

Educating the Future!



Midland Independent School District

ATHLETIC HANDBOOK 2017 - 2018

Dear Athlete and Parent(s),

The purpose of this athletic handbook is to serve as a guide of our expectations for our student-athletes at Midland Independent School District. I believe the foundation for success is that of discipline. An important key in the establishment and maintenance of good discipline is clearly defined expectations. I would like to ask each student and parent to carefully read the contents of our Athletic Handbook and sign the contract at the end of the booklet. **The Contents of this handbook along with the Student Code of Conduct will be strictly followed.**

In signing the contract you are showing your acceptance of the discipline policies outlined in the Athletic Handbook. Remember the participation in interscholastic athletics is a privilege, not a right. It is our goal for our athletes to represent our community, our schools, and our families with a great deal of **pride**. Let's win championships with class, dignity, and respect.

Expect Victory,

Randy Rowe

Randy Rowe

Executive Director of Athletics

Midland Independent School District

MIDLAND ATHLETICS BELIEFS

- I. BE ON TIME**
- II. DO WHAT IS RIGHT**
- III. DO YOUR BEST**
- IV. TREAT OTHERS AS YOU WANT TO BE TREATED**

**Midland Independent School District
Athletic Handbook**

Athletic Philosophy

The primary purpose of an athletic program should be the fostering and development of young boys and girls. All policies, objectives, relationships and activities shall be governed by this student-centered philosophy. Everything we do shall be in the best interest of our young people.

Participation in athletics develops the bodies and minds of students to a greater level of efficiency. In addition, it gives self-confidence and a sense of accomplishment and belonging. Leadership qualities are discovered and enhanced through athletics. Athletics also provides for competition. Competition is an essential part of life. Human nature is competitive and in all aspects of life, people compete. Therefore, we should teach our young people how to compete with pride, respect, morals, and a positive attitude. It is the goal of this athletic program to offer the 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 also stressed that participation in Midland ISD's athletic program is a privilege, not a right. Since it is a privilege, the coach has the authority to revoke the privilege when rules are not followed.

It must be understood that a good athletic program must be an integral part of the total school system. Academic achievement must remain the number one concern of the student, coach, and administrator (Academics First).

GENERAL POLICIES AND RESPONSIBILITIES

All athletes have the responsibility to give their best, play to win, follow training guidelines, and exhibit good conduct and fair play at all times so as to be a credit to their school. Athletes, as well as coaches, are always on display. We are judged by the company we keep. Our actions in everyday life, both private and public, are a direct reflection on this athletic program and our school.

A. During competition, an athlete must:

1. Learn that both winning and losing are part of the game and learns to accept both.
2. Never resort to illegal tactics
3. Have complete control of himself/herself at all times. Horse play, display of temper, use of profanity, and disrespect for coaches or officials will result in disciplinary action from the coach.
4. Respect the decision of officials. The breaks of a game might go against you, but the officiating is not to blame. Officials are human beings who are doing their best to see that a contest is being run smoothly and honestly and also being conducted in accordance with the established rules.

B. In the locker room, an athlete:

1. Must take pride in the locker room and follow all rules and expectations - the locker room will be a home away from home during the athletic season and throughout the school year for most athletes.
2. Must hang up and store equipment in the proper place.
3. must maintain a clean locker
4. Will not borrow another player's equipment; the athlete should ask a coach for equipment.
5. Will not keep food overnight.
6. Will be encouraged to shower after each practice/contest.
7. **Will lock cell phones in lockers during athletics athletic times.**

C. In the classroom, an athlete must:

1. Realize that he/she is a student first, and athlete second. The student-athlete must give time and energy to the classroom to ensure acceptable grades that meet the UIL requirements for participation. Coaches will monitor grades through a grade check system. Coaches will speak with the student first, then the parent/guardian will be contacted by the coach. If a student is struggling, he may be required to attend a study hall. The head coach of each sport will outline his/her expectations for study hall or tutorials.
2. If student-athlete fails two consecutive six weeks, they will be subject to removal from the athletic period.
3. Maintain a satisfactory citizenship and behavior record by giving respectful attention to classroom activities and by treating teachers, administrators, and fellow students with respect. Tardiness, horse play, and unnecessary talking are unacceptable behavior habits that, if uncorrected by the student-athlete, may result in suspension from the athletic program.
4. Be in attendance for at least half of the school day to be eligible to compete in a contest. Any exception will be decided by the Athletic Coordinator and Campus Principal.

