

TBISD Beliefs and Expectations of the ATHLETIC Program

Philosophy

At Tom Bean, we believe that the athletic program contributes significantly to preparing our students for becoming productive, contributing citizens of our community and society. A comprehensive program of athletic activities expresses our commitment to ensure the development of physical fitness and personal health, the acquisition of competent performances, and the achievement of excellence in the student's chosen sports. In addition, our aim is to develop a student with an improved self-image, the ability to learn a new skill, and an intrinsic motivation for growth and development. We want to see a student who will demonstrate a willingness to accept responsibility for his/her actions, measure him/herself against standards of quality, express ideas and solutions to problems, and value fair play, honesty, and cooperation.

Known Benefits of Extracurricular Activities

1. Students who participate in co-curricular and extracurricular activities tend to have higher grade point averages, better attendance records, lower drop-out rates, and fewer discipline problems than students in general. Students involved in activities/athletics are generally **motivated** to do well in school. Kids perform better in class/tests after being physically active.
2. The majority of high school students nationwide perceive that athletes and other activities make school **fun and enjoyable** and are important.
3. Participation in sports and other extracurricular activities has proven more likely to **predict future success** than either high grades or high SAT/ACT scores. Involvement in extracurricular activities leads to feelings of self-satisfaction and happiness and gives students the will to succeed in life.
4. A sense of belonging, high hopes for achievement, acceptance of discipline and loyalty, time management skills, responsibility, accountability, punctuality, self-confidence, a sharing of different personal backgrounds, and an acceptance of different personalities are **valuable lessons** for adulthood that are taught through extracurricular programs.

Objectives of Tom Bean Athletics

The Tom Bean Athletic Program provides opportunities for all students to participate in the sports of their choice. Athletes are required to participate in a minimum of two sports to be in the athletic period and encouraged to participate in as many sports as possible.

Our goals are:

1. To develop and maintain the highest level of sportsmanship.
2. To develop proper attitudes toward winning and losing, success and failure.
3. To encourage and develop respect for fellow athletes whether they are teammates, members of other Tom Bean teams, or members of opposing teams.
4. To assure that the amount of time required for athletic participation does not interfere with academic success.
5. To develop proper attitudes toward individual health habits, appearance in and out of competition, and citizenship in and out of school.
6. To encourage competition not only for the tangible rewards but also for the development of positive attitudes that makes athletic competition valuable and worthwhile.
7. To maintain the highest standard of ethics, recognize each participant as an individual who

will conduct him/herself in a manner befitting his/her responsibilities, and develop the kind of rapport with the broader school community that will improve the total educational program.

Beliefs of Tom Bean Tomcat/Lady Cats

1. **We believe in playing by the rules.** We will exhaust every possible opportunity that might give us an advantage in competition and /or in life. However, we will never resort to cheating or foul play. We will not jeopardize the integrity of this program, this school system, or this community.
2. **We believe in superior physical condition.** Every athlete will be expected to participate in the athletic programs for the entire year. We believe that all athletes should participate in active “strength and conditioning” periods if they are not “in season”. We also believe that, while “in season”, athletes should continue to lift weights and run in order to maintain their physical strength and stamina. If we are going to make a “good” program “great”, we think it is imperative that every athlete make a commitment to becoming **stronger** and **faster**.
3. **We believe in discipline.** We realize the importance of both discipline and self-discipline in this program and in life. Although every situation is dealt with on an individual basis, every athlete must believe that it is important to continuously strive to conduct themselves in a manner that is conducive to the program and his/her teammates. We support the guidelines set forth by the academic student handbook. We accept the decisions of officials without complaint, and we will be good sports at all times.
4. **We will play the game with great enthusiasm.** We will not forget that contests are meant to be FUN. That is why we all began participating in athletics to begin with. There is no greater feeling than winning. Winning, however, is not the measure of success. Working hard, playing for the “love” of the sport, and never giving up are criteria that we will gauge our success by.
5. **We believe in family.** There is nothing more important than our relationships with our families. This is true for our immediate family and our brothers and sisters in our “athletic family”. The communication and commitment to our families will prove to be the difference between being “good” or “great”. It is our goal that athletes, parents, coaches, faculty, and the community all believe in the same set of goals and values. With this, we hope that all parties will encourage and support decisions to produce great athletic programs and harvest individual athletes that will be successful in athletics and in life.

