

# **GRANBURY ISD ATHLETIC HANDBOOK**



# **Granbury Independent School District**

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# **MISSION STATEMENT OF GRANBURY ATHLETICS**

## Teaching Life Skills Through Athletics

Granbury ISD coaches and student athletes project an image of gracious competitors who embrace challenge, enjoy the process, win with humility, handle defeat with dignity, are advocates for their community and school, and are positive role-models.

We believe that the program of interscholastic athletics is an integral component of the total educational structure. While we will strive to make our team as competitive as possible, our primary objective is to help our student athletes acquire important skills that will help them to be successful in their adult lives. Through transformational coaching and intentional teaching, we will show our student athletes how to succeed with humility and persevere through setbacks in a productive manner.

Our program places a high value on the power of multisport participation. Within our educational setting, every effort will be made to provide athletic experiences for as many students as possible. Our competitive teams will be selected based on need, interest, and ability. We will place student athletes on teams appropriate to their physical and emotional abilities. At the varsity level, our coaches will select players and decide playing time based on their judgment of combinations that will make the team as competitive as possible. At the sub-varsity levels, there will be more of a focus on player development, although playing time may not be equal for all participants.

Our coaches will strive to be positive role models who display in-depth knowledge of their activity, and have the ability to teach strong leadership, ethical behavior, and interest in holistic development of their student athletes. Winning of

championships should transpire as an outgrowth of ethical coaching and healthy competition.

The desired outcome for participants in our athletic program is that they will attain the following traits:

|                              |                         |
|------------------------------|-------------------------|
| <b>Set and Achieve goals</b> | <b>Self-confidence</b>  |
| <b>Competitiveness</b>       | <b>Accountability</b>   |
| <b>Teamwork</b>              | <b>Integrity</b>        |
| <b>Commitment</b>            | <b>Leadership</b>       |
| <b>Discipline</b>            | <b>Perseverance</b>     |
| <b>Sportsmanship</b>         | <b>Pride</b>            |
| <b>Responsibility</b>        | <b>Communication</b>    |
| <b>Work Ethic</b>            | <b>Academic Success</b> |
| <b>High Character</b>        | <b>Gratitude</b>        |

We also hope that during their high school athletic experience, our student athletes will have fun and build fulfilling relationships. Our program will strive to provide an opportunity for our student athletes to release stress in a healthy manner and instill fitness for life as a core value. The product of our investment in athletics will be healthy adults who contribute to their community in a positive manner. Then they are all winners.

## **The Athletic Code**

The general Athletic Code means to:

1. Play the game in the spirit of fairness and sportsmanship, observing all rules, both in letter and intent.
2. Coach and sponsor the teams and individuals without resorting to unethical tactics, skirting the rules, or any unfair tactic which detracts from sound educational principles.
3. Accept decisions of sports and school officials without protest, and without questioning their honesty or integrity, and extend protection and courtesy to sports officials from participants, school personnel, and spectators remembering that officials are guests.
4. Regard opponents as guests, putting clean play and good sportsmanship above victory at any cost. Win without boast and lose without bitterness. Victory is important, but the most important thing in sports is striving to excel and the positive feelings it fosters between those who play fair and have no excuse when they lose. The development of recreative aspects and positive human relations should be stressed in all competitions.
5. Conduct that berates, intimidates, or threatens competitors, based on gender or ethnic origin, has no place in interscholastic activities.
6. Provide information or evidence as soon as possible regarding eligibility of any contestant or school to the local administration, then to the proper district executive committee. To withhold information is considered dishonorable and contrary to good sportsmanship. Schools guilty of violating this section may be subject to penalty as described in Sections 27 and 29 (of the CCR), including disqualification from district honors in the germane activity. Covered school

district personnel guilty of violating this section may be subject to the range of penalties as described in Sections 27 and 29 (of the CCR).

7. Not recruit or entice any student to attend and participate at your school. Any inquiries from students outside your school district or from another high school in a multiple-high school district should be directed to the school superintendent or high school principal.

## **BEHAVIOR EXPECTATIONS OF SPECTATORS**

Remember that school athletics are a learning experience for students and that mistakes are sometimes made.

**Remember that you are at the contest to support and celebrate for your team, and to enjoy the skill and competition, not to intimidate or ridicule the other team or its fans.**

Learn the rules of the game so that you may understand and appreciate why certain situations take place.

**The ticket is a privilege to observe the contest, not a license to verbally assault others or be generally obnoxious.**

Praise student athletes in their attempt to improve themselves as students, as athletes, and as people, just as you would praise a student working in the classroom.

**Show respect for the opposing players, coaches, spectators and support groups.**

Respect the integrity and judgment of game officials. Understand that they are doing their best to help promote the student athlete and admire their willingness to participate in full view of the public.

**Refrain from the use of any controlled substances (alcohol, drugs etc.) before, during, and after the practice, scrimmage, game, and/or tournament on or near the site of the event (i.e. tailgating).**

Recognize and show appreciation for an outstanding play by either team.

**Use only cheers that support or uplift the teams involved.**

Be a positive role model at events through your own actions and by censuring those around you whose behavior is unbecoming.

**Parents and spectators need to be aware that the school will remove them from the premises and will prohibit them from attending future contests due to undesirable behavior.**

Game officials can ask that school administrators have unruly fans removed from a contest facility. If that occurs, the spectator **will be** suspended from future contests. The length of suspension will be determined by the athletic director along with the GISD school officials and will be based upon the severity of the offense.

