

## **Wolfe City Athlete Expectations/Policies 2010-2011**

We demand the same things in the athletic program that we expect in the classroom and what will be expected in the job world.

- Avoid laziness
- Work Hard
- Set high goals to achieve
- Give 100% at all times
- Be respectful to your superiors and peers.
- Attitude/Attendance

### **General Policies**

- I. **Attendance:** Attendance is mandatory and unexcused absences will not be tolerated. If you are going to be absence, you must notify the coach prior to the absence. All absences will be made up.
  
- II. **Attitude:** Coaches should receive “yes ma’am/ yes sir”, “no ma’am/ no sir”. Coaches’ instructions should not be questioned.
  
- III. **Illegal Drugs:** Use of illegal drugs will be governed by the district’s Drug Testing Policy and its guidelines.
  
- IV. **Alcohol:** Alcohol usage by a person under the age of 21 in the state of Texas is illegal and will not be tolerated by this program.
  - First Offense: Run 25 miles before participating in competition.
  - Second Offense: Run 50 miles before participating in competition.
  - Third Offense: Suspension from athletics for 1 year.
  - Fourth Offense: Suspension from athletics for the remainder of an athletes eligibility.

**\*Athletes running should be monitored and documented by the coach of the current sport. Documentation will be given to the Athletic Director. Athletes are excluded from Sundays for making up punishment.**
  
- V. **Stealing:** Stealing will not be tolerated.
  - First Offense: 2 game suspension + Extra Conditioning for 10 days
  - Second Offense: Dismissal for the remainder of the year.
  
- VI. **Profanity:** Will not be tolerated on or off the field. Each incident will be dealt with promptly and persistent offenses may result in dismissal from the team.

- VII. **Conduct:** We will conduct ourselves with class and character on the field and in the classroom. Classroom misbehavior, when reported by teachers, will be dealt with a discipline report form in athletics.
- VIII. **Injury or illness:** It is the responsibility of the athlete to report injury to the coaching staff. We are not doctors and can only offer an opinion and a treatment. Upon seeing a doctor, the athlete cannot participate in practice until a written release is received by the head coach. Therefore, it is recommended that you see a coach before seeing a doctor. If you are injured, you are still expected to dress and watch workouts unless permission is granted from the head coach. Illness must be reported by a phone call prior to the missed practice/game. Illness related absences will require make up work for missed workouts.
- IX. **Promptness:** Always be on time. This is a habit that is expected in later life and is a sound habit to grow accustomed to. We, as coaches, are required to wait for no one on a bus trip.
- X. **Dress:** Dress with class and character. An individual dress code for out-of-town games may be required by sport head coaches. Athletes will be expected to adhere to these policies.
- XI. **Appearance:** For safety reasons, hair should be neatly trimmed and not exceedingly long. Facial hair and sideburns will be governed by school policy. Young women should wear a hairstyle that keeps the hair out of the eyes. **Earrings for male athletes will not be permitted in the field house, gymnasium or other athletic facilities whether or not you are participating in that sport.**
- XII. **Care of facilities:** All equipment will be hung in the lockers. Shoes are the only thing allowed on the floor of the lockers. There will be nothing left in the floor underneath the lockers. Shoes will be taken off before entering the field house after a workout. Trash will be picked up. Failure to follow these policies can result in individual punishment or team punishment at the discretion of the coach.