Philosophy and Requirements of Coaches

Philosophy of Coaching

In Tom Bean, coaching is defined as a teaching situation. This implies that teacher responsibility for supervision, preparation, and training is as essential in coaching as it is in the classroom; especially, if we are to justify our interscholastic program on a sound educational philosophy. Therefore, we must assume that the individual coach will apply him/herself to athletic assignments in the same professional manner displayed in a formal classroom situation.

We feel that a coach has the greatest opportunity to influence young people. A coach, in a practice after classroom instruction has been concluded, “teaches” an extension of the school day. The “classroom” becomes the football field, volleyball/basketball court, or baseball/softball field, etc. These are the “classrooms” that provide teaching opportunities in which a coach can use to help young people become better citizens and better human beings.

Code of Ethics for Coaches

1. At Tom Bean, each student-athlete should be treated as an individual whose welfare shall be primary at all times.
2. The coach shall be aware that he/she serves as a model in the education of the student-athlete and, therefore, shall never place the value of winning above the value of character building.
3. The coach shall constantly uphold the honor and dignity of the teaching profession and strive to set an example of the highest ethical and moral conduct.
4. The coach shall promote the entire interscholastic program of the school and direct his/her program in harmony with the total school program.
4. The coach shall be thoroughly acquainted with contest, state, and local rules, and is responsible for their interpretation to team members. The coach shall abide by the letter and spirit of these rules at all times.
5. Coaches shall actively use their influence to promote sportsmanship by working closely with parents, athletes, and administration.
6. Contest officials shall have the respect and support of the coach. Public criticism of officials, players, or other coaches is unethical.
7. Before and after contests, rival coaches should meet and exchange friendly greetings to set the correct tone for the event.
8. Coaches will not use curse words or foul language with any student or in the presence of the students.
9. Coaches will not allow or encourage student athletes to individualize in one sport. This will not be tolerated. This goes against TBISD participation policy.

Coaching Requirements

1. **CPR, First Aid and Concussion Management.** In compliance with UIL rules, all coaches must have current and valid first aid, CPR certification and concussion management training required by state law.
2. **Coaches Organization.** All coaches should be active members of the respective high school coaches' association.
3. **Bus Driving Certification.** All coaches, unless restricted by medical complications, should have current CDL certification. In addition, all coaches should meet the requirements set forth by the TBISD Transportation Department in order to operate a school bus.
4. **Communicate with Parents and Faculty.** All coaches will make sure that information regarding game sites, directions, or changes in information regarding game sites or directions is communicated via pre-season meetings, letters, phone calls, PARENT SQUARE or email. Any time that there is a change to a previously scheduled game. The coach **MUST** inform Steve Goodman, the Athletic Director and the campus principals, and the Officials to update them on the changes.

Expectations of Parents

1. Be positive with your son/daughter. Let them know that they are accomplishing something by being part of the team.
2. Do not offer excuses to them if they are not playing. Encourage them to work hard and do their best.
3. Encourage athletes to follow the rules. Whether they are a first stringer or seventh stringer, players must follow rules.
4. As a fan, you are entitled to cheer your head off; but, don't become belligerent. Coaches work with athletes and know their talents. Respect that.
5. Insist that the athletes respect team rules, school rules, game officials, and sportsmanship.

- Self- respect begins with self-control.
6. Encourage the athletes to improve their self-image by believing in themselves.
 7. Encourage your athlete to play for the love of the game.
 8. Remember that the coach is involved as a coach because he/she is sincerely fond of children and is an experienced professional. Coaches have different ways of dealing with people and situations. Athletes' lives are enriched by interaction with different types of leaders.
 9. Remember: At a competition, you, the parent, represent your town, your school and your son/daughter. Please be a positive role model.
 10. Always show respect for the officials and the decisions that are made by the officials.