**There is no such thing as a "right" to attend interscholastic athletics.**

**Interscholastic athletics are considered a "privilege" and any spectator who attends an event is expected to conduct himself/herself accordingly.**

Keep in mind that you are a guest of the school. While winning is certainly an admirable goal, it is hollow if it comes at the expense of morals, ethics, and common sense.

**The school is responsible for the behavior of their spectators. The school district can and will be punished for actions of the spectators in violation of**



**UIL standards and rules. Oftentimes the harshest penalties that are imposed by the UIL are a result of the actions of out-of-control parents/spectators.**

## **General Regulations**

☐ **A coach will dismiss a student-athlete from a team only after:**

- Reviewing the procedure for dismissal
- Discussion of action with the Athletic Director
- Documenting situation and actions
- Providing documentation to parents and student-athletes
- Confirming that all documentation is on file

A coach must report any major disciplinary action within twenty-four hours of the incident to the Athletic Director and the appropriate School Principal.

☐ **Disciplinary due process procedures for removal of student-athletes:**

1. Notification of principal and athletic director within 24 hours
2. Notification of parents within 24 hours
3. Suspension for up to three school days from the particular sport – beginning the day of the offense
4. Conference with parent(s) within the three-day suspension if requested by the parent or athletic department
5. Removal decision rendered at or before the end of the three-day suspension

☐ Any athlete placed in the BTC will be ineligible for athletics during the period in which the athlete is in BTC. Any subsequent assignments during the same school year to any of the following may result in suspension from athletics for the remainder of the school year:

- BTC
- ISS
- Administrator detentions

- out-of-school suspension
- expulsion
- ☐ Any athlete placed in ISS will be ineligible for any activities of the athletics department until the prescribed time is served. The student is expected to practice with the team when practice falls outside of the school day
- ☐ Any student athlete engaged in conduct punishable as a felony and is referred to a court, **WILL NOT** be allowed to participate in athletics. If it is a felony without being referred to a court this will result in a suspension depending on the degree of the felony charge determined by the head coach, school administrator, and athletic director.

***The term student athlete includes any student participating in the athletic program, including student managers and student athletic trainers during the school day or any time the student athlete is representing the school at an athletic event.***

- ☐ The UIL rules must be followed in all cases of eligibility, transfer, physical examinations, insurance coverage, starting dates, use of school equipment, etc. Each coach has the responsibility to know, to inform team members and parents, and to enforce school and UIL regulations in these matters.
- ☐ Any civil law infraction or conduct by a student athlete that is determined by the head coach and school administration to be detrimental to the athletic program, school, or GISD will result in counseling by the head coach and a school administrator with possible suspension.
- ☐ **No student athlete may quit one sport and try out for another sport after the season has begun until the sport season that they quit is complete and all equipment is returned.** If it is determined by both head

coaches that it is in the best interest of the student athlete and the program to leave one sport to go to another one, then the decision will be made by the head coaches and only the head coaches involved.

- ☐ A display of unsportsmanlike conduct toward an opponent or official or use of profanity during an athletic practice or athletic contest will result in counseling by the head coach and possible suspension.
- ☐ Unexcused absences from scheduled athletic contests will be handled by the head coach of the sport. They will determine the course of action on a case by case basis.
- ☐ Violations requiring administrative action that would suspend a student athlete from regular school attendance, excluding BTC/AEP, will result in:
  1. First offense: The student athlete will be suspended for one athletic contest.
  2. Second offense: The student athlete will be suspended for the remainder of the sports season.
- ☐ Theft or malicious destruction of any school or individual's equipment or property is not to be tolerated.
  - 1. First offense:** The student athlete will be suspended from the team for five calendar days. At the end of this period and following counseling by the head coach and a school administrator, a decision regarding further competition will be made. The time spent out of athletics CAN be counted against time served.
  - 2. Second offense:** The student athlete will be suspended from the team for the remainder of the sport season and will be referred to the school administrator.

- ☐ The theft or malicious destruction of any property or equipment while participating in a school-sponsored athletic event will result in the suspension from the athletic program for a period for not less than 90 calendar days and not more than 180 calendar days.
- ☐ Participation in senior night events will be based on athletic classification and not academic classification.
- ☐ The grooming code for all student athletes at any GISD campus will be as follows:
  1. All student athletes must have a hairstyle that does not draw attention to his/her self in an attempt to stand out in a radical fashion. Hairstyles that fall under the Texas Crown Act will not be affected.
  2. Both male and female student athletes will dress in a manner that will represent their school and community in a POSITIVE manner when at an athletic contest.
  3. The Head coach/athletic coordinators have the final determination on the appropriate dress & grooming.
- ☐ Any student athlete engaged in conduct punishable as a felony and is referred to a court, WILL NOT be allowed to participate in athletics. If it is a felony without being referred to a court this will result in a suspension depending on the degree of the felony charge determined by the head coach, school administrator, and athletic director.
- ☐ Cell phones, video cameras, and social networking is prohibited in all dressing areas. Cell phones are to be used only for emergency reasons and making arrangements for transportation during athletic trips on the way home.

