

**MCMULLEN  
COUNTY  
ATHLETIC**



**Handbook**  
**2016-2017**

# MCMULLEN COUNTY

## 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.

### Philosophy of Athletics

Sports are a vital part of the physical, mental, social, and moral growth of our students. Athletics is about teaching the value of dedication, commitment, goal setting, hard work, sportsmanship, teamwork, and sacrifice.

### Academics

The character and hard work of the athlete should carry over into the classroom. In addition to maintaining acceptable grades, athletes should show RESPECT for faculty and other students at all times. ***Student-athletes will be monitored by the coaching staff through grade-checks.***

### 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. Develop sportsmanship in our athletes, coaches, and fans.

### Goals for Athletes:

1. Give great EFFORT!!
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.

### Athletic Department – Required Forms Packet

This packet includes (1) UIL Acknowledgment of Rules, (2) UIL Physical / Medical History, (3) UIL Illegal Steroid Use Form, (4) MCISD medical release, (5) UIL CONCUSSION FORM, and (6) Athletic Handbook Receipt

### Practice and Game Attendance

It is the responsibility of the athlete to hopefully attend ALL practices and games. We as a staff do understand at times that there are extenuating circumstances. If an athlete MUST miss a practice or game then it is up to the ATHLETE to let the coach of that particular sport know. Making up of a missed practice or game will be left up to the discretion of the coach in his/her particular sport.

## Attitude Detrimental to the Team

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:

- **Poor effort or lazy attitude**
- **Disrespect to the coaching/teaching staff**
- **Stealing from athletes or coaches**

\*An athlete can be removed from the athletic program for 1 calendar year if necessary\*

## Facebook / Social Media

Athletes and parents need to be careful when using social media. These websites should not be used to bad mouth coaches, teammates, teams, school organizations, etc. Be responsible and remember that putting something on Facebook is like putting something in the newspaper.

## School Suspension (ISS / DAEP)

Athletes assigned to ISS or DAEP will have make-up work (physical activity) to do in the form of towel pushes. A student cannot compete or represent the school in an official function, game, or activity if the student owes time in ISS but the student is still required to attend practice. Students regain eligibility to play in a game and/or an event at the end of the instructional day of their final day in ISS. If an athlete is in DAEP they may not practice or participate in an extracurricular event.

## Hazing

No athlete at any time, by means of practical jokes, initiation rites, horseplay, etc., will humiliate any fellow athlete. No one has to "earn his or her way" on to a team by submitting to ridicule from other members of the team. **Hazing will not be tolerated.**

## Tobacco, Alcohol and Drugs

It is a violation of athletic policy for athletes to use or possess tobacco, alcohol or illegal drugs. Violations of this nature are serious and will be handled by the Athletic Director.

Consequences could be one or more of the following:

- ❖ **Physical activity (towel pushes/running)**
- ❖ **Suspension**
- ❖ **Removal from athletics**

## Personal Appearance and Conduct

Our student-athletes are quite often the only contact that many people in other communities have with our school. It is expected that our athletes will:

- ✓ Be respectful to teammates, coaches, faculty, opponents, and officials.
- ✓ Be well-groomed and dressed appropriately at all games and contests.
- ✓ No jewelry will be worn during any athletic activity or during the athletic period
- ✓ Tattoos must be covered during competition.
- ✓ No earrings, no hats on backwards at McMullen County ISD athletic activities
  - at school / in the gym / in town or out of town
- ✓ No FACIAL HAIR

## 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.

### Communication Parents Should Expect From Coaches:

1. Expectations the coach has for your child.
2. Locations and times of all practices and contests.
3. Discipline that affects 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. Playing time
2. Team strategy or play calling
3. Other student-athletes

## Parent/Coach Conference Procedure

If you have a concern you want to discuss with a coach, please follow the procedure below:

1. Call to set up an appointment with the coach during his or her conference the next day.
2. If the issue is not resolved, then call to set up an appointment with the Athletic Director.

