

Mabank Independent School District

Mabank Athletic Policy Book

2018-2019 Athletic Handbook

For

I. Athletes and Parents

I have received an athletic student handbook from the coaching staff or I have accessed the handbook online. I agree to abide by the contents of the handbook. I know that if I do not work hard to follow the guidelines of the athletic program I may be removed from the program. I know I am the only person that can make the decision.

*****ALL student-athletes MUST have a physical and annual athletic paperwork on file at the beginning of the school year to be in the program/class.**

Student Printed Name _____

Student signature: _____

Date: _____

Parent signature: _____

Date: _____

Received by Coach: _____

Date: _____

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Non-Discrimination Statement
The Mabank Independent School District does not discriminate on the basis of race, color, national origin, sex, handicap, or age in its employment practices as required by Title VI of the Civil Rights Act of 1964, as amended; Title IX of the Education Amendments of 1972; the Age Discrimination Act of 1975, as amended; and Section 504 of the Rehabilitation Act of 1973, as amended. Contact: Linda McKee 903-880-1300

Dear Mabank Panther, Lady Panther, and Parents,

We are pleased to have you as part of the Mabank Athletic Program. We sincerely hope the experiences you have will be both enjoyable and successful. Your coaches are looking forward to helping you grow through athletics. The information contained herein has been provided for you to read and study carefully, as it is your responsibility to know the rules and regulations of the Mabank Athletic Program. This handbook is used as a guide for our high school programs. However, additional rules may be given by your Coach. He or she will be happy to assist you in any way possible.

Tracy Carter
Athletic Director/Boys Basketball/Cross Country

I.

MABANK I.S.D. PHILOSOPHY OF ATHLETICS

Athletics are an integral and desirable part of the total educational process for those students who choose to participate. Participation is optional and shall not be a required activity; however, for those who desire to be a part of the program, stringent rules involving a positive attitude, effort, discipline, hard work, and academic achievement are involved.

All provisions of the M.I.S.D. student handbook are applicable to the athletic programs. Good citizenship as evidenced by exemplary conduct both on the campus and in the community shall be required at all times. A lack of good sportsmanship and fair play will not be acceptable conduct. Team responsibility, including common goals and group loyalties, subordination of self to team values, self-discipline, and personal sacrifice are essential attitudes that must, at all times be met.

II.

GENERAL POLICIES FOR ALL ATHLETES OF MABANK I.S.D.

A. GOALS OF STUDENT ATHLETES

To provide each enrolled student of secondary school age an opportunity to participate in an extracurricular athletic activity that will foster physical skills, create a sense of worth and competence, increase knowledge and understanding of the importance of sports and competition, the responsibilities and discipline of team play, and the principles of fair play.

Participation in athletics means more than competition between two individuals or two teams representing different schools. It teaches fair play and sportsmanship, understanding and appreciation of teamwork; the fact that quitting means failure while hard work means success.

With these goals in mind, we have worked to formulate this guide for the use of all concerned.

The conduct of an athlete is closely observed in many areas of life. It is important that this behavior be above reproach in all of the following areas:

B. Conduct on the field or court

In the area of athletic competition, athletes should refrain from the use of profanity or illegal tactics. The athlete learns the fact that winning and losing are a part of the game, and that they should be modest in victory and gracious in defeat. It is always courteous to congratulate the opponent on a well-played game after the contest. Bad sports often display fits, are easily tempered, or blame others when things fail to go as desired or when replaced by a teammate. A true athlete should strive for control of themselves at all times.

C. Conduct toward Officials

Officials in a game are there for the purpose of ensuring that the sports contest is competed in fairly and respectfully. Officials do not lose a game for you. It is athletic tradition and rule that no one except the appointed captain(s) talk to the officials. The Captain should speak in a tone of respect and for the purpose of clarifying a rule. Any behavior contrary to this is a direct and negative reflection on the school, team, and coaches, and will not be tolerated. Violations of a minor nature may result in punishment running or rolls. Those of a serious nature could result in suspension and possible expulsion from the team. Athletes and coaches are both governed by U.I.L. rules concerning officials.

D. In the Classroom

Good athletes are good students. They plan their time so they give sufficient energy to their studies to ensure acceptable grades. In addition to maintaining satisfactory grades, an athlete should give respectful attention to classroom activities and show respect for other students and faculty members at all times. Horseplay and unnecessary talking are not approved habits of behavior. If these standards present a problem that the athlete is unable to correct the athlete will be assigned proper punishment. If their negative behavior continues the athlete could be suspended or dismissed from the program. Assignment to P.A.S. of I.S.S. does not relieve an athlete of the responsibilities to the team.

E. On Trips

On trips, all athletes directly represent the community, school, and their families. Therefore, it is expected that all concerned will dress in an acceptable manner when traveling and conduct themselves at all times in a manner consistent with this philosophy. Violations in this area will result in disciplinary action appropriate for the misconduct. All athletes must always be within the school dress code when traveling. The only exception is if the athletes are dressed in their uniforms. At the discretion of the Head

Coach, athletes may be required to be in dress clothes on game days.

