

SUNDOWN ATHLETIC DEPARTMENT

Thank you for allowing us to coach your son/daughter. This is a responsibility that we do not take lightly, and hope that we can impact their life in a positive way. Like any other UIL activity or extracurricular event, being a part of this program is a choice of the individual, and is a privilege, and there will be specific standards and policies we will follow if your son/daughter is going to participate. The following information is provided so that everyone understands those standards and policies up front.

Our goals for this program are to:

- Help your son/daughter be the best person they can be
- Help your son/daughter be the best student they can be
- Help your son/daughter be the best athlete they can be
- Help your son/daughter graduate with the skills needed to be a productive citizen

General Policies:

Participation – We wish that all athletes could play all the time; however, when your child enters high school, you need to understand that we will place the best athletes in the positions that give our team the best opportunity to compete in each sport. Our hope is that every athlete gets to compete, but there is **no guarantee**. At the Middle School level we will try to ensure that all athletes get to participate in each game, although not all situations will allow or warrant it. We as coaches will make those decisions and will not discuss those decisions with anyone.

Communication – We want your son/daughter to talk to us. If there is ever a problem, he/she needs to come to the coach first. We have an open-door policy and will always give your child an honest answer, whether it is what they want to hear or not. If there is ever something your child does not understand, tell them to come ask the coach. In communicating with coaches, the following is the chain of command and should be used: 1. Head Coach of Sport, 2. Athletic Director, 3. Superintendent.

Conferences – If a parent wants to have a conference we expect you to call during school hours or email and set up a time. There will be no conference without a call or email first. Do not try to catch a coach before or after a contest or practice. These times are usually hectic and tense, and are not good times to confront a coach about a topic. Once we have received that call or email we will bring in your son/daughter and see what the issues are. We will then meet with you as needed.

The following are things we will discuss during a parent meeting:

- ✓ What your son/daughter does well
- ✓ What your son/daughter needs to work on
- ✓ Attitude
- ✓ School or classroom issues
- ✓ Outside issues affecting your son/daughter

The following are things we will not discuss during a parent meeting:

- × Your child's position or role on the team
- × Game decisions and philosophy (Xs and Os)
- × Other peoples' sons/daughters

Sundown ISD and our community have high expectations for any program representing our town. We want to encourage you to be leaders in the stands and in the community in building up our programs. This is a time that is about your son/daughter and their experiences. Our times have passed – this is about your child, and we challenge you to be great supporters and encouragers for your son/daughter and their teams.

SUNDOWN ATHLETIC POLICY AND CODE OF CONDUCT

- A. **GRADES** – By participating in athletics at Sundown, you choose to be a Student-Athlete. According to the University Interscholastic League’s “No Pass, No Play” policy, students who do not maintain a minimum grade point average of 70 in all classes are not eligible to participate in any UIL activity. Sundown ISD has also adopted a local grading policy that is more stringent (see SISD Student Handbook) in order to promote strong academics. Activity Period, as well as tutorials, will be utilized in order to keep students on top of their classroom work. **Student first, athlete second.**
- B. **CITIZENSHIP** – Athletes will be expected to have a good attitude during athletics and during classes. Winners are able to take constructive criticism and apply to their abilities. Athletes should be polite and respectful in class and on the field. Bad behavior will result in disciplinary action and/or loss of playing time. If an athlete is dismissed from the athletic program, entrance back into athletics is at the discretion of the Athletic Director.
- C. **COMMITMENT** – If an athlete quits a specific sport, he/she will not be allowed to participate in other sports for one calendar year. There will be a grace period at the beginning of each sport to allow kids to try out a sport. If an athlete is dismissed from a sport by a coach, he/she will participate in off-season. It is the discretion of the coaches and Athletic Director if an athlete stays in the athletic program after a dismissal. If an athlete quits or is dismissed from the athletic program, he/she will not be recognized or receive awards at the Athletic Banquet.

Students must enroll in the athletic period for the entire year. Students who wish to enroll in the athletic period mid-year must get approval from the Athletic Director. Students that move into the district during the year will be admitted at the discretion of the coaches and Athletic Director. Student-Athletes enrolled in the athletic period are required to participate in at least one fall and one spring athletic related activity, or a minimum of 2 UIL sports. This ensures that SISD has well-rounded athletes.

- D. **PRACTICE** – All athletes are required to attend all practices. As in any class, any time a player misses practice he/she will be required to make up the work he/she missed. There are two types of absences - EXCUSED AND UNEXCUSED. A player, who misses a practice without notifying the head coach, unless an emergency arises, will be considered unexcused. Unexcused absences will result in a one game suspension plus makeup(s)/further discipline. Excused absences are defined by 1. Faith, 2. Family, 3. School related absences, as long as the head coach is notified prior to the absence. Makeups for an excused absence will be comparable to the workout missed. Excessive absences can be grounds for dismissal at the discretion of the Athletic Director.
- E. **CONDUCT** – Any conduct or criminal law infraction by a student athlete that is determined by the Athletic Director/Principal/Superintendent to be detrimental to the Athletic Program, school, or SISD will result in counseling by the Athletic Director/Principal/Superintendent with possible disciplinary measures, suspension, or expulsion from Athletic Program.
1. The term **student-athlete** includes any student participating in the Athletic Program, including student managers and/or student trainers.
 2. **Disciplinary measures** are defined as extra conditioning, running, training or similar activities that cause a student to have some discomfort and examine his/her behavior and/or decide whether or not he/she wants to adhere to the athletic code and be a team member in good standing.
 3. Texas High School Coaches Association (THSCA) Code of Ethics will be enforced.

