



# **Athletic Handbook**

**Parent and Student Athlete**

**2021-2022**

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# Athletics Foundation

## The 5 Core Values

1. Competitive Greatness
2. Toughness - Physical and Mental
3. Leadership & Accountability
4. Intelligence
5. Adaptability

## The Jacket Way

- Integrity
- Excellence
- Leadership
- Academic Scholar (AB Honor Roll)
- Character (Do Right, Be Right, Act Right)
- Pursue Service
- Build Community

## Mission Statement

The athletic program at Ferris High School is designed to walk alongside our families to help student-athletes become Champions in School, Sports, and Life.

## General Philosophy

Our objective is to point young people toward excellence. We will teach the qualities of teamwork, commitment, selflessness, and leadership. We believe that interscholastic sports are the greatest teachers of one of life's hardest, yet important lessons: overcoming adversity. In the junior high and high school arena of competitive sports, we have a situation that challenges our students to pursue excellence and meet high expectations.

## Junior High Athletics Philosophy

The primary focus of middle school athletics is to teach basic fundamentals and general team concepts in a positive environment. Students are encouraged to be multisport athletes and develop physical fitness. Students develop socially while learning lessons in character, respect, sportsmanship, teamwork and cooperation.

## High School Athletics Philosophy

At the upper school level, we will continue to build on the lessons learned in the junior high programs. We will field teams that play hard, fair and aggressive in order to win.

## Qualities of a Jacket Athlete

1. Hustle on and off the field/court at all times.
2. Athletes will listen when a coach speaks, with ears and eyes.
3. Athletes will arrive on time and be prepared.
4. Athletes will be in athletic dress code.
5. Athletes will refer to adults as Yes Sir/Ma'am/Coach or No Sir/Ma'am/Coach.
6. Athletes will encourage and respect peers and staff on the court and in the classroom.
7. Athletes will compete with honor and respect.
8. Athletes will accept their role outlined by their coaching staff.
9. Athletes will take pride in wearing a Jacket uniform.
10. A Jacket athlete has a servant's heart.

# General Athletic Policies/Guidelines

## Athletic Council

The athletic council is made up of key Ferris personnel and administrators selected by the Athletic Director.

## Attendance (Practice and Contest)

Attendance at practice sessions and contests is mandatory and will be documented every day. Athletes are expected to attend all practices and contests. Make every effort to plan other activities/appointments outside of practices/games. If you are going to miss a practice or a game, please see the communications section.

It is the responsibility of the student athlete to communicate with their coach/director/sponsor if two school events coincide (i.e. concert and game), the director/sponsor and coach involved will decide which event is attended based on the best interest of the school.

## Banquets and Award Ceremonies

Each team will have an end of the season celebration. There will be one high school and one junior high All Sports banquet.

## Changing Sports Mid-Season

No athlete shall drop a sport in season and join another team in the same season without the written approval of both head coaches.

## Coaches Contact Information

Coach's contact information can be found on our Athletics website, [jacketnationathletics.com](http://jacketnationathletics.com).

## College Recruiting

Ferris High School has an Athletic College Recruiting Advisor (ACRA) devoted specifically to help our athletes find the best fit for their academic and athletic futures. The recruiting coordinator will meet with families and students to help navigate the college recruiting process and begin to develop a recruiting plan for each athlete that is interested in playing at the collegiate level. It is the responsibility of the student-athlete to contact the recruiting coordinator to begin this process.

## Communications

### Weekly Communication to Parents

Parents can expect a weekly post on SportsYou from each program while they are in-season.

### Changes to Practices or Games

Communication regarding any changes to practice or game schedules will be sent out in a timely manner.

### 24 Hour Rule

Parents are asked to wait 24 hours before contacting a coach with a concern after a competition.

## Early Dismissal for Athletes

If your child needs to leave during athletics, we ask that you pick them up prior to the start of the athletic period.

## Text/Email

Coaches will communicate with athletes via sportsYou (and/or group text).

## Cell Phone

- We support the campus tech free zones.
- Cell phones are not to be out or in use in locker rooms! If you feel that you need to use your cell phone, request permission from the coach.
- There may be times that coaches require athletes to turn in their cell phones.

## Social Media

- Follow Jacket Athletics @Jackets\_Nation on Twitter and Ferris Jacket Nation on Facebook and repost.
- Athlete accounts will be monitored.

