

Parent / Student Handbook

Connally ISD Athletics 2023-2024

Welcome to the Connally ISD Athletic Program. We are excited to be associated with our great community, great coaches and staff, and outstanding student-athletes. We are proud of our accomplishments and look forward to building on that success. Our staff takes pride in its role as part of the education provided by Connally ISD.

The Athletic Department is very proud of the accomplishments of our teams but also is proud of the many things our students learn, such as hard work, discipline, personal sacrifices for the team, and setting goals, which are essential for a student-athlete and a person in society.

This handbook is designed so the parent and athlete can understand the policies of the Connally Athletic Department. Responsibilities toward academics, game expectations, practice, and personal conduct will be outlined.

Our coaching staff feels very fortunate to have the opportunity to work with all the young women and men in the Connally ISD Athletic Program. As the Athletic Director, I will have an open-door policy regarding your questions and concerns. We are in the business of taking care of kids. You may contact me at any time.

We look forward to working with your daughter/son in the Connally ISD Athletic Program.

Thank you,

Terry Gerik

Athletic Director

Connally ISD

254-750-7194

Connally Cadet Athletic Mission Statement

The mission of the Connally ISD Athletic Program is to give student-athletes various experiences that will help develop great habits and personal attitudes that will prepare the student for successful adulthood and be a productive member of society.

Vision for the Connally Cadet Athletic Program

“To make sure the Connally Athletic Program will be respected as one of the premier athletic programs in the state of Texas.”

Connally Athletic Department Goals

The Athletic Department will...

1. Provide students with skills for displaying and obtaining respect for authority.
2. Provide an atmosphere encouraging students to develop a positive self-image.
3. Provide programs that will teach self-discipline and emotional behavior. This will help the athlete's ability to make decisions under pressure.
4. Help build attitudes of personal responsibility and self-discipline.
5. Help build opportunities that will build character and integrity.
6. Give situations that will require self-motivation, which in return will result in success.
7. Help develop an attitude of pride in being a Cadet.

Connally ISD School Athletics

1. Drugs, alcohol, and tobacco will not be tolerated. The Connally ISD Drug, Alcohol, and Tobacco/Vaping Policy will be strictly enforced.

If the Athletic Department is informed by Law Enforcement, School administration, or self-admittance of breaking these rules, the following consequences will apply:

1st offense: Suspension at the discretion of the Head Coach and Athletic Director.

2nd offense: Suspended for 50% of the current or upcoming season.

3rd offense: Removed from the program for at least one calendar year.

**Additional consequences may be enforced by the Head Coach or Athletic Director, such as:

- 1) Extra / Make-Up Conditioning
- 2) Community service
- 3) Completion of a Substance Abuse Class.

2. STEALING – Taking things that do not belong to you will not be tolerated. A player caught and proven guilty of stealing from a teammate or athletic department may be dismissed from the Athletic Program.
3. CONDUCT – If you want to be a member of any athletic team, you must follow all school rules and procedures while attending class. You are expected to act appropriately in class, giving your teachers and staff respect. Any assignment to ISS or suspension from school for any reason will result in the following disciplinary action by your coach.
 - A. Students who receive in-school suspension based upon a violation of the CISD Student Code of Conduct will not be allowed to participate in an event or contest while serving ISS; however, students will still practice before or after school while serving ISS. Students become eligible for events or contest participation at the end of the school day on their last day in ISS placement. Additional consequences such as makeup and/or disciplinary conditioning or suspension may also be required.
 - B. Students who receive Out of School Suspension based upon violating the CISD Student Code of Conduct will not be allowed to participate in an event or contest while serving their suspension, as they are not permitted on campus. Students become eligible for practices, events, or contests on their

first full day of attendance at their regular campus. Additional consequences such as makeup / disciplinary conditioning/suspension may also be required.

Consequences for students who receive a DAEP Placement

- a. First offense: The student shall be suspended from participation in extracurricular activities while assigned to DAEP. Upon completing the DAEP assignment, the student will be suspended from 10% of scheduled events/contests.
 - b. Second offense: The student shall be suspended from participation in extracurricular activities while assigned to DAEP. Upon completing the DAEP assignment, the student will be suspended from 50% of scheduled events/contests.
 - c. Third offense: The student shall be suspended from extracurricular activities participation while assigned to DAEP. Upon completing the DAEP assignment, the student shall be suspended from events/contests for one calendar year.
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4. ATTENDANCE – Do not skip class or be tardy. Do not miss an athletic period unless it is absolutely unavoidable. If you must be absent, please call and talk to your coach before your athletic period. If you miss an athletic period or practice, you must make up all work missed. The coach of that particular sport will determine playing time. The Head Coach of that sport can approve extenuating circumstances. Excessive absences will result in game suspensions or termination from the team. Regular attendance to practice and the athletic period is vital for the team to improve. Everyone is expected to attend practice and stay until all work is done. It is expected for all athletes to attend School on time the day of a game and the day after. The Head Coach of that sport will be in charge of making sure students are at school on time. Not showing up on time or missing school the day after a game will result in consequences from the Head Coach.
 5. EQUIPMENT – You are responsible for all equipment checked out to you; if you lose any item, you will have to replace it at cost. No Connally ISD athletic equipment will be taken home for any reason. Do not lend your clothes to anyone. You are responsible for taking care of your locker room area. Coaches are not responsible for any items lost in the locker room. Be sure to lock your locker or take your personal items home.
 6. QUITTING – If a player quits or is dismissed from the team in or out of season, that player gives up all rights to any honors they have earned but not yet received. The player can only try out for that team the following year with the head coach's permission. If an athlete quits one sport, he/she will not be allowed to practice or