Parent/Coach Communication

As your son/daughter becomes involved in the sports program at Tom Bean, they will experience some of the most rewarding moments of their lives. It is important to understand that there will be times when things do not go the way your child wishes. This is the opportunity for your child to talk with their coach and discuss the situation. When your child handles the problem it becomes part of the learning and maturation process. There will also be situations requiring a parent/coach conference (meeting, email, or phone). These are encouraged. It is important that both parties have a clear understanding of the other's position. Please follow these procedures in order to help promote a resolution:

1. Parent/guardian speaks directly to the coach to discuss concern. Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolutions.
2. If the concern is not resolved, call or email the Athletic Director, Steven Fex, to arrange a conference. A meeting will be arranged with the coach and parent. If conflict involved student athlete, he or she will be asked to be in attendance in this meeting as well.
3. If meeting with the Director of Athletics does not resolve concern, then contact TBISD Superintendent.
4. Note, all parents will be redirected to follow these steps if contact is made out of alignment of process.

Expectations for the Athlete

The Student Athlete

Athletics at Tom Bean ISD is a privilege; furthermore, a student is not required to participate in athletics to graduate from high school. Participation in athletics is a choice ; therefore, student athletes are required to conduct themselves with pride and dignity. **Because participation in athletics is a choice and not a privilege, a student athlete who violates general policies or procedures will be subject to discipline/consequences.**

The philosophy of the Tom Bean ISD Athletic Department is to create a successful program based on high standards. The coaching staff will work with each individual student athlete to ensure appropriate sportsmanlike behavior. The coaching staff will address any violation of policies (sportsmanship, training rules, missing practice, poor attitude, etc.) with the desire to help the student athlete. If the violations are repeated, the student will receive/could receive disciplinary action up to and not excluding removal from athletics.

The welfare of the Tom Bean Athletic Department and the student teams will take priority.

Coaches and parents should remember the following points when dealing with athletic discipline:

1. A coach has the right to discipline an athlete on his/her team keeping in mind the welfare of the TEAM as well as the welfare of the INDIVIDUAL.
2. Every violation/confrontation should first be addressed by a conference with the athlete to discuss the violation and reaffirm the expectations of the coach and the athletic department.
3. A coach should exercise sound judgment in evaluating situations and penalties being as consistent as possible. Make the punishment fit the violation.
4. A coach will NOT dismiss a student from the athletic program without first discussing the situation with the Parent and Athletic Director.

Eligibility

1. Form(s) Must Be Completed:

- a. TBISD Program Athletic Policies Form
- b. UIL Cardiac Awareness Form
- c. UIL Acknowledgement of Rules Form
- d. UIL Concussion Form
- e. UIL Parent/Student Steroid Form
- f. UIL Sudden Cardiac Arrest Awareness Form
- g. UIL General Information/Eligibility Rules Form
- h. Emergency Travel Form
- i. UIL / TBISD Physical Form (Each Year)

2. **Athletic Policy** – Annual form signed by student and the student’s parent or guardian stating that they have read and agree to abide by the rules set forth in the Athletic Handbook.
3. **Academic Eligibility** – If a student is rendered ineligible, they are not able to compete in a competition (but are still required to attend and participate in practices) beginning exactly one week after the ending date of the grading period. An athlete who is ineligible will be monitored in three week intervals. If the athlete is passing all courses at the end of one of the three week intervals, the athlete may regain eligibility. In this instance, the athlete will not be able to compete in a contest until one week after the end date for the review period.
4. **Failure to Complete a Sport** – Any athlete who quits a sport will not be allowed to participate in **another sport until the current season is complete**. Each athlete is expected to fulfill his/her commitment (in some capacity) to the team. Exception: Athletes who choose to quit a sport during the one-week “tryout window” will not be subject to this consequence. The tryout window is defined as the 7 calendar day period of time beginning with the first official practice of the particular sport’s season.
5. **Placement in Alternative Education** – Any athlete placed in the Alternative Education Program (DAEP) will be ineligible for participation in the athletic program for the duration of their placement. They may resume participation in UIL activities the first day they return to regular classes after completing the assigned length of time the alternative education program at the discretion of the TBISD administration, Athletic Director and Head Coach for that sport. Athletes may be allowed back into the athletic period upon the conclusion of their DAEP placement. (If the athlete is exonerated he/she will be allowed to return to their athletic program in good standing)

Substance Abuse/Detrimental Behavior Policy

This policy applies to any behavior on or off campus, at any time during the calendar year. Policy is in alignment with TBISD policy.