## Conflict Resolution Plan -

- 1) Athlete to coach
- 2) Athlete to parent to coach
- 3) Athlete to parent to coach and athletic coordinator
- 4) Athlete to parent to coach to athletic coordinator and athletic director

## Dress code

The following detailed guidelines state the acceptable athletic wear for a Ferris athlete. Please be sure to uphold the dress code. Repeat offenders will be sent to the Athletic Office.

### Athletic Wear Grades 7-12

Ferris athletes are required to wear the issued athletic wear from Ferris Athletics. Below are the required apparel items:

- Issued Athletics T-shirt with shorts.
- Athletic shorts.
- Issued hooded sweatshirt and sweatpant (for cold weather days).
- Non-marking tennis shoes used exclusively for athletics.

## Drones

Personal drones may not be used.

## Drug Policy

Please refer to the Ferris High/Junior School Handbook regarding drugs, alcohol or vape use by an athlete. In addition to the schools Drug & Alcohol Policy, athletes who use or are in attendance in places where drugs, alcohol or vape are in use, may move through the following steps. The Athletic Council will meet to determine the consequence(s). Consequence(s) may result in one or more of the following:

1. Suspension from contest(s)
2. Possible removal from team and/or team activities
3. Removal from athletics

## Ejections

Athletes that are ejected will be held accountable to school as well as UIL disciplinary measures. These disciplinary measures could involve “reminders” and/or missing games as outlined by UIL and Ferris expectations. The athlete will miss the next scheduled game.

## Eligibility

Ferris grade requirements for interscholastic competition state that a student in grades 7–12 cannot fail during each grading period. The length of time for the ineligibility after each grading period will be approximately three weeks. A student will become ineligible the next Friday at the end of the school day, and remain ineligible until all classes of 70 or higher at the three week mark.

Periods of extended school closing (Holidays) will not be included in the period of ineligibility. If at the end of the three week period, there are students who continue to fail one or more classes, they will continue to be ineligible.

During the ineligibility period, student athletes will not be allowed to travel on the team bus to away contests, nor be with the team on the sideline, dugout, court, etc. Other additional limitations could be administered as it pertains to that particular sport.

**Note:** Ferris follows the guidelines of the UIL as our minimum standard, but Ferris athletic coaching staff reserves the right to evaluate individual situations as needed.

## Facilities

Athletes are responsible for keeping the facilities in order and they should report any damages or problems to their coach or to the athletic director.

### Fieldhouse/Locker Rooms/Training Rooms

- Athletes must maintain proper conduct at all times (attitude, language, behavior, respect)
- Camera/video use in locker rooms is strictly prohibited
- We recommend all athletes take a quick shower after practice. Please bring a towel, athletic staff will wash. Personal shower shoes (flip-flops, slides, etc.) are encouraged. Please bring your own soap/shampoo to store in your locker. All showers should be turned off after use
- Do not enter the equipment room or training room without a coach’s permission.
- Each athlete is responsible for seeing that the equipment is in its proper place before leaving. Leave it better than you found it.
- All athletes will be issued a locker, which has a built in combination lock, or they will be issued a combination lock. Students will be given the combination, which should not be shared with anyone else.
- Athletes who wear cleats or spikes must remove these items before entering any building.
- Athletes are not to climb the fences surrounding any school building or field at any time.
- All shoes must be clean before entering any building.

## Fundraising

Athletes may be asked to participate in fundraising events.

## Grading Scale

An athlete’s grade for the semester will be based on their attendance during the athletic period, practice and contests. Each In-Season and Strength & Conditioning athlete will receive a Pass or Fail grade for the nine-weeks grading period and semester. Any athlete that does not receive a “pass” will result in the athlete not receiving credit for the course.

## **Leaving an In-Season Team**

Athletes must meet with their head coach prior to leaving and will then be referred to the Athletic Council for review. No athlete shall drop a sport in season and join another team in the same season without the written approval of both head coaches.

## **Letter Jackets**

Each sport has criteria that athletes must achieve in order to letter. Letter jacket patches and awards may be ordered by the individual athlete from the letter jacket vendor.

