



ELLA BANKS JH ATHLETIC CODE OF CONDUCT

OBJECTIVES OF ELLA BANKS JH ATHLETICS

- The primary objective of our program is to develop a sense of responsibility and accountability in all of our athletes. It is our desire that through competitive athletics our students realize that they can determine the course of their own lives. We believe that through our program we can help our students grow into mature, responsible citizens that contribute positively to our society.
- We want to ensure that each one of our athletes has an opportunity to be successful. Not every young athlete will have the same level of talent, but every athlete can be praised for his/her work and effort. Every athlete can feel good about himself/herself and his/her role on the team.
- Banks JH coaches will work to ensure that our athletes enjoy participating. When it's time to work, we will work and work very hard, but we also are going to find time for our athletes to have fun.

ELLA BANKS JH ATHLETIC DEPARTMENT POLICIES AND GUIDELINES FOR ACADEMICS:

- All athletes are students first and athletes second. Your primary reason for being in school is to get an education. We believe that it takes a special person to be a student and an athlete. You are going to have to work harder, stay up later, and get up earlier, etc., because much of your study time will be taken up by athletics. We know that this is not easy, but we expect you to do it because others before you have been able to do it.
- Be organized, do not put off assignments. Write things down. If you are having trouble in class, get help from someone. All of our coaches are also good teachers, and they will be more than happy to help you in any way that they can. However, you have to ask! Your coach will check grades periodically, but it is still your responsibility to get help if you are having trouble. Discipline yourself to do your work so others won't have to!

MAJOR SPORTS CLASS PERIODS:

- Our coaches believe that we have one of the finest athletic programs in TEXAS. This program is designed to make you a better athlete and a better person. It is not for any single sport. Its purpose and design is to make you better at all sports and life in general. Emphasis will be placed on strength, agility, and conditioning.
- The major sports periods will run according to schedule each day. U.I.L guidelines will be followed. We expect our athletes to work year round to become their very best version of themselves.
- Regardless of what sport is in season we will all go through SAC two to three times a week. Coach Killough will determine the workout for that week as the Strength and Conditioning coach. This will remain consistent all the way through the year. This isn't something that we will ask volleyball to do and then we do something different in football. We believe in making our kids as good athletically as we can, and this will help them regardless of what they play.



- **Major Sports:**
- **7TH GRADE:** All students with an interest in participating in a major sport will be allowed in the period as long as they maintain the academic standing, and actively participate in the workouts.
- **8TH GRADE:** Any student athlete that made a team as a 7th grader will be eligible for the Major Sports period as an 8th grader. If a student did not make a team as a 7th grader, they will not be allowed in the major sport period at the beginning of the year. This does not however prevent them from trying out for any team or sport offered at Ella Banks JH. If the student makes a team they will be added to the Major Sports period.
- **Females and Males in Major sports:** We strongly encourage all student-athletes to try out for a fall and a spring sport. This not only helps them prepare for a sport in the spring and vice versa, but it also makes our programs at Ella Banks JH stronger.

PARTICIPATION IN MAJOR SPORTS AT ELLA BANKS JH:

- Participation in Major Sports is a requirement, and the intensity level is considerably more difficult than that of the regular PE classes by design. This is in part because we are doing specific training for athletic purposes.
- A parent note requesting a student-athlete to sit-out of participation will be accepted for a maximum of 2 days. After that a doctor's note will be required in order for a student to miss out on participation.
- Failure to participate in the Major Sports period more than 5 times in a semester without a medical doctor's excuse will result in a removal from the Major Sports period for that student's remaining time at Ella Banks JH. A parent or guardian will be contacted after the 4th time in order to schedule a meeting and go over the behavior contract being assigned to the student athlete acknowledging the current standing of the student-athlete regarding their lack of participation.

ATTENDANCE/ ABSENCES AT ELLA BANKS JH:

- Absences because of illness, a school function, a death in the family, will be considered a legitimate absence and the athlete will only be required to make up the work that was missed. However, with the exception of an illness, athletes should make their coach aware if at all possible before any such absence occurs.
- In other words, if an athlete is going to miss a Wednesday practice because of some school function, he or she should let the coach know as soon as possible and get the coach's approval. If an athlete becomes ill during the day, it is his or her responsibility to notify a coach before they go home via email or verbal communication.
- Any such absence not approved by the athlete's coach before the absence occurred will be considered a deliberate miss and that athlete will be subject to our GATOR WAY character building activities in addition to making up the work missed.
- If excessive unexcused absences (3 or more) occur during a single season, it will be up to the head coach and Campus Athletic Coordinator's discretion on means of make-up accountability or suspension of games.