## □ TEAM TRAVEL

All regular school transportation rules and regulations apply when on an athletic trip. **All varsity student-athletes are expected to ride the transportation provided by Granbury ISD to and from all competitions.**

The approval of the head coach must be obtained for a student-athlete to return home with his/her parent/guardian, and this will only occur upon completion of an Granbury ISD Athletic Department Travel Consent Form.

The Athletic Department **strongly urges** that all student-athletes leave with a parent/guardian **only in emergencies**. Head coaches of each sport will determine if they will allow Sub-Varsity players to travel home after an away contest. **Jr. High athletes will be allowed to ride home from away athletic events with a parent/guardian signature on a travel consent form.** These forms can be downloaded from the school athletic website.

Student-Athletes will follow the dress code for all bus trips, if not dressed in the team uniform before leaving the school. Team shirts may be issued for some sports, and student-athletes will be expected to dress in them for each trip. All other clothing will be in good condition (no holes, ragged, or sagging pants/shorts) Food and/or drinks will only be allowed on the bus with the approval of the coaches. Head Coaches reserve the right to set the expectations for travel dress code to other campuses. The coaching staff retains the right to ban any radios, electronic games, cell phones, etc... on away bus trips. Will be informed of departure and appropriate return times for each trip by the coach. It is the student athlete's responsibility to be on time for all departures and to inform their parents of the time to pick them up after a contest.

- ☐ Additional rules and regulations may be provided by the head coach but must be cleared by the athletic director. Any additional rules and regulations must be in writing and on file in the athletic director's office.

### **Letter Jacket Policy**

- ☐ The UIL defines the monetary value limits to be placed on awards given to high school student-athletes. At the present time, GISD is allowed to give a letter jacket one time in a student's high school career at Granbury High School. One letter will be given at the time a student athlete earns their letter jacket. Extra letters may be acquired for the student athlete through the head coach.
- ☐ The head coach is responsible for setting the criteria for lettering in his/her sport. The criteria will be in written form and on file in the Athletic Director's Office. The lettering criteria will be made available upon request.
- ☐ Any student athlete that does not meet definite criteria for lettering in a varsity sport will fall under the coach's discretion section and the student athlete's lettering status will be considered at a meeting between the head coach and the athletic director to determine whether the student athlete is eligible for a letter award.

### **Parent Communication**

- ☐ Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of one another and provide greater benefits to children. As

parents, when your children become involved in the program, you have the right to understand what expectations are placed on your child. This begins with clear communication from the coach. Any issues concerning the student athlete's behavior should go directly to the head coach involved. Then, if necessary, the head coach, and only the head coach, will start the chain of command for resolving the issue.

☐ Communication that you should expect from the coach:

A. Expectations the coach has for your child as well as all the players on the squad.

B. Locations and times of all practices and contests.

C. Discipline that may result in the denial of your child's participation, or concerns that could lead to possible discipline issues.

D. Team requirements, i.e. practices, special equipment, out of season conditioning etc....

☐ Communication that coaches expect from parents:

a. Concerns expressed directly to the coach.

b. Notification of any schedule conflicts well in advance.

☐ As your child becomes involved in the athletic program in the Granbury ISD, they will experience some of the most rewarding moments in their lives. It is important to understand that there may be times when things do not go the way you or your child wishes. At these times discussion with the coach is encouraged.

☐ It is very difficult to accept your child is not playing as much as you hope or in what team they play on. Coaches are professionals and they make decisions based on what they believe to be the best for all of the student athletes involved. As you have seen from the list below, certain things can

and should be discussed with the coach. Issues that are not appropriate to discuss with coaches include playing time and other student athletes.

1. The treatment of your child and only your child.
2. Ways to help your child improve.
3. Concerns about your child's behavior.

- ☐ There are situations that may require a conference between the coach and parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedures must be followed to help promote a resolution to the issue or concern. These will be a one on one meeting with individual parents. **WE DO NOT ALLOW GROUP MEETINGS.**

1. Encourage your child to speak directly to the coach. Many times this can take care of the problem.

2. Call during school hours to set up an appointment.

3. If the coach cannot be reached, call the athletic coordinator at your campus.

4. Please do not attempt to confront the coach before, during, or after a contest...i.e. 24 hour rule. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution.

5. If the meeting with the coach did not provide a satisfactory resolution, then that is the time to contact the athletic coordinator to discuss the situation.

- ☐ Conflict Resolution Chain of Command

1. Coach and student athlete will meet; if no resolution then,

2. Coach, parent, and student athlete will meet; if no resolution then,

3. Head Coach, Coach, parent, and student athlete will meet; if no resolution then,



4. Athletic Campus Coordinator, Head Coach, parent, and student athlete will meet; if no resolution then,
  5. Campus Principal, Middle School Athletic Campus Coordinator, Head Coach, parent, and student athlete will meet (this level only applies at the middle school); if no resolution then,
  6. High School Athletic Campus Coordinator, Middle School Athletic Campus Coordinator, Head Coach, parent, and student athlete will meet (this level only applies at the middle school); if no resolution then,
  7. Athletic Director, Athletic Campus Coordinator, Head Coach, parent, and student athlete will meet; if no resolution then,
  8. Superintendent, Athletic Director, parent, and student athlete
- Our hope is to find common ground to make a rational decision that is both appropriate for the student athlete and athletic program. We will treat each conflict individually but with the knowledge that the athletic department has to ultimately do what is best for the program and must be consistent with our rules & regulations.