## **Lost & Found**

There will be two Lost & Found areas, one is located in the men's coach's office and the other is located in the women's coach's office. If a student loses an item, check with the coaches in the coach's office. Please label your personal items with their first and last name. To aid in the retrieval of lost items it is paramount that all athletes clearly label all their items with a marker or embroidery. The school is not responsible for any lost or misplaced items

## **Music/Spotify**

All music played on the Ferris campus and at any Ferris athletic contest must come from the Ferris School Spotify account. If a song is not listed, please email a request to the Athletic Office.

## **Off Campus Athletics**

A student who participates in select sports or non-UIL sponsored sport that is not offered by Ferris should not conflict with in-season sports at Ferris High School/Junior High. If there is a conflict we expect you to honor your Ferris commitment. Questions regarding Off-Campus Athletics should be directed to the Ferris Athletic Department.

## **Parent Meetings**

Parents are encouraged to attend all Ferris athletic meetings in person or virtual for the sports their son or daughter is participating in (Fall, Winter, Spring).

## **Parent Volunteer**

Parent participation is essential to the success of our athletic programs. You will learn about service opportunities at parent meetings.

### **Team Meals**

Team meals may be provided by the parents in partnership with the head coach.

### **Ferris All-Sports Club**

Parents are encouraged to join the Ferris All-Sports Club to help support our athletic programs. Contact the Ferris All-Sports Club President for more information.

## Playing Time

### Junior High

At the junior high level, skill training and team building is our main focus. As dictated by game situation and the coach, all athletes will get to participate at some point in the contest. If there are discipline, academic or attendance issues there is a good chance that the athlete will not play that contest.

### Freshman/Junior Varsity

At the freshman/junior-varsity level concepts of competition and role-playing within the team become more evident and may result in some athletes not playing in a particular contest. As dictated by game situation, the coach may or may not play every player in the contest. If there are discipline, academic or attendance issues there is a good chance that the athlete will not play that contest.

### Varsity

At the varsity level, concepts of competition and role playing within a team setting enter into the equation and playing time is decided by the coach to provide the best opportunity to win the contest. Depending on game situations, a player may or may not play in the game. Players, regardless of grade level and past experience, will enter contests based on the discretion of the coaches. Often in a team sport it becomes necessary to put the individual's needs aside for the greater good of the team. This type of teamwork must be taught and is a valuable skill for life. The coach will strive to actively involve all of his or her team members in the game, but players should be taught to accept their various roles and support their teammates in any way they can.

## Programs Offered

The following sports are offered at FHS/FJH and are listed by their competitive seasons:

### Upper School

FALL	WINTER	SPRING
Football	Boys & Girls Basketball	Softball
Volleyball	Boys & Girls Soccer	Baseball
Boys & Girls Cross Country	Powerlifting*	Boys & Girls Track
Cheer*		Boys & Girls Tennis*
		Boys & Girls Golf*

### Middle School

FALL	WINTER	SPRING
Football	Boys & Girls Basketball	Boys and Girls Track
Volleyball		Boys and Girls Tennis
Boys & Girls Cross Country		*Boys and Girls Soccer Club*

\*Sport that trains/competes year round.

\*\*Club opportunity for boys and girls in junior high.



## Schedules

Schedules by sport are available online at [jacketnationathletics.com](http://jacketnationathletics.com).

## School Closure

When Ferris ISD is closed due to inclement weather, all athletic activities are cancelled as well, unless given permission by the athletic administration to conduct the athletic activity. When such is the case, it is up to the parent to decide whether to send their athlete to the event. The athlete will not be punished for not attending the athletic activity.

## Senior Night

We will honor each senior who participates in athletics during each season. The head coach will determine the appropriate avenue to recognize their seniors which may include, but is not limited to, the last home game, pep rallies, or team banquet.

## Signing Day

Athletes that will be competing at the collegiate level will be honored at one of our National Signing Day events.

- The athlete must be enrolled in the Ferris High School athletic program for the season of the sport in which they are signing.
- The athlete must have been on the school roster for the sport in which they are signing.
- The athlete must remain on the school roster for the duration of the season for the sport in which they are signing.
- It is the responsibility of the athlete to inform the Ferris Head Coach that they will be signing a letter of intent to play at the college level and to communicate the name of the college.

