

Woodsboro Athletic Policies



**WOODSBORO EAGLES/LADY
EAGLES
ATHLETIC HANDBOOK
2021-2022**

EAGLE FAMILY-ALL IN!!!

Approved July 12, 2021

Woodsboro Athletic Policies

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Woodsboro Athletic Policies
WOODSBORO ATHLETICS MISSION AND VISION



Vision of EAGLE Athletics

The vision of the Woodsboro Athletic program is to intentionally create fertile ground for students of Woodsboro to be the most successful person they can be in every facet of life.

Mission of EAGLE Athletics

The mission of the Woodsboro Athletic program is to be relentless and enthusiastic in the daily pursuit of being the best we can be as a person, as a student, as a player, and as a teammate for the sake of our Woodsboro Eagle Family!

Woodsboro Athletic Policies

<u>What We Believe</u>	<u>How We Behave</u>	<u>Outcome We Achieve</u>
FAMILY!!	Selfless, We over Me, <u>F</u>orget <u>A</u>bout <u>M</u>e <u>I</u> <u>L</u>ove <u>Y</u>ou	Brother/Sisterhood of Trust, Love, Respect
Relentless Effort	Hard as you can 4 to 6 seconds, Point A to Point B	We are tougher than any opponent or situation we face
Get Better Mindset	Identify, Evaluate, Implement, and Eliminate	Continuous growth and accountability-Eliminate B,C,D <i>(blame, complain, defend)</i>
Competitive Excellence	Constant Focus on both mental and physical reps	I am always prepared for the situation when I am called upon

Athletic Culture Playbook

E+R=O

Event+Response=Outcome

Woodsboro Athletic Policies

DRESS AND GROOMING:

Boys: Will be checked weekly, facial hair checked daily.

- A. No facial hair allowed. Sideburns will be above the earlobe.
- B. Boys will wear conventional haircuts of natural color, which are measured as no lower than the eyebrows or over the ears, and not touching a standard t-shirt collar. No Mohawks, tails, or buns of any kind that draw attention to an individual are permitted. Hair length will be determined when pulled or combed straight down. (**Hair curled, swooped or hanging to the side does not exempt students from the hair policy.**)
- C. No jewelry during workouts, practices, or competitions are allowed, no earrings will be worn, on school grounds or at any school function in or out of town.
- D. Only WISD theme headbands or bandanas will be worn.
- E. Sagging pants are not allowed.
- F. Athletes **MAY NOT** wear school issued equipment outside the athletic setting.

Girls:

- A. Hair should be conventional and of natural color (black, brown, blonde, red).
- B. Hair should be pulled back, using no metal or plastic clips during workouts, practices, or competition
- C. No jewelry during workouts, practices, or competitions
- D. No exposed midriffs during practice, workouts, or competition
- E. Excessive makeup is not to be worn during practice, workouts, or competition
- F. Athletes **MAY NOT** wear school issued equipment outside the athletic setting.

(A-F) infractions will result in (1/2 mile) and correction of problem

IN SEASON / OFF SEASON PRACTICES AND WORKOUTS: ALL SPORTS

- A. Late for practice or workout (1/2 mile)
- B. Absent from practice or workout **with** notification (1 mile and sport specific skills)
- C. Absent from practice or workout **without** notification (2 miles and sport specific skills)
- D. In-school suspension (ISS) / DAEP (2 miles for each day. Miles cannot be started until time has been served. Athletes cannot participate in competition until time has been served and makeups have been completed. Athletes can practice, but **CAN NOT** compete or participate if competition or function is on game day(excluding athletic banquet) while serving in ISS. Athletes cannot practice while serving in DAEP.)
- E. Athletes with injuries will dress out, but will not participate in activities.

Excessive absences from workouts, or ISS / DAEP placement, could result in suspensions and or dismissal from athletics.