D. On campus, an athlete must:

1. Maintain proper dress and appearance, good grooming, and personal cleanliness. You are a leader and you have only one chance to make a good first impression.
2. Refrain from fighting, scuffling, horse play, and juvenile behavior in and around the school building.

E. Outside of school, an athlete:

1. Is still a representative of the Athletic Program, thus has higher expectations as a student-athlete.
2. Is subject to disciplinary action by the Athletic Department for behavior deemed inappropriate (criminal activity, reckless behavior, alcohol, tobacco, drug use, fighting, inappropriate social media, etc.).

F. Club, League, or Select Team Participation

1. It is the expectation of MISD Athletic Coaching Staff that school sponsored sports take precedence over non-school sponsored club sports. Failing to follow this expectation may result in suspension or dismissal from the school sponsored sport.
2. An athlete in-season for any MISD sport must notify the head coach of the in-season sport of participation in a non-school sponsored/club sport.

PERSONAL APPEARANCE & GROOMING

In addition to following Midland ISD Board approved dress code (found in the Student Code of Conduct) student-athletes may have additional expectations in regard to personal appearance and grooming in the athletic period, practice, games, and travel to and from competition. This will be determined by the coach in charge. Some general guidelines are listed below:

- Uniformity - athletes will all be dressed in school issued clothing for the athletic period, practice, and games (each head coach may have additional requirements).
- Be neatly groomed.
- All jewelry must be removed for any type of participation in athletics.
- “Do rags” are not permitted to be worn. It is important to note that most of these trap heat in the body and become a health hazard. “Skull” caps are permitted if issued by the coach.
- Athletes are not permitted to wear earrings during practice or when competing in a UIL event.
- *No facial hair.* Hair styles and hair color may be allowed that extends beyond the natural tones as long as the color does not cause a disruption or interfere with the normal school/athletic operations.

EQUIPMENT NON-NEGOTIABLE

All athletes will wear school issued practice uniforms during the athletic period and practices. This equipment is not to be worn to class without permission from the head coach of the particular sport. All athletic equipment issued will be returned in proper condition to the Athletic Department. Any student who fails to return issued equipment will be financially responsible. Those students who have not made settlement for lost or damaged equipment will not be allowed to participate in another sport until a settlement is reached. If a senior athlete does not return equipment, the district reserves the right to place hold on his/her transcript.

Coaches are expected to wear MISD gear at practices/games or appropriate coaching attire.

RESPECT

The Athletic Department believes you get respect by giving respect. Sometimes as a young person you have to work very hard to earn respect, **but we must do just that.** All athletes will be respectful to teachers, coaches, and **each other.**

Any act of disrespect by an athlete to his/her teacher, coach, or any individual will be handled on an individual basis. Punishment may call for expulsion from all athletic activities for a calendar year from the date of the incident. His/her return would be determined by his/her conduct during the period of expulsion.

Respect - during competition

The athlete must never use profanity or resort to illegal tactics. He/She must learn that both winning and losing are part of the game and that you have to be a good loser as well as a gracious winner. Temper fits, flagrant violations of the rules, etc., will not be tolerated. Total respect to officials is an absolute must. Discussion of call made by officials will be done by the coach. Any behavior contrary to the above mentioned or any other act that is not conducive to good sportsmanship may result in removal from the contest and possible expulsion from the game or the athletic program.

Keys to Respect

- Say yes sir/ma'am and no sir/ma'am
- Show respect for managers as well as your teammates
- Never use profanity
- When talking to teachers and coaches show them respect by being a good listener

QUITTING

There will be times when athletes find it necessary to quit playing a sport before, during, or after the season. Whatever the reason, an athlete must follow the steps listed below:

1. The athlete should think the whole situation through before reaching a final decision.
2. The athlete should talk to the coach and parents to see if a solution can be reached without having to quit. A conference between the parents, athlete, and coach, or any combination thereof, may be required, and is highly recommended before an athlete will be permitted to quit.
3. If an athlete decides to quit, he/she must check out of the sport with the head coach and turn in all issued equipment in proper condition. The athlete must pay for any equipment not returned.
4. An athlete may not quit one sport to participate in another sport. The sport quit must be completed before participating in a new sport. If both sports are taking place at the same time, the two head coaches AND the Athletic Coordinator must agree to allow the athlete to participate. Extra conditioning/suspension may be required before being able to participate in the other sport. At the beginning of each sport, there will be a "5 day window" without penalty for quitting.
5. If an athlete does quit he/she will:
 - forfeit his/her letter or award for the sport quit
 - may not be allowed to participate in the sport in the future (discretion of head coach)
 - will be required to do extra work/sport specific conditioning to participate in another sport, if both sports are in season at the same time
 - may be suspended/removed from the athletic period

It is important to note that quitting a team is considered to be a serious matter and the athlete may lose all future athletic privileges.

