

**2009 – 2010**

**West Sabine Athletic Hand Book**

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## ***I ATHLETIC PHILOSOPHY***

**Many valuable lessons can be learned through athletics. Positive attitudes and desire to win are certainly included in the athletic development. It is important to instill in our athletes an understanding of what it takes to be a winner and a willingness to make the sacrifices it takes to succeed. However above winning, must be a commitment on our part as coaches, to help each athlete become a young man or young woman of character, integrity, and self-discipline. Our ultimate success will not be a win/loss record but productive, successful citizens which have come through our athletics program.**

**In our mission to develop positive, productive young people, we must help our athletes acquire three essential qualities.**

Disciplined Mind:

**Each athlete can control his/her behavior by making conscience decisions about his/her actions. The athlete must be in control of his/her thoughts.**

Disciplined Body:

**Once a person has control of his/her mind, he/she can discipline their body to achieve its maximum potential, strength, endurance, and performance as an athlete and a person.**

Disciplined Spirit:

**With control of one's thoughts and command of one's disciplined body comes a very real peace and inner strength in knowing you have done your best.**

**It is important for each coach to develop his/her own team and personal goals. However, as a staff, we must share a commitment to:**

HAVE A CAUSE BEYOND ONESELF:

**We must keep in mind that we are all working together to help each athlete become his/her best in life as well as athletics.**

## ***II INTRODUCTION***

**The athletic program is an integral part of the total school experience for both boys and girls. It offers a variety of sports and activities to all students who have potential skill and the desire to participate.**

**The policies, procedures, and regulations in this handbook are in compliance with school board policies and administrative procedures. They are designed to provide for successful experiences for students and the efficient operation of the athletic program.**

**This handbook supersedes all prior publications governing West Sabine athletic team and shall be used by the principal, coaches and players in grades 7-12.**

**You, the student athlete, are accountable and responsible for all policies contained within this handbook and for any additional ones that your respective coaches might add.**

### ***III PARTICIPATION***

**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 participation in athletics required. All students participating in athletics must go through the weights and conditioning program that is conducted during the athletic period. However, some students may not be able to take an athletic class due to credits that may need to be earned toward graduation or college. The athletic director, along with the principal, will make accommodations for that particular student if needed. It is also to be stressed that participation in the West Sabine ISD athletic program is a privilege, not a right. Since it is a privilege, the West Sabine coaching staff, in accordance with West Sabine ISD policy, has the authority to suspend or revoke the privilege when rules and standards of this athletic program are not followed.**

## ***IV GENERAL POLICIES***

### Responsibility of an Athlete:

**All athletes have a responsibility to give their best, play to win, follow training guidelines, exhibit 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.**

**Athletes will show respect for the athletic facilities and equipment. During competition, only those athletes participating in the contest will be allowed, with supervision, to enter the court.**

**Athletes will wear the team uniform and equipment according to school and team dress policies. Athletes will also dress in the school-required clothing for all practices and competition. School issued equipment and clothing will be worn only during practice or competition. The uniform is not to be worn in the halls of the school or away from the school house. If an athlete is caught wearing school issued uniform outside of practice or a game then that student will have to suffer a consequence given by the coach or director.**

During competition, an athlete:

- 1. Learns that both winning and losing are part of the game and learns to accept both.**
- 2. Does not use illegal tactics in an attempt to defeat the opponent or to beat the rules of the game.**
- 3. Has complete control of him/her at all times. Horseplay, displays of temper, use of profanity, disrespect for coaches or officials will result in loss of respect for the athlete and in disciplinary action from the coach.**
- 4. Will respect the decisions of officials. The breaks of the game may go against you, but the officiating is not to blame. Officials are human beings who are doing their best to see that a contest runs smoothly and honestly and also being conducted in accordance with the established rules.**
- 5. Must be present at school the day of the competition or the most recent day possible prior to the competition. (I.e. attendance on Friday to be eligible for Saturday competition)**

