

Argyle Athletic Mission Statement

The ultimate goal of this program is to provide all possible avenues for the student athlete to achieve a well-rounded athletic and academic experience. We will also strive to provide wholesome activities and opportunities for students to develop favorable habits and attitudes that will help them to succeed in life.

The program should, at all times, conform to the rules and guidelines set forth by the administration of the **Argyle Independent School District** and the University Interscholastic League (**UIL**). At no time should the athletic program be given more emphasis than the total education curriculum. The program should function as a part of the whole curriculum and should strive for the development of well-rounded individuals capable of taking places in society.

The purpose of the athletic program is:

To provide opportunities for the student athlete to cope with problems and be placed in situations similar to that he/she may face upon graduation from high school. The program should provide opportunities for:

- a) Physical, mental, and emotional growth
- b) Development of lifelong skills
- c) Development of the “TEAM” concept, with the emphasis on loyalty, fair play, and cooperation
- d) Directed leadership and supervision that stresses self-discipline, self-motivation, and competing with “class,” which includes winning and losing with dignity
- e) Attaining knowledge of skills that will provide the basis for lifelong leisure activities
- f) Participation by the highly skilled athlete, which could provide outlets for future athletic endeavors (i.e. college/professional)
- g) Representation of our programs, school and community in a positive manner

Athletics in our society provides one of the finest ways for young people to develop into responsible, caring, and competitive men and women. The program should, however, assume its rightful place in the whole educational experience. This can continue to be accomplished with an enthusiastic, progressive, and caring coaching staff.

However, participation in extracurricular activities is considered a privilege and higher standards are expected from all participants as it pertains to grades, behavior in and out of school, attendance, work ethic, and commitment. Any behavior that is deemed unbecoming of an athlete or participant will be subject to punishment by the coach or sponsor of the activity.

It should be noted that the AISD student code of conduct and local school policies regarding appropriate behavior shall always be applied first and foremost when violations occur at a school, contest/event, traveling to and from a contest/event, or when the students represent themselves as a part of a school team, organization, or school group. The district standards are set as a minimum expectation, but individual sports may choose to establish more stringent guidelines deemed, as necessary.

- To mold athletes into TEAM players
- To improve strength, speed and agility
- To reduce the risk of injury
- To teach technical skills
- To maintain supervision over the academic progress of all athletes
- To increase size, strength, speed, and quickness
- To improve overall athletic ability
- To mold a good, tough and persistent mental attitude
- To learn self-control and socially accepted ways to vent emotions
- To develop a positive attitude
- To build character and integrity

Student Athlete Athletic Policies

Academics

Athletes are expected to work to their greatest potential in the classroom. Athletes failing classes should be attending tutorials. Athletes failing to attend tutorials, who continue to fail, may be removed from the program.

Appearance

To attain a good TEAM appearance, look sharp. Give an appearance of class. No extremes in hairstyles, hair colors or dress (Playoffs included). No jewelry may be worn during any athletic competition or practice. Students are expected to represent AISD in a positive manner on and off the field of play. Final decisions concerning this matter will rest with the coaching staff.

Attendance

Promptness and attendance are expected at all times. Missed practices (including 2-a-days) or games due to unexcused reasons may result in dismissal from the team. If you must be absent, the athlete should call and talk to one of your coaches before the athletic period. Coaches will have the option of establishing a reasonable make-up policy for absences from practice. This policy should be clearly stated at the beginning of the season and have prior approval by the Athletic Director or Coordinator.

Communication: Athletic Complaints/Concerns Process and Guidelines

Our goals are to facilitate communication between player and coach, then coach and parent/student and to address concerns in a collaborative, effective manner. If you are a student or parent who has a concern or complaint about a sport, coach or coaching style, please follow the prescribed process listed below.

1. Coaches cannot address a problem unless they know that a problem exists. Most of the time, problems stem from miscommunication or misinterpretation of an issue. Therefore, we ask that your child talk first with the coach and address the problem directly. If the outcome of that meeting is not satisfactory, we ask that the parent and student meet together with the coach.
2. The AISD Athletic Department is here to work alongside parents to encourage an enjoyable experience for the student-athlete in AISD Athletics. We will do whatever it takes in working with parents to achieve that goal. When an issue or conflict arises, please give due diligence to the department communication protocol.
3. Remember the “**24 hour**” rule: Please wait 24 hours before approaching a coach either in person, by phone or through email. This allows all involved a “cooling down” period and also provides some time for reflection.
4. Again, we are committed to effective communication and problem solving and look forward to meeting with students and parents to build and maintain top caliber athletic programs in AISD.

