



**GALVESTON ISD  
STUDENT & PARENT  
ATHLETIC HANDBOOK**

# TABLE OF CONTENTS

|  |    |
|--|----|
| 1. Introduction .....                        | 3  |
| 2. Offseason/Athletic Period.....            | 4  |
| 3. Multisport Participation .....            | 6  |
| 4. Injury Prevention / Treatment.....        | 7  |
| 5. Athletic Code of Conduct .....            | 9  |
| 6. Classroom Expectations.....               | 12 |
| 7. GISD Extracurricular Code of Conduct..... | 13 |

# 1. INTRODUCTION

## GALVESTON INDEPENDENT SCHOOL DISTRICT

On behalf of the Galveston ISD and the Athletic Department, we hope that students who have the ability and desire will take advantage of every opportunity in athletics. Participation in athletics will enable you to make new friends, learn valuable lessons and provide a lifetime of memories. We believe that the lessons taught in the "athletic" classroom supports the academic mission of our school and are educational in helping athletes develop successful life values.

We want to communicate that participation in athletics is a **PRIVILEGE, NOT A RIGHT**. No student is obligated to take part in athletics, nor is this required for graduation. Athletics is designed to accommodate students who have the ability and emotional stability to handle competition. Not all students are capable of competing in this program. Parents and athletes should realize that competitive athletics by nature is sometimes strenuous and demanding, and will not necessarily be enjoyed by all who wish to participate.

Participating in Galveston athletics carries many responsibilities. It is imperative that all students taking part understand the commitment to follow the rules, regulations, policies, and procedures established by the district. It must also be understood that athletes who violate the rules, regulations, policies, and/or procedures shall face disciplinary action and possibly removal from the athletic program.

Our athletic programs promote responsible social behaviors, greater academic success, and instill a sense of pride in our community. With discipline and work ethic our athletes develop confidence in one's physical abilities, an appreciation of personal health and fitness, and create strong social bonds with fellow teammates.

We believe in our Mission: Our purpose is to prepare the student athlete for success both on and off the playing arena for the rest of their life.

## **2. OFF-SEASON/ATHLETIC PERIOD**

### **A. ENROLLMENT IN ATHLETIC CLASS**

Athletic classes are physically stressful and demanding. Students will be constantly pushed to work through the physical discomforts and mental trials associated with developing a great athlete. Improving your child's core strength, speed, agility, conditioning and competitive mindset are as important as developing sport specific skills.

Counselors may not facilitate mid-semester changes in schedules. As a result, any athlete that quits a sport or is removed from a team will still have a modified workout until the schedule can be changed at the end of the semester. The student is still responsible to attend the class daily and follow instruction until the schedule is changed.

An athletic class has prerequisites that must be met before a student can enroll in it. Entrance to an athletic class will be determined by coaches and the Athletic Coordinator. Students may be denied entrance into an athletic class for the following reasons:

- 1) Behind in credit – not on grade level at the start of the year.
- 2) Quitting or having objectionable standing in the athletic program.
- 3) Violation of athletic policies.
- 4) Failure of counselor to have written permission from the coach to be enrolled in the class.
- 5) Continual non-participation due to academic ineligibility.
- 6) Excessive discipline problems in the school or criminal activity.
- 7) Violation of Student Code of Conduct as determined by campus administration and head coach.

### **B. ATHLETIC ATTENDANCE**

Athletes are expected to be present every day and to be on time for all related athletic functions, including the athletic period, practice, meetings, trips, and games. If he/she is going to be absent the athlete must notify the appropriate coaches prior to missing or it is considered an unexcused absence.

High School Office: 409-766-5883

Middle School Office: 409-761-2000

### **C. MISSED PRACTICE**

Student-Athletes who miss a practice will be required to do make-up work. This is no different than making up missed work in an academic class. If a student has an

**unexcused** absence, there will be consequences in addition to the make-up work required.

If the student is not feeling well, they need to notify their coach and then see the athletic trainer if necessary.

Missed practices may result in a loss of playing time. Students on school sponsored trips are considered present and will not be required to do any make-up.