### **School Attendance Policy**

- ☐ student-athlete must be in school the day of the activity in order to participate in an activity that day. An exception would be made if the student athlete had an approved medical appointment or deemed appropriate by the head coach or Licensed Athletic Trainer. In the case of a medical excuse, the student athlete must present to the appropriate Licensed Athletic Trainer a signed statement from the doctor regarding the absence.

- ☐ Any student athlete who misses school or practice must call or visit personally with the head coach prior to the absence (if applicable) to make arrangements.
- ☐ Any student athlete under a physician's care for an athletic injury or illness WILL NOT be allowed to resume practice or any activity without a written release from the attending physician. Verbal and/or phone releases will not be accepted. A parent's release will not supersede or replace a physician release or waiver. All medical notes must be turned in to the appropriate LicensedAthletic

## **Hazing, Bullying, & Derogatory Comments**

### **Hazing**

Any intentional, knowing, or reckless act directed against a student or student athlete, by one person alone or acting with others that endanger the mental or physical health or the safety of a student or student athlete for the purpose of being initiated into, affiliating with, holding office in, or maintaining membership in any organization whose members are to include other students or student athletes. The term includes, but not limited to:

1. Any type of physical brutality, such as whipping, beating, striking, branding, electronic shocking, placing of a harmful substance on the body, or similar activity.
2. Any type of physical activity, such as sleep deprivation, exposure to the elements, confinement in a small space, calisthenics, or other activity that

adversely affects the mental or physical health or the safety of the student or student athlete.

3. Any activity involving consumption of a food, liquid, alcoholic beverage, liquor, drug, or other substance that subjects the student or student athlete to an unreasonable risk of harm or that adversely affects the mental or physical health or the safety of the student or student athlete.
4. Any activity that induces, causes, or requires the student or student athlete to perform a duty or task that involves a violation of the Penal Code.
  - a. First offense: Suspension from one athletic contest.
  - b. Second offense: Suspension for the remainder of the sport season.

### **Bullying**

Any act of aggression by someone or a group with the intent of harming a person either physically or psychologically. Bullies target individuals whom they perceive are weaker or more vulnerable. The term includes, but not limited to:

1. Harm and humiliation are intended.
2. There is an imbalance of physical or psychological power between bully and victim.
3. The bullying action is repetitive, occurring over a period of time. Although single acts of aggression must be addressed, most students or student athletes who experience an occasional unpleasant or even aggressive act in school are able to handle such incidents.

### **Consequences for anyone engaging and/or encouraging hazing and/or bullying**

No student, student athlete, or school employee shall engage in any form of hazing or , nor encourage or assist any other person in hazing or bullying. Acts of known hazing and / or bullying, as well as failure to report known acts, can result in criminal penalties, as well as school discipline.

1. **First offense:** Suspension from one athletic contest.
2. **Second offense:** Suspension for the remainder of the sport season.

### **Derogatory Comments**

Any comment or action by someone of a group showing a critical or disrespectful attitude. This term includes but is not limited to:

1. Expression of low opinion.
2. Detracting from the character or standing of something.
3. Racially motivated

### **Alcoholic Beverages, Tobacco, E-Cigarettes, Vaping, Juuling, Steroids, Drugs, Narcotics, or Hallucinating Agents**

Any use or possession of alcoholic beverages, tobacco, e-cigarettes, vaping, juuling, steroids, drugs, narcotics, or hallucinating agents by any athletic program participants is prohibited. Student athletes are responsible for their conduct at all times. Student athletes must remember that extracurricular and co-curricular activities are not a right, but a privilege. Student athletes are under the set of rules and regulations as approved by the GISD Administration. These rules are above and beyond the general student population. During the school year, any student athlete involved with illegal drugs, alcohol, tobacco (possession or the consumption of), e-cigarettes (possession or the consumption of), vaping (possession or the consumption of) and / or juuling (possession or the consumption of) will be suspended under the following athletic code documented by law enforcement:

☐ **Abuse of illegal drugs**

**First offense:** suspension for 90 calendar days. On any drug related offense, the student athlete will be mandatorily drug tested for one calendar year.

**Second offense:** suspension from ALL athletic programs for a period of 180 calendar days.

**Third offense:** removal from ALL the athletic programs for 1 calendar year.

☐ **Abuse of alcohol, tobacco, e-cigarettes, vaping, and / or juuling products during the school or while representing GISD as an athlete**

**First offense:** suspension for 40 calendar days with re-evaluation at 20 calendar days.

**Second offense:** suspension for 90 calendar days.

**Third offense:** removal from ALL the athletic programs for 1 calendar year.

☐ **Re-evaluation consists of a two-pronged criteria for possible early reinstatement.**

1. 98% school attendance

2. Must be eligible to participate immediately by grades

- ☐ While a GISD student athlete is serving a suspension, the student athlete will be allowed to practice (in season practice days count toward suspension days) but will not be allowed to perform or participate in any contests. Summer school days will not be counted as school days while serving a suspension. If a student athlete is in BTC, the student athlete will not be able to participate at all until being released from BTC; however the suspension period will coincide with the student athlete's time served at BTC. Texas Education Code 37.006(g)

- A drug test may be part of reinstatement and if so, the test will be at student athlete's expense. At the end of the second and / or third offense, a review will be held with the head coach and athletic director to determine if the student athlete will be readmitted to the athletic program.