Level One Offenses and Consequences

- Dealt with on an individual basis by each individual program coach. Maximum penalty could result in suspension from game, games or removal from program. At Head Coaches discretion, decisions will be based on conduct history the student athlete has accrued. That decision could result in a level two offense.

Level Two Offenses

1. Behavior TBISD campus administration deems unbecoming of an athlete or participant.
2. Possession or use of alcohol, illegal drugs, or drug paraphernalia.

In order for a student to be considered in violation, one or more of the following must occur:

- Student must admit to violation,
- Parent of the student must admit to the violation,
- A TBISD staff member must witness a student in violation,
- A local agency report of violation must be filed,
- A local agency of the law must make a verbal report of a violation, or
- Evidence such as photograph or video must be presented.

Level Two Consequences

a. First Offense:

Suspension from current or nearest competitive season or activity for a period of three weeks; Suspended student would follow same participation guidelines as “no pass, no play”.

b. Second Offense:

Suspension from all extracurricular or co-curricular activities for a period of one calendar year. After the one-year period, a campus committee, composed of the coach/sponsor, immediate supervisor and building principal, will determine reinstatement. Committee will review such things as academic record, attendance, behavior record and any other information the committee deems appropriate.

a. Third Offense:

Permanent suspension from all extracurricular or co-curricular activities for the remainder of the student’s high school experience/career

OFFENSES WILL ACCUMULATE DURING STUDENT’S ENTIRE HIGH SCHOOL CAREER

Organization of Teams

Although we are a 2A program, this school district and community are still experiencing growth. It is the philosophy of the athletic program and the desire of the coaching staff to see as many students as possible participate in the athletic program. It is also a goal of our program to have athletes participate in as many sports as possible (minimum of two). Coaches of every sport are encouraged to select as many students as they can to a team without compromising the integrity of their sport. Obviously, time, space, facilities, equipment, athletic ability and other factors place limitations on the most effective squad size for any particular sport. However, when developing procedures in this regard, coaches should strive to maximize the opportunities for student athletes without diluting the quality of the programs.

1. **Middle School Teams** – At this level, students become accustomed to interscholastic practice and play. For many, it is their first introduction to competitive sports, different from recreation in its demands and philosophy. Gaining experience through training and play should be of utmost importance, not the win/loss record. At this level of play, the focus is on learning athletic skills and game rules, fundamentals of team play, social-emotional growth, and healthy competition.
2. **Junior Varsity Teams** – This level of competition has an increased emphasis upon team play, physical conditioning, and refinement of basic skills. Although being successful on these levels is important, winning is not the sole objective. This is the level at which the athlete displays his/her readiness for the execution of skills at game speed. Athletic abilities, commitments, and positive attitudes will be rewarded and tested in competitive game situations. An attempt will be made to allow as many participants as possible to participate, but not all will participate equally. At these levels, participation will be based on the degree of effort, skill improvement, ability to compete and execution of skills at game speed demonstrated by the student athlete in practice and during contests.
3. **Varsity Teams** – Varsity competition is the culmination of each sport program. Squad size at the varsity level is limited. The number of participants on any given team is a function of the number needed to conduct an effective and meaningful practice and to participate in the contest. It is vital that each team member has a role and is informed of its importance. The number of roster positions is relative to the student's acceptance of their individual roles in pursuit of the team's goal. While contest participation over the course of a season is desirable, a specified amount of participation at the varsity level is never guaranteed.

Academics

Student athletes should manage their time in such a way as not to have to miss practices, competitions, or school in order to participate in athletics and achieve successfully in academics. If this cannot be done, the student should NOT be involved in athletics. Academics must always be a higher priority than athletics.

Attendance

Student athletes are expected to make school attendance a priority. This includes attendance both the day of and the day after athletic contests. Students are expected to be in attendance at school on time the day following any and all evening activities. All efforts are made to avoid late activities on school nights, but sometimes they are necessary.