PROMPTNESS AT ELLA BANKS JH:

- Always be on time! The athlete is responsible for his/her own time. During school, athletes will have a designated amount of time after the major sport period bell to be dressed and ready to go. Tardiness will result in character building measures. On trips, the bus waits for no one. Excessive tardiness will not be tolerated. If you must miss or if you are late to a major sport period/practice, be sure that it cannot be helped. Please refrain from making appointments during practice time or during the major sports period. If you must be absent or late, talk to your coach before the athletic period. If you fail to do so, you are subject to character building actions.

ACADEMIC ELIGIBILITY:

- We hope all of our athletes take care of their business in the classroom, but we know there are going to be times where we have some of them come up short. When a student is academically ineligible their primary focus should be to work toward good academic standings. During this time they are still expected to attend practice, and be a part of the team when not actively working toward academic eligibility. Practice is not optional because you are ineligible. We understand if you may be late to practice because you are getting extra help or actively involved in tutorials, but if you are part of the team then you will be treated like part of the team.
- An athlete must maintain a 70 average in all classes to be eligible for extracurricular activities. In addition, the athlete must be promoted to the next grade level at the beginning of the school year.. If an athlete fails two grading periods in a row they will be removed from the athletic program.

ATTITUDE/WORK HABITS AT ELLA BANKS JH:

- Your attitude toward the sport will, many times, determine how successful you are at that sport. If you work hard, attend practice, study the sport and listen when the coach corrects your mistakes, then you will enjoy the sport more and have greater success. Maintaining a positive attitude benefits all while negative attitudes benefit no-one. Learn to take both praise and criticism from your coach. He or she is only trying to make you the best version of yourself. Different coaches have different personalities, so each one may offer criticism in a different manner, but the intent of the criticism is the same: to make you the best version of yourself. There is no substitute for hard work. The harder you work, the better you get. Do not allow yourself to be mentally or physically lazy.



CHAIN OF COMMAND AT ELLA BANKS JH:

- If a player or parent has a concern or conflict with a coach, there is a proper chain of command to follow. First, talk to the coach with whom you have a conflict or concern. Second, visit with the head coach of that sport. Be respectful, honest, and direct, and you will receive the same treatment in return. If you are not satisfied or the problem is not resolved, then go to step three. Talk with the Campus Athletic Coordinator. Again, be honest and respectful and you will be treated that way in return. If you still feel that the problem is not resolved to your satisfaction then we will add another layer by having a meeting with the Campus Athletic Coordinator and the Principal of Ella Banks JH. This process may seem like a long way to go, but almost any problem can be solved in this manner. By following the proper channels many potential future conflicts can be avoided.

COACHES/ TEACHERS/ ADMINISTRATORS AT ELLA BANKS JH:

- Each coach, teacher and administrator at Ella Banks JH is a professional. Working with young people is what they do to earn a living, and they have spent a great deal of time and money training to be good at what they do. Therefore, they will be treated with the respect to which they are entitled. These people should receive “yes ma’am/yes sir,” “no ma’am/no sir” responses from players when talking to them. They in return will treat players with respect. Whenever one of these people is speaking to you, either individually or as a group, you will give him or her your undivided attention and look him or her in the eye. If a player is disrespectful to a coach, teacher, or administrator, or in violation of athletic policies, he or she will engage in character building activities. Character building activities may include extra sport related physical work or game suspension(s). If the behavior persists on the part of the student athlete, he or she may be removed for the program.

CONDUCT EXPECTATIONS AT ELLA BANKS JH:

- We want to be known as a class act. Do not do anything that would detract from this. We want our athletic teams to be noted for clean, tough, competitive play. We do not “shoot off our mouths” on or off the field. Praise your opponents and play to your ability. We expect you to conduct yourselves as ladies and gentlemen at all times. We know that each of you do not have the same ability, but we expect each of you to perform to the best of your ability at all times. Misconduct will not be tolerated and will result in character building actions according to the sport.