- XIII. **Quitting:** Quitting is an intolerable habit to acquire. Athletes that quit are also “giving up” themselves and those that depend on them. Commitment to being a Wolf team member is one of the most valuable lessons learned in athletics. Concerns and frustrations can often be worked out with proper communication between the athlete and the coach.
1. Any athlete wishing to quit a sport should notify the head coach. The athlete will be encouraged to wait 24 hours before making his/her final decision.
  2. A conference with the athlete, parents, and head coach will be suggested to discuss issues and consequences of the decision.
  3. If an athlete quits a sport after two weeks, he/she will not be allowed to start another sport until the first sport is completed.
  4. **If an athlete begins participation in two concurrent sports, he/she will have two weeks to determine if it is in his/her best interest to drop one sport and concentrate on the other. After two weeks, if the athlete decides to quit one of the sports, he/she will not be allowed to continue with the other sport.**
  5. If an athlete quits a sport, he/she may regain participation privileges in that sport the following season upon approval by AD and Head Coach.
  6. An athlete quitting a sport and not wishing to participate in another sport will be removed from the athletic program and athletic period. The schedule will be made as soon as possible. In some cases, this change may not be possible until the end of the semester
  7. The exception to the two week window would be if a student had to quit due to circumstances beyond his/her control then participation will be up to the discretion of the Athletic Director/Head Coaches.
- XIV. **Athletic Period:** All athletes participating in volleyball, football, basketball, track, baseball, or softball are required to be in the athletic period for the entire year. The strength and conditioning that is gained during an off season is valuable. A new student checking into Wolfe City ISD will be allowed to participate once all UIL guidelines are met. A senior that has completed his or her competitive season and is in no other sports may be moved out of the athletic period. Athletes participating in golf, tennis, or powerlifting only do not have to be enrolled in an athletic period.
- XV. **Multiple Sports:** All athletes will be encouraged to participate in as many sports as they wish. Specialization will not be encouraged.

XVI. **Self Discipline:** As an athlete of this school district, your actions will be under scrutiny. Any actions at athletic events (as a participant or spectator) deemed uncharacteristic of our program will be dealt with and can lead to dismissal from any or all sports. Discipline yourself and others won't have to.

XVII. **Letter Jacket Policy:** Letter Jackets will not be awarded until the student enters the 11<sup>th</sup> grade. Individual sports will present awards of their choice upon lettering as a freshman or sophomore. However, if a student participates in three of four core sports as a freshman or sophomore (at least one of which is at the varsity level) and completes all three sports to the satisfaction of the coaching staff they may receive the letter jacket at that time. Any player that becomes ineligible due to grades during the season becomes ineligible for a letter jacket as well. (*The four "core" sports are defined as Girls: Volleyball, Basketball, Track, and Softball. Boys: Football, Basketball, Track, and Baseball.*)

XVIII. **Notice Regarding Steroids:** Anabolic steroids are for medical use only. State law prohibits the possession, dispensing, delivery or administering of an anabolic steroid in any manner not allowed by state law.

XIX. **Travel:** Students who participate in school-sponsored trips shall be required to ride in transportation provided by the school to and from the event. Exception may be made if the student's parent or guardian personally requests that the student be allowed to ride home with the parent and signs the release or provides a written request to the coach or sponsor the day before the scheduled trip. The district shall not be liable for any injuries that occur to students riding in vehicles that are not provided by the school.

**XX. Student Ejections from Games:** Students that are ejected or removed from a contest or event will be subject to the following discipline:

**7<sup>th</sup> Through 12<sup>th</sup> Grade:**

- 1<sup>st</sup> Offense: Student will not participate in the first half of the next contest or event.
  - 2<sup>nd</sup> Offense: Student will not participate in the next three contests or events.
  - 3<sup>rd</sup> Offense: Student will not participate in any extra-curricular activities for the remainder of the school year.
- Scrimmages and games count as contests or events.

**XXI. Parents, Fans, Students and Community Members Ejected from a Contest or**

**Event:** Anyone that is ejected from a game or contest by the Wolfe City ISD Administration, Official, or Police Officer, will meet with the Wolfe City ISD Superintendent and Campus Administrator before attending another contest or event. It is the responsibility of the ejected individual to schedule the meeting. Coaches, Sponsors and directors involved in the contest or event, which the ejection occurred, will be present at the meeting. Administrative concerns will be reviewed at the meeting and dismissal from future contests or events shall be an option.

I have read the Extra-Curricular Student Activities Handbook. I agree to abide by the standards and policies set forth in this handbook.

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Student's Printed Name

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Student Signature

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Date

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Parent Signature

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Date