### **Suspension Notification & Times**

Before a suspension provided for under the athletic code shall take effect, the student athlete shall be verbally advised by the head coach of the alleged violation. The student athlete will have an opportunity to explain or justify the action. If after such a conference the head coach is satisfied that a suspension is justified, the student athlete will be notified, and the head coach will notify the parent/guardian. All suspensions will take place during the sport season for any violation regarding alcoholic beverages, tobacco, e-cigarettes, vaping, juuling, steroids, drugs, narcotics, or hallucinating agents and must include the loss of a contest or multiple contests depending upon length of the suspension.

### **Random Drug Testing Program**

#### **MANDATORY DRUG-TESTING PROGRAM**

The District requires drug testing of any student in grades 7–12 who chooses to participate in school-sponsored extracurricular activities.

#### **COVERED ACTIVITIES**

School-sponsored extracurricular activities for which testing is required include all school-sponsored campus and student organizations and extracurricular activities.

#### **SCOPE**

A student participating in these activities shall be randomly tested throughout the school year.

### **PURPOSE**

The purposes of the drug testing program are to help enforce a drug-free educational environment; deter student use of illegal and performance enhancing drugs or alcohol; and educate students regarding the harm caused by the use of illegal and performance enhancing drugs or alcohol.

### **DISTRIBUTION OF POLICY**

The District's drug testing policy shall be available on the District website.

### **CONSENT**

Before a student is eligible to participate in extracurricular activities, the student shall be required annually to sign a consent form agreeing to be subject to the rules and procedures of the drug testing program. If the student is under the age of 18, the student's parent or guardian shall also sign a consent form. If appropriate consent is not given, the student shall not be allowed to participate in extracurricular activities.

### **USE OF RESULTS**

Drug test results shall be used only to determine eligibility for participation in extracurricular activities. Positive drug test results shall not be used to impose disciplinary sanctions or academic penalties.

Nevertheless, nothing in this policy shall limit or affect the application of state law, local policy, or the Student Code of Conduct. A student who commits a disciplinary offense shall be subject to consequences in accordance with the Student Code of Conduct.

### **CONFIDENTIALITY**

Drug testing results shall be confidential and shall be disclosed only to the student, the student's parents, and designated District officials who need the information to

administer the drug testing program. Drug test results shall not be maintained with a student's academic record. Results shall not be otherwise disclosed except as required by law.

### **TESTING LABORATORY**

The Board shall contract with a certified drug-testing laboratory to conduct testing of students' urine samples.

Testing laboratories shall not release statistics regarding the rate of positive drug tests to any person or organization without consent of the District.

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### **SUBSTANCES FOR WHICH TESTS ARE CONDUCTED**

The District shall make available to students and parents a list of the exact substances for which tests will be conducted.

Personnel from the drug testing laboratory shall collect urine samples under conditions that are no more intrusive than the conditions experienced in a public restroom. When selected for testing, a student shall be escorted to the school's testing site by a District employee and shall remain under employee supervision until the student provides a sample. A student shall produce a sample within a closed restroom stall. A District employee of the same gender as the student shall be present when any samples are collected, in accordance with administrative procedures.

### **RANDOM TESTING**

Random tests shall be conducted on as many as eight dates throughout the school year.

30 students participating in the program shall be randomly selected for each random test date. The drug testing laboratory shall use a random selection method to identify students chosen for random testing. Students shall not receive prior notice of the testing date or time.



## **REFUSAL TO TEST OR TAMPERING**

A student who refuses to be tested when selected or who is determined to have tampered with a sample shall be deemed to have a positive test result and shall be subject to the appropriate consequences depending on previous positive test results, if any.

If a student is absent on the day of the random test, a sample shall be collected on the next random testing date.

## **CONFIRMATION OF POSITIVE RESULTS**

An initial positive test shall be confirmed by a second test of the same specimen before being reported as positive.

Upon receiving results of a positive drug test, the District shall schedule a meeting with the student, the student's parent, the campus drug coordinator, the school's drug resource officer, and the coach or sponsor of the extracurricular activity, as applicable, to review the test results and discuss consequences.

The student or parent shall have three school days following the meeting to provide a medical explanation for a positive result.

## **RETESTING**

Once a student athlete has a positive result, they forfeit the "random" drug test and will be tested for one calendar year provided all subsequent drug tests are negative.

## **CONSEQUENCES**

Consequences of positive test results shall be cumulative through the student's enrollment in middle school and shall begin anew for high school. All high school positive test results are cumulative.

## **FIRST OFFENSE**

Upon a first offense of receiving a confirmed positive drug test, a student shall be suspended from any extracurricular activity for seven calendar days following the date the student and parent are notified of the test results.

During the period of suspension, the student may participate in practices but not in any competitive activities or performances.

### **SECOND OFFENSE**

Upon a second offense of receiving a confirmed positive drug test, a student shall be suspended from any extracurricular activity for 90 calendar days, in accordance with administrative regulations, following the date the student and parent are notified of the test results.

During the period of suspension, the student may participate in practices but not in any competitive activities or performances.

### **THIRD OFFENSE**

Upon a third offense of receiving a confirmed positive drug test, a student shall be suspended from participation in any extracurricular activity for 365 calendar days following the date the student and parent are notified of the test results.