CONTESTS, PRACTICE, LOCKER ROOM, and WEIGHT ROOM:

- A. Profanity will not be tolerated.
- B. Keep locker room and locker neat at all times.
- C. No horseplay in the locker room, field house, weight room, or at practice.
- D. Do not borrow a teammate's equipment.
- E. Put cups, cans, and trash in the proper place.
- F. Insubordination will not be tolerated **
- G. Stealing will not be tolerated **

(A-E) infractions will result in (1/2 mile) and correction of problem

**** (F-G) Infractions-Will be handled case by case..... Could result in dismissal from athletics.**

Woodsboro Athletic Policies

FELONY OFFENSES, DRUGS, ALCOHOL, and TOBACCO:

- A. Any formal **FELONY** offense will result in immediate dismissal.
 - B. Random drug testing will be utilized (See Attached Policy)
 - C. Tobacco/Drinking alcohol and/or Vaping will not be permitted (See Attached Policy)
 - D. An M.I.P. constitutes a drinking violation (See Attached Policy)
 - E. Any formal arrests for misdemeanor or other arrests will result in a suspension and make-ups on a case by case basis.
- (A) violations; dismissal will be for one calendar year from the date of offense.
 - (B,C, D) violations; see attached policy.

Formal Offense: arrest, citation, charge, positive drug test or any other formal action by law enforcement authority or any school administrator.

GRADES:

- A. Academically ineligible athletes **must** attend tutoring until passing.
- B. Academically ineligible athletes **must** attend **all** practices in order to regain eligibility, unless pre-arranged with a coach.
- C. Any athlete who is academically ineligible during a sport may not receive any award of recognition for that sport.(Lettering, All-District Nominations, End of Year Superlatives)
- D. Athletes will complete extra conditioning after practice or during athletics each day for each course grade below a 75 on weekly grade checks until that course grade is above a 75.

MAKEUPS:

- A. **Makeups must be completed prior to competing in the next contest. Athletes will not compete in any contest until makeups are completed.**

PARTICIPATION:

Students participating in sports sponsored by the Woodsboro Independent School District will be required to be enrolled in the appropriate athletic period. Sports falling under that umbrella include: **FOOTBALL, VOLLEYBALL, MEN'S & WOMEN'S BASKETBALL, BASEBALL, SOFTBALL, MEN'S & WOMEN'S TRACK, GOLF, TENNIS, CROSS-COUNTRY, AND POWERLIFTING.**

** WISD students who are not enrolled in an athletic period will be allowed to utilize the weight room/facilities before or after school, so long as they are supervised by a WISD employee.

SCHOOL ISSUED EQUIPMENT:

School issued equipment will **ONLY** be worn in the athletic setting. All school issued equipment will be returned to the appropriate coach at the conclusion of the season. No equipment will be issued to a student who has outstanding equipment in any following sport until all that student's equipment is returned or paid for.

Woodsboro Athletic Policies

ELIGIBILITY:

Students must meet U.I.L. requirements in order to participate in school-sponsored athletic events. In addition, students must be in good standing with the athletic department in order to compete in athletic events, which will be determined by the Athletic Director and the Head Coach of each sport.

ATHLETIC INSURANCE:

Our athletic insurance is blanket coverage. This policy is supplemental coverage and students must file on their own insurance before claims will be paid. If a student does not have insurance, the policy will pay up to their maximum claim. Claims must be made promptly. Claim forms are available in the business office, and with the Athletic Director. The athletic department will send a claim form with the parents of athletes who are sent for medical attention. A copy of that claim form will be sent to the insurance company by the business office. It is advised that parents also send the claim form with attached bills to the insurance company.

TRAVEL:

Athletes will travel to and from all athletic events under the supervision of at least one coach employed by the district for all team sports (Football, Volleyball, Basketball, Baseball, Softball). Exception: Parent/Guardian must travel outside of Woodsboro, medical emergency, inevitable circumstances. Students participating in *Individual* sports (Cross Country, Powerlifting, Track, Golf, Tennis) may be allowed to travel home with their parent/guardian after the parent/guardian physically speaks with the coach and signs that athlete out. If a student travels with someone other than parent/guardian, arrangements for that travel need to be made in advance. Athletes will only be released to adults that the head coach is made aware of by signed note or email in advance. Athletes WILL NOT be released to other students and must still physically speak with the coach and sign that athlete out.