- F. SUSPENSION** – Any student who is placed in In-School Suspension (ISS) or suspended from school may not be allowed to participate in practice or a scheduled game while serving the suspension. This will depend on the severity of the offense, and will be at the Head Coach Athletic Director’s discretion. The athlete may be required to do additional make-up work after practice once the suspension is completed. If a student is placed in the Disciplinary Alternative Education Program (DAEP) for misconduct they will not be allowed to participate in practice or a scheduled game while serving the placement. If these type of suspensions occur more than once, the student could be removed from the athletic program.
- G. DRESS AND GROOMING** – The SISD Student Handbook will be followed, and should be referenced for more details.
1. **HAIR** – Male athletes’ hair should not extend below the t-shirt collar. It should not extend over the eyebrows in front nor lower than the earlobes on the side. It should be neat and not draw attention to the athlete. No words, designs or artwork are to be drawn or cut into the hair, with the exception of a straight-line part. Mohawks are not allowed. Athletes will be asked to cut or trim their hair if they do not comply with this policy. The student’s hair (male or female) color must be a natural hair color.
 2. **JEWELRY** – No form of jewelry will be worn in practice or games (this is a safety issue). Earrings for male athletes are prohibited for all school functions.
 3. **DRESS** – Athletes should be neatly dressed in clothing that adheres to school policy. No bandannas will be worn at practice, games or any other time. Hats must be worn properly when acceptable. The dress code for female athletes will be consistent with the school dress policy. All clothing and hair should not be of a style that would draw negative attention to the athlete.
- H. TOBACCO, ALCOHOL, AND DRUGS** – Tobacco, drinking, and the use of drugs will not be tolerated. These offenses are applied and carry over from 7th grade through 12th grade, sport to sport. Student-athletes will still be expected to practice during their suspension, and can be subject to additional disciplinary action as considered appropriate by the Athletic Director.
- According to SISD Drug Deterrent Plan, any athlete caught using drugs or testing positive for drugs will:
 - 1st Offense – serve a 30 Consecutive Calendar Day Suspension.
 - 2nd Offense – serve a 60 Consecutive Calendar Day Suspension.
 - 3rd Offense – serve a 1 Calendar Year Suspension.
 - Any athlete caught using alcohol or legally charged with an alcohol related offense (DWI, DUI, MIP, MIC, etc.) will:
 - 1st Offense – serve a 7 Consecutive Calendar Day Suspension.
 - 2nd Offense – serve a 21 Consecutive Calendar Day Suspension.
 - 3rd Offense – serve a 1 Calendar Year Suspension.
 - If the offense happens outside of the school year (i.e. summer), the student’s suspension begins on the next school day.
 - The use of tobacco will result in disciplinary action and/or loss of playing time.
 - NOTE – Repeated violations can also result in the removal of the athlete for the remainder of his/her eligibility.
- I. MISDEMEANOR OFFENSES (other than traffic violations)** - Each case will be reviewed on an individual basis and disciplinary action will be taken as deemed necessary. (Athletes detained or incarcerated for violations of law may be suspended from participation in athletics pending resolution of the case).

- J. FELONY LAW VIOLATIONS** – According to the Texas High School Coaches Association Code of Ethics, any athlete charged or accused of a felony will be suspended from athletics pending the legal outcome. Conviction will result in dismissal from all athletics for the remainder of their eligibility.
- K. TRAVEL** – Every athlete will ride to and from each out of town game or competition on the bus. Only in extreme circumstances will athletes be allowed to travel separately.
- L. INTERNET / WEB POSTING** – Any personal web pages, blogs, photo sites, social networking forums, etc. should be tasteful and appropriate. If such pages are in any way offensive or distasteful, the athlete will be subject to disciplinary action.
- M. ANNUAL PHYSICAL EXAMINATION** – All SISD student-athletes will be required to have an annual medical physical examination, and complete the medical and acknowledgment forms as required by the University Interscholastic League.
- N. SENIOR EXEMPTION** – At the conclusion of their participation in all SISD athletics, seniors will be given the opportunity to obtain a Senior Exemption from Athletics Form. This form allows seniors to opt out of the athletic period with clear guidelines and restrictions. The form must be signed by the athlete, parent, Athletic Director and High School Principal to be valid. If parents choose not to allow their student to opt out, athletes will then be required to attend off-season workouts, or have their schedule changed at the discretion of the Principal. Seniors must get this form from the Athletic Director.
- O. DISCLAIMER**—The SISD Athletic Department reserves the right to institute any other rules as may be necessary to ensure smooth and efficient operation of the athletic department and ensure the well-being of all athletes. Any other such regulations will have the approval of the Athletic Director and Superintendent.

We acknowledge that we have received a copy of the Sundown Athletic Policy and Code of Conduct for the 2018-2019 school year and understand that students will be held accountable for their behavior and actions, and will be subject to disciplinary consequences as outlined in the policy. We also acknowledge that we have read and understand the goals, general policies and expectations for this athletic program.

Athlete Name

Athlete Signature

Date

Parent Name

Parent Signature

Date