INITIATION - HAZING

Initiation practices and or hazing is against the law and will not be tolerated.

1. **MAJOR OFFENSE** – Any form of hazing or initiation – type of activity that is sexual or vulgar in nature is deemed to have a potential for physical harm will be considered a **MAJOR OFFENSE** – they will be punished by penalty ranging from a one game suspension to dismissal from the Athletic Program.
2. **MINOR OFFENSE** – This could be any type of boisterous or "horseplay" – type of behavior directed at an individual or group of individuals for the purpose of initiation or hazing. Penalty could be extra conditioning. Repeated minor offenses will be treated as a major offense.

BEING ON TIME/ABSENCES

Student-athletes are expected to be dressed and on time to the athletic period, practice, games, or any other event specified by the coach. It is the student-athletes responsibility to notify the coach if he/she is going to be late or absent. If a coach is unable to be contacted a message should be left at the office. Failure to notify the coach may result in disciplinary action.

An absence for any reason is still an absence and should be made up prior to the next contest. The make up conditioning is done to make up for the workout missed by the athlete, both in the athletic period and after school practice. The extra make up conditioning is done in addition to the normal daily workout and should be done for every workout missed. All absences of athletic period or after school practices will result in sport specific conditional and or penalty.

Excused Absence - an excused absence is granted for an illness, emergency, death, etc. In such cases, the student-athlete should call the coach prior to the absence, as well as present the coach a written note from the parent/guardian immediately following the incident. Communication is the responsibility of the student-athletes and parent/guardian.

The Athletic Department understands that there will be times when it is unavoidable to miss. However, even an excused absence, will be required to make up the work missed. This is not punishment, it is “make up” conditioning that was missed.

Unexcused Absence - an unexcused absence is failure to communicate an absence with a coach.

***** Extended absences due to sickness, death in the family, or other extenuating circumstances will be evaluated by the Athletic Coordinator and Head Coach of that sport to determine the consequences.***

INJURIES/ILLNESS

The health of our student-athletes is a major concern of the Athletic Program. In the event a student-athlete is ill or injured the head coach and Athletic Trainer should be notified. If ill or injured, a note from a doctor should be provided (it should be noted that a note from a parent/guardian will only be permitted for two days if an illness or injury is any longer a note from a doctor should be provided).

Every effort should be made to attend practices and games while ill or injured unless the illness is contagious or the student-athlete has been instructed to stay home. Everyone learns from each practice session, whether you are actually working out or simply observing.

All injuries should be reported immediately. Specific instructions regarding treatment will be given by the Athletic Trainer and/or head coach. If you are sent to the doctor or see a doctor due to an injury, an accident form should be filled out. The Athletic Trainers will provide the form for you after an injury is reported. If you feel you need to see the doctor about an injury, make sure you check with the Athletic Trainer and/or head coach. The Athletic Trainer or Athletic Coordinator may be able to provide you with information regarding your injury or assist you with a specialized doctor. Going to the doctor for an athletic injury without informing the Athletic Trainer or head coach is highly discouraged.

When the services of a doctor are required, the athlete must bring a written note with instructions from the doctor describing the condition or injury and recommendation for activity.

Following an injury, the athlete should immediately report it. Even minor injuries can become serious. Therefore, all injuries should be reported so they may be checked and evaluated. Treatment for injuries may be required. Failure to attend treatment times will result in the presumption that the injury is healed and the athlete will be expected to practice. Athletes that are injured are still required to attend practices and games. Athletes may be required to dress out (not participate).

ISS/DDAEP PLACEMENT

Student-Athletes who are assigned ISS will be disciplined by the Athletic Department. Athletes who continuously are assigned ISS are subject to removal from the team and/or athletics.

Athletes who are assigned ISS will be expected to do extra work consisting of sport specific conditioning/penalty for each day ISS is assigned) for everyday they are assigned ISS. The extra conditioning must be completed before the next contest or the athlete will not be able to participate in the contest.

