



**BRIDGEPORT ISD
ATHLETIC HANDBOOK**

INTRODUCTION

BRIDGEPORT INDEPENDENT SCHOOL DISTRICT

On behalf of the Bridgeport 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 Bridgeport 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.

Aaron Cupp
Athletic Director
Bridgeport ISD

TABLE OF CONTENTS

1. Introduction
2. Offseason/Athletic Period
3. Multisport Participation
4. Injury Prevention / Treatment
5. Classroom Expectations

****Student/Parent Agreement Form -this must be signed and returned to the Athletic Department**

1. OFFSEASON/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 Director. 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) 8th -12th Prior to enrolling in athletic class the student must have written approval from the coach.
- 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: 940-683-4064

Middle School Office: 940-683-2273

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. Two or more unexcused absences may result in dismissal from the team.

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

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.

2. MULTI-SPORT ATHLETES

A. MULTI-SPORT PARTICIPATION

Student-athletes are encouraged to participate in as many sports as possible. 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 BISD ATHLETICS)

If an athlete represents Bridgeport 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.

3. INJURY AND TREATMENT

A. REPORTING AN INJURY

It is very important that any type of injury be handled in the proper manner. An athlete who sustains any type of injury should immediately notify a coach or trainer. Under **NO** conditions should an athlete leave campus or athletic event with any type of injury without first contacting the athletic trainer.

Injuries need to be reported so that:

1. They can be properly cared for. This may include some form of treatment or referral to a physician or medical care facility.
2. All appropriate parties such as parents, coaches, and possibly administrators can be notified.
3. We follow the proper protocol for school insurance. School insurance will not pay unless the athletic trainer refers the athlete to a doctor or emergency room.
4. Any athlete injured during the season is strongly encouraged to contact/see the athletic trainer prior to seeing a general practitioner unless an emergency situation arises.

If an athlete is referred to a physician or chooses to see a physician on their own, documentation must be provided to the athletic trainer.

No coach, including the athletic coordinator may overrule the athletic trainer on injury decisions. The athletic trainer will determine when the injured player may practice and play.

B. TREATMENT AND REHABILITATION

Once a doctor sees an athlete, we are required to follow his diagnosis, his rehabilitation, and timeline for return. If no rehab is recommended by the physician, then the training staff will establish the requirements for rehabilitation. The student will need a doctor's release before being allowed to participate again.

Injured athletes must still dress out and attend all practices. They must attend treatment sessions before school and/or after practice until they are able to workout. These sessions are required and are essential for a healthy and timely recovery.

Students will be expected to practice, lift weights, and do conditioning unless they have a doctor's note or permission from the trainer. **If a student is not receiving treatment before or after school, then he/she is not injured.**

- 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 BISD.

- 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 following practices 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. **Rehab, taping, etc is not an excuse for tardiness.**

BISD Athletic Trainer Office: 940-683-4064

4. ATHLETIC CODE OF CONDUCT

A. CODE OF CONDUCT

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

In addition, the same rules of conduct published in the BISD 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 BISD.

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 that 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.

H. FACILITIES

Keep equipment in proper places at all times. Keep the 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.

5. 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 BISD 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 SAC will not practice after school nor participate in games unless they have fulfilled their SAC 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 SAC 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.

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

Parents,

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

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

We have received, read, and agree to abide by BISD'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 or Bridgeport Athletic Handbook guidelines is subject to disciplinary action.

I have read and understand 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**