

2.

Dear Parent/Guardian:

Your son or daughter has expressed a desire to participate in the Athletic Program in the Whitehouse ISD. It is the belief of the coaching staff that athletics can do more for your child than teach him/her to play the sport he/she has chosen.

We believe athletics instills the desire to win, attain personal goals ensuring maximum team effort, builds strength of body, and strength of character. The latter of these qualities determines the success of the first three.

It is our belief that strength of character is the foundation upon which to build the well-developed, well-polished individual. Athletes, as people in any specialized field, have a unique role to play. Athletes are constantly being monitored by their peers, teachers, and the community. By constantly being under this scrutiny, athletes must have strength of character and be constantly aware of the role they have assumed. They must be certain they present to their peers, teachers, and community respect, sincerity, and honesty expected of a young lady or gentleman.

We believe very strongly that our athletes should possess these qualities. Because of this belief, we have established the following set of guidelines to be followed by all athletes in the Whitehouse ISD.

ALL ATHLETES, REGARDLESS OF SPORT, MUST:

- Abide by all University Interscholastic League (UIL) rule specifications, and abide by local athletic policy.
- Attend every practice session and athletic contest unless ill or emergency situations. (Parents or athlete must call in if the athlete is not attending a practice session.)
- At all times, respond to every situation as young lady or gentleman.
- Abide by all Whitehouse ISD, Athletic Department, and campus guidelines and policies
- Maintain academic intensity to achieve success in the classroom.

Violation of these policies will result in appropriate disciplinary action being taken against the student and could result in his/her removal from the athletic program in the Whitehouse ISD. Therefore, we ask your cooperation in motivating your son or daughter to observe these rules to that he or she will receive the maximum benefit from the program.

Enclosed is an information handbook for Whitehouse ISD Athletics, which includes guidelines and policies for the student-athletes. We have discussed these rules with your son or daughter. Please read them, discuss them again with your son or daughter.

Sincerely,

Whitehouse Athletic Department

Mission of Whitehouse ISD Athletic Department

To provide a caring and creative environment that promotes excellence, fosters integrity and encourages each student to reach his or her academic, extracurricular and social potential.

Philosophy of Whitehouse ISD Athletics

The Whitehouse Independent School District believes that a dynamic program of student activities is vital to the educational development of the student.

The Whitehouse ISD Department of Athletics should provide a variety of experiences to enhance the development of positive student habits and attitudes that will prepare them for adult life in a democratic society.

Athletics should function as an integral part of the total curriculum. It should offer opportunities to serve the institution, to assist in the development of positive relationships and good will, to promote self-realization, all-around growth, and good citizenship qualities.

The Whitehouse ISD athletic program is based on the premise that athletes are students first and that athletic *participation is a privilege rather than a right*. Students learn teamwork and group responsibility. They also learn to deal with success and to overcome adversity.

The athletic program in Whitehouse ISD is structured very intentionally, with specific goals in mind for athletes at each level. All athletes are required to properly represent WISD on and off the field, or they will not be afforded the privilege of representing WISD in interscholastic competition.

At the junior high school level our primary goal is to make the athletic experience for the students enjoyable. It is a time to focus on participation and camaraderie among team members. This allows the students to have fun while learning the fundamentals of the sport. All athletes who tryout and make a junior high school team, are in attendance daily at practice, and are eligible academically will participate in every single game. Winning is a secondary issue for our program at this level. We believe that if junior high school student has a great experience with their friends, and learns the fundamentals of their respective sport, we have accomplished the most important foundational goals in building the total athletic program.

As the students move up through our program into high school we begin shaping them toward the day they will begin competing at the varsity level. Similar to junior high school, our freshmen and junior varsity teams are centered on player development. While the playing time percentage may vary, we attempt to ensure each student has an opportunity to participate in all games. Again, the final score is less important than facilitating player growth.

At the varsity level we play to win championships. Playing time is at the varsity head coach's discretion, driven by the intent to win. Varsity players are mature both athletically and mentally and their dedication and commitment to their team must supersede their personal desires. One of life's greatest lessons and gifts is the privilege of living for a purpose bigger than self. We firmly believe a team can, and should compete at the highest level, giving maximum effort, in a way that honors WISD and the teams in which they compete.

U.I.L SPORTS OFFERED BY WHITEHOUSE ISD

HIGH SCHOOL (9-12)

Baseball
Basketball (Boys and Girls)
Cross Country (Boys and Girls)
Football
Golf (Boys and Girls)
Soccer (Boys and Girls)
Softball
Sports Medicine (Boys and Girls)
Swimming and Diving (Boys and Girls)
Tennis (Boys and Girls)
Track (Boys and Girls)
Volleyball

JUNIOR HIGH SCHOOLS (7-8)

Basketball (Boys and Girls)
Football
Tennis (Boys and Girls)
Track (Boys and Girls)
Volleyball

Please note that in the junior high school all sports practice before or after school when in-season. Due to coaching staff and schedule constraints, some junior high school sports only practice after school when in-season. The junior high school athletic class period is designed to be general Athletic Development class when sports are not in-season and all student-athletes are encouraged to participate in the class even if his/her sport is only practiced before or after school.