Student Athlete Participation-Playing time

Any student meeting the AISD and UIL residential and eligibility requirements may compete for a position on any athletic team. Any team placement, position placement, style of play and/or playing time is the sole discretion of the coach and may not be appealed.

Conduct

Composure during the course of a competition is critical. We expect you to conduct yourself with class at all times. This means you are to follow all rules of our school and community. You are expected to act properly in class, in the hallways and in the community, giving all adults full courtesy and respect. Failure to adhere to our expectations will result in a conference and possible dismissal from the program.

Dual Participation

All athletes participating in AISD Athletics make a commitment to the team, their teammates and their school. Each program demands the dedication of time and energy of the athlete. Part of this commitment is to be a student first and strive for academic excellence. Another integral part of that commitment is to place the AISD Athletic team above participation in any non-school sanctioned activity and attend all practices and games scheduled by AISD Coaches.

Dual Participation: Any first offense dual participation violation will result in a warning and possible suspension for the next game (Head coaches discretion).

Two or more will have the same consequences but a parent meeting of all parties must happen to discuss the negative impact on the school team. The meeting should be communicated to the Athletic Director and Campus Principal.

Profanity

Use of profanity is not allowed. All offenses will result in disciplinary action.

Social Media

All student athletes are expected to use social media responsibly. How you conduct yourself online and in social media is a direct reflection on the athletic programs and AISD. Students who post inappropriate messages and or pictures will be asked to remove the post and will receive consequences that may include game suspensions and possible school discipline. Subsequent inappropriate posts will include additional consequences up to and possibly including, dismissal from the team and AISD athletic program.

Stealing

Taking things that do not belong to you will not be tolerated. An athlete caught stealing will receive disciplinary action and may be dismissed from the team and/or athletics.

Tobacco Use

No tobacco use of any form will be permitted. First offense will result in disciplinary action. Continued offenses in this matter may result in removal from the athletic program.

Dress

All athletes should be very professional in or out of uniform. Everyone will wear the uniform in the same manner. WE ARE A TEAM! Take care of your equipment. Your appearance away from the dressing room, especially at school, should reflect the same class and pride that you show in our program.

Equipment and Facilities

You are to keep your equipment within your locker as directed by your coach. You are to clean your equipment as needed and directed. Lost or misplaced items checked out to you by the athletic department must be paid for. Take the attitude of “owner” of school facilities and help to make sure they are well cared for. Set an example for the entire student body that we should all help in the upkeep of our facilities.

Disciplinary Action Process

In the event a student-athlete violates athletic policies, the disciplinary action will include one or more of the following: extra conditioning, game suspension, dismissal from the team or removal from the athletic program. AISD reserves the

right to remove any student immediately if the student exhibits behavior that threatens the safety and well being of the other athletes or coaches.

Suspension, Dismissal or Removal of Student Athletes: No student-athlete may be suspended, dismissed or removed from a team or the athletic program before properly notifying the Athletic Director, Athletic Coordinator and the parents of the recommended action. All involved parties *MUST* meet before any action will take place. All suspensions and removals need 24 hours of contemplation before decisions are final.

Student Athlete Procedural Expectations

Required Annual Forms

All students in athletics shall have the required UIL report forms on file in the athletic training room prior to participation in their sport. Participation includes any practice, before, during or after school, both in-season and out-of-season.

Governing Injury, Illness or Restrictions

Injuries must be anticipated in any type of athletic activity and every athlete assumes some degree of risk when training or competing. Therefore, when an injury does occur to a student-athlete participating in the athletics' program, the student-athlete who has suffered an injury, illness or requires restrictions must make it known to the athletic trainer and coaches as soon as possible.

- a. If an athlete is injured and cannot participate in their sport, he/she shall be under the care and direction of the athletic training staff
- b. Daily Treatment times: Before school, during athletic period and after school. Student-athletes should be prompt and allow for adequate time for treatment. If a student-athlete is injured, they *must* attend morning treatments.
- c. All Student-athletes must dress out for each practice even though injured and unable to participate unless instructed otherwise by the athletic trainer.
- d. Student-athletes shall report to practice on time. Being in the athletic training room is not an excuse for being late to practice.
- e. Student-athletes shall not treat themselves. The athletic training staff will provide necessary in school treatments.
- f. Student-athletes shall report to their coach at the start of the practice/period prior to attending treatment with the athletic trainer.

Immediately following the student-athlete's treatment, they shall report back to their coach.