participate in the next sport until the previous sport is through with its season unless the head coaches of both sports mutually agree to the athlete's participation with the approval of the Athletic Director. This includes any position on the team, such as manager. **Grace Period rule:** An athlete can decide not to participate in a sport without penalty if it occurs within the grace period of that sport. Each Head Coach will set the grace period for his/her sport and will inform the athletes. Consequences for quitting after the grace period:

1st offense: Cannot practice the next sport until the previous sport is done and will miss 20% of the next sport's contest.

2nd offense: If the athlete quits two sports in the same year, the athlete will be removed from athletics for a calendar year.

7. CONFERENCES – During the week, we will always maintain an open-door policy for individuals who want to visit. Coaches will be available to meet with parents during their **scheduled conference periods**. We will not talk to parents after games but will gladly schedule an appointment after the athlete has had a conference with the coach. Athletes need to speak with coaches about problems before parents do.
8. TRAVEL POLICY – All athletes will travel and return with the team unless previous arrangements have been made with the coach of that sport. This would only be in extenuating circumstances. Such as ACT / SAT Test the next morning, or parents will not be going back home, and the student has no one to stay with. In case of an emergency, parents must sign an alternate student travel form before leaving for the trip. Parents cannot take other players home from games unless approved by the Athletic Director in writing **24 hours in advance**. Athletes will ride with the team to and from competitions.
9. HAZING - There will be no initiation or hazing of an athlete. Players are encouraged to support each other and report any incidents to the coaches immediately. Upper-classmen will assume the role of leader and mentor and help keep hazing out of the program: **Set the example.**
10. CONNALLY ISD EXTRACURRICULAR ACTIVITY CONFLICTS – In the case of conflict between Connally ISD sponsored student activities, extracurricular or otherwise, coaches/directors will work together to accommodate the student so that the student may participate in all activities to the extent possible. UIL and other CISD-sponsored performances, games, or competitions will take precedence over clinics and/ or practices. Students involved in multiple CISD-sponsored activities shall not be penalized by a limitation on further participation based on such a conflict. Example: Regional competitions will take priority over district competitions. A state competition will take priority over a regional competition.

11. OTHER EXTRACURRICULAR ACTIVITY CONFLICTS – In the case of conflict between Connally ISD-sponsored student activities and student sponsored by an outside organization, UIL and other CISD-sponsored performances, games, competitions, clinics, and/or practices **WILL** take priority over the activity sponsored by the outside organization. Absences or tardies to CISD extracurricular activities due to schedule conflicts with activities sponsored by outside organizations will be unexcused. Consequences for unexcused absences or tardies due to participation in outside organizations will be at the discretion of the CISD coach/director.

12. INJURIES – If you are hurt or injured, please tell your coach. They will refer you to the trainer. Do not let it go or go to the doctor without informing your coach. Our trainer has specific experience with sports injuries and can often help athletes get back to playing without a doctor. We have a network of sports doctors. Our trainer will refer you to someone who can help with sports injuries. We can also get you in earlier than if you make your own appointment. Athletes will not be allowed in the training room unless our trainer or coach has seen them. If you have any questions, please contact Coach Gerik.

13. SCHOOL INSURANCE – In case of an injury and you must see a doctor, your insurance will cover you first. The school insurance will cover the rest in most cases. For insurance information, please contact Bobby Clark at bclark@connally.org or call 254-750-6714.