WHAT WE VALUE

We are about scholarship in middle school and high school more than athletic scholarships to college.
While we value championships, we value developing championship people more.
We value graduation rates more than winning percentages.
We are about the education of students more than entertainment of the public.
We focus on the team not the individual.
We focus on developing character, not characters.
We are about the process.
We are an education-based program.

~ PURSUING VICTORY WITH HONOR ~

Basic Philosophy

Winning Is Important

Winning is important and trying to win is essential. Without the passionate pursuit of victory much of the enjoyment, as well as the educational and spiritual value, of sports will be lost.

Honor Is More Important

Sports programs should not trivialize winning or the desire to win. To dismiss victory by saying, "It's only a game" can be disrespectful to athletes and coaches who devote their time to being the best they can be in the pursuit of individual victories, records, championships, and medals. But the greatest value of sports is its ability to enhance and uplift the character of participants and spectators.

Ethics Is Essential to True Winning

The best strategy to improve sports is not to de-emphasize winning but to more vigorously emphasize that adherence to ethical standards and sportsmanship in the honorable pursuit of victory is essential to winning in its true sense. It is one thing to be declared the winner, it is quite another to really win.

There Is No True Victory Without Honor

Cheating and bad sportsmanship are not options. They rob victory of meaning and replace the high ideals of sport with the petty values of a dog-eat-dog marketplace. Victories attained in dishonorable ways are hollow and degrade the concept of sport.

Ethics and Sportsmanship Are Ground Rules

Programs that adopt Pursuing Victory With Honor are expected to take whatever steps are necessary to assure that coaches and athletes are committed to principles of ethics and sportsmanship as ground rules governing the pursuit of victory. Their responsibilities to demonstrate and develop good character must never be subordinate to the desire to win. It is never proper to act unethically in order to win.

Benefits of Sports Come From the Competition, Not the Outcome

Quality amateur sports programs are based on the belief that vital lessons and great value of sports are learned from the honorable pursuit of victory, from the competition itself rather than the outcome.

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WHITEHOUSE ISD **ATHLETIC DEPARTMENT OBJECTIVES**

- ~ Promote improvement through self-evaluation
- ~ Retain, attract, and hire exemplary coaches
- ~ Promote consistency and unity throughout the athletic department
- ~ Increase parent and community partnerships with the Athletic Department
- ~ Increase faculty/staff awareness and involvement with the Athletic Department
- ~ Maintain a high level of expectation for success
- ~ Use athletics as a tool to prepare our student-athletes for the future
- ~ Increase scholarship opportunities for student-athletes
- ~ Promote athletic programs and activities with aggressive communication
- ~ Win championships with class and character

Whitehouse ISD Athletics

Parent's Role

Being the parent of an interscholastic athlete can be a great experience. Whitehouse ISD has many different sports. Parents' participation with their son or daughter can be and should be an enjoyable activity. Their support is very important to their athletes, the high school and community. To make this experience the most rewarding for all concerned, the following are some suggestions on being a supportive athletic parent:

1. **Be positive** - Being on a school team is quite an accomplishment. Do not let playing time dictate the athlete's happiness. Celebrate the fact he/she was good enough to make a team. When things are not going well for your son/daughter or for the team is when parents need to be most positive and supportive.
2. **Be supportive of coaching staff in front of your son/daughter.** Nothing can injure teamwork faster than athletes doubting the capabilities of their coaches. The coaches are trying to do their best at every moment. If you have concerns, follow the WISD Athletic Department communication process. Our staff will listen, appreciate your confidentiality and give you a timely response.
3. **Be part of a parent network** - Whether you are part of a booster club or not, very special relationships can be fostered over the careers of athletes by socializing with other parents. This socialization can take place at games, after games, at team dinners, etc. Parents need support too! Be positive with each other and do not hesitate to remind each other about remaining positive at all times. If you hear a "rumor" that concerns you about any athletic issue, call a WISD coach to verify or clarify what you've heard. Don't perpetuate a rumor by passing it on or by remaining silent about an issue that could affect a program.
4. **Booster parents**- We appreciate the fact that you are an active booster parent and supportive of our total program. Don't feel you are obligated to donate funds or equipment to our athletic program in order for it to be successful. While we have financial needs from time to time, our school historically has made a strong commitment to athletics. Your attendance at our sporting events and encouraging other fans to come and watch our athletic teams perform would be of tremendous support. Booster parents are also encouraged to be involved in ongoing booster meetings and projects for all sports. The Whitehouse Athletic Booster Club is for all WISD sports in grades 7-12. Your membership and participation in WABC is very much appreciated.
5. **Winning and losing** - It shall be our staff's goal to pursue excellence in the school's athletic program, through motivating students to achieve to the best of their ability, while honoring themselves with their talents. Winning, under a positive goal-oriented environment, can be a natural and enjoyable outgrowth of this attitude. Everyone enjoys a well-played victory, but a "Winning is Everything" philosophy cannot become the controlling force. *Too* much is sacrificed when that philosophy is dominant. The philosophy should be to be honorable in our attitudes and skills and whether we win the physical victory or not, we have still won the game of life.
6. **College Scholarships** - Having lofty expectations for our children is a normal and healthy goal. In striving for these expectations, we must also be realistic. Not everyone can receive a college scholarship, nor should your child's athletic success be measured by the number of offers he or she receives. We have received our share of scholarships based on all the hard work you, the athletes and the coaches have put in. Our coaches will help individuals and parents in whatever way they can to find an opportunity for those who wish to pursue collegiate careers. Coaches will not, however, recommend a school at which the athlete cannot potentially be successful.
8. **Other thoughts** -The success of our athletic program is not dictated by the athlete alone. Our school's teams, students and adult supporters should work together. If the contributions of either are less than total, everyone stands to lose. We have a tremendous amount of support for our athletes by the coaches, administration and the board. We thank you for your support and participation.