**Excused:** Student misses with notification and legitimate cause for absence (sickness, doctor's appointment, absences approved by the coach prior to the absence)

**Unexcused:** Student misses **without** notification or a legitimate cause for absence.

#### **D. OFF-SEASON EXPECTATIONS**

A student/athlete, who made a team or previously participated on a team, must be enrolled in the athletic class for off-season workouts in order to develop strength, speed, agility, skills, team unity, and character development. Jewelry is not permitted to be worn at practices or competitions. All piercings must be removed and not just covered up.

#### **E. TRY-OUTS**

Try-outs may be held for each sport. Try-outs will be held for a number of practices to be determined by the head coach of each sport.

#### **F. SUSPENSION FROM THE ATHLETIC PROGRAM**

A head coach may suspend an athlete from the sport the athlete is participating in. The head coach is required to inform the Athletic Director of why the athlete is being suspended. The Athletic Director is responsible for seeing that discipline is consistent. Only the Athletic Director may suspend an athlete from the total athletic program. An appeals process would include the parents, the athlete, the head coach, Athletic Director, and an appointed administrator.

### **3. MULTI-SPORT PARTICIPATION**

#### **A. MULTI-SPORT ATHLETES**

Student athletes are encouraged to participate in multiple sports. Once our athletes learn to compete, we want them to demonstrate and develop that mentality as often as possible. When conflicts arise between overlapping seasons, the coaches will come to a workable practice and competition plan. Varsity competition takes precedence over

sub-varsity. District competition takes precedence over non-district competition. All high school athletic activities take precedent over club sports and activities.

#### **B. CLUB SPORTS (NOT UNDER THE UMBRELLA OF GISD ATHLETICS)**

If an athlete represents Galveston ISD Athletics, our interests must supersede club or select sports. While club sports may provide additional training and competition, we will not permit individuals missing our practices or competitions to attend club sport activities.

### **4. INJURY AND TREATMENT**

#### **A. REPORTING AN INJURY**

- Please report all injuries to the sports medicine department immediately. The staff will evaluate all injuries and contact/update parent/guardian(s) as needed.
- The training room located in Ball High School and Central middle school will be open at 6:45 during regular school days. If your child is injured, they will need to be present at this time for morning rehabilitation and treatment.
- If you bring your child to any physician for an injury or illness, please let us know. We will need a copy of the physician's note to have on file. If they see a physician for any injury or illness, we cannot let them back onto the court/field until we have a note with instructions stating when they are cleared to fully participate.
- School Insurance:
  - Every student-athlete is covered under our school insurance – it is free to you and will be secondary insurance to your personal coverage. It can help with reimbursement of co-pays and other out of pocket expenses.
  - If your child is injured and sees a physician, we will fill out one of our insurance forms and make copies for you upon request.
  - These forms must be filed within 6 months of the injury – there will be instructions on the back of each form for you to follow.

No coach, athletic coordinator, and/or the athletic director may overrule the athletic trainer on injuries and the athlete's playing status.

#### **B. TREATMENT AND REHABILITATION**

Injured athletes must still dress out and attend all practices. If they are not healthy enough to fully participate, they must attend treatments during their athletic periods every day until they have returned fully. Once they have returned, they can still attend

morning treatments before school for "maintenance."

Students will be expected to practice, lift weights, and participate in conditioning unless they have a doctor's note or permission from the athletic trainer to be in the training room. If an athlete does not attend morning treatments, they will not be allowed to miss their workouts during their athletic period unless previously arranged with the athletic trainer and the head coach.

- The athletic trainer is responsible for the evaluation, management, treatment, and rehabilitation of all injuries suffered by athletes during their participation in interscholastic athletic programs sanctioned by GISD.
- It is the responsibility of the athletic trainer to determine the status of an athlete's ability to practice and to compete. Such information is communicated to respective head coaches on a daily basis.
- If an athlete suffers from injury or pain, he/she should never leave a game or practice without first seeing the athletic trainer.
- If the athletic trainer feels that an injury merits further examination, he/she will contact the athlete's parents and explain his/her findings. Parents will then be urged to refer their child to a physician. When requested by the athlete's parents, the athletic trainer will be available to assist and/or arrange for the athlete's referral to proper medical specialists.
- Once an athlete is seen by a physician, the athletic trainer and coaching staff are required to follow the physician's diagnosis and timeline for return. The athlete will be required to submit a written physician's release before being allowed to return to athletic participation.
- Injured athletes are required to attend practices and to suit out in proper attire, as determined by the athletic trainer and the coaching staff.
- Injured athletes must attend all scheduled treatment sessions. Such sessions are essential for a healthy and timely recovery. Treatment sessions are usually held before school and during athletic periods each day. Specific treatment session times will be posted and announced to all athletes by the athletic trainer.
- Unless an athlete has a doctor's note or permission from the athletic trainer, he/she will be required to practice, lift weights, and or participate in conditioning activities. If an athlete is reported to not be attending required treatment sessions, then he/she will not be considered injured and will be expected to dress and participate fully in all required activities.
- Unless excused by the athletic trainer prior to practice the athlete will be required to be on time for practice and competitions.