**\*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.*

## Lettering Requirements

- ❖ Team Sports - Athletes must:
  - compete in at least half of the contests or be recommended by the head coach
- ❖ Individual Sports (Cross Country, Track, Tennis, and Golf) – Athletes must:
  - advance out of district or be in the sport for 3 years
  - be recommended by the coach during their junior or senior year

**All athletes must complete the season to receive their letter jacket. An athlete that quits or is removed from any team sport will not be eligible to receive a letter jacket that school year.**

# MCMULLEN COUNTY

## Athletic Code of Conduct

We feel that Athletics is a very important part of the educational experience. However, Athletics is a PRIVILEGE and not a RIGHT and we as an athletic staff will hold our Athletes to a high standard. First of all, we hope to NOT discipline ANY athletes but from time to time we will provide structure when it is needed. Please read the following consequences when an expectation is not met or a poor choice is made by a student/athlete. For your child to be in Athletics for the 2015/16 school year the athletic code of conduct MUST be signed by his/her parent or legal guardian. Failure to sign the Code of Conduct by a parent/legal guardian will mean that your son or daughter may not be in Athletics for the 2015-16 school year.

### **PRACTICE/GAME/BUS/RESTAURANT EXPECTATIONS**

If an athlete displays rudeness, defiance, disrespect or inappropriate language or behavior towards a coach/player (own or opponent) /official then the following consequences will be enforced:

- 1<sup>st</sup> Offense- 10 Towel Pushes (Down and Back equals 1 towel push). \*\*Reduced playing time at Coach's discretion.
- 2<sup>nd</sup> Offense- 20 Towel Pushes (Down and Back equals 1 towel push). \*\*A minimum of ½ game suspension or more at Coach's discretion.
- 3<sup>rd</sup> Offense- 30 Towel Pushes (Down and Back equals 1 towel push). \*\* Automatic 1 game suspension
- 4<sup>th</sup> Offense- Removal from In-Season Sport

The progression of consequences described above is for conduct deemed mild to moderate by the coaching staff. More severe misconduct as determined by the coaching staff may result in the skipping of a step or a referral to the office for assistance and/or additional consequences.

\*\* ALL towel pushes must be done before an athlete can participate in a game or contest. Also, at any point and time if an Athlete is disrespectful or doesn't accept the above consequences for HIS/HER behavior then WE as a STAFF will go to INCREASED consequences, INCREASED reduction of playing time or INCREASED suspension/REMOVAL from program.

Also, if an Athlete is removed from the current INSEASON sport or quits, he or she CANNOT participate in the NEXT sport until ALL consequences are completed from the sport that they quit or were removed from.

- TOBACCO (Dipping, Cigarettes, Vape Pens)  
50 Towel pushes per offense. (Down and back equals one).
- CUSSING  
10 towel pushes per offense (Down and back equals one).
- ISS/DAEP

10 towel pushes per day. (Down and back equals one). An Athlete cannot participate while in ISS. Towel pushes may be done during the school day while in ISS as a part of their Athletic Period time at the ISS instructor's discretion.

- **DISCIPLINE REFERRAL IN CLASS**

5 towel pushes/bear crawls per referral. Only one of the two punishments will be enforced. Students may choose which one to do. (Down and back equals one). If poor behavior continues then towel pushes/ bear crawls will increase at the Coach's discretion along with a parent meeting.

## **BUS RIDING**

Coaches can assign a seating chart if needed at any point and time during the year. If an athlete refuses to sit where told then he/she will face consequences for their actions which are outlined in the BUS EXPECTATIONS section of the Code of Conduct. Students must ride the bus to the athletic event (unless it's an extenuating circumstance) but can ride home with parents if prior arrangements have been made. ALL parents need to sign out their child with a coach before leaving the athletic contest.

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

**Receipt of McMullen County ISD  
Athletic Handbook and Athletic Code of Conduct  
2016-2017**

Athlete's Name: \_\_\_\_\_

I have received a copy of the **McMullen County 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- \_\_\_\_\_