THE CAP PACT

CAP- PACT Core Principles

- Coach, Athlete, Parent Are **In** Partnership
- Partnerships are Built on Honest, Open Communication
- Communication is Two-Way and Based Upon Mutual Respect
- Disputes Are Resolved According to Specific Written Procedures

Each section reflects what each constituent - Coach, Athlete, Parent - expects from the other.

Parent's Expectations of Coach:

1. Treat my athlete fairly.
2. Let me know if my athlete is experiencing any problems (physical, social, emotional).
3. Communicate clearly your expectations of me and my athlete.
4. Keep in mind that as parents we identify with our athlete's achievements.
5. Be a good role model.
6. Protect my athlete from bullying or social ostracism by cliques.

Coach's Expectations of Parents:

1. Recognize my commitment and that I am not doing it for the money.
2. Offer praise for accomplishments and support for my efforts.
3. Keep me informed of any home issues that might affect your athlete.
4. Follow established grievance guidelines when there is a problem.
5. Be an enthusiastic and respectful fan at games.
6. Support your athlete's efforts and commitment to the program.
7. Monitor your athlete's schedule to help avoid over involvement in diverse activities.
8. Screen your athlete from conflicting input from outside coaches and experts.
9. Do not gossip or complain about me at home, in the community and in social media.
10. Do not substitute your agenda for your athlete.

Coach's Expectations of Athlete:

1. Set realistic personal goals for yourself and follow them.
2. Be honest about your ability level.
3. Let me know if you have an injury or you are ill.
4. Understand that my feedback on your performance is constructive.
5. Take pride in your team.
6. Support your fellow athletes.
7. Let me know if you are having academic problems or issues with peers.
8. Let me know if something is issues or concerns exist in your home or personal life that might affect your participation.
9. Discuss with me if you are receiving conflicting advice about your performance from other coaches or your parents.
10. Show respect for my position as a coach and the need to make decisions that are in the best interest of the team.
11. Refrain from any use of illegal substances including alcohol.
12. Always display good sportsmanship to opponents and referees/judges.

13. Let me know if you are having conflicts with the scheduling demands of a job or other school related activities.

Athlete's Expectations of Coach:

1. Treat me fairly. Do not play favorites.
2. Do not embarrass me in front of my teammates.
3. Understand that the sport/team might not be as important to me as to you.
4. Understand the pressure I am under from my parents.
5. Understand the conflicts with school work and other activities.
6. Understand that my outside job is necessary for me and my family.
7. Praise me when I am doing something good.
8. Make sure that I am not bullied or harassed by cliques on the team.
9. Help me set realistic goals for myself.
10. Be there for me if I need advice about something personal in my life.

Athlete's Expectations of Parents:

1. Allow me to follow my dreams and goals in athletics. Don't live your unfilled dreams through me.
2. Find a way to support me without undue pressure.
3. Show the coach respect.
4. Have positive communication with my coach and if issues arise, follow the adopted process.
5. Understand the conflicts I have with school work and other activities.
6. Be a good listener, especially when you don't agree with everything I say.

WISD Athletics 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 CAP PACT process and follow the recommended UIL guidelines.

Coaches cannot address a problem unless they know that a problem exists. Most of the time, problems stem between coaches and parents from a 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.

The WISD Athletic Department is here to work alongside parents to encourage an enjoyable experience for the student-athlete in WISD 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 and follow the department communication protocol.

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 for a time for reflection.

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 WISD. We ask and encourage you to follow the procedures outlined below.

~PARENT / COACH COMMUNICATION GUIDELINES ~
PORTIONS REPRINTED FROM THE U.I.L. PARENT INFORMATION MANUAL

Both parenting and coaching are very difficult vocations. By establishing an understanding between coaches and parents, both are better able to accept the actions of the other and provide a more positive experience for everyone. Parents, you have the right to know, and understand the expectations placed on them and their children. Coaches have the right to know that if parents have a concern; they will discuss it with the coach at the appropriate time and place.

