE to provide more general coverage for injuries. Questions regarding this policy may be addressed to the Hart ISD staff, but final determination of coverage is governed by the Master Contract available for review at the Hart ISD Business office.

VII. NON-SCHOOL COMPETITION

It is a violation of Hart ISD policy for any student athlete to participate on a Non-UIL team during the season of that particular sport. If it is a sport in which Hart ISD does not participate, the student may participate

on the team with the permission of his or her coach. Hart ISD varsity teams will not schedule or play non-school teams.

VIII. CODE OF ETHICS

It is the duty of all concerned with Hart ISD athletics:

- A. To emphasize the ideals of sportsmanship, ethical conduct, and fair play;
- B. To stress the values derived from playing the game fairly;
- C. To be cordial and courteous to visiting teams and officials;
- D. To establish a sportsmanlike relationship between visitors and hosts;
- E. To respect the integrity of the judgment of sports officials;
- F. To achieve a thorough understanding of the rules of the game and the standards of eligibility;
- G. To encourage leadership, initiative, and good judgment by players on the team; and
- H. To recognize that the purpose of athletics is to promote the physical, mental, moral, social, and emotional well-being of the individual players;

IX. HART ISD ATHLETIC CODE OF CONDUCT

Participation in extracurricular activities, particularly student athletic program, is a privilege that is available to all Hart ISD students who have the ability and desire to participate. Further, it is well recognized that while representing the District in athletic competitions, student athletes are more visible and stand out to other students, parents, and community members both in Hart and in other communities. As such, they are role models and student ambassadors for the District. For this reason, student athletes are held to high standards in all respects of student life, and certain individual sacrifices are not only expected, but often required. Therefore, in addition to the Hart ISD Student Code of Conduct, all student athletes shall adhere to the following rules:

1. No profanity or trash talk. Remember, people don't see you; they see the school's name across the jersey.
2. Be the same player when winning or losing.
3. Snide comments or remarks to officials will not be tolerated.
4. Always respect your opponents, regardless of the situation.
5. School attendance is required on game day unless approved by the Athletic Director.
6. Truancy is a violation of school policy. **GO TO CLASS!**
7. Coaches may require guidelines that are pertinent to their sport.
8. Go to practice. There are very few acceptable excuses to miss practice.
9. **NO HAZING!!!** "Hazing" is any activity intentionally taken for the purpose of initiation in which any student(s) humiliates, degrades, or physically or mentally abuses any other student.
10. Stealing is strictly prohibited. Any athlete who is caught stealing will be suspended or removed from athletics in the discretion of the coach or athletic director.
11. Fighting is prohibited.
12. All students that participate in a UIL sanctioned sport must be enrolled in the Athletic Period. This class is for athletes only. Any athlete that continues to fail and remain ineligible could lose the right to be in athletics.
13. All students in extra-curricular athletics are subject to random drug/steroid testing. Please refer to District Policy FNF (LOCAL).
14. Consumption, possession, sale, or being in the environment of alcohol, tobacco, or any illegal substance is strictly prohibited.
*****THIS RULE APPLIES 365 DAYS A YEAR*****
15. Any athlete that quits a sport for unexcused reasons after the season has started, but before the season is completed, will not be allowed to enter or participate in another sport until that sport has finished.
 - a. Any athlete who quits or is dismissed from a sport forfeits that sport's letter award regardless of the time put in for that sport.

- b. For an athlete to be allowed to continue in athletics, the athlete must complete an appropriate amount of make-up conditioning, as determined in the coach's discretion.

The above list is not exhaustive. Student athletes are expected to not engage in any activity that could adversely affect his/her team or the District. Any violation of the Hart ISD Athletic Code of Conduct will result in disciplinary action by the coach or athletic director. Repeated violations could result in removal from the program.

X. ADDITIONAL CONDITIONING AND DISCIPLINE FOR CERTAIN MISCONDUCT

In certain situations, athletes may be required to make up for lost conditioning, "make-up conditioning," due to missing practice, showing up late to practice, missing a game, quitting a sport, or other appropriate reason. Athletes are not allowed to participate in upcoming athletic contests and games until they have completed the appropriate amount of make-up conditioning, which will be determined in the coach's discretion as he/she deems appropriate, and within the schedule determined by the coach. The purpose of this additional conditioning is to ensure that athletes remain in top physical shape for their safety and the benefit of their team. Athletes must continue to practice and complete the additional conditioning after practice. Although subject to the coach's discretion, the types of conditioning include but are not limited to: power leaps, bear crawls, army crawls, prints, long distance runs, and/or whistle drills. In addition to make-up conditioning, student athletes who miss practice for unexcused reasons will be subject to additional discipline.