All athletes are required to ride the bus to the competition. We strongly encourage the athlete to return on the bus with their team. If they cannot, the following steps must be taken:

- A. Parents must sign their child out and have knowledge from the head coach.
- B. The athlete will not be allowed to ride home with anyone other than a parent.

Athletes will not be allowed to board the bus without a coach. The athletes will wait as a group until they have permission to board. Athletes should stay together if they are not competing. They should support whatever group is competing at that time. Teams will have assigned places to sit on away and home games.

Athletes will be responsible for cleaning the bus when returning from athletic events. Coaches will check bus before unloading and returning bus.

F. On the Campus

Behavior and appearance on the campus is of great importance. Athletes should be leaders, since fellow students respect and follow them. There are certain expectations that pertain to athletes. The athlete is:

- A. At all times within existing school dress code
- B. Never profane in their speech.
- C. Always respectful when dealing with school property or school personnel

Real leaders will accept these responsibilities, realizing that they influence many others on the campus. Hazing of new students, fighting, bullying, etc. will not be tolerated.

Violation of these rules may result in:

- A. Correction/ punishment from Head Coach, assistant coach, and/or school administrator.
- B. Conference with athlete and/or parent,
- C. Suspension from athletic participation, and
- D. Removal from athletics for one calendar year

H. Social Media Use

Be aware that social media is a powerful platform of communication, and can have far reaching implications in your future education, career, and personal life. Be courteous and respectful to everyone through all social media interactions. Be transparent, truthful, and cautious in all uses of communication, interactions or venues of social media. Never misrepresent yourself, family, teammates, other students, or Mabank High School on or through the use social media.

Violation of these rules may result in:

- A. Correction/ punishment from Head Coach, assistant coach, and/or school administrator.
- B. Conference with athlete and/or parent,
- C. Suspension from athletic participation, and
- D. Removal from athletics for one calendar year

III. Training Rules

- A. Rules that apply to all athletes at all times: on or off campus or at events.
1. No use of tobacco.
 2. No alcoholic beverages
 3. No use of controlled substance. Drug testing will be conducted during the school year.
 - a. Failing a drug test- athletic suspension as follows: (includes school parking)
 - b.
 - 1st time – 7 school day suspension
 - 2nd time – 28 school day suspension
 - 3rd time – 180 school day suspension

Each head coach may require different training requirements that pertain to diet, sleep, curfews, etc. Each athlete is expected to follow each head coach's training rules. The individual coach will handle violations of these rules. Athletes found in possession of alcohol or a controlled substance as defined by law may be subject to suspension from the athletic program.

IV. Violations

Violations can be designated as “Minor” or “Major.”

Minor violations are generally thought of as mistakes made from time to time. While these mistakes may not pose a problem if they are isolated cases, it is the concern of the Athletic Department that these violations or infractions do not repeat themselves. Examples of “Minor” violations include, but are not limited to: Unexcused tardies, failure to dress out, horse-play, loss of equipment, failure to demonstrate a good attitude or sportsmanship.

Major violations demonstrate a problem which needs to be addressed by the Athletic Department immediately. Examples of “Major” violations include, but are not limited to: conduct unbecoming of a student-athlete, unsafe behavior on the bus, vandalism, willful disobedience, disrespect to a person of authority, lying, using drugs or alcohol, cheating/stealing, bullying.

Placement in ISS for general misconduct violations will be eligible for practice after school and make-up conditioning missed during the school day. Students are eligible to resume participation in an athletic contest at the end of the school day of the final day of his/her ISS placement.

It is the goal of the Mabank Athletic Department to develop Student-athletes who make good decisions and are willing to behave and conduct themselves in an appropriate manner.

If an athlete exhibits a persistent behavior which is contrary to the overall well-being of the program he/she may be removed from the athletic program.

“An athlete is judged by the company they keep. In the eyes of the public, their action in everyday life, both public and private, is a reflection upon their team and school.”

V. Grading in Athletics

Grades are not based on a student-athlete’s athletic ability. Grades will be based on the student-athlete’s effort and attitude and willingness to act, behave and cooperate in such a manner that will allow for success of the athlete and program itself. All student-athletes will begin each grading period with a grade of 100. Points will be subtracted for conduct or behavior unbecoming or detrimental to the program. Excessive absenteeism could result in a failing grade. An athlete could possibly fail the class or be removed.

VI. Miscellaneous Subjects

The University Interscholastic League, of which we are a member, has made the recommendation that “All student athletes be encouraged to participate in a variety of sports to broaden and enhance their knowledge of the opportunities available, rather than restricting them to specialization in a single sport.” In keeping with this philosophy, the coaching staff will be actively encouraging each athlete to participate in every sport where their presence will help the team and

athletic program. It is important that coaches work together in order to most benefit the entire athletic program and the student athlete. Personal interests by the coach should never play into the decision when sharing athletes.