INJURIES:

Student athletes must notify a coach of any injuries before leaving a practice or game. Woodsboro ISD will make every attempt to have a trainer evaluate your athlete, the process for injury should start there. Taking care of minor injuries may prevent them from becoming major injuries. If the parent decides that the athlete needs to see a doctor, please contact the coach so he or she can pass along the proper medical forms. This will also help delays in payment by the school's insurance company. All injuries must be treated immediately.

ATHLETIC LETTERING POLICY:

U.I.L. rules prohibit athletes from accepting anything of value other than as listed in these policies. All athletes must strictly adhere to all training, attendance, conduct, discipline, and appearance rules set forth in these policies for the entire school year before being considered for an athletic award. All academic eligibility rules must be met. It must be clearly understood that the coach recommends an athlete for an award. This recommendation is then submitted to the athletic director for approval. It should be noted that all awards are incentive awards. In Woodsboro ISD, a letter jacket will be awarded if the athlete has met all the criteria. According to U.I.L. policy, a student may receive only one jacket during the four years in high school. See Woodsboro I.S.D. coaching staff for lettering requirements in each individual sport. If an athlete does not complete a sport in good standing, they will not be approved for a letter jacket. Examples could be: suspensions, academically ineligible, quitting, etc.

Woodsboro Athletic Policies

HAZING

Hazing is defined as any intentional, knowing or reckless act occurring on or off campus directed against a student that endangers the mental or physical health or the safety of a student for the purpose of pledging, being initiated to, affiliating with, holding office in, or maintaining membership in any organization whose members are, or include, other students.

Hazing will not be tolerated by the athletic department or school district. If an incident of hazing occurs, disciplinary consequences will be handled in accordance with the Student Code of Conduct as well as additional consequences which could include suspension, or removal, from the athletic program. It is a criminal offense if a person engages in hazing; solicits, encourages, directs, aids or attempts to aid another in hazing; or has firsthand knowledge of an incident of hazing being planned or having occurred and fails to report this to a coach, principal or superintendent.

TRIAL PERIOD

At the beginning of each sport, a “trial period” of up to **2 weeks or 1st competition** will be given to athletes. During this time, an athlete may try a sport by attending practices and games in order to decide if he /she desires to play the sport. During the trial period, an athlete may decide not to participate in the sport without any suspension required under the quitting rules. After the cut-off date for the trial period, all quitting rules will be followed. This “trial period” rule is designed to encourage athletes who are curious or interested in a sport to give it a try. The trial period for football, volleyball and cross country will begin on the first day of practice. The trial period for all other sports will begin the day after the previous sport has ended.

QUITTING

Any athlete who starts a sport will be expected to finish that particular sport (after the 2 week trial period). Any athlete walking off the field or gym floor during a practice or game, or refusing to participate when called upon, will be considered by the coach to have quit. When an athlete quits- he/she will be given a 24-hour cooling off period. If after that time, he/she still wishes to quit, he/she will need to meet with the head coach of that sport and let them know they want to quit. After this initial meeting, a parent conference will be held with the head coach, Athletic Director, parent, and student to discuss the issue. If the student and parent decide it is best for them to quit, he/she cannot move on to another sport until that initial season is completed, and that student has completed 1 makeup for each practice missed **AND** 2 makeups for each game missed. (*Ex: Students cannot quit football to start practicing basketball when football season is still going on. They must wait until the final football game is completed, and **ALL MILES are completed with the current sport head coach** before they move on to basketball.*) If an athlete, after quitting, wants to come back to that sport, he/she will have to wait until the next season to participate. The head coach and Athletic Director will make the final decision to allow an athlete back in that sport. The head coach and Athletic Director may make an exception to this rule when an event outside of the control of the athlete or his/her family causes the athlete to drop a sport.

CHAIN OF COMMAND:

1-Assistant Coach, 2-Head Coach, 3- Athletic Director, 4- Superintendent, 5-School Board-IN THAT ORDER. You will be referred back to the previous level of consultation if you have not met with that individual to address the issue.