1. Missed Practices

- a. **Excused Absences** – additional conditioning will be equivalent to the conditioning missed at the practice.
 - i. The following constitute excused absences:

1. Observance of religious holiday, ritual, ceremony, etc.;
2. Participation in other Hart ISD sponsored activities;
3. Absence due to student illness;
4. Absence due to significant family illness or death of a family member;
5. Other circumstances approved in advance by the student's head coach, if feasible, and in the discretion of the coach or athletic director.

b. Unexcused Absences are a violation of the Athletic Code of Conduct and will subject a student to discipline, at the coach's discretion, including, but not limited to: loss of starting position, and suspension for a portion of all of a game(s). Repeated violations for unexcused absences will result in multiple game or contest suspensions, dismissal from the sport, and/or dismissal from athletics all together. Specifically an athlete with four (4) unexcused absences from practices (or the equivalent) shall be suspended from the sport. The athlete may return to participation in athletics only if the athlete has finished the make-up conditioning in the amount and within the time specified by the coach or Athletic Director. Failure to complete this make-up conditioning will result in the athlete's dismissal from athletics for one (1) full calendar year.

2. Missed Games

Missing a game or contest for an unexcused reason shall result in make-up conditioning and other discipline by the coach in his/her discretion consistent with this Handbook and the consequences for unexcused absences from practice.

3. Quitting

Any athlete who quits a sport before its completion for unexcused reasons will be released from athletics for one calendar year, and he/she may be subject to make-up conditioning prior to returning to athletics after one calendar year.

4. Failure to Exert Maximum Effort

Effort is not determined by an individual's ability or talent level. Effort is the driving force that pushes all athletes to become better and strive to be the best they can be. Failure to give the maximum effort partially results from athletes being out of shape/ Accordingly, failure to give the maximum effort will result in additional conditioning and discipline at the coach's discretion.

5. Detention, In-School Suspension (ISS) and/or Expulsion

Any practice missed because of detention, ISS or expulsion will be considered an UNEXCUSED absence and is subject to discipline and make-up conditioning at the coach's discretion. Violations of the Student Code of Conduct may result in additional discipline, as determined by the coach, which will be in addition to any discipline given by school teachers and/or administration.

XI. ATTENDING PRACTICE WHILE INJURED:

An athlete who is unable to participate in practice because of an injury is NOT excused from attending practice. He/She will be required to be present during all phases of the workout. He/She will not be allowed to sit or stand uninvolved during the workout unless physically unable. An athlete who does not attend practice because of an injury will be assessed the consequences of an unexcused missed practice.

XII. OVERNIGHT STAYS

Anytime students are on trips that require overnight stays such as regional track, state track, baseball, basketball, or football and we have a mixed group, the coaches will assign rooms to the athletes. Under no circumstances shall athletes of the opposite sex be in the same hotel room as members of the other sex. There will never be any reason that boys should be in girl's rooms and vice versa; it is never acceptable for any reason no matter if doors are open or closed. All other rules in this Athletic Code of Conduct and the Student Code of Conduct shall be in full force and effect at all times.

All students found violating this policy will be subject to appropriate disciplinary actions as determined by the coach in charge and the Athletic Director, including but not limited to:

- a. Removal from competition;
- b. Being sent home immediately; or,
- c. Being removed from the sport or athletics.

XIII. MANDATORY RANDOM DRUG TESTING

Students in grades 6-12 that participate in school sponsored extra-curricular activities are required to undergo mandatory drug testing in accordance with district policy. All drug testing will be administered in accordance with District Policy FNF (LOCAL). This policy may be reviewed online at:

[http://pol.tasb.org/Policy/Download/277?filename-FNF \(LOCAL\).pdf](http://pol.tasb.org/Policy/Download/277?filename-FNF%20(LOCAL).pdf).

XIV. PARENT – COACH MEETING PROCEDURES

Parents with concerns or questions should first address them with the applicable coach, using the following procedure:

1. Call the school and ask for the coach;
2. Request a meeting;
3. If the coach is unavailable, call the athletic director and request a meeting be arranged;
4. Do not confront a coach before or immediately after a practice or a game. Meetings of this nature do not promote positive resolutions. A meeting should be scheduled during a coach's conference period;
5. After meeting with the coach, the next step is to call the Athletic Director;
6. If the issue is still not resolved after talking to the Athletic Director, parents should call the Superintendent.

**HART INDEPENDENT SCHOOL DISTRICT ATHLETIC
DEPARTMENT PARENT'S APPROVAL OF ATHLETIC
PROGRAM PARTICIPATION**

*****Athlete and Parent must sign and return rules before the athlete will be allowed to participate in any athletic contest.*****

Participation in athletics is a privilege. As such, student athletes are held to a higher standard of conduct. Parent and student consent and agreement to abide by the rules, standards, expectations, and consequences contained in the Hart ISD Athletic Student Handbook are required for a student to participate in Hart ISD athletics. Additional rules mandated by the coach of any particular sport will also be enforced.

I have read the Athletic Rules and understand all consequences of any rule violations. I understand that the coaches and Athletic Director have the final say in all matters concerning athletics.

Athlete's Printed Name: _____

Athlete's Signature: _____ Date: _____

Parent's Printed Name: _____

Parent's Signature: _____ Date: _____

Emergency Contact: _____ Phone: _____

Date: _____