PROGRAM DISCIPLINE AT ELLA BANKS JH:

- Our goal is for all athletes to represent our program in a positive fashion all the time. Unfortunately our student athletes will make some poor decisions and we want to provide our student athletes with teachable moments when they do. We want to reinforce positive behavior and address negative behavior. There are so many things that can come up discipline wise that it is impossible to list them all. There are lots of gray areas on most of these discipline issues, so they will be evaluated on a case by case basis. Each offense will be deemed as a level 1, level 2, or level 3. Student-athletes who have continuous behavioral issues may be put on a behavior contract, which will be provided during a meeting with the parent or guardian. Failure to improve on the issues addressed in the behavior contract could then lead to dismissal from the athletic program including the major sport period.

Things that will be looked at:

- Conduct detrimental to the program
- Quitting
- Stealing
- Fighting
- Gang Activity
- Disrespect towards school personnel
- Negative Issues on Social Media, (Pictures, comments etc)

Level 1 Offense:

- A level 1 offense is minor behavioral problems that we want to get fixed. Most of these will be dealt with in athletics with sport related character building activities. These offenses usually do not include a formal discipline from the campus building level. If we continue to have the same problems we will treat them as a level 2 offense.

Level 2 Offense:

- A level 2 offense is a poor choice but a choice that has some major implications and they must be addressed. ISS time or suspensions are level 2 offenses. Most level 2 offenses will be dealt with by some form of character building activities. If it was severe enough then there may also be some missed playing time as well. A second level 2 offense can result in the same disciplinary procedures as a level 3— again it depends on what happened.

Level 3 Offense:

- A level 3 offense is something that results in immediate removal from the program. They are out of the athletic program and will have to go through the readmission procedure before the next season starts. In some instances they may be removed from the athletic program entirely for the remainder of the school year or for the remainder of their time at Banks JH.



EQUIPMENT and UNIFORMS AT ELLA BANKS JH:

- Ella Banks JH will issue the proper equipment for each sport. **The athlete will be held responsible for his or her own equipment.** Athletes will be held responsible for lost or stolen equipment. The athlete it was issued to will pay for equipment lost or stolen. All student-athletes will be issued a lock and a locker to house all of their equipment. Any athlete caught in the equipment room or borrowing another's equipment will be subject to character building activities. **Any athlete who is caught stealing will be automatically removed from the program.**
- An athlete will not be allowed to participate in another sport until his or her equipment record is clear in the previous sport. An athlete that does not take care of his or her equipment or hang it up correctly in their locker will be held accountable through character building activities according to the sport. Dress should reflect pride and class; both in uniform and out. We will furnish your uniform and each coach will set equipment and uniform guidelines. Take care of your equipment.

FORMS AT ELLA BANKS JH:

- All incoming 7th, 8th grade athletes must have an athletic physical on file before participating in any athletic contest. All physicals are kept on file. An athlete who moves into the district should have a copy of his or her physical examination or make arrangements to get it. In addition to a completed athletic physical, all athletes must have completed the RankOne online forms and the "Handbook Acknowledgement Form" (located in the back of this handbook) and on file before participating in any athletic contest. We will also need a birth certificate and an updated utility bill uploaded into RankOne. Please see to it that your paperwork is completed, signed properly, and up-to-date.

INJURY OR ILLNESS AT ELLA BANKS JH:

- If you have an injury, it is your responsibility to report it to your head coach and the athletic trainer. He/she will either treat the injury or if the injury is too severe for him/her to handle, he/she will refer you to your family physician. Please make sure you use our trainers as a resource, they are specifically trained to treat athletic injuries and are our first line of defense in the case of injury.
- If you do not come to school, call or email one of your coaches **daily**, and let the coach know you will not be at school or workout. Believe it or not your Coaches care about you when you are not at practice or school.
- **If you are sick or injured we do not expect you to work out, but if you are at school we do expect you to be at practice, in the required uniform following your group from station to station and learning as much as you can.** If your illness requires a visit to a physician, bring us a note from the physician telling us how long you will be out. If an athletic injury occurs then inform your coach and athletic trainer. Allow the athletic trainer to evaluate the extent of the injury and determine if a doctor's assistance is needed. **We will treat what a doctor says as law; you will not be allowed to return to practice until the doctor releases you.** We will keep a file of these doctor's notes, so please be sure and get one. Example: If you injure yourself in practice or during competition, it is important that you inform your coach or trainer. If we are not informed we are unable to support the student-athlete or inform the trainer.