- g. Student-athletes shall dress appropriately for the athletic training room. Inappropriate dress includes sports bras without a shirt, skirts, or other clothing that is not school appropriate.
- h. Student-athletes shall attend in school treatments until the athletic trainer indicates that treatments may be terminated.
- i. Student-athletes are encouraged to notify the athletic trainer if they plan to see a physician or other health care professional for their athletic injury. Student-athletes shall submit a physician's note immediately upon return to school. Physician orders shall be followed, including return-to-play guidelines.
- j. If a student-athlete is seen by a physician for their athletic injury, only the physician can clear the student-athlete to return to play, unless otherwise indicated.
- k. In school treatments with the trainer are given only upon physician's or athletic trainer's approval. The athletic training staff shall determine the care provided for each injury.
- l. *AISD Concussion Policy*: Established by HB 2038- Argyle Independent School District has developed a concussion policy and concussion return to play management guidelines using the latest recommendations from the NCAA and recent evidence-based literature on sport concussion management. (see Athletic Website)

Athletic Training

Athletic Trainers will consult with students and parents to clarify the student's limitations and restrictions.

- a. All communication and flow of information will be between the AISD Licensed Athletic Trainer (LAT) and the student athlete's' medical professional of choice and/or parents/legal guardian of said athlete.
- b. The LAT will use prudent judgment to the severity of the injury prior to notifying the parents. The LAT will notify parents and will consult with them regarding treatment.
- c. The LAT will consult with the physician if the athlete sees a physician. If medical evaluation has occurred, the parent will notify LAT of injury and supply prescription for return to play.

- d. Licensed Athletic trainer will use caution and abide by all HIPAA laws that are currently acceptable.

Information Dissemination

On a daily basis, all student athlete injury information will be disseminated to all pertinent AISD sports' coaches to the restrictions and limitations of all athletes. All cleared athletes will not appear on the list.

- a. Information regarding names, treatment plan, limitations and RTP timeline are emailed daily to all athletic staff
- b. Additional information discovered during the day will be shared with individual coaches via email and/or personal conversation.

Drug and Alcohol Use

The Argyle Athletic Department takes a strong stance against the use of illegal drugs. Athletes are held to a higher standard and should choose better options than the use of illegal drugs. If that is not the case, a student-athlete falls into 1 of 3 categories: 1) use at school 2) use outside of school and 3) randomly test positive

- 1) ***AEP PLACEMENT*** (*under the influence and/or use at school or school function*): Student is placed in AEP for a time to be determined by the Principal, according to the Argyle Student Code of Conduct. Upon return to regular school setting, the Athletic program consequences will begin in accordance with the following plan:

1st Offense:

The student-athlete **MUST** complete 15 miles of school supervised running (outside the regular practice time) and serve a 10% suspension from inter school competition before they may return to athletic competition. If they are in an off season, they have a maximum of 5 school days to complete the punishment (5 days @ 3 miles per day). As stated in the Argyle ISD Student Code of Conduct, the possibility of district alcohol/drug abuse counseling may be imposed. The Athletic Director or Athletic Coordinator must give approval for a full return to normal activities.

2nd Offense:

Appropriate drug/alcohol counseling must be initiated before the student-athlete begins conditioning assignment. The student-athlete **MUST** complete 30 miles of school supervised running (outside the regular practice time) and serve a 20% suspension from inter school competition before they may return to athletic competition. If they are in an off season, they have a maximum of 10 school days to complete the punishment (10 days @ 3 miles per day). The Athletic Director or Athletic Coordinator must give approval for a full return to normal activities.

3rd Offense:

The student-athlete will be removed from all athletic participation for the remainder of the year.

- 2) Non-AEP PLACEMENT** (admission of guilt or evidence of use outside of school): Any student who violates the Student Code of conduct shall be subject to extracurricular discipline and/or regular school district disciplinary action as well. This includes any misconduct, regardless of time or location, that would reflect negatively upon representing Argyle ISD in an extracurricular activity. Students clearly involved in disciplinary infractions (i.e., including, but not limited to, drugs, alcohol, and violent behavior) will be assigned athletic program consequences as outlined below. Athletic program consequences will begin immediately following a meeting between the athlete, parent(s), athletic coordinator and head coach. Athletic program consequences may include special assignments (extra duties assigned), probation or dismissal.