## Social Media

- Athletes are expected to represent Ferris ISD in an appropriate and respectful manner
- Follow Ferris social media accounts (Twitter, Instagram, Facebook, etc)
- Athlete accounts will be monitored

## Spectator

At Ferris ISD, we expect the following fan behavior:

- Applaud good team play and individual skill
- Treat opponents and officials respectfully
- Refrain from criticizing and disparaging players, coaches and officials

Unacceptable behavior may lead to removal from the event and/or meeting with the head coach and/or Athletic Administration.

## Sports Medicine

### Mission Statement

The Sports Medicine Staff at Ferris ISD is committed to providing the student athlete with access to the highest quality patient care and the most current health and injury prevention training. FISSD Sports Medicine is dedicated to the development of each individual's physical, mental, and performance health. The Sports Medicine Team strives to serve every student athlete through comprehensive treatment, evaluation, education, and support as their physical well-being is essential to success as a student athlete.

### Concussion Policy

If a concussion is suspected the athlete will be evaluated thoroughly by the Sports Medicine staff.

Based on the athlete's exam, the athlete will either be referred to an appropriate physician for further evaluation or given an observation period of 24-48 hours to monitor symptoms. Once the athlete is diagnosed with a concussion, they must follow the Ferris Sports Medicine's Staff Return to Play Protocol which states that they must be seen by a concussion trained specialist. Under no circumstances should a coach allow an athlete to return to play prior to their full release from the Ferris Athletic Training Staff and diagnosing physician. Our certified athletic trainer will be in contact with the physician and the student's teachers in order to monitor Return to Play and Return to Learn Process. The Ferris High School Concussion Protocol can be found at [jacketnationathletics.com](http://jacketnationathletics.com)

## Injuries/Dr. Notes

We understand that from time to time injuries and sickness occur causing athletes to miss a practice/sports performance. If a student needs to be exempt from practice/sports performance, an orthopedic doctor's note must be presented to the athletic training staff. The note must include a description of the injury or illness, date of return for participation, and/or necessary modifications to the workouts. The Ferris High School Sports Medicine staff has as strong affiliation with the Sports Medicine Clinic of North Texas as a referral recommendation for all orthopedic injuries.

In the event that an athlete is injured in an activity outside of Ferris athletics, rehabilitation would be at the discretion of the athletic training staff. If they are not able to participate in athletics, they may be asked to assist with athletic department needs.

## Insurance

FISD offers secondary insurance to athletes that are injured while participating in school related activities. Please contact the athletic training staff for more information.

## Medication

The Sports Medicine Staff can dispense medication once evaluated by the athletic trainer and deemed as medically necessary.

## Physicals

Each athlete must have a current physical on file in order to participate in athletics. Physicals are good for two calendar years.

## Policies and Procedures

The FISD Sports Medicine Staff has created policies and procedures for the following and can be presented upon request.

- Lightning
- Hot/Cold Weather
- Emergency Action Plans for all FISD athletic event locations

## PlanetHS Pre-participation Forms - Link Sent From Sports Medicine Staff

Each of the following forms must be completed prior to participating in any athletic practices, scrimmages, or contests. All athletes and their parents must log into PlanetHS and complete the following forms.

- Student Acknowledgement of Rules
- Pre-Participation Physical Evaluation Physical Examination
- Pre-Participation Physical Evaluation Medical History

## Athletics

Ferris has a full time Director of Sports Performance (strength and conditioning) for both boys and girls athletics, who plans sport specific training necessary for our athletes and their teams to be successful. If an athlete is **not** in season they are considered to be in our Sports Performance Program. The goal of this program is injury prevention, improved athletic performance, and to build leadership characteristics in our athletes.

### Athletic Development Training Plan

Here at Ferris we believe in a unified, year round, performance training plan for all of our athletes. This training plan includes consistent weight lifting, speed development, plyometric training, and conditioning. Out of Season Junior High athletes will train during their class period and no after school workouts are required. During the year, athletes will participate in the following training phases:

#### Summer Program

- optional and highly encouraged
- 4 training sessions per week that consist of lifting, speed mechanics and conditioning
- Summer Program days and times will be communicated by the Athletic Office.

### Morning Training Attendance Policy

Morning training sessions are part of our Athletic Program. The head coach will communicate the training time for their in season team.

### Sports Performance Training Outside of Ferris

Some of our athletes participate in training for their sport outside of Ferris athletics. This training can range from skill training, to club sport, to performance training. We love for our athletes to commit to getting better! Please stay in communication with Ferris coach to avoid overtraining.