- If you have any injury that needs rehab you will stay in the program and receive treatment and perform your rehab exercises. If you have a prolonged medical condition that prohibits you from participating and it is something that cannot be rehabbed or treated then an alternative discussion will take place on how you may support the program or a look at a schedule change.

LOCKER ROOM EXPECTATIONS AT ELLA BANKS JH:

- During the course of the season you will spend a great deal of time in this room. Take care of it like it is your own; it is. Keep it clean by putting trash and tape in the trash can. Do not wear muddy shoes or cleats in this area. Make this room a more pleasant place for everyone.
- The locker room is also a private place. It is a place where your team family meets. What is said in the locker room should stay there. Do not be a busy body, a rumor can grow until it disrupts a whole team. There are to be no pictures or videos taken in the locker room; that will result in a level two offense and potentially a level 3 offense.
- Each locker room will have guidelines posted for teams to abide by. Each team member is expected to know these guidelines and follow them. Failure to adhere to these guidelines will result in character building activities according to the sport and possible removal from the athletic program.
- The student-athlete will be responsible for keeping his or her locker neat and clean for hygienic and organizational reasons. Your coach will explain to you how your locker is to be kept. If music is played there will be NO vulgarity or profanity allowed (there is a clean version of every song in the book nowadays).

QUITTING POLICY AT ELLA BANKS JH:

- We hope that all students that want to participate in athletics do so, but there are always going to be students that tried a sport and found out that it wasn't what they were thinking. We want to encourage students to try a sport and then not punish them if they realize that it wasn't what they wanted to dedicate their time to. Our policy is that our students have until the end of week 2 of the season to determine if they like how things are going and how things are being run in the program.
- If a student is still with us at the beginning of week 3 then they are with us until the end, so if a student quits after we have started week 3 they will be removed from the Major Sports period and cannot start the next sport until the season of the sport they started is over. This student will not be put back into the Major Sport period.



SCHEDULING CONFLICTS AT ELLAS BANKS JH:

- Conflicts will arise in which an athlete will be participating in some other extracurricular activity. These conflicts are handled using the following rule. A district contest will always take precedence over a non-district contest and a district contest will always take precedence over a field trip. Using this rule, all participants will be given an opportunity to compete in the major contests or events of any extracurricular activity.
- The Athletic Department will do everything possible to avoid conflicts of this type. A student-athlete participating in multiple sports that do not begin at the same time will not be allowed to participate in the competitions of the latter sport until the season of the previous sport is complete (exception would be XC and other fall sports) .

SUBSTANCE ABUSE: Refer to the LCISD Athletic Handbook

TRAVEL EXPECTATIONS AT ELLA BANKS JH:

- All team members are expected to travel to and from competition in school provided vehicles.
- GROOMING GUIDELINES – Follow LCISD Hand Book (Hair, tattoos, earrings)
- No earrings will be worn by boys during the athletic period or athletic event. These guidelines will help us be uniform in our appearance when we participate and travel as a team, while also being in lock step with UIL regulations.



Ella Banks JH ATHLETIC HANDBOOK ACKNOWLEDGEMENT FORM

Because participation in extracurricular activities is a privilege and not a right, Lamar C.I.S.D. is authorized to set higher standards for participants of extracurricular activities than it would for those students who choose not to participate in these activities.

Therefore, this Athletic Handbook extends beyond the Ella Banks JH Code of Conduct not only in types of behavior prohibited, but also in corresponding consequences and jurisdiction for imposing potential redirection.

We have both read the Ella Banks JH Athletic Department Handbook and fully understand all of the policies of the Ella Banks JH Athletic Department Handbook.

We both agree to abide by and support these policies.

Athlete's Printed Name_____

Athlete's Signature_____

Date_____

Parent's or Guardian's Printed Name_____

Parent's or Guardian's Signature_____

Date_____



(The Campus Athletic Coordinator will deal with any circumstance not covered in the Athletic Guidelines.) PLEASE RETURN SIGNED FORM TO THE CAMPUS ATHLETIC COORDINATOR