1st Offense:

The student-athlete MUST complete 15 miles of school supervised running (outside the regular practice time) and serve a 10% suspension from inter school competition before they may return to athletic competition. If they are in an off season, they have a maximum of 5 school days to complete the punishment (5 days @ 3 miles per day). As stated in the Argyle ISD Student Code of Conduct, the possibility of district alcohol/drug abuse counseling may be imposed. The Athletic Director or Athletic Coordinator must give approval for a full return to normal activities.

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**The Athletic Council (Athletic Director/Coordinator, Principal, and Head Coaches) reserves the right to rule on each situation on a case by case basis. Severe infractions may lead to immediate dismissal.*

3) Argyle ISD Random Drug Testing Policy:

All students who park on the high school campus and all students who participate in UIL activities will be subject to random drug testing over the course of their school age life. The new drug policy is meant to be a deterrent for our students and another reason for them to make wise choices. Students who refuse to

participate in the drug testing program will not be allowed to join any UIL sport or activity. Board Policy clearly and concisely delineates all actions to be determined in the event an athlete tests “positive” on a random administered test. One can access the link to the approved AISD Policy if you wish to review in it’s entirety.

[http://pol.tasb.org/Policy/Download/390?filename=FNF\(LOCAL\).pdf](http://pol.tasb.org/Policy/Download/390?filename=FNF(LOCAL).pdf)

Participation

Students participating in volleyball, football, basketball, and cross country must be in their athletic period Semester 1 and Semester 2. Fall sport athletes (VB and FB) may be exempted from the participation requirement the spring of their senior year. Students participating in golf only must be enrolled in a PE class or external physical education to get their state credits. Single sport-only athletes like baseball and wrestling may enroll in an athletic period with ***Head Coach’s approval only.***

Case by case situations may be reviewed by the Athletic Council.

Failure to Finish a Sport

Any athlete, who quits or is dropped from a team after the beginning of district play, may not be permitted to work out with another sport until the immediate season has been completed. Exceptions to this rule may be considered by Athletic Director.

Quitting a Sport

Athletes must seek the approval of the sport head coach and Athletic Director for them to rejoin that sport. No Exceptions!

Strength and Conditioning

Off-season is the period of time during the school calendar year when athletes from any sport are not competing against other schools in a U.I.L. sanctioned event in their chosen sport. It is the philosophy of the Argyle Athletic Department that all athletes will participate in strength and conditioning activities of their main sport to assure the success and prevention of injuries relative to that sport. All athletes who are enrolled in an athletic period are required to participate in that sport's conditioning program. ***Two sport athletes will participate in their non-spring sport conditioning activity.*** For example, a basketball player will go through a conditioning program before he/she participates in his/her spring sport practice (i.e. track). All strength and conditioning activities will be in compliance with U.I.L. guidelines in regard to game day activities. ***Exception:*** When a two sport athlete reaches the varsity level of competition in two sports, the strength and conditioning requirement may be waived to accommodate the demands of dual participation. The Athletic Director will have the final decision in all above matters.

Program Overview

A well-organized and properly coordinated strength and conditioning program is vital to the success of an athletic program. Regardless of the sport(s) an athlete participates in there cannot be too much effort spent on strength training and conditioning to minimize or prevent injury, enhance athletic performance and develop mental discipline in the off -season. There will also be an in-season strength training and conditioning program that will allow each athlete to remain in peak physical condition during the season until returning to the off season program. With the dramatic changes that high school athletics are going through and athletes becoming faster, stronger, and more talented each year, it is absolutely necessary to maintain a quality strength training and conditioning program year around. The days of strength training being only for off-season football players have passed. As part of our athletic program we will offer the most complete strength training and conditioning program that utilizes the most modern strength training principles available to all athletes. Both off-season and in-season programs will be implemented incorporating the most up to date programs available to us from functional strength experts and major university programs. The off-season program will include a combination of strength training, conditioning, flexibility, plyometrics, and skills training. There will also be a summer program available that will be designed to prepare athletes to peak in August and to maintain this peak during the fall sports season. Regardless of whether an athlete competes in just one sport or several, they will benefit from the effort put into the program by the coaches.

Sports Performance Participation Policies

- Each year, the coaching staff will be trained in proper weightlifting techniques and sports performance movements.
- The role of the Sports Performance coach is to oversee and instruct the majority of all workouts.
- The Sports Performance coach will be available during operating hours, as well as before and after school for remediated instruction.
- Student athletes must read and be familiar with the athletic program's policies, rules and regulations.
- All student athletes must understand the potential for injury with improper technique or utilization of equipment. Any questions regarding technique or use of equipment should be directed to the certified strength and conditioning coach or your supervising coach.
- All injured student athletes may be subject to a modified workout session approved by the Argyle ISD Athletic Training staff.
- Participants will be given verbal instructions and demonstrations of the proper techniques used to safely execute designated lifts in the weight room.
- Each lift station will consist of one lifter and at least one spotter.
- Coaches will supervise all activities included in the off-season program.