## UIL

Ferris High School is a member of the University Interscholastic League (UIL). As a member in good standing, we recognize and adhere to its guidelines and we submit to its authority in all athletics at the upper school level. The UIL rules and regulations are outlined in its members' handbook which can be found online at [UILtexas.org](http://UILtexas.org)

## Transfer Forms

Transfer students who previously participated in athletics at the high school level must complete and submit Previous Athletic Participation Forms (A and B) and/or the Residency Waiver. These forms must be completed and approved by the UIL prior to participating in a varsity contest at Ferris.

## Team Selection

The makeup of each individual team is at the discretion of the head coach. The team selection/evaluation will last two days when possible.

#### Junior High (7-8)

- Evaluations will be based on coachability, skill, and experience.
- Teams may consist of mixed grade levels.
- Cuts may be necessary
- Practice teams may be formed based on coaches discretion
- Skills training may be offered as an alternative

## High School (9-12)

- Junior Varsity teams can consist of freshmen, sophomores, and juniors.
- Varsity teams can be made up of freshmen through seniors.

## Evaluations

The evaluation (try-out) format will vary from sport to sport. Any student who is enrolled in athletics and is in good academic standing may try out.

- The coach will inform each athlete about their decision.

## Transportation

### Home Events And Practices

It is the parents' responsibility to arrange for transportation to and from practices. Athletes are expected to be picked up immediately after a practice session.

### Away Events

Ferris ISD will provide the necessary transportation to and from away events. Travel to athletic events will be made by school bus. All student-athletes are expected to ride with the team and coach to the away event.

### Sign Out Procedure

Athletes leaving an away event, a parent must sign-out with a coach using the Travel Release Form. If an athlete is riding home with someone other than their parent, a note/email must be given to you before departure stating the details.

### Away Events With Overnight Stay

Regional/State events may require overnight travel

1. Under any circumstance, no males are allowed in a female's rooms and no females are allowed in a male's rooms.
2. Athletes must be in their room at the time determined by their coach.
3. Only athletes of the team traveling are allowed in rooms.
4. Behavior should be conducted in such a way that it reflects the schools vision and mission and positively represents Ferris Athletics.
5. Head Coaches will conduct room checks. Cell phones can be taken up at room checks (coach's discretion).

A violation of the rules above may result in a call to a parent/guardian for immediate removal.

### Bus Transportation

All transportation should be recognized as a part of our facility and no conduct should be allowed that reflects adversely on the individual, team, or school. Team members should follow the rules and regulations set forth by the operator of the charter transportation at all times. When a charter vehicle returns after an away event, the team should remove any garbage.

### Leaving School Early For An Away Event

When a team leaves school early for an athletic event, athletes are excused but are required to communicate with their teachers and make up any work that is missed.

### Returning to campus after a school-day event

Athletes are required to return to campus after the end of an event if the school day is in session.

## Uniforms

Ferris High School and Junior High will provide uniforms and may provide warm-up attire for the student-athlete.

### Uniform Guidelines:

- All school-owned uniforms, warm-ups, and equipment must be returned
- There should be no alterations made to the school owned items unless approved by the coach.
- The athlete will be held financially responsible for any items not returned or damaged beyond normal wear-and-tear.
- Awards and honors may be withheld in the event that items are missing or damaged.

**Note:** UIL prohibits athletes from removing their game jersey or uniform while inside the playing arena. Removal of an athlete's game jersey or uniform shall be considered to be unsportsmanlike conduct and grounds for removal from a contest.

## Human Element

The standards, expectations and guidelines are set forth by the Athletic Administrators. We will make every effort to stay within the lines of the document because we believe they are based on sound principles that coincide with the vision and purpose of Ferris High School and Junior High. However, we also understand that every situation is unique and could reach outside the policy's within. So, when deemed necessary the Athletic Council will be advised to make the final decision based on what is in the best interest of all those involved.

# Athlete and Parent Agreement

	<b>Athletic Handbook Top 10</b>	<b>Page Number</b>	<b>Athlete Initial</b>	<b>Parent Initial</b>
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9.	Facilities			
10.	Athletic Wear/Uniforms			

\_\_\_\_\_  
Athlete Name

\_\_\_\_\_  
Athlete Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent Name

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date