Woodsboro Athletic Policies

ALCOHOL, TOBACCO, VAPING CONSEQUENCES *(Outside of Drug Testing)*

Participation in athletics is one of the finest ways for our young people to develop into responsible men and women. This participation requires our young people to make sacrifices and hold higher standards, which will benefit the athlete and the team. One of the most important standards any athlete or athletic program can set is the commitment to abstain from alcohol and drugs.

In an attempt to promote honesty among our athletes, the Woodsboro Athletic Department will enforce the following athletic policy. This policy provides athletes with an opportunity to continue to be a member of their athletic teams and takes their honesty into consideration; while still suffering the consequences of breaking policies.

1st Formal offense / with disclosure

Automatic suspension for 2 calendar weeks, including contests, plus (20) miles. Running will be supervised by a coach and must be completed before eligible for the next contest.

2nd Formal offense / with disclosure

Automatic suspension for 4 calendar weeks, including contests, plus (40) miles. Running will be supervised by a coach and must be completed before eligible for the next contest.

3rd Formal offense

Athletes will lose athletic eligibility for one calendar year.

Failure to complete any of the above stipulations constitutes removal from the athletic program.

If an athlete fails to report or denies a violation, and that violation is later revealed:

1st offense will be counted as 2nd offense.

2nd offense will be counted as 3rd offense.

***Formal offense** – arrest, citation, charge, or any other formal action by a law enforcement authority or any school administrator.

Athletic Director and Principal will meet with parent(s) and the student to discuss consequences and this policy upon a recognized formal offense.

Woodsboro Athletic Policies

DRUG USAGE CONSEQUENCES

Participation in athletics is one of the finest ways for our young people to develop into responsible men and women. This participation requires our young people to make sacrifices and hold higher standards, which will benefit the athlete and the team. One of the most important standards any athlete or athletic program can set is the commitment to abstain from alcohol and drugs.

DRUG TESTING

Random drug testing will occur for any students involved in an extracurricular activity. Suspicion based drug testing can be utilized based upon a student's behavior and/or tip from a source that indicates a problem with drug abuse. Any positive result will result in the student receiving prescribed consequences and/or counseling according to the Student Code of Conduct and/or extracurricular handbook(s). This includes OTC hemp, CBD or THC that produces a positive drug test.

In an attempt to promote honesty among our athletes, the Woodsboro Athletic Department will enforce the following athletic policy. This policy provides athletes with an opportunity to continue to be a member of their athletic teams and takes their honesty into consideration; while still suffering the consequences of breaking policies.

1st Formal offense / with disclosure

Automatic suspension for 4 calendar weeks, with counseling, including contests, plus (20) miles. Running will be supervised by a coach and must be completed before eligible for the next contest.

2nd Formal offense / with disclosure

Automatic suspension for 12 calendar weeks, with counseling, including contests, plus (40) miles. Running will be supervised by a coach and must be completed before eligible for the next contest.

3rd Formal offense

Athletes will lose athletic eligibility for one calendar year.

Failure to complete any of the above stipulations constitutes removal from the athletic program.

If an athlete fails to report or denies a violation, and that violation is later revealed:

1st offense will be counted as 2nd offense.

2nd offense will be counted as 3rd offense.

***Formal offense** – arrest, citation, charge, **positive drug test**, or any other formal action by a law enforcement authority or any school administrator.

Athletic Director and Principal will meet with parent(s) and student to discuss consequences and this policy upon a recognized formal offense.

Participation in Woodsboro Athletics is a privilege, not a right! These rules and policies are to establish expectations, consistency, and the TEAM concept in the athletic program. Unwillingness to follow rules / policies will result in dismissal from the athletic program.

Policies effective: 8/1/2021

Woodsboro Athletic Policies

I _____ have received and read the Woodsboro Athletic Code of Conduct and Policy Guidelines. I understand that in order to participate in athletics in the Woodsboro Independent School District that I must comply with the policies as stated in this guide.

Student Signature: _____ Date: _____

I _____, parent/guardian of _____, have received and read the Woodsboro Athletic Code of Conduct and Policy Guidelines. I understand that in order for my child to participate in the athletic program, he/she must comply with the policies set forth in this guide.

Parent Signature

Date