- The Argyle ISD coaching staff has designed a website that includes detailed instructions and workouts to be referenced for more in-depth understanding. The website may be accessed by going to <http://staff.argyle.escl1.net/Domain/176>.

Lettering Policies

Each athlete is allowed one jacket during his/her high school career.

Lettering requirements:

FOOTBALL

- Complete the season as a squad member in good standing (may include, but not limited to: academic eligibility, good attendance rate, good attitude, etc.); and
- Be a member of the varsity squad for at least 6 games.
- Injured players may be awarded a varsity letter if it is apparent to the coach that they would have earned it, if not for the injury.

BASKETBALL (BOYS & GIRLS)

- Complete the season as a squad member in good standing; and
- Be a member of the varsity squad and suit up for at least 60% of the games.
- Injured players may be awarded a varsity letter if it is apparent to the coach that they would have earned it, if not for the injury.

VOLLEYBALL

- Complete the season as a squad member in good standing; and
- Be a member of the varsity squad and suit up for at least 60% of the games.
- Injured players may be awarded a varsity letter if it is apparent to the coach that they would have earned it, if not for the injury.

CROSS COUNTRY (BOYS & GIRLS)

- Complete the season as a squad member in good standing; and
- Place in the top 15 at the district meet or qualify for the regional meet, or
- Place in the top 25 in half of the regular season meets.

TRACK (BOYS & GIRLS)

- Complete the season as a squad member in good standing; and
- Earn a total of 8 points in meets during the school year – 1 point will be given for each varsity meet the athlete competed in, whether he/she scores a point or not, or
- Score a point in the district meet.
- Seniors who have been in track for at least 2 years.

WRESTLING

- Complete the season as a squad member in good standing; and
- Be a member of the varsity squad for at least 60% of the meets or earn at least 25 points during the season (5 points to a pin, 3 or 4 points for a decision, 2 points for a draw); or
- Qualify for the regional tournament

TENNIS

- Complete the season as a squad member in good standing; and

- B. Be a member of the varsity squad for at least 50% of the season or compete in the District Tournament; or
- C. Injured players may be awarded a varsity letter if it is apparent to the coach that they would have earned it, if not for the injury; or
- D. Seniors who have competed in tennis for at least 2 years.

GOLF

- A. Complete the season as a squad member in good standing; and
- B. Earn as many points as there are varsity tournaments – one point for playing in tournament and one point for finishing in the top three as a team; or
- C. Qualify for regional tournament.

BASEBALL

- A. Complete the season as a squad member in good standing; and
- B. Be a member of the varsity squad and suit up for at least 60% of the games.
- C. Injured players may be awarded a varsity letter if it is apparent to the coach that they would have earned it, if not for the injury.

SOFTBALL

- A. Complete the season as a squad member in good standing; and
- B. Be a member of the varsity squad and suit up for at least 60% of the games.
- C. Injured players may be awarded a varsity letter if it is apparent to the coach that they would have earned it, if not for the injury.

SOCCER (BOYS & GIRLS)

- A. Complete the season as a squad member in good standing; and
- B. Be a member of the varsity squad for at least 60% of the games.
- C. Injured players may be awarded a varsity letter if it is apparent to the coach that they would have earned it, if not for the injury.

SWIMMING

- A. Complete the season as a squad member in good standing; and
- B. Qualify for the regional meet

STUDENT TRAINER OR MANAGER

- A. Complete the season as a squad member in good standing; and
- B. Work varsity sports for 2 consecutive years

Booster Club Guidelines

<http://www.uiltexas.org/files/booster-guide.pdf>

**ARGYLE INDEPENDENT SCHOOL DISTRICT
ACKNOWLEDGEMENT OF ATHLETIC RULES AND POLICIES**

I understand that participation in athletics is a privilege and higher standards are expected from all student athletes as it pertains to grades, behavior in and out of

school, attendance, work ethic and commitment. Any behavior that is deemed unbecoming of an athlete will be subject to punishment by the coach of the sport.

I, _____ will be held accountable for all my actions.
(Print full name)

Student/Athlete Signature: _____ Date _____

Parent Signature: _____ Date _____

This Document of acknowledgement is signed by all athletes annually with all the traditional UIL paperwork.