During the period of suspension, the student shall not be permitted to participate in practices.

### **APPEALS**

A student or parent may appeal a decision made under this policy in accordance with FNG(LOCAL). The student shall be ineligible for participation in extracurricular activities while the appeal is pending

## **Grade Eligibility**

Each student athlete must meet the specific eligibility requirements for UIL athletic competition.

Each coach has the option to attach additional grade eligibility beyond the UIL standards. One example of an additional grade eligibility a coach might have is to remove a player after failing two consecutive six weeks out of season.

## **Recruiting**

### **A. The World of College Sports**

The world of college sports is as competitive as any activity in the United States. Players every year are getting bigger, smarter, and stronger. In football alone, the average lineman is 6' 4" or taller, weighs over 300 pounds and bench-presses over 400 pounds. In basketball, the average frontcourt player is at least 6' 4". Such athletes represent the finest in the world.

While in high school, the student athlete can take steps that will determine in large measure what they will do in college, both on the court or playing field and in the classroom. The success they realize in both areas will be the direct result of how hard they are willing to work now. Sports require an enormous amount of time.

### **B. High school athletes are encouraged to remember these statistics and facts:**

1. Only 2-3% of high school football players receive a scholarship to play in college; most of these are partial scholarships instead of a full one.
2. Only 1.5% of all high school basketball players in the nation receive scholarships to play in college; also mostly partials.

3. Only 38% of Division I (major college) football players graduate at the end of 5 years. The percentage is even lower for basketball players.

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4. Tennis, swimming, baseball and other kinds of scholarships are necessarily limited because of financial restrictions in many colleges. Even if one is received, it is almost always a partial.

5. If an athlete receives a questionnaire from a major college expressing interest in them as a football player, the odds are still as high as 320:1 that they will ever receive a scholarship.

6. On the average, if the school had started when our nation did, we would still have to wait a quarter of a century to have a graduate play professional basketball.

### C. How to plan carefully

#### **Freshman Year**

- a. Sign an athletic code and get a doctor's permission to participate. Follow requirements on this issue every year.
- b. Meet with the counselor to discuss the four-year plan as a roadmap to college (early December).
- c. Meet again with the counselor before registration for the sophomore year to discuss college entrance requirements and to insure compliance with NCAA eligibility rules (early February).

#### **Sophomore Year**

- i. Take the PACT to practice for the ACT.
- ii. Meet again with your counselor before registration for your junior year to assure compliance with the NCAA eligibility requirements.
- iii. View the videotape of the ABC's of Eligibility for the College Bound Student Athlete. It should be available in the library and / or the Guidance Office.

### **Junior Year**

- i. Take the PSAT in October to practice for the SAT.
- ii. Meet again with the counselor before registration of the senior year to be sure to meet college admission requirements and to assure compliance with the NCAA eligibility requirements.
- iii. Secure a copy of the NCAA Guide for the College Bound Athlete from your coach or the Athletic Coordinator. Specifically read the section on athletic eligibility. Discuss it with your parents and coach.
- iv. Take the SAT and the ACT in the winter or spring of the year.
- v. Inform the coach of any interest in playing a sport in college.
- vi. Visit potential colleges.

### **Senior Year**

- i. Retake the SAT / ACT as needed.
- ii. Meet the counselor early in the fall to review transcript to assure compliance with the NCAA eligibility needed.
- iii. Meet with the coach to discuss the potential to play for certain colleges.
- iv. Mail college applications.
- v. Review the NCAA Guides for the College Bound Athlete and the videotape ABC's of Eligibility for the College Bound Athlete.

#### **D. The Counselor and Coach Commitment**

The counselor and coach are committed to providing the assistance a student athlete will need to realize their academic and athletic goals. College scholarships are decided upon by the colleges themselves, not by the high school coaches. Coaches can recommend their athletes but the decision is ultimately made by the colleges. However, coaches can assure the student athlete and their parents/guardians that they will help the student athlete plan, work, and search for an appropriate college experience.

## **Athletic Injury Procedure**

**A.** GISD policy states that every student athlete is required to have an annual Pre-Participation Physical Examination performed prior to the beginning of the athletic season. This physical examination must be done by a licensed physician and at the student athlete's own expense. In accordance with UIL rules, no student athlete will be allowed to participate in any activity/practice before, during, or after school, (both in-season and out-of-season) or games/matches without a completed current physical form on file.

**B.** The current and most up to date UIL Pre-Participation Physical Examination form must be used, with no exceptions. The Medical History portion must be filled out entirely prior to the physician completing the examination. The physician must complete and sign the Physical Examination form and the parent/guardian and student athlete must complete the Medical History form. Incomplete forms will not be accepted.

**C.** Student athletes are to report all injuries to the Licensed Athletic Trainer as soon as possible for the evaluation, treatment, and/or referral to a physician.

Parent/guardians are encouraged to contact/notify the Licensed Athletic Trainer prior to seeing a physician for an athletic injury. This is necessary in order for the Licensed Athletic Trainer to provide the student athlete with the proper paperwork for documentation and insurance purposes.

**D.** Any student athlete under a physician's care for an athletic injury or illness will not be allowed to resume practice or any activity without a written release from the attending physician, preferably on the GISD Athletic Injury Form. Verbal or phone releases will not be accepted, and a parent/guardian's release will not supersede or replace a physician's release.