## **5. ATHLETIC CODE OF CONDUCT**

### **A. CODE OF CONDUCT**

Students participating in GISD extracurricular activities represent not only themselves, but other students and the school district. For this reason, their behavior **MUST** be exemplary and reflect the finest attributes of GISD, the Ball High Athletic Department, and our community.

In addition, the same rules of conduct published in the GISD Student Handbook will apply to all athletic settings. Student-athletes will be held accountable for any additional rules approved by the superintendent, principal, and athletic director that are specific to athletics.

Head coaches have the right to remove, suspend, or correct any athlete whose conduct or actions are detrimental or distracting to the team and integrity of GISD.

### **B. INSUBORDINATION OR DISRESPECT**

Insubordination or non-compliance with a directive given by any authority figure (school employee, coach, teacher, game official) will not be tolerated. Insubordination can involve verbal or non-verbal disrespect. Some examples of non-verbal disrespect include smacking lips, rolling eyes, walking off when being addressed, or mumbling under breath. "Yes ma'am / Yes sir" and "No ma'am / no sir" are the best responses. Potential consequences will be determined by the coach or athletic coordinator.

### **C. PROFANITY**

The use of profanity in our athletic program is not tolerated. Coaches will not use profanity and students are not allowed to use it. Racial slurs are considered profanity. When in question, our policy regarding profanity is "sounds like - is like". Athletes heard using profanity at any time will be disciplined. Any athlete using profanity in addressing any school official will be severely disciplined and in most cases removed from the athletic program.

### **D. UNSPORTSMANLIKE CONDUCT DURING COMPETITION**

Our student-athletes are expected to represent their community and school with integrity and class. An athlete who displays unsportsmanlike conduct during competition will be disciplined by the head coach and/or the athletic director. Each sport will address the infraction in their team handbook with approval from the Athletic Director. The athlete may also be dismissed from the athletic program. This is also a U.I.L. violation and may put the school on probation.



## **E. QUITTING**

Commitment, responsibility, and a never give up attitude are qualities that we desire to develop. Any player beginning a season with a team is expected to fulfill their commitment to the team. Our athletic department will not support a student quitting a sport after the trial period is over. The trial period is the period of time before an athlete takes a school sponsored trip to an event.

*Any athlete wishing to quit a sport must complete the following steps:*

- 1. Meet with their coach and express his/her desire to discontinue participation in that sport.*
- 2. The student must have his/her parents sign a form stating that they are aware of and support their child's decision.*
- 3. Quitting during the season voids the award of the season.*

A student who quits a sport before that season is over must complete all consequences resulting from their previous infraction. A student who quits a sport will not be allowed to participate in another sport until the sport that he/she quit has completed its season. Students who quit a sport will forfeit any and all awards for that sport. A student who quits a sport may also lose the opportunity to try out for that sport in the future. A coach may use quitting in a different sport as an acceptable reason for denying participation in that coach's sport. We will not ask our coaches to build a team with individuals who have quit other sports. Quitting is a habit that becomes easier once done and is counterproductive to our commitment to excellence.

## **F. CELL PHONES / ELECTRONICS**

All cell phones and electronic equipment should be put away while participating in team activities. They should be used only in case of an emergency or calling for a ride. Filming or picture taking is not allowed at any time inside the locker rooms.