Communication, you as a parent should expect from his/her child's coach:

- 1) Coach's philosophy
- 2) Expectations the coach has for your son or daughter, as well as other players on the team
- 3) Locations and times of practices and contests
- 4) Team requirements, i.e., fees, special equipment needed, school & team rules, off-season expectations
- 5) Procedures that will be followed if your child becomes injured during participation

Communication coaches can expect from you as parents:

- 1) Concerns regarding your son or daughter expressed directly to the coach at the appropriate time and place
- 2) Specific concerns in regard to the coach's philosophy and/or expectations
- 3) Notification of any schedule conflicts well in advance

As your child becomes involved in interscholastic athletics, he/she will experience some of the most rewarding moments of their lives. As we all experience in life, there are times when outcomes are not as we had hoped. This will happen in athletic competitions and create lifelong learning opportunities for your child and the coach. Discussion and honest communication are needed at these times.

Appropriate concerns to discuss with a coach:

- 1) The mental and physical treatment of your child
- 2) What your child needs to do to improve
- 3) Concerns about your child's behavior

It is very difficult to accept your child is not playing as much as you may hope. Coaches make decisions based on what they believe and know is in the best interests of all students participating. Based on careful review of the items above, certain things can and should be discussed with your child's coach. Other items, such as those listed next, must be left to the discretion of the coach.

Issues NOT appropriate for discussion with your child's coach:

- 1) How much playing time each athlete is getting
- 2) Team strategy
- 3) Play calling
- 4) Any situation that deals with other student-athletes

There are situations that may require a conference between the coach and parent. These are not discouraged, as it is important for each party to have a clear understanding of the others' position. When these conferences are necessary, the following procedure is suggested to help promote resolution to the issue.

**WHITEHOUSE ISD ATHLETICS
COMPLAINT/CONCERN COMMUNICATION PROCESS**

If you have a concern to discuss with the coach, the following procedure should be followed:

Informal

Telephone the coach or send him/her an email about your concerns and allow the coach some time to discuss the matter with you and offer a solution. Please do not approach a coach during a game or practice. If both parties agree that it is necessary, a face to face meeting will be held.

Step 1

If the informal interaction does not resolve the issue, put your concerns in writing (email or letter) to the coach with an explanation of why the informal process did not solve the problem. You will receive a written reply from the coach offering a solution.

Step 2

1. If the Step 1 response does not resolve the issue, within three (3) school days of receipt of the response from the coach put your reasons for disagreement with the offered solution in detail and in writing to the Whitehouse ISD Athletic Director.
2. Attach the Step 1 response from the coach.
3. The Whitehouse ISD Athletic Director will conduct an independent investigation of the complaint and contact you to schedule a meeting, if needed, to seek resolution of the issue.
4. Within three (3) school days from receipt of your request the Whitehouse ISD Athletic Director will send a written reply to the complaint/concern.

Notes:

- *Contact information for the coach and athletic director is found on the WISD website*
- *Complaint/Concern Defined: A complaint (or concern) is an oral or written communication questioning the conduct or failure to act by a coach or other athletic department staff in which the athlete's parent (legal guardian) feels aggrieved or dissatisfied.*
- *If the complaint/concern is in regards to a potential criminal act or immoral behavior by the coach initiate your complaint in writing at Step 2.*
- *WISD Athletics CAP PACT does not replace the district's formal grievance process. For more information about the formal grievance process, please consult with the athletic director.*

- UIL BEHAVIOR EXPECTATIONS OF SPECTATORS-

Remember that you are at the contest to support and yell for your team, and to enjoy the skill and competition-not to intimidate or ridicule the other team or its fans.

Remember that school athletics are a learning experience for students and that mistakes are sometimes made.

Praise student-athletes in their attempt to improve themselves as students, as athletes, and as people, just as you would praise a student working in the classroom.

A ticket is a privilege to observe the contest, not a license to verbally assault others or be generally obnoxious.

Learn the rules of the game, so that you may understand and appreciate why certain situations take place.

Show respect for the opposing players, coaches, spectators and support groups.

Respect the integrity and judgement of game officials. Understand that they are doing their best to help promote the student-athlete, and admire their willingness to participate in full view of the public.

Recognize and show appreciation for an outstanding play by either team.

Refrain from the use of any controlled substances (alcohol, drugs, etc.) before, during, and after the game on or near the site of the event (i.e. tailgating).

Use only cheers that support and uplift the teams involved.

Be a positive role model at events through your own actions and by censuring those around you whose behavior is unbecoming.

Parents and spectators should be aware that the school can (and should) remove them from the premises and can prohibit them from attending future contests due to undesirable behaviors.

Game officials can ask that school administrators have unruly fans removed from a contest facility.

There is no such thing as a "right" to attend interscholastic athletics. Interscholastic athletics are considered a "privilege" and the spectator who avails themselves of it is expected to conduct himself or herself accordingly.

Keep in mind that you are a guest of the school, and that while winning is certainly an admirable goal, it is hollow if it comes at the expense of morals, ethics, and just plain common sense.

The school is responsible for the behavior of their spectators. The school district can be and will be punished for actions of patrons in violation of UIL standards and rules.

ATHLETIC PERIOD

The athletic period is considered a class period and will be treated as such. All students must attend their respective athletic period each day. Please make every effort to schedule appointments after school so that the student-athlete will not miss any class periods.

