# Van Vleck Leopard

# Athletic Handbook

# Van Vleck ISD
## Athletic Handbook

## Introduction
This handbook communicates important information concerning athletic policies and procedures to our parents and students. After reviewing this information, we ask that the parents and student sign the receipt page in the back of the handbook and turn it in to his/her head coach.

***Anything that is not covered in this handbook will be left to the judgment of the Athletic Director.***

## Philosophy of Athletics
The athletic program is part of the total educational program. Sports are a vital part of the physical, mental, social, and moral growth of our students. Sports are extracurricular activities, not designed to transcend the academic program, but to enhance it. Athletics is about teaching the value of dedication, commitment, goal setting, hard work, fair play, sportsmanship, teamwork, and sacrifice. If one will live up to the standards set by the athletic department, athletics can and will serve as an outstanding extension of academics.

## Academics
The character and hard work of the athlete should carry over into the classroom. The athletes must plan their schedule so that they give sufficient time and energy to their studies to ensure acceptable grades. In addition to maintaining good grades, an athlete should give respectful attention to classroom activities and show respect for faculty and other students at all times. ***Student-athletes will be monitored by the coaching staff through grade-checks.*** This keeps the coaching staff aware of student-athletes that might be struggling in the classroom. We will do what we can to motivate the athlete to ensure his / her success. Coaches will counsel and mentor the athlete when needed.

## Goals of this Athletic Program:

1. Emphasize that academics must come first and foremost.
2. Promote the development of the whole person - spirit, mind, and body.
3. Athletes will compete with great effort and confidence.
4. Teach athletes the value of hard work, discipline, and teamwork.
5. Abide by the rules and regulations of **Van Vleck ISD** and the UIL.
6. Develop sportsmanship in our athletes, coaches, and fans.
7. Have fun!

## Goals of the Athletic Director:

1. Be a great role model and develop character in student-athletes.
2. Promote school spirit and community involvement.
3. Develop athletic policies and ensure implementation of these policies.
4. Enforce consequences for student-athletes who violate rules and policies.
5. Provide student-athletes with sound instruction and guidance.
6. Abide by all rules and regulations set forth by **Van Vleck ISD** and the UIL.
7. Proactively promote sportsmanship.

## Goals for Coaches:

1. Be a great role model and develop character in student-athletes.
2. Promote school spirit and community involvement.
3. Be a positive coach.
4. Discipline athletes who display unacceptable behavior.
5. Abide by all rules and regulations set forth by **Van Vleck ISD** and the UIL.
6. Respect the judgment of the officials and their interpretation of the rules.
7. Have FUN!!!

## Goals for Athletes:

1. Give great effort (compete with *PASSION*).
2. Believe in yourself, your team, and your coaches.
3. Treat opponents with respect as fellow competitors.
4. Respect the judgment and integrity of the officials.
5. Accept both victory and defeat with pride and dignity.
6. Abide by all rules and regulations set forth by **Van Vleck ISD** and the UIL.
7. Have FUN!!!

## Practice and Game Attendance

It is the obligation and responsibility of team members to attend all scheduled practices, meetings, and games regularly, and on time. Practice times will be scheduled and announced.

## Being late or absent

The athlete will be disciplined for an unexcused tardy or absence ***(this could include missing a competition)***. Each tardy will be defined as excused or unexcused. Any team member who arrives late to practice or who leaves early is disruptive to the team's improvement and game plan. All absences can be made up. If the coach is not notified prior to the workout, it will be an unexcused absence. (Some situations will be considered an excused absence without a phone call). Makeup work for absences will be given by the Head Coach; this workout will vary from sport to sport.

## Athletic Class Period

***Dress out every day in school-issued clothing and/or equipment.***

Students unable to physically participate are still required to dress out and participate mentally. (Some injuries may not allow the athlete to dress out. If there is a question, the Head Coach will make the decision).

## Equipment and Uniforms

Team uniforms, warm-ups, and equipment are the property of **Van Vleck ISD** and must be treated with care. Athletes are responsible for keeping their school-issued equipment clean and secure. All athletes must return their uniforms and equipment to their coach no later than seven (7) days after their last competition. Theft, loss, or damage of any equipment is the athlete's financial obligation. ***No athlete will be allowed to check out any equipment for another sport until payment for missing or destroyed equipment is made. Award recognition, letter jackets, and other privileges may also be withheld until all equipment is returned or replaced.***

## Tobacco, Alcohol and Drugs

It is a violation of athletic policy for **Van Vleck ISD** athletes to use or possess tobacco, alcohol or illegal drugs. Violations of this nature reported by a coach, school administrator, or law enforcement official will be investigated by the athletic director and/or coaching staff. ****Any athlete caught using tobacco products, alcohol or illegal drugs will be disciplined by the Athletic Director. This could consist of one or more of the following: physical activity, suspension or removal from athletics.****

## Poor Attitude

An athlete may be suspended for all or part of a sports season for demonstrating behavior that is detrimental to the team. Suspensions will be dealt with on an individual basis. Examples of unacceptable behavior include, but are not limited to:

1. Poor effort or lazy attitude (skipping practice)
2. Disrespect to the coaching staff
3. Negative effect on team morale

## School Suspension (ISS / AEP)

Athletes assigned to ISS or AEP may not participate in any extracurricular activity until assigned make-up work from the Head Coach of that sport is completed. ***Students assigned to ISS/AEP for longer than 6 weeks, will be removed from athletics for the remainder of that semester.***