In the classroom, an athlete:

- 1. Must realize that he/she is a student first, an athlete second. The student-athlete must give time and energy to classroom studies to insure good and acceptable grades that meet the UIL requirements for participation.**
- 2. Must maintain a satisfactory citizenship and behavior record by giving attention to classroom activities and by treating teachers, administrators, and fellow students with respect. Tardiness, horseplay, and unnecessary talking are unacceptable behavior habits that, if not corrected by the student-athlete, may result in suspension from the athletic program.**
- 3. Will be held to a higher standard than the general student population. He/she may be disciplined in addition to the school imposed penalties.**

On campus, an athlete:

- 1. Must maintain proper dress and appearance, good grooming and cleanliness. You are a leader and you have only one chance to make a good first impression. Male athletes will refrain from wearing earrings of any kind at any school-related activity. Student's hair shall be clean, neat and well groomed, in accordance with school dress code policies.**
- 2. Will refrain from fighting, scuffling, horseplay, and juvenile behavior in and around the school building.**

**3. During the time he/she may be suspended from school, he/she will not be permitted to work out with, travel with, or participate with the team. Eligibility for subsequent contests will be left to the discretion of the coach and/or administration. (“Suspended” includes: AEP assignments, as well as suspensions assigned by administrative personnel.)**

During the athletic period and during, before, or after school practice, an athlete will:

**1. Notify the school secretary or coach if he/she will be absent from school.**

**2. Notify the coach if he/she needs to miss a game or practice session that is scheduled after school hours. Absence from athletic period and after school practice should be handled according to school guidelines.**

**3. Maintain neat and clean locker space. Be proud of your dressing area and keep it neat. Keep lockers locked.**

**4. Dress decently as he/she leaves the dressing room. Wear your own clothes home.**

During team travel, an athlete will:

**1. Travel to and from all out-of-town contests with the team. If, for some reason you need to ride home with your parents, you must clear this with the coach before leaving for the contest. You must return the written release from one of your parents to the coach that has been signed by the parent or guardian. Under no circumstances will you be released to ride with anyone other than your parents, or an adult designated by your family.**

**2. Dress neatly and properly on all trips. Coaches will advise you regarding the proper attire for traveling to and from games.**

**3. Conduct himself / herself properly on the school bus or in any school vehicle. He/she will follow the printed rules for bus riders that govern all West Sabine bus riders.**

**4. Receive permission from the coach before bringing radios, electronic games, etc. aboard the bus. Students must have headphones for radios.**

**5. Be informed of departure and return time for each trip. It is your responsibility to be on time for all departures and to inform your parents of the time to pick you up after the contest. Every effort will be made by the coaching staff to notify proper personnel as to unexpected changes in arrival time.**

**6. Dress for all contest according to the school and team dress policies. Your appearance before and after games is as important as it is during the game.**

### ***V ELIGIBILITY AND REGULATIONS***

**A student in grades 7-12 may participate in extracurricular activities on or off campus at the beginning of the school year only if the student has earned the cumulative number of credits in state-approved courses indicated.**

**1. At the beginning of the 7<sup>th</sup> grade year, the student must have been promoted from the 6<sup>th</sup> to the 7<sup>th</sup> grade.**

**2. At the beginning of the 8<sup>th</sup> grade year, the student must have been promoted from the 7<sup>th</sup> to the 8<sup>th</sup> grade.**

**3. At the beginning of the 9<sup>th</sup> grade year, the student must have been promoted from the 8<sup>th</sup> to the 9<sup>th</sup> grade.**

**4. At the beginning of the 10<sup>th</sup> grade year, the student must have at least five credits towards graduation, or earned five credits during the previous 12 months.**

**5. At the beginning of the 11<sup>th</sup> grade year, the student must have at least ten credits toward graduation or have earned five credits during the previous 12 months.**