AWARDS/LETTERING POLICY

We believe jackets should be earned before they are awarded to young men and women. It is our desire to keep the honor that a letter jacket brings to our young people. If they don't earn their jacket through hard work, dedication, and by "bleeding maroon and white," then they don't deserve it. This is one area that should not be taken lightly. Let's make our athletes proud to wear the maroon and white jacket of Whitehouse High School.

By UIL rules, each athlete can be awarded one letter jacket during their high school career.

An athlete will be required to earn 5 points before being awarded a jacket.

POINT SYSTEM:

Varsity sport letterman/or girl	4 pts.
Junior Varsity sport participation	1 pt.
Freshman sport participation	1 pt.

*Managers would have the same point system.

REASON FOR LOSS OF POINTS:

1. Athlete quits activity during sport.
2. If an athlete is removed from the total athletic program due to discipline reasons, that athlete will forfeit all points accumulated.

EXCEPTION TO POINT SYSTEM:

1. If an athlete is short points going into his/her senior year, but as exhibited great qualities and work habits within their sport, then their coach can recommend that they receive a jacket. (subject to AD approval)
2. For an athlete competing at the State level, coach may recommend that they receive a jacket. (subject to AD approval)

CRITERIA FOR VARSITY SPORT LETTERMAN (to earn 4 points).

1. Must be on Varsity at least half of the district games/contest; regardless of playing time.
2. Must finish the year in good standing with the coach and program (coaches discretion).

DRESS CODE FOR EXTRACURRICULAR ACTIVITIES

The principal, in cooperation with the sponsor, coach, or other person in charge of an extracurricular activity, may regulate the dress and grooming of students who participate in the activity. Students who violate dress and grooming standards established for such an activity may be removed or excluded from the activity for a period determined by the principal or sponsor and may be subject to other disciplinary action, as specified in the Student Code of Conduct. *WISD School Board Policy FNCA(Local)*

DUAL PARTICIPATION/NON-SCHOOL SANCTIONED PARTICIPATION/CLUB SPORTS

All athletes participating in Whitehouse ISD 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 Whitehouse ISD Athletic team above participation in any non-school sanctioned activity and attend all

practices and games scheduled by WISD Coaches.

If an athlete chooses to miss a Whitehouse ISD athletic practice or game because of participation in an activity not under the auspices of WISD, the student-athlete will face consequences. Each varsity head coach will determine and communicate to the parents and student-athletes prior to the season the consequences for missing a WISD athletic game or practice. Repeated absences may result in the student-athlete's removal from the team.

Non-athletic WISD school sanctioned activities do not fall under this policy.

The Athletic Director may make an exception to this policy if the student-athlete is participating on a national or international level and representing the United States, i.e. US Olympic Team.

HAZING

A person commits an offense if the person:

1. Engages in hazing.
2. Solicits, encourages, directs, aids, or attempts to aid another in engaging in hazing.
3. Has firsthand knowledge of the planning of a specific hazing incident involving a student in an educational institution, or firsthand knowledge that a specific hazing incident has occurred, and knowingly fails to report that knowledge in writing to the principal, Superintendent, or designee.

"Hazing" means any intentional, knowing, or reckless act occurring on or off the campus of an educational institution directed against a student, by one person alone or acting with others, that endangers the mental or physical health or the safety of a student for the purpose of pledging, being initiated into, affiliating with, holding office in, or maintaining membership in any organization whose members are or include other students. The term includes:

1. Any type of physical brutality, such as whipping, beating, striking, branding, electronic shocking, placing of a harmful substance on the body, or similar activity.
2. Any type of physical activity, such as sleep deprivation, exposure to the elements, confinement in a small space, calisthenics, or other activity that subjects the student to an unreasonable risk of harm or that adversely affects the mental or physical health or safety of the student.
3. Any activity involving consumption of a food, liquid, alcoholic beverage, liquor, drug, or other substance that subjects the student to an unreasonable risk of harm or that adversely affects the mental or physical health or safety of the student.
4. Any activity that intimidates or threatens the student with ostracism, that subjects the student to extreme mental stress, shame, or humiliation, or that adversely affects the mental health or dignity of the student or discourages the student from entering or remaining registered in an educational institution, or that may reasonably be expected to cause a student to leave the organization or the institution rather than submit to acts described above.

Any activity that induces, causes, or requires the student to perform a duty or task that involves a violation of the Penal Code. *WISD Board Policy FNCC (Legal)*

INJURIES

WISD employs fully licensed Athletic Trainers.

Athletic training is practiced by athletic trainers, health care professionals who collaborate with physicians to optimize activity and participation of patients and clients. Athletic training encompasses the prevention, diagnosis, and intervention of emergency, acute, and chronic medical conditions involving impairment, functional limitations, and disabilities. In Texas, athletic trainers practice under state statutes recognizing

them as qualified health care professionals similar to physical therapists, occupational therapists and other health care professionals.

Injuries must be reported to a Whitehouse athletic trainer(s) as soon as possible. Unless the injury is an extreme emergency please contact the athletic trainer prior to visiting a doctor. Anytime a doctor is consulted for an injury, the student-athlete must present a written clearance for participation in athletics from the doctor before he/she is allowed to participate in WISD Athletics.