**E.** Any GISD equipment that is issued or checked out to a student athlete is expected to be returned at the end of the sport season or at the end of the school year. The student athlete is responsible for the issued equipment and is expected to keep up with the equipment as well as maintain the condition of the equipment. The student athlete is expected to return the issued equipment back to the Licensed Athletic Trainer that checked the equipment out to them. Any lost or damaged equipment will be assessed a replacement fee. It will be the responsibility of the student athlete to pay for any lost or damaged equipment.

**F.** All student athletes are to visit with the Licensed Athletic Trainer regarding the wearing and use of any and all athletic braces, sleeves, or support devices. This is necessary to review the history of the injury that requires the use of this device, ensure that the device is designed for the associated condition, and to insure the proper fit. The use of therapy protocols will also be discussed with the student athlete at this time.

**G.** Any GISD student athlete that is injured, in organized league play (club sports) outside of school (i.e. club soccer, AAU basketball, 7 on 7 football, fall baseball, club volleyball, church leagues, etc.) will be evaluated at the Licensed Athletic Trainer's discretion and convenience. These injuries will not be covered by the Student Athletic Insurance carried by the school for student athletes.

## **Concussion Management**

### **A. Introduction**

Medical management of sports-related concussion is evolving. There has been a significant

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amount of research focused on the sports-related concussion in youth student athletes and subsequently management standards are evolving. The Centers for Disease Control (CDC) estimates that there are approximately 300,000 cases of mild traumatic brain injury (MTBI) or concussions annually in the United States as the result of participation in sports. The Sports Concussion Institute estimates that 10 percent of student athletes in contact sports suffer a concussion during a season. Also of concern is the risk of repeated concussions and second impact syndrome to our young student athletes. These two problems can have long lasting, and even terminal effects, on the individual. Granbury ISD has established this document to provide education about concussions for the athletic department staff, other school personnel, parent(s)/guardian(s) and student athletes of GISD. The goal is to ensure that the concussed student athletes are identified, treated, and referred appropriately, as well as receive appropriate follow-up medical care as it pertains to the return to athletics.

### **B. Concussion Guidelines and Consent**

1. A concussion is defined as a complex pathophysiological process affecting the brain, induced by traumatic biomechanical forces or impact to the head or body, which may:
  - a. Include temporary or prolonged altered brain function resulting in physical, cognitive or emotional symptoms or altered sleep patterns; and
  - b. Involve loss of consciousness.



A concussion is a type of traumatic brain injury, or TBI, caused by a bump, blow or jolt to the head that can change the way your brain normally works. Concussions can also occur from a blow to the body that causes the head to move rapidly back and forth. Even a “ding”, “getting your bell rung” or what seems to be mild bump or blow to the head can be serious.

**2.** Signs and symptoms of a concussion are typically noticed immediately after the injury, but some might not be recognized until days after the injury. Symptoms include, but are not limited to: headache, dizziness, amnesia, nausea or vomiting, fatigue, confusion, ringing in the ears, mood changes, depression, changes in vision (blurred, fuzzy, double), sensitivity to light or noise, poor attention or concentration, change in sleeping patterns and aggression. The individual may or may not lose consciousness.

**3.** Student athletes who may have suffered a concussion should be removed from the athletic practice or competition immediately. The student athlete should be evaluated by the Licensed Athletic Trainer(s) of Granbury ISD as well as a Licensed Physician, Nurse Practitioner or Physicians Assistant. Student athletes suspected of a concussion should not be allowed to return to play until appropriate medical clearance and return to play guidelines have been followed. The permission for return to play will come from the appropriate health care professionals. You should also inform your child’s GISD coach(es), and/or Licensed Athletic Trainer(s), if you think that your child may have a concussion. When in doubt, the student athlete sits out.

**4.** Student athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young student athlete especially vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the student athlete suffers another

concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage student athletes will often under report symptoms of injuries and concussions are no different. As a result, education of coaches, parent(s)/guardian(s) and student athletes is the key for the student athlete's safety.

### C. Concussion Management Plan

The cornerstone of concussion management is physical AND cognitive rest until symptoms resolve and then a graded exertional protocol prior to medical clearance and return to play. During this period of recovery, while symptomatically following an injury, it is important to emphasize to the student athlete that physical and cognitive rest is required. Activities that require concentration and attention (i.e. scholastic work, videogames, text messaging, television, computers, etc.) may exacerbate symptoms and possibly delay recovery. In such cases, the Granbury ISD Licensed Athletic Trainer(s) will work in conjunction with the student athlete, teacher and parent(s)/guardian(s) to ensure appropriate accommodations according to physician recommendations and observations. In the event a student athlete is suspected of a concussion the student athlete will be:

1. Removed from athletic participation immediately. (No student athlete can return to play the same day of injury). A witnessed loss of consciousness will result in an immediate transport to the emergency room.
2. Evaluated by a Granbury ISD Licensed Athletic Trainer using the SCAT 5 form under the direction of a Licensed Physician. The GISD Licensed Athletic Trainer will provide the parent/guardian with written and verbal home and follow up care instructions.

3. Evaluated by a Licensed Physician, Nurse Practitioner or Physicians Assistant of parent/guardian's choice.
4. Progressed through return to play protocol under the direction of a Licensed Physician.
5. Released to participation with written clearance from the Physician, Licensed Athletic Trainer and Parent/Guardian.