## **G. SOCIAL MEDIA**

All athletes must be careful when using social media sites and keep in mind that sanctions may be imposed if these sites are used improperly or depict inappropriate, embarrassing or dangerous behaviors. Pictures or video that show students engaging with drugs or alcohol are subject to punishment from criminal offenses from our athletic code of conduct.

*Words or phrases that should not be posted on your site regardless of who posted them include:*

- 1. Any words or phrases that would be considered harassing and or discriminatory.**
- 2. Any demeaning or threatening remarks.**

- 3. Sexually explicit language.**
- 4. Profanity of any kind.**
- 5. Trash talk about opponents, teammates or coaches.**
- 6. Words or phrases that talk about drug or alcohol use.**

## **H. FACILITIES**

Keep equipment in proper places at all times. Keep locker and locker room neat at all times. Students will be held accountable for any damage to facilities. Restitution may be required.

## **I. EQUIPMENT**

Once an athlete has been issued equipment, it becomes the athlete's responsibility to care for it. Loss or damage of equipment is the athlete's financial obligation. Do not wear someone else's equipment and do not allow anyone to wear your equipment. Students going from one sport to another must have all equipment turned in or paid for before they will be issued equipment in the next sport.

## **J. UNIFORM**

Athletes should be neatly dressed for competition. All team members are to be dressed exactly the same and according to the rules while participating in an event. Every piece of equipment worn by the athlete should be identical with his or her teammates. Hats should be worn straight and shirt tails tucked in unless the top is designed to be worn outside the pants. Athletes should learn to respect the integrity of the game from parents and coaches.

## **K. CONSEQUENCES**

A rule is not a rule unless it is enforced. Your coaches will not lower their standards because you chose to break a rule.

# **6. CLASSROOM EXPECTATIONS**

We expect our athletes to contribute to a positive learning environment in our schools. If you are an athlete, your conduct reflects on us at all times. Our coaches will continue to develop the great relationships we have with the entire GISD staff. We will support our teachers in trying to help develop our athletes. When a teacher contacts a member of our coaching staff regarding an athlete's work ethic, attitude, disrespect, or general classroom misbehavior, our coaching staff will correct the behavior.

## **A. TUTORING**

We want and expect our student/athletes to perform well in the classroom on a daily basis. We do not however, want our students to miss our athletic class or scheduled

practice time with their team to do so. Every department has teachers available before school for tutoring. Home game days are also excellent opportunities for athletes to attend tutoring after school. If an athlete does miss practice to attend tutoring without permission from their coach, it will be considered unexcused.

#### **B. IN-SCHOOL SUSPENSION/ALTERNATIVE EDUCATION PROGRAM**

Students that are in OCI will practice after school but not participate in games unless they have fulfilled their OCI assignment. Students placed in DAEP will not be allowed to participate in or attend any extracurricular activities during that period. Students who are repeatedly assigned to these programs may be subject to dismissal from their program. Missed practices because of OCI or DAEP will be unexcused & makeup & punishment must be served.

#### **C. SCHOOL ATTENDANCE**

Student/athletes are expected to be in class all day and be punctual. Student-athletes with excessive academic and / or athletic absences may be removed from the Athletic Program. Absences, excused or unexcused, will be handled by the coach of each sport.

#### **D. TORNADO CODE OF CONDUCT**

I can always be heard saying PLEASE when asking for something.

- Likewise, when someone says thank you, I will say YOU'RE WELCOME.
- To politely interrupt, I will say EXCUSE ME.
- I can always be heard saying YES SIR, NO SIR, or YES MA'AM, NO MA'AM, to my parents, instructors, coaches, advisors, managers, athletic trainers, etc.
- Phrases such as: GOOD MORNING, BE SAFE, HOW ARE YOU, and HAVE A GREAT DAY are all part of who I am.

I am a respectful TORNADO.

### **7. GISD EXTRACURRICULAR CODE OF CONDUCT**

#### **1. Extracurricular Activities: General Provisions**

##### **What is an Extracurricular Activity?**

- Any University Interscholastic League (UIL), School District, or campus-sponsored or related public performances, events, contests, demonstrations, displays, club activities, athletics, whether on- or off-campus;
- Any elected offices and honors (such as student council and homecoming court)
- All co-curricular activities, which are those held in conjunction with a credit-bearing class, but that may take place outside of school and outside of the school day (such as band and choir);

- All national organizations (such as National Honor Society or Future Farmers of America);
- Any activity held for an organization that is considered to be an extracurricular activity (such as club meetings, practice, or field trips).