In many cases, the athletic trainer can save the student-athlete a trip to a doctor's office or a physical therapist's office thus saving on co-pays, etc. Please consult with the athletic trainers on all injuries and/or prescribed rehabilitation of injury programs.

In some extreme cases, the District's extracurricular catastrophic insurance plan may supplement the athlete's primary insurance if the injury occurred in athletics. However, certain steps and procedures must be followed to make a claim and it is imperative that the athletic trainer(s) is aware of the injury.

**Please review the UIL Safety and Health information and WISD Sports Medicine information page at the back of this manual.

INSURANCE

Whitehouse ISD offers a voluntary supplemental accident insurance policy for all extra-curricular participants. The voluntary supplemental policy may be purchased by parents. Fliers with information on the supplemental accident policy will be disseminated at the beginning of the school year or can be purchased online via <http://www.texaskidsfirst.com/>

Whitehouse ISD also carries a catastrophic injury insurance policy for extracurricular participants. The WISD policy does not take the place of a student's primary insurance. It is expected that all student-athletes maintain their own primary insurance coverage at all times.

MULTI-SPORT PARTICIPATION

Participation in multiple sports is encouraged. However, an athlete must complete the season in a sport before they move on to the next sport's season. Whitehouse ISD coaches will make every effort to insure that a student may participate in as many activities as they wish.

NON-SCHOOL PARTICIPATION REGULATIONS (UIL)

UIL rules restrict school coaches in grades 7-12 from interacting with student-athletes in grades 7-12 from their attendance zone in team sport non-school activities. School coaches are prohibited from providing transportation for student-athletes to non-school activities, or from providing instruction during the off-season except for allowable off-season programs during the school day. No school funds (including booster club funds), equipment or transportation can be used for non-school activities. Coaches shall not be involved in any activity which would bring financial gain to the coach by using a student's participation in a camp or clinic, such as a rebate for each player sent to a particular camp or from each player using a particular product.

Student athletes are allowed to participate in non-school competitions, camps and clinics at any time during the school year and summer, unless prohibited by local school district policies.

Non-School Participation Not Required. School coaches shall not require student-athletes to participate in non-school activities. School coaches and personnel should make every effort to insure that student-athletes realize that participation in non-school activities is strictly voluntary and never required. Participation in non-school activities should never be a prerequisite for trying out for a school team.

PARTICIPATION

Each varsity head coach sets the criteria for participation on a team. The chance to participate on a school team may require a try-out period. Expectations for making a team or staying on a team will be communicated prior to the season and/or try-out period.

PHYSICAL EXAMS

Prior to participating in athletics a current physical examination form and medical history form must be on file with the athletic trainer. This includes tryouts, participation in off season, strength and conditioning programs, and competition. *NO EXCEPTIONS.*

Whitehouse ISD requires the athletic physical exam to be completed on an annual basis and is good for twelve months from the exam date. The medical athletic history form, UIL acknowledgement, UIL steroid notification agreement, WISD data page, and emergency release form must also be completed annually.

All paperwork must be cleared by a Whitehouse ISD Athletic Trainer prior to participating in athletics.

Physical forms and necessary paperwork are available in the Athletic Office.

PLAYING TIME

Student-athletes in the Whitehouse Independent School District Athletic Program earn playing time for game and scrimmage situations by, first, being a member in good standing of the school community. Second, a student-athlete must attend practice and work to the best of his/her ability. Third, a student-athlete must be a team

player and execute the specific role assigned to him/her by the coach. Fourth, a student-athlete must demonstrate a commitment to fair-play and sportsmanship at all times. And finally, a student-athlete must support the team by contributing in a positive way to the team's learning environment. In other words, the student-athlete must focus on learning tasks and assignments and not disrupt other players.

At the junior high school level every player will play in every game unless a player fails to maintain expectations regarding behavior, academics, or practice attendance. It is not required that each player play the same amount of time.

At the high school level, playing time is 100% at the coach's discretion and is never negotiable. More information regarding this subject can be found on our "Athletic Philosophy" page.

QUITTING A SPORT

If an athlete wants to quit a sport, he or she may have their parents call the head coach of that sport and state that they are aware that their child wants to quit and they have their permission to do so. The athlete will not be allowed to practice or play in the next sport until the regular season of the sport they are quitting is over.

If an athlete quits without talking to the head coach or athletic director, that athlete will be unable to play the following sport that they wish to play that school year.

If an athlete that has quit with permission wishes to play the sport again, they must: 1) convince the head coach and athletic director that they are sincere about staying out. 2) Then they must meet with, along with their parents, the head coach and athletic director. In this meeting they will be told that the athlete has but one chance left within that sport. The athlete must know that they will be expected to follow the rules and wishes of the coach.

*In order to play football in the fall, an athlete must be in the conditioning program the preceding spring. Football is a very physical activity, and the body must be conditioned in order to avoid serious injury. Any exceptions must be cleared with the head football coach.

All athletes are required to be in the athletic period in order to participate. Any exception must be cleared with the head coach of that sport.