**6. At the beginning of the 12<sup>th</sup> grade year, the student must have at least 15 credits towards graduation or have earned five credits during the previous 12 months.**

## ***VI DISCIPLINARY PROCEDURES***

Suspension:

**Each coach will have the authority, with concurrence of the athletic director, to suspend or place on probation for an extended period of time for major infractions. Athletes may be administrated corporal punishment or conditioning for minor infractions and will be documented in accordance with the WISD policy.**

Any student suspended form athletics must be given:

- 1. The reason(s) for the suspension,**
- 2. The time and provision of the suspension,**
- 3. The procedures for re-entering the program,**
- 4. Parent notification.**

## ***VII TOBACCO, ALCOHOL, AND DRUGS***

The following rules apply to all West Sabine ISD athletics:

- 1. NO SMOKING OR USE OF ANY TOBACCO PRODUCTS.**
- 2. NO DRINKING OF ALCOHOLIC BEVERAGES.**
- 3. NO USE OR POSSESSION OF ILLEGAL DRUGS.**

**The respective coach, in cooperation with the athletic director and the principal, will handle violations of the above rules. The athlete who violates the above-stated rules shall be subject to any or all of the following: (1) specified school policy, (2) suspension from practice sessions and games, (3) discipline as designated and decided upon by the coach and athletic director.**

## ***VIII DROPPING A SPORT***

**Before starting a sport, the athlete shall make a commitment to the program or team that he/she will finish to the end. Staying committed shows a lot of character. An athlete, however, sometimes finds it necessary to quit playing a sport before or during 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 to see if a solution can be reached without having to quit. A conference between the parents, athlete, and coach or any combination thereof, is required before an athlete will be permitted to quit.**

**3. If an athlete decides to quit, he/she must check out of the sport. Also, he/she must sign a form signifying they have quit and understand the consequences that must be carried out in order to participate in another sport.**

**4. All equipment must be turned in clean. Also, an athlete must pay for any equipment not returned.**

**5. If an athlete wants to return to a sport, he/she should consult the appropriate coach. The decision as to whether the athlete will be allowed to return to that sport shall be the decision of the individual coach and the athletic director.**

**6. If an athlete quits a sport, he/she may not start or practice the next sport until that sport has concluded. In order to participate in the next sport you must run five miles, without stopping for four consecutive days.**

**\*\* There will be no penalty for an athlete who drops a sport prior to his/her first competition or prior to the 5<sup>th</sup> day of practice, whichever comes first.**

## ***IX AWARDS AND LETTERING***

Varsity teams:

**Awards for the varsity teams will consist of letter jackets, plaques and certificates. These major awards will be furnished by the school to each athlete who meets the qualifications for lettering or participation in the following sports: cross country, football, basketball, baseball, softball, and track, power lifting, and cheerleading.**

**1. The University Interscholastic League rules will be followed in regard to cost of the jacket or plaque.**

**2. The jacket will have no markings or patches on it except the letter. All other patches will be the responsibility of the athlete.**

### ***X General requirements for receiving jacket awards***

**1. Must have lettered in one varsity sport during their freshman or sophomore school year or participated in the same varsity sport for two years. Also, an athlete will not be able to receive a jacket until the end of their sophomore year. In other words, a freshman athlete will not be able to receive a jacket.**

**2. All requirements may be waived by judgment of a committee composed of the head coach, athletic director and principal concerning injuries, marginal cases, etc.**

**3. Lettering in a sport will be determined by the head coach of that sport.**

***XI MEDICAL INSURANCE REQUIREMENTS FOR  
ATHLETES***

**Athletic insurance is provided by the West Sabine ISD. It is the intention and purpose of this policy to provide secondary coverage in the event of an athletic injury. In the event of an injury it is the responsibility of the athlete's family to obtain the proper forms from the athletic director for filing on the policy provided by the West Sabine ISD. There will be a list of network medical providers that take policy benefits on full assignments listed on the athletic director's web page at [www.westsabineisd.net](http://www.westsabineisd.net)**