### **Why are Extracurricular Activities Important?**

- They promote self-discipline, responsibility, leadership, teamwork, self-confidence, commitment, and student wellness.
- They enhance and enrich curricular educational offerings.
- They offer participants the opportunity to be leaders and role models on campus and in the community.
- They enable participants to represent the Galveston Independent School District in a positive manner.

## **2. Jurisdiction**

### **Who is Subject to the Extracurricular Code of Conduct?**

Any student who participates in one or more extracurricular activities is subject to the Extracurricular Code of Conduct (ECC). A student is subject to the ECC from the time he/she is selected for, elected to, or otherwise joins an extracurricular activity and continues to be subject to the ECC from that point forward unless or until the student no longer participates in extracurricular activities.

### **When Does the Extracurricular Code of Conduct Apply?**

The privilege of representing the Galveston ISD carries with it a greater responsibility to conduct oneself with respect and dignity, and to serve as a role model for all students. Consequently, extracurricular activity participants are expected to comply with the ECC at all times, regardless of location. This includes both on and off-campus conduct as well as evenings, weekends, holidays, and summer.

## **3. Conduct Expectations**

### **What is expected of Extracurricular Activity Participants?**

Participants in extracurricular activities are representatives of the Galveston ISD and must conduct themselves in a manner that reflects positively on the Galveston ISD at all times. Specifically, they must:

- Maintain an average of 70% or better in all academic courses, except as provided in District policy FM (Legal)

- Be punctual and prepared for all games, practices, meetings, performances, camps, and/or other scheduled events related to an extracurricular activity;
- Treat all school property with respect and ensure that school property is returned upon request and in good condition (excluding reasonable wear and tear);
- Abide by the Galveston ISD dress and grooming standards for students as well as any dress and grooming standards applicable to the specific extracurricular activity;
- Comply with all UIL rules;
- Be courteous and respectful toward all fellow participants, school faculty and staff members, spectators, parents, and officials, whether from Galveston ISD or from any other school district;
- Provide advanced notice to the coach or sponsor of an activity if they are unable to attend a game, practice, meeting, performance, and/or other scheduled event related to the extracurricular activity;
- Comply with all rules and guidelines in the ECC and those established for a specific extracurricular activity in which the student participates;
- Comply with and adhere to the behavioral standards identified in the Galveston ISD Student Code of Conduct.

#### **4. Prohibited Conduct**

##### **What Conduct is Prohibited for Extracurricular Activity Participants?**

###### **Category A Violations:**

- Being tardy/absent to games, meetings, practices, performances, camps, and/or other events without permission from the activity sponsor or coach;
- Engaging in acts of poor sportsmanship, such as cheating, using profane language, or taunting other participants;
- Being insubordinate to a coach or sponsor;
- Being disruptive during a game meeting, practice, performance, camp, and/or other event;
- Violating the established rules' or guidelines of a specific extracurricular activity in which the student participates;
- Buying, selling, giving, delivering, using, possessing, or being under the influence of tobacco, regardless of whether the student is on school property or at a school-related activity; or on social media;
- Violating the Galveston ISD standards for dress and grooming or the standards set for the specific extracurricular activity;
- Engaging in misconduct prohibited by the Galveston ISD Student Code of Conduct.

## **Category B Violations:**

- Engaging in theft, destruction, or misuse of school district property;
- Failing to return school property as directed;
- Engaging in hazing, harassment or bullying of others as defined by the Galveston ISD Student Code of Conduct;
- Buying, selling, giving, delivering, using, possessing, or being under the influence of alcohol, marijuana, a controlled substance (without a proper prescription), or a dangerous drug at any time and regardless of whether the student is on school property or at a school-related activity; or on social media;
- Engaging in any unreasonably dangerous athletic technique that unnecessarily endangers the health or safety of a student;
- Maintaining or being identified on a website or blog that depicts behavior that is illegal or is sexual in nature;
- Sending, transmitting, or posting images or other material that is related to illegal or sexual activity; and
- Engaging in conduct prohibited by the Galveston ISD Student Code of Conduct that is punishable by placement in DAEP or expulsion.