LOCKER ROOM/MEETING ROOMS:

These are your athletic homes. You are responsible for keeping your individual area clean and the team area neat. You are required to have everything in your locker in one exact manner. It should be orderly and neat. Some physical punishment (push ups, sit ups, running, etc.) may be necessary to help you remember.

No one except players are allowed in locker/meeting rooms. Do not have or invite anyone without permission.

CELL PHONE POLICY

Cell phones can be a distraction on game day. Coaches may regulate cell phones in order to prevent a distraction. This may be accomplished in one of two ways:

1. Coach may take up cell phones from athletes. If a coach chooses this option, the coach is responsible for the phones. Coach must return phone at least 30 minutes from arriving back at school.
2. Give athlete a set time for all phones to be silenced and put away. Phones are not to be used until after the contest. If the athlete cannot follow this guideline, coach may take up cell phone and return at least 30 minutes from arriving back at school.

Failure to comply with this policy may result in game suspensions.

TRAVEL ON SCHOOL NIGHTS

Coaches may require sub-varsity members to stay for the varsity game. However, on school nights, consideration should be given to getting athlete home as early as possible. When traveling, if two buses are possible it is recommended that freshmen and JV return home as early as possible. If only one bus, consider releasing athletes to parents if possible. Prior communication is recommended.

STRENGTH AND CONDITIONING

All athletes will participate in strength and conditioning activities. The strength and conditioning program is the period of time when athletes from any sport are not competing against other schools in a UIL sanctioned event in their chosen sport.

An athlete who participates in only one sport will be required to participate in that sport's conditioning program. For example, an athlete may not quit the football team after football season in December and expect to get back on the team the next season in August.

Athletes who participate in two or more sports will participate in their non-spring sport conditioning program. For example, a basketball player will go through a conditioning program before he/she participates in his/her spring sport (i.e. track).

When a multi sport athlete reaches the varsity level of competition the conditioning requirement will be waived according to the discretion of the Athletic Director and the head coaches of the sports involved.

SCHOOL HOLIDAY PARTICIPATION

While we realize the importance of school holidays, avoiding competition or practice on every school holiday sometimes is not feasible especially at the varsity level. Thus, the head coach of each sport may require participation on school holidays if the sport is in season with the following stipulations.

1. The student-athletes and parents are given notice prior to the start of the season.
2. The student-athletes and parents are given notice of the consequences if a practice is missed prior to the start of the season.
3. Competition and practices must be scheduled in accordance with UIL rules

Check with your coach prior to planning vacations or appointments.

TRANSPORTATION

Per WISD School Board policy, FMG (Local), athletes will be required to ride to and from an athletic event in transportation provided by the District. Only in extenuating circumstances will a student be allowed to ride to or from in a private vehicle. Parents/guardian may request a release in extenuating circumstances by notifying the principal or head coach in writing at least one day prior to the trip. A release form may be obtained from the principal or the Athletic Office. If approved, the Athletic Office will notify the coach in charge of the trip.

TRY-OUTS/TEAM SELECTION

Coaches may conduct try-outs for participation on a team. Students must have a completed physical examination form on file with the athletic trainer prior to try-outs.

There are many factors that enter into the selection of members for all of our Wildcat athletic squads. This process is probably one of: if not the toughest part of coaching. As coaches we try very hard to be fair in our judgments, as we fully realize the athlete's desire to be a member of our teams and the disappointments associated with not making a team or making the team the player had hoped to make.

It is impossible to make a purely objective evaluation, based entirely on the mastery of sport skills, or any other criteria. Too many other things have to be considered in order to maintain a successful program. Consequently, subjective evaluations are basically opinions and are open to many arguments both for and against these evaluations. Please keep in mind that the coaches have been hired as professionals to make these types of decisions. Also realize that the coaches want to make the teams and the program the best they can possibly be and will not exclude players they believe will accomplish this in the end.

Coaches will make selections based on the following general guidelines:

1. Players that will make our teams better.
2. Players we believe have a realistic chance to play on a varsity team at some point in their career.
3. Players that fit the available positions for the greatest benefit of the team.

Players that understand two areas of evaluation for team placement and playing time: effort and execution.

With Regards To the Team Selection Process

Team selections are based on selection criteria (sometimes referred to as rubrics or assessments), which address the sport-specific skills and abilities needed to play the sport and, in some cases, performance benchmarks (i.e., the level of performance in the skills and abilities) required to make a given team. In keeping with the modified approach, however, it is the WISD Athletic Program's goal to maximize student participation in athletics. At present, many teams can accommodate the large number of students who tryout. However, this does not guarantee that every student who tries out for a team will be placed on a team. Past athletic success does not guarantee success in the future. Student-athletes must demonstrate a strong commitment to both team and player development every year before being placed on a team. Furthermore, once a player is selected for a team, it is his/her responsibility to maintain that commitment for continued team and individual improvement.

By no means is this an all-inclusive list we use to evaluate players but it does cover many of the things we look for in the selection of our teams. We strive to use our best possible professional judgment, and if we error, we try to do so by keeping more players on squads, rather than less. As always, we appreciate and value each student as an individual, but will base all decisions on what is best for the **TEAM**.