Athletes are expected to attend practice while assigned ISS. The athlete will be required to complete the discipline running or extra conditioning for being assigned ISS. An athlete will not be able to participate in a contest if he/she has not completed the ISS placement.

Student-athletes who are placed in an off campus alternative education arrangement (DDAEP) will not be able to participate in practices or contests. Athletes will be assigned extra conditioning for each day they are placed in the alternative program. This conditioning must be finished prior to competing in the next contest (it should be noted that this conditioning may not be started until the placement has been completed). Placement in an alternative education program may result in dismissal from the team and possible removal from the athletic program.

TEAM TRAVEL

Student-athletes will travel numerous times throughout the school year. It is important to remember that we are representatives of our school and we must be very careful of our conduct. Athletes must also dress neatly and properly on all trips. Coaches will advise athletes of the proper attire. Our conduct and appearance is very important, it reflects on our family, our school, our team, our athletic program, our community, and on each individual team member.

While traveling it is important to be on time. The athlete should know the departure time and be at the designated departure site. The bus will not wait. Athletes are expected to ride to and from all athletic competitions together as a team. We realize that there are times that it is advantageous for a student/athlete to ride home with their parent or guardian. Students will be required to turn in a trip change permit form 24 hours in advance to the head coach. The form must contain all required signatures.

SHARE THE TALENT/MULTIPLE EXTRACURRICULAR ACTIVITIES

The Athletic Department believes that each student should have equal opportunity to participate in as many extra-curricular activities as possible. The coaching staff will make every effort to coordinate schedules and practices to fit the needs of our student-athletes. It should be noted that there are consequences involved for missing practices and conditioning. Team practices and scholastic events take precedence over individual events and outside-school events. We will make every effort within reason to accommodate our student-athletes with other extracurricular activities, but there will be times that student-athletes may have to make a decision on what activity to participate in.

AWARDS AND LETTERING

The University Interscholastic League rules stipulate that only one major award, maximum cost of \$70.00, can be awarded for participation in any interscholastic competition during a student's high school career. Additional symbolic awards not to exceed \$10.00 may be presented for each additional interscholastic activity during the school year. Participants must meet the scholastic requirements as set forth by the UIL and by the district in order to receive an award. A student may receive a major award (jacket) the first time he/she qualifies for it. Any subsequent varsity symbolic awards will be certificates or plaques.

FOOTBALL	5 or More Games
BASKETBALL	14 or More Games
TRACK	4 or More Meets
CROSS COUNTRY	4 or More Meets
VOLLEYBALL	14 or More Matches
BASEBALL	13 or More Games
SOFTBALL	13 or More Games
SOCCER	9 or More Games
TENNIS	50% or More Matches
GOLF	4 or more Tournaments
SWIMMING/DIVING	score points in 3 or more meets or qualify for regionals
POWERLIFTING	2 or More Meets
STUDENT TRAINER/MANAGER	1 Varsity Season

** The coach of any sport at his/her discretion may recommend an athlete for a letter who has not met the above mentioned requirements. These are instances in which a student has contributed greatly to team success through personal effort, loyalty, attitude, etc.

COMMUNICATION COACHES EXPECT FROM THE PARENTS

- Concerns expressed directly to the coach
- Notification of any schedule conflicts illness or injury in advance.
- Avoid using SOCIAL MEDIA negatively towards coaches, school and/or athletic programs.

APPROPRIATE CONCERNS TO DISCUSS WITH COACHES

- Coach's interaction with your child or interaction with others.
- Ways to help your child improve athletic skills

TOPICS LEFT TO THE COACHES DISCRETION

- Playing time
- Play calling
- Team strategy
- Other students/athletes

PARENT-COACH MEETING PROCEDURE

- Call the school and ask for the coach's extension.
- Request a meeting.
- If the coach is unavailable, call the Campus Athletic Coordinator and request a meeting to be arranged.
- Do not confront a coach before or after a practice or game. Meetings of this nature usually do not promote positive resolutions. Abuse of this request will result in suspension from attending athletic contest.

**IF ISSUE CAN NOT BE RESOLVED WITH ABOVE
PARENT-COACH MEETING, NEXT STEP IF NOT SATISFIED**

MISD ATHLETIC TRAINING RULES

*******APPLIES 365 DAYS A YEAR*******

Consumption and/or sale of alcohol, or any illegal substance are strictly prohibited. Violators will be “written up” resulting in a strike.