Students are expected to be in attendance at all practices. Illness, injury, and ineligibility are not excuses to miss practice. If an athlete is physically not able to work out, he/she should be suited out in practice gear and becoming a better athlete mentally. A missed day of workout is something that cannot be made up. Any athlete who has an unexcused absence from a scheduled practice or athletic contest will be subject to discipline from their coach. An unexcused absence is missing practice and not notifying the coach before the practice takes place. If the behavior continues, it could result in suspension from a contest or eventual suspension from the team.

Conflicts in Extracurricular Activities

Tom Bean Athletics recognizes that every student should have the opportunity for a broad range of experiences in the area of extracurricular activities. Students are also urged to use caution in attempting to "specialize" too much, thereby denying themselves a well-rounded high school career. Students, however, should also be cautious about participation in too many activities. Interscholastic sports at the high school level require a substantial time commitment. A commitment to a high school athletic team indicates that all non-school conflicts will be resolved in favor of the high school

team. This includes non- school league play in all sports, but would NOT include such things as religious holidays or family emergencies.

Equipment Issue and Return

Tom Bean Athletics provides each team member with the best and safest equipment available. All equipment issued to an athlete is expected to be returned in the same condition as when issued (except normal wear and tear) or the athlete is expected to compensate the athletic program for the lost or damaged equipment. A student will not be allowed to participate in any other athletic program until all issued uniforms and equipment are returned in good condition or purchased.

Dress Code and Appearance

Tom Bean athletes act as representatives of the school and community and therefore are required to exhibit a well-groomed and appropriate appearance. This appearance will be exhibited the ENTIRE school year (not just when the athlete is “in season”). All athletes will abide by the guidelines for dress, grooming, and appearance outlined in the student handbook. Likewise, athletes are expected to comply with the following rules in order to participate in athletics at TBISD:

1. On game day, all athletes (boys and girls) are expected to try to dress as a team. The Head Coach of the team will make this decision. This is part of having team unity and school pride.
2. Athletes will have neat, groomed facial hair (3 GUARD).
3. Athletic policies on Piercings of any type are in line with any or all UIL and TBISD policies established on this topic.
4. Visible tattoos will not be allowed by any athlete. Tattoos must be covered.
5. Male athletes’ hair must be groomed in such a manner that it is above the eyebrows, out of eyes, (regardless of curls). It is a safety issue if student athlete cannot see clearly at times because of their hair.

Medical Problems Related to Practices

Practices for athletic competition, as well as participation in various forms of physical activity, sometimes occur in unusual environmental conditions. Under such conditions, special precautions must be observed. Even under normal conditions, health-related problems can occur.

1. **Heat Fatigue** – depletion of body fluids and minerals due to sweating Signs: labored breathing, increased sweating, cramps
2. **Heat Exhaustion** – excessive depletion of body fluids and minerals Signs: mental confusion, dizziness, nausea, cool/moist skin
3. **Heat Stroke** – excessive depletion of body fluids and minerals Signs: dizziness, nausea, fainting, HOT/DRY SKIN
4. **Heat illness** is progressive. If it is not stopped at the fatigue level, it will progress to exhaustion, stroke and then death. Treatment for heat fatigue: get out of the sun, hydrate, cool off
5. **Insect Stings** – apply ice; ask if the student is allergic. IF YES, GET HELP IMMEDIATELY. If no, let the student athlete rest and check for abnormal swelling, hives, or difficulty in breathing.
6. **Asthma** – know if the student/athlete requires medication, pumps, etc.
7. **Sprains and strains** – apply ice and let the student athlete rest (medical attention may be necessary).

It is the responsibility of the coach to keep a properly maintained record of athlete’s emergency

information. A student athlete should not be allowed to determine his/her medical condition. Medical release forms and physicals for each student athlete will ALWAYS be accessible.

Athletic Injury

Injuries to student athletes will occur. TBISD and immediate care will help reduce the amount of participation a student athlete will miss. At the conclusion of a practice or contest and prior to leaving for home, the injured student/athlete must check in with the coach. A phone call home may be necessary to alert and inform parents. Injured athletes should also make arrangements to see the Contract Athletic Trainer if available.