WARNING ABOUT THE INHERENT DANGERS OF ATHLETIC PARTICIPATION

Student-athletes and parents should be aware that any athletic participation will always have inherent dangers. Although rare, death or catastrophic injury can result from participation in sports, and care should be taken by all concerned to minimize such dangers through the use of appropriate equipment, proper training methods and common sense.

WEATHER

In the event of severe weather or pending severe weather, a decision will be made to postpone or cancel an event based on the information and forecast available at the time. A decision to postpone or cancel will be disseminated via our staff, the WISD Communications Department, and through email lists. Should severe weather present itself during an event, the game administrator and the game officials will make the decision based on the department's weather safety guidelines.

RELATIONSHIP WITH OFFICIALS:

Every game is officiated by officials. We must show respect for the judgment of these officials. Officials are human and may make mistakes; however, we feel that these are honest mistakes. We don't believe that any official would deliberately help one team over another. But an official might deliberately lean toward a team who has players that always act like gentlemen/ladies. We will treat officials with the respect due them.

1. Any disrespect toward an official will be subject to physical punishment (running), athletic game suspension, as well as school suspension.

IN-SCHOOL SUSPENSION:

1. An athlete may practice while in ISS.
2. An athlete cannot participate in a contest while in ISS.
3. Coaches may require additional work if placed in ISS.
4. An athlete that is a continuous discipline problem is subject to removal from athletics.

MISSING PRACTICE

1. Excused miss – make-up work only
2. Unexcused miss – 1 mile or equivalent for missed practice plus make-up work
3. Tardy – coaches discretion
4. Athletes that are missing practices may be dismissed from the team

The determination on excused/unexcused miss is determined on an individual basis. Communication on a miss is critical. Athlete will contact their coach before a missed practice. A school function, student being sick, or attending a funeral are examples of an excused miss.

AEP:

Students may not participate in any sports activity while in AEP. Athletes will have 2 miles for each workout missed during assignment to AEP.

ALCOHOL & DRUGS:

One of the greatest aspects of a winning team is good physical conditioning. The purpose of training rules is to discourage any activity that would be detrimental to your physical conditioning.

1. The first offense for possession of an illegal drug or alcohol will result in running 10 miles before participation in the next athletic event. (Parent Conference). If the athlete is charged with possession, there will be at least a one game suspension. (Tournaments are considered as one game)
2. The second offense will result in a 30 day suspension. (With parent conference)

3. The third offense will result in immediate expulsion from the athletic program for one calendar year. (With parent conference)

TOBACCO:

Students in possession of tobacco or tobacco products will be required to run 5 miles before participation in the next athletic event. If tobacco becomes a continual problem, the student will face expulsion from the athletic program.

ACTIONS THAT WARRANT IMMEDIATE EXPULSION:

1. Stealing
2. Disrespect toward coaches or the program.
3. Constantly absent from their activity without just cause.

EXCEPTIONS TO ABOVE POLICIES:

Serious infractions will result in immediate expulsion of an athlete from the total athletic program. The coach and athletic director with the approval of the building principal will make such a decision. The decision that will be made concerning our athletes will be based on the best interests of the athlete and the program.

INJURIES:

1. If you are injured, first show the injury to your athletic trainer/coach. If immediate attention is required, we will notify parents, and seek medical attention.
2. An athletic trainer/coach will remain with the athlete until released to parents.
3. In cases where immediate attention is not required, athletes should check with their athletic trainer/coach before going to the doctor. You must pick up proper insurance papers from the athletic trainer. If you go to the doctor without filling out the report, you will be responsible for all medical bills.

INSURANCE:

Our District has a scheduled insurance policy for those students taking part in our various UIL programs. It is **NOT STRUCTURED** to pay all medical costs. It will be the responsibility of parents to get forms and fill them out and to mail to the insurance company. WISD's insurance policy is a secondary policy. It is meant to supplement ones primary coverage and will not take effect until the primary insurance has been completed. In the event that one does not have primary coverage, WISD's policy becomes primary to the individual.

Note: WISD's insurance policy is not meant to cover all medical costs. Parents/Guardians will be responsible for all remaining cost.

EQUIPMENT:

1. You are responsible for all equipment that is issued to you. You are expected to return it when the season is over. If you have lost it, you are expected to pay for it.
2. Your equipment must be kept in your locker at all times.
3. Shoes must be cleaned regularly.
4. You must use your own equipment only. Never borrow any equipment from your team mate.

GRADES:

Each athlete must be passing every course to be able to play on any level of competition.

TRAINING RULES AND REGULATIONS:

1. Each athlete is responsible for the required training rules.
2. If any of the rules are violated, disciplinary action will be taken.

PARENT/ATHLETE ACKNOWLEDGEMENT FORM

We the undersigned have read and understand regulations of this handbook and what is required of our student athlete to participate in the Whitehouse Athletic Program. We also understand that any failure to comply with these rules and regulation, as stated herein or communicated verbally by members of the coaching staff, can result in expulsion from a team or from the Athletic Program.

Parent _____ Date _____

Athlete _____ Date _____