## ***XII PROCEDURES WHEN ILL OR INJURED***

**Your health is of concern to every member of your team. When you are ill you need to notify your coach. Whenever you are injured or have an illness of a minor nature, you may be required to dress out and stay with your group during workout. You learn from each practice session, whether you are actually working out or simply observing. Conditioning will be made up for any missed practices. If an athlete has asthma, he/she must have an inhaler before practicing or playing in a contest on hand.**

## ***XIII Drug Testing Procedure***

**Prior to participating in extracurricular activities, a student in grades 7–12 and his or her parent or guardian shall give written permission for the student to be tested for the use of alcohol and the following drugs:**

<b>Amphetamines</b>	<b>Dilaudid</b>	<b>Pentazocine</b>
<b>Barbiturates</b>	<b>Glutethamide</b>	<b>Phenothizaines</b>
<b>Cannabinoid (Marijuana)</b>	<b>Meprodomate</b>	<b>Propoxythlene</b>
<b>Cocaine</b>	<b>Methaqualone</b>	<b>Quinine</b>
<b>Codeine</b>	<b>Morphine</b>	<b>Tricylin</b>
	<b>Percodan</b>	

**Failure to sign such an agreement shall mean the exclusion of the student from participation in any extracurricular programs. All such students shall be tested prior to participation and on a random basis throughout the school year. For the random testing, each student shall be assigned a number. The Board shall draw ten student numbers each month to determine which students shall be tested that month. If the student has been or is presently on medication, he or she shall present a physician's notice of the prescribed medication prior to drug testing.**

The first time a student's test result is positive, the District shall:

- 1. Notify the parent or guardian of the positive test result and the consequences of a first offense in addition to the student code of conduct.**
- 2. Suspend the student from participation in extracurricular contests and performances until:**
  - a. Thirty days have elapsed; and**
  - b. The parent or guardian comes to the school for a conference with the principal or activity director and the student.**
- 3. Permit the student to participate in practice, but not to travel to, participate in, or attend contests during the suspension.**

**4. Permit the student to return to full participation status following the 30-day suspension only if the student, at his or her own expense, is retested with a negative result. A positive result shall be considered a second offense. See below.**

**5. Establish the length of time, as determined by the principal, that the student shall attend mandatory counseling and/ or alternative educational placement.**

The second time that a student's test result is positive, the District shall:

**1. Notify the parent or guardian of the positive test result and the consequences of a second offense.**

**2. Remove the student from all extracurricular programs for the remainder of the school year.**

**3. Establish the length of time, as determined by the principal, that the student shall attend mandatory counseling and alternative educational placement.**

**The third time that a student's test result is positive, the District shall:**

**1. Notify the parent or guardian of the positive test result and the consequences of a third offense.**

**2. Prohibit the student from participating in any extracurricular programs for the remainder of his or her public school career in the District.**

**3. Establish the length of time, as determined by the principal, that the student shall attend mandatory counseling and alternative educational placement.**

## **XIV RESOURCES**

**Any parent or concern West Sabine fan should always follow the chain of command when confronting an issue about athletics. Please use the following procedure:**

- 1. Talk to the head coach of that particular sport.**
- 2. If there is no satisfactory there then talk with the athletic director.**
- 3. Finally, if there is no satisfactory with the athletic director then go talk with the superintendent of the school.**

**West Sabine High School Phone – 409 584 2525**

**West Sabine Athletic Department – 409 584 2525**

**West Sabine Administration Office- 409 584 2655**

**WEST SABINE INDEPENDENT SCHOOL DISTRICT**

**ATHLETIC HAND BOOK  
2009-2010**

**I have received the Athletic Handbook and I am aware  
of the contents.**

**Student's Name** \_\_\_\_\_

**Student's Signature** \_\_\_\_\_

**Parent or Guardian  
Signature** \_\_\_\_\_

**Date** \_\_\_\_\_