Under no circumstances should a student drive a vehicle with any type of suspected head or neck injuries. A follow-up phone call is a good practice.

Medical Emergencies at Tom Bean

When a participant in an athletic activity is injured, first provide reasonable and immediate assistance to the injured party until qualified medical help arrives. Second, initiate the emergency medical procedure.

1. Assess the injury and provide immediate care.
2. Provide an environment that stabilizes the injured student athlete.
3. Send an individual to find athletic trainer or call parents.
4. If further assistance is necessary, call 911 for an ambulance.
5. If a student needs to be transported to the hospital, have a coach go with the injured person or meet them at the hospital. A STUDENT ATHLETE SHOULD NOT BE AT THE HOSPITAL ALONE.
6. Have the necessary information that has been provided on the physical and medical release form and call parents or guardian. This is the responsibility of the coach, not a student.
7. Do not leave the hospital until the parents arrive.
8. When appropriate, call the Athletic Director, Principal, and /or Superintendent.

Medical Emergencies Away from Tom Bean

1. Assess the injury and provide immediate care.
2. Provide an environment that stabilizes the injured student athlete.
3. Send an individual to find the athletic trainer or call parents.
4. If further assistance is necessary, call 911 for an ambulance.
5. If a student needs to be transported to the hospital, have a coach go with the injured person or meet them at the hospital. A STUDENT ATHLETE SHOULD NOT BE AT THE HOSPITAL ALONE.
6. Have the necessary information that has been provided on the physical and medical release form and call parents or guardian. This is the responsibility of the coach, not a student.
7. Do not leave the hospital until the parents arrive.
8. When appropriate, call the Athletic Director, Principal, and /or Superintendent.

Multiple Sport Participation

The Tom Bean Athletic Department supports the concept of participating in more than one sport. Coaches should NOT establish expectations "out of season" which would prohibit or restrict a student's participation in another sport which is "in season". Coaches should communicate and

make any/all necessary arrangements with practice schedules and game schedules to provide an opportunity for those athletes to participate in multiple sports to be successful.

Travel

Tom Bean athletes are required to travel to and from athletic contests and special events in school- approved vehicles under adult supervision. A coach of the team must ride in the provided transportation with his/her athletes.

Team members are strictly forbidden to drive an automobile transporting members of an athletic team or to be driven by another student to an athletic contest or practice site. Athletes are expected to ride to and from all athletic competitions together as a team. We realize that there are times that it is advantageous for a student/athlete to ride home with their parent or guardian. In the instance that an athlete must leave the competition with a parent or guardian, he/she should be "signed out" with their respective coach. Travel Release Forms are located in the High School and Middle School offices and in the Athletic Director's office.

Locker Room Behavior

Each coach is responsible for the actions of the student athletes on the team from the time they report to the locker room to the time they leave the premises. Coaches should be present at the facility AT LEAST thirty minutes before the student athletes report for practice, games, meets. It is also the responsibility of the coach to monitor locker rooms at all times. Athletes are expected to behave in locker rooms (both home and away) like they would be expected to act at home. General dressing room behavior is as follows:

1. No running, horseplay, hazing, or throwing objects
2. Keep all equipment in your locker (not on the floor)
3. Cleats should not be worn in locker room

National Signing Day Celebrations

The TBHS athletic department will provide three signing celebrations each year for our graduating TBISD athletes who will be participating in athletics at the collegiate level. The celebration ceremonies will be on the first Wednesday in November, the first Wednesday in February, and at a date (TBD) in May. Participation is open to all athletes who compete for TBHS (in the sport they are going to play in college) through their senior year OR to athletes who participate in a sport that is not offered at TBHS.

ATHLETIC POLICY ACKNOWLEDGMENT FORM

TOM BEAN ISD

2024-25

I, _____ (student name printed),
have read the 2023-24 Athletic Handbook and agree to abide by all rules, regulations and
recommendations.

Signature of Student-Athlete

Parent/Guardian Signature

List of Sports in which Student-Athlete Participates

Date