#### **D. Graduated Return to Protocol**

Return to play protocol following a concussion follows a stepwise process as outlined herein. The student athlete shall be symptom free for 72 hours (3 days) and must be without any headache medications prior to initiating the return to play progression. He/she must also have received written clearance from a Licensed Physician, Nurse Practitioner or Physician's Assistant and submit the required documentation to the Granbury ISD Licensed Athletic Trainer(s) following the concussion injury. With this stepwise progression, the student athlete should proceed to the next level only if asymptomatic at the current level. Generally, each step (2-6) should take 24 hours. Once the student athlete is asymptomatic at rest and with provocative exercise, this protocol allows the student athlete to proceed through the full rehabilitation program in approximately one week (7 days). If any post-concussion symptoms occur while in the stepwise program, then the student athlete will drop back to the previous asymptomatic level after an additional 24-hour asymptomatic period of rest has passed. This protocol has been designed to ensure that the student athlete is fully healed before returning to play, thus a minimum of 7 symptom free days must pass prior to return to participation.

I understand that for a concussion to be properly managed, it is imperative that both my student athlete and myself be honest and report any and all symptoms to the GISD Licensed Athletic Trainer(s) or GISD coach. I recognize that Granbury

ISD is providing me with basic information to inform all GISD student athletes and parents/guardians detailing the dangers associated with concussions.

## **Student Insurance**

An accident insurance policy has been purchased in which GISD pays the premium. This is a secondary policy that will help cover the deductible from the family's primary carrier. If you have no other insurance, the GISD policy is the primary carrier.

Each covered person for whom the GISD policy has been paid will be covered for an injury that occurs:

- A. On or after the first day of scheduled practice,
- B. Up to the last day of school following the policy date, and
- C. While the covered person is practicing for or competing in UIL activities.

The accident policy under GISD is a limited benefit plan. This plan will not pay 100% of the bills. This means that the policy will only pay a small portion of the medical bills and that the student's parents/guardians are responsible for the remainder of the charges. To be covered under the school policy, the student must receive medical treatment within 90 days of the accident and treatment will only be covered for 1 year from the date of the injury. An insurance claim must be filed within 90 days of the accident in order for the student to receive any benefits from this policy.

Claim Procedures: Contact our sports medicine team at

[sportsmedicine@granburyisd.org](mailto:sportsmedicine@granburyisd.org). Office number: 817-408-4655 or 817-408-4645

The school must be able to document that the injury was a result of an accident occurring during a school UIL practice or event for the school insurance claim to be completed.

The Licensed Athletic Trainers will assist you in filling out an insurance claim form so that your healthcare provider can file with the school insurance. You are responsible for ensuring that a claim has been filed.

If you have personal insurance coverage or are a part of an HMO, or PPO, have your healthcare provider file all claims with your insurance carrier first. The hospital, clinic, or doctor can then file the E.O.B.'s (Explanation of Benefits) with the school insurance carrier along with the itemized bills. The healthcare provider will be paid the balance due up to the policy limits. After both insurance policies have paid their portion, there could be some additional expenses, which will be the responsibility of the parent or guardian.

If you do not have personal insurance coverage you will have to ask the healthcare provider if they will file the claim with the school insurance policy. You may have to pay for all services in advance. If so, keep all receipts, itemized bills, and diagnosis so that you can file with the school insurance policy.

## Acknowledgement and Consent

The GISD Student Athlete Code of Conduct Handbook has been developed to help your son or daughter gain the greatest possible benefit from his or her athletic experience. Please read and discuss the Athletic Handbook with your child. Your signature, and that of your child, will acknowledge that you have received and read the Athletic Handbook. Your signed Acknowledgement and Consent form will be retained in the Granbury ISD respective sport office.

"I understand and consent to the responsibilities outlined in the Student Athlete Code of Conduct. My child shall be held accountable for the behavior and consequences outlined in the Student Athlete Code of Conduct Handbook at school, at school sponsored and school related activities, during school sponsored travel, and for any school related misconduct, regardless of time or location. I understand that any student athlete who violates the Student Athlete Code of Conduct shall be subject to disciplinary action, up to and including referral for criminal prosecution for violations of law. I also understand that athletics is a voluntary activity and because of that, I as a parent understand there are inherited risks of being involved in athletics."

Any questions concerning this student athlete code of conduct should be directed to the athletic coordinator at your child's campus.

## **2025-2026**

### GISD Student Athlete Code of Conduct Handbook

#### Student Athlete and Parent/Legal Guardian

#### Acknowledgement and Consent

Student's Name (Print) \_\_\_\_\_

The GISD Student Athlete Code of Conduct Handbook has been developed to help your son or daughter gain the greatest possible benefit from his or her athletic experience. Please read and discuss the Athletic Handbook with your child. Your signature, and that of your child, will acknowledge that you have received and read the Athletic Handbook. Your signed Acknowledgement and Consent form will be retained in the Granbury ISD respective sport office.

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\_\_\_\_\_  
Parent / Legal Guardian Date

\_\_\_\_\_  
Parent / Legal Guardian (if applicable) Date

\_\_\_\_\_  
Student Date

Any questions concerning this student athlete code of conduct should be directed to the athletic coordinator at your child's campus.

RETURN this signature page to the head coach after parent and student have signed