Criteria for evaluating your ability as a Connally ISD

Athlete

1. **Are you coachable?** Will you listen and are willing to learn from the instruction that you are given, or will you insist upon doing things your own way?
2. **Commitment** – Are you committed to doing what is best for the team or yourself?
3. **Loyalty** – Do you support your teammates and coaches?
4. **Work Ethic** – Do you put in extra work outside of practice to help your skill level? Summer workouts will have a limit the student can miss to be able to play. Example: you must make 20 of the 24 for workouts to play football.
5. **Responsibility** – Are you prepared for the day? Do you have your equipment? Are you on time?
6. **Can you accept criticism?** Coaches will sometimes be critical of your performance on the field of play. This should motivate you to correct the errors or mistakes you have been making. It is not personal; it is a coach that cares enough about you to make you better. Can you take coaching?
7. **Relationship with teammates** – Are you respected by your teammates as an individual and a team member? What do you do to earn their respect?
8. **Are you a team player** – Your actions on the field of play will show if you are more concerned about the team's welfare or individual attention? Individuals may earn Honors, but the entire team earns them.
9. **Are you disciplined?** To be a great player, you must be disciplined as an individual on and off the field.
10. **Academics** – To be UIL eligible, your athletes must pass the 1st six weeks of school in all classes. After that, we go by the school's grading period, which is every nine weeks. If the student becomes academically ineligible, our policy is that they must still practice. After three weeks, we will check all grades. If the student passes, they will regain eligibility in the 4th week. If this becomes a problem, the student will be removed from athletics. Example: fail two consecutive grading periods, and you can be removed. **Education comes 1st.**

The Ten Commandments of Social Media for Student Athletes

1. **Think before you post.** Any anger or passion should indicate that you should not post. Clear your head and delay posting or tweeting until you are calm and thinking clearly.
2. **Assume it's all public.** Only post ideas and pictures you would feel comfortable sharing with a large group you may not know. If your grandparents should not see it, you should not post it.
3. **Always be on the side of caution.** If you are uncomfortable sharing your information face to face or in a phone call, it is unacceptable for social media.
4. **Be respectful of others.** Language, slurs, and racial or religious overtones could offend others and speak poorly of you or your team.
5. **Protect your identity.** Create a separate email account for social media. Provide as little personal information such as phone numbers, date of birth, home address, etc.
6. **Make sure you have permission to post an image that is not yours.** Copyright infringement is something you will want to avoid. You are responsible for any photos, audio, or video you post.
7. **Retweeting and reposting.** It is the same as sharing profanity on your own post. If it is not appropriate, do not share or retweet.
8. **Profile picture.** Remember, you are selling yourself and the chance to create an initial good impression with a future coach, admissions director, or recruiter.
9. **Avoid game-related posts or tweets on game day.** It could make the game harder. Do not fire up the opposing team or give away information. Your team and coaches will appreciate it.
10. **Don't assume anything.** If you cannot spell or understand a word, do not use it.

Connally ISD Athletics Communication Form

Our goals are to facilitate communication, first and foremost, between players and coach, then coach and parent/student, and to address concerns collaboratively and effectively. If you are a student or a parent who has a concern or complaint about a sport, coach, or coaching style, please complete this form and follow the guidelines and process described previously in this form. Coaches can only address a problem if they know that a problem exists. Most of the time, problems stem from 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 the student meet with the coach. If the outcome of the student/coach/parent is still unresolved, in the hope of resolving them. Again, we are committed to effective communication and problem-solving and look forward to meeting with students and parents to build and maintain a better athletic program in CISD.

(Form to be completed by parent/student.)

Date _____ Campus _____

Sport _____ Coach _____

Your Name _____

Son/Daughter _____ Grade _____

Contact phone:(work) _____ (cell) _____

Your Concern:

Step 1: The athlete meets with Coach. Date of Meeting _____

Step 2: Meeting with athlete, parent, and coach. Date of Meeting _____

Step 3: Meeting with athlete, parent, coach, and Athletic Director.

Date this form was submitted to the Athletic Director's Office: _____

Concerns: _____

Solutions/suggestions you have to resolve the concerns: (Required)

My Goal and Pledge as Connally Cadet Athlete

Player Name: _____ Date: _____

Being a Connally Athletic Program member is an honor and a responsibility. I am no longer an individual. I have decided to represent the Connally Athletic Program. Therefore, I agree to conduct myself to the following code of ethical behavior and abide by all the guidelines outlined in this booklet. I also realize that I can be removed from any team if I do not live up to the agreement.

I pledge the following:

- I will give my very best effort towards receiving a quality education.
- I will strive to be a complete player.
- I will conduct myself in a manner that does not draw unwanted attention to my family, school, team, and position players.
- I will cause no problems for myself, my teammates, and/or my teachers when on campus or in the classroom.
- I will be the best student I can be and ensure my grades will not jeopardize my good academic standing. If my grades are in doubt, I will make all study hall sessions, get help from my teachers, and attend all tutorials.
- I will follow all rules and regulations laid out by the Connally Athletic Handbook.
- I will be responsible for all athletic equipment trusted to my use and return it to the school in the best possible condition.
- I will put my team's success ahead of individual glory.
- I will treat others the way I would want to be treated
- I will play with CHARACTER – "Play as hard as I can, for as long as I can."
- I will play with PRIDE – "Know that I won't quit when it gets tough."
- I will be mentally TOUGH – "Accept discomfort and coaching and learn to live with it"

When I walk out onto the field of competition, I represent:

1. My School
2. My Community
3. My Teammates
4. My Family
5. Myself

Player Signature: _____ Date: _____

Parent Signature: _____ Date: _____