*Note: The standards of the ECC are independent of the Galveston ISD Student Code of Conduct. Violations of these standards of behavior that are also violations of the Galveston ISD Student Code of Conduct may result in a student being disciplined under both standards.*

*Note: Students placed in DAEP are ineligible to participate in or attend extracurricular activities pursuant to Texas Education Code § 37.006(g).*

*Note: Galveston ISD Administrators, Sponsors or Coaches are permitted to assign reasonable consequences in the event a member of an activity or group is in violation of any part of the Galveston ISD Student Code of Conduct or Galveston ISD Extracurricular Code of Conduct.*

## **5. Consequences**

### **Category A Violations:**

#### **First Offense:**

The student will receive a verbal warning and reprimand and will be directed to refrain from future violations.

#### **Second Offense:**

The student will be suspended from participation for 10 school days and will be placed on a behavior contract for the remainder of the semester.

**Third Offense:** The student will be suspended from participation from the extracurricular activity for the remainder of the season.

## **Category B Violations:**

### **First Offense:**

The student will be suspended from participation for 30 school days and will be placed on a behavior contract for the remainder of the season.

### **Second Offense:**

The student will be suspended from participation from **all** extracurricular activities for the remainder of the school year.

***Definition: “suspension” means that the student will not be permitted to participate in any competition, contest, scrimmage, performance, or election associated with an extracurricular activity. The student may continue to participate in practices.***

## **6. Procedures**

### **Who Determines that a Violation of the ECC has Occurred?**

The activity sponsor or coach will determine whether a violation of the ECC has occurred and will assess the appropriate consequence.

### **How will Consequences be Assessed for Different Violations of the ECC?**

Consequences for violating the Galveston ISD ECC are assessed based on the severity of the violation and the commission of prior ECC violations.

### **Is a Student Entitled to Participate in Extracurricular Activities?**

No. Participation in extracurricular activities is a privilege, not a right. As such, a student’s participation may be revoked at Galveston ISD discretion.

### **How Will Parents be Notified that a Violation of the ECC has Occurred?**

Parents will be notified of all violations that result in suspension from participation in extracurricular activities. The activity sponsor or coach will contact the student and the student’s parents. At this time, the activity sponsor or coach will inform the parent and student that a violation of the Galveston ISD ECC has occurred, discuss with them the applicable consequences, and give the student an opportunity to respond to the allegations.

### **What if a Parent Does Not Agree with the Decision?**

All appeals will be addressed through the Galveston ISD complaint process, contained in policies FNG (Legal) and FNG (Local). Appeals decisions are not appealable beyond Level 1

**STUDENT ACKNOWLEDGMENT OF RECEIPT OF:  
GISD ATHLETIC HANDBOOK**

Parents,

Please read the following information, sign and return to your child's school.

We have received, read and understand the Galveston Independent School District's Athletic Handbook.

We have received, read, and agree to abide by GISD's Athletic Handbook. I understand that my child \_\_\_\_\_ will be held accountable for the behavior and disciplinary consequences outlined in the Athletic Handbook. I understand that this includes all behavior at school, school-sponsored and school-related activities, school sponsored travel, some behaviors occurring within 300 feet of school, some behaviors occurring off-campus, and for any school-related misconduct regardless of time or location. I understand that any student who violates the Student Code of Conduct, extracurricular code of conduct or the Athletic Handbook guidelines is subject to disciplinary action.

I have read and understood all the statements above.

Name of Parent (Print) \_\_\_\_\_

Signature of Parent \_\_\_\_\_ Date \_\_\_\_\_

Name of Student (Print) \_\_\_\_\_

Signature of Athlete \_\_\_\_\_ Date \_\_\_\_\_

**ALL ATHLETES MUST HAVE THIS COMPLETED FORM  
TURNED INTO THE ATHLETIC DEPARTMENT**

**UIL ONLINE PARENT HANDBOOK**

[https://www.uil texas.org/files/athletics/manuals/Parent\\_Info\\_Handbook\\_23.pdf](https://www.uil texas.org/files/athletics/manuals/Parent_Info_Handbook_23.pdf)