Possession of Alcohol and/or Tobacco

The student/athlete will be disciplined by the head coach. A second violation will result in a strike. Any violation after receiving strike one is a strike.

PENALTIES FOR VIOLATIONS

FIRST STRIKE OFFENDERS of rules are subject to disciplinary action, suspension or expulsion. The head coach has the authority to extend the punishment beyond the minimum mandatory suspension. Action recommended might be in addition to any action taken as a result of policies that apply to all students. The coach and Athletic Administration will consult parents. Counseling may be recommended. All first offenders will be “written up” resulting in **STRIKE ONE!**

SECOND STRIKE OFFENDERS of rules are subject to disciplinary action, suspension or expulsion. The head coach has the authority to determine the extent of punishment beyond the minimum mandatory suspension. Action recommended might be in addition to any action taken as a result of policies that apply to all students. The coach and Athletic Administration will consult parents. Counseling will be required. All second offenders will be “written up” resulting in **STRIKE TWO!**

**MINIMUM MANDATORY SUSPENSION FOR
STRIKE ONE**

(Junior High students will not be given strikes, but will receive discipline for violations)

Football	1 game	Volleyball	2 matches
Basketball	2 games	Baseball	2 games
Track	1 meet	Softball	2 games
Cross Country	1 meet	Soccer	2 games
Tennis	1 match	Golf	1 tournament
Swimming	1 meet		

Students Trainer/Manager – Follow in-season sport

Strike Two Offenders—multiply the above number by 2 for Minimum Mandatory Suspension.

DISMISSAL PROCEDURE

If a student athlete has been allowed to return after a second strike, this student will return on a “three strikes and you’re out” status. Meaning a third violation between the grades of 9-12 would be **STRIKE THREE!** This would result in automatic dismissal from the athletic program for the remainder of his or her eligibility. A review committee will be formed that is made up of the athlete’s present coach, campus athletic coordinator, campus head coach, campus principal, and district athletic director prior to issuing the third strike. The district athletic director will chair the committee that will include, but not be limited to the following criteria:

- 1. Student/ athlete personal file.**
- 2. Willingness to follow athletic training rules.**
- 3. Behavior and reaction since first offense.**

APPEAL PROCESS:

Note: Athletics is a privilege, not a right. However, a student/athlete has the option to appeal a decision if he or she chooses to do so. Any appeal must seek Administrative Remedy beginning with the head coach of the particular sport.

U.I.L. TRANSFER POLICY

A student who changes schools for athletic purposes **is not eligible to compete in varsity athletics** at the school to which he or she moves for **at least** one calendar year, even if both parents move to the new school attendance zone. The District Executive Committee for the district into which the student moves shall determine **when or if** the student who moves for athletic purposes becomes eligible. A student attending a school outside the attendance zone where the parents reside **would not be eligible for varsity athletics** for **one** calendar year. A Previous Athletic Participation Form (PAPF) must be filled out each year if the parents of the student do not reside in the attendance zone. A student who changes school for non-athletic purposes must be enrolled **and in** regular attendance for **15** or more calendar days before becoming eligible for varsity athletics. The student becomes eligible on the **15th** day. A Previous Athletic Participation Form (PAPF) is also required if the student has participated or practiced in athletics in grade **8-12** at another school. This form must be approved by the District Executive Committee before they are eligible to participate at the varsity level. Approval is not guaranteed.

M.I.S.D. ATHLETIC TRANSFER POLICY

PRIOR to approval for a transfer from the Office of Student Services, a **STUDENT/ATHLETE ATTACHMENT** to the **APPLICATION FOR STUDENT TRANSFER** must be completed. If it is discovered that the student is moving for athletic purposes, participation in athletics at the new school will be denied. A student could be approved for a transfer, but denied athletic participation at the new school.

Midland ISD Athletic Contract

Participation in athletics is a privilege not a right. To be an athlete and participate in any sport in Midland I.S.D., the rules and regulations of the Athletic Department and the regulations and policies of the district will be followed.

I, _____ after having read the rules and regulations in this handbook, hereby agree to abide by these rules. I realize that failure to follow these rules may result in my dismissal from a team and/or may result in my being denied the opportunity to participate in any other sport.

Athletes signature

Date

As a parent/guardian of the above athlete, I have read the Athletic Handbook and understand the rules and regulations that have been set forth.

Parent/Guardian Signature

Date