## Destruction of School Property

Anyone caught vandalizing school property or stealing school equipment will be subject to the harshest of punishments. ****This may include, but not be limited to: Suspension of one calendar year from the athletic department.****

## Hazing

No athlete at any time, by means of practical jokes, initiation rites, horseplay, etc., will humiliate any fellow athlete. The **Van Vleck ISD** Athletic Department will not tolerate hazing in any form. No one has to "earn his or her way" on to a team by submitting to ridicule from other members of the team. It is the duty of each team member to discourage this behavior. ****Hazing will not be tolerated.****

## Procedure for Quitting a Sport

Commitment to being a team member is one of the most valuable lessons learned in athletics. The first 2 weeks of participation in a sport is a "free trial" period. If the athlete chooses not to participate during this time, then there is no violation. This rule is for the entire 4 years of high school.

***Consequences for quitting a sport after the 2 week "free trial":***

| | |
|---|---|
| First offense – | 10 miles in 5 days, with no participation in another sport until all running is completed. |
| Second offense – | 20 miles in 10 days, with no participation in another sport until all running is completed. |
| Third offense – | Suspension of one calendar year from the athletic department. |

# Personal Appearance and Conduct

Our student-athletes are quite often the only contact that many people in other communities have with our school. Appearance, expressions, and actions always influence opinions of our athletes, teams, and our school.

It is expected that **Van Vleck ISD** athletes will conduct themselves in a manner that is positive for our school district and community.

## Our student/athletes will:

1. Respect fellow teammates, coaches, managers, and school faculty.
2. Respect our opponent's team, coaches, managers, and school faculty.
3. Respect all officials, umpires, referees, etc.
4. Display desirable behavior, desirable language, and polite attitudes.
5. Be well-groomed and dressed appropriately at all games and contests.
6. No earrings or jewelry will be worn during any athletic activity.
7. Tattoos must be covered at all times.

All athletes representing **Van Vleck ISD** should establish and maintain a high standard of appearance at all times. The head coach of each sport may establish additional guidelines for their team.

***All athletes will abide by the guidelines for dress, grooming, and appearance outlined in the student handbook and athletic handbook.***

## Parent/Coach Relationship

Both parenting and coaching are difficult vocations. By establishing lines of communication we are able to provide a greater service to students. As parents, when your children become involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

### Communication Parents Should Expect From Coaches:

1. Expectations the coach has for your child.
2. Locations and times of all practices and contests.
3. Team requirements (fees, special equipment, etc.)
4. Discipline that effects your child's participation.

### Appropriate Issues to Discuss With Coaches:

1. Treatment of your child.
2. Ways to help your child improve.
3. Concerns about your child's behavior.

### Issues Not Appropriate to Discuss With Coaches:

1. Team strategy
2. Play calling
3. Other student-athletes

## Parent/Coach Conference Procedure

*If you have a concern to discuss with a coach, please follow this procedure below:*

1. Please do not attempt to confront a coach before, during, or after a contest or practice. ***This can be an emotional time for both the parent and the coach. Meetings of this nature do not promote resolution. Productive meetings require calm, rational attitudes in a private setting.***

*2.* Call the athletic department to set up an appointment with the head coach during his/her conference period the next school day.

3. If you are not satisfied with your conference with the head coach, you may then call to set up an appointment with the Athletic Director.

## Lettering Requirements

All athletes must compete in at least half of the varsity contests for a season, be recommended by the head coach of specified sport, or score a point at the varsity district track meet to receive a letter jacket. Letter jackets will be ordered twice a year. Jackets will be ordered during the fall semester and the spring semester. If a sport has not concluded during the fall semester, then athletes must wait until the spring semester to order their letter jacket. All athletes must complete the season in order to receive their letter jacket. If a student athlete is not in good standing with the athletic program at the time the jackets are delivered, then they will not receive the jacket. It should be noted that the athletic department will purchase only one letter jacket per student for their entire high school career.

## Goals for Parents, Boosters, and Fans:

1. Promote school spirit and community involvement.
2. Respect our players, coaches, and fellow fans.
3. Respect the players, coaches, and fans of opposing teams.
4. Know and understand the rules of the game.
5. Treat officials with respect.
6. Abide by all rules and regulations set forth by **Van Vleck ISD** and the UIL.
7. Have FUN!!!

## Athletic Department Forms Packet

This packet includes (1) UIL Acknowledgment of Rules, (2) UIL Athletic Physical, (3) UIL Medical History, (4) UIL Illegal Steroid Use Form, and (5) yellow card (medical release/insurance info/emergency contact info). The packet should be filled out completely!! Do not leave any requested information blank.

## Injury

The potential for injury is inherent in all interscholastic sports. Even with the best coaching, the most advanced protective equipment, and a strict observance of rules, injuries can happen.

Athletes should report all injuries to the coach and to their parents. Please remember that coaches are neither doctors nor athletic trainers. They can make suggestions and give advice, but they are not certified to diagnose, treat, and release athletes from injury.

If an athlete is seriously injured, he/she must have a doctor's release before continuing practice or competing in athletic contests.

# Receipt of **Van Vleck ISD**
# Athletic Handbook

Athlete's Name: _____

I have received a copy of the **Van Vleck ISD** Athletic Handbook.

I understand that all athletes will be held accountable for the information outlined in this handbook.

Athlete's Signature-

_____

Parent / Guardian Signature-

_____

Date- _____