The following protocol concerning sharing of athletes will be followed in order to maintain integrity and success of the entire athletic program:

Policies for Sharing Athletes

1. Varsity sports will always supersede junior varsity participation.
2. District participation will always supersede non-district participation.
3. Post-season (playoff) participation will supersede regular season participation.
4. When dealing with team sports and the participation in individual sports (track, cross-country, golf, tennis, etc.) where only one district event may take place, coaches must work together so that the athlete can compete in both (if possible). If there is a lack of consensus among coaches, the athletic director will make final decision.
5. Varsity athletes will be required to finish a sport in one season before they may start a sport in a successive season. An example would be finishing basketball before going to baseball. If it is possible to do both successfully, this rule will be waived. Sub-varsity athletes may move to next sport as long as successive sport does not interfere with current games or practices.
6. Athletes that participate in concurrent sports or other UIL events (Band, choir, theatre, etc.) will be expected

to finish out the season in both sports and activities. No coach will encourage or put pressure on an athlete because of their contribution to another program sport or school function.

7. The high school sport will always come before the club sport or non-UIL activity. It will be up to each individual coach to determine if the athlete can miss practice or games to participate in these non-sanctioned events.
8. The athlete or athlete's parents will never be involved in or allowed to influence the decision making process concerning this policy.

A. School Equipment

1. School issued equipment is the responsibility of the athlete. The athlete must pay for all equipment that is lost or damaged. This does include normal wear and tear. School equipment should not be worn home or on campus outside of the athletic period.

B. An athlete dropping from a Team

All athletes will have until the team plays its first scheduled contest in which they may try a sport. During this period they may leave the sport at any time, but must communicate their intentions with the head coach of that sport. If after the team's first contest an athlete wants to quit a sport, every effort should be made by the coach to prevent any harassment by players or coaches.

1. Coaches should take the following steps:
 - a. Discuss reasons for wanting to quit.
 - b. Collect all equipment.
 - c. Inform the Athletic Director
2. Athletes must keep reporting to the sport quitting until notified the change has officially been made through the coaches involved and Athletic Director.
3. Athletes who quit the team will not be allowed to go to another team until the first team's season is completed.
4. Exceptions to this rule may be permitted under these conditions:
 - a. If the athlete has a doctor's statement that he/she drop the first sport for medical reasons and permitting participation in the second sport.
 - b. If both coaches involved and the Athletic Director agrees that a mid-season change would be beneficial to the athlete without being unfair to the individuals of either team.
5. Athletes will not be able to try out for that sport again without consent of Head Coach and/ or Athletic Director.

The district recognizes that some situations might arise that would allow the opportunity for an athlete to withdraw from a sport season early without penalty. These special circumstances will be considered case by case by the Athletic Director.

C. Academics

Each athlete is responsible for getting their work from their teachers prior to any trip that requires them to miss school time. Each athlete will be required to attend tutorials if their grades drop below 80, have a zero in any subject, or if a teacher recommends that they attend tutorials. Tutorials will continue until the academic issues are resolved.

VII.

Entering the Athletic Program

A. In-season and out of season sports

1. All athletes who have been in the program on a continuing basis will be eligible for the program the following year. This includes both 8th grade and high school athletes.
2. High School students, who wish to enter the program for the first time, or wish to re-enter after being absent, will normally be required to undergo a tryout period. All applicants will be considered individually on their own merits and background qualifications. The recommendation of the Athletic Director and the Head Coach will be considered in any decision to admit any student to the athletic program.

3. The athletic program is presently functioning as follows:

At the time of pre-registration, athletes will indicate their sports preference and coaches will prepare for them accordingly. Should an athlete fail to report for the sport

indicated, they will not be considered a member of that team. All athletes will be strongly encouraged to be in the athletic period to participate in athletics.

Mabank coaches will work together to provide an off-season program that allows for strength & conditioning, as well as sports specific skill development. The participation in strength and conditioning off-season program is paramount to the success of Panther Athletics. An athlete in the program who wishes to enroll the following year without a tryout must participate in the off-season programs. Students who are in school at mid-term, and wish to join a sports team the following fall must enroll in the athletic class for the spring semester if their class schedule will permit. The principal and Athletic Director will determine this. If their schedule will not permit, the student must meet with the athletic director to determine his/her status for trying out. If the athlete is able to go through the off-season but does not, then he/she will be allowed to play at the sub-varsity level only.

An athlete should realize that once they have joined the athletic class, it may be necessary for them to remain there, even if their preference is to quit. Some schedules are not flexible enough to allow change. Should the athlete be required to stay in the program, they must realize that their grades or conduct will be based upon their performance, just as in any other class.

Sports such as Cross-Country, Golf, and Tennis, do not require an athletic period. These are all before or after school sports.

B. Practice Regulations

A Coach must be notified if any athlete must miss a practice. An athlete missing a practice will have to make up that practice before participating in the next game. Practices missed because of school-sponsored events do not count against an athlete. If an athlete is injured or is recovering from an illness they are still required to observe the practice. Punishment for unexcused absence from practice or /games, tardiness, or failure to notify a coach of absences are listed later in the policy. Unless prohibited by a doctor's note all athletes will dress in athletic clothes and observe practice. A doctor's note that takes an athlete out of athletics should also take them from other physical or extra-curricular activities.

C. Locker Room Procedures

1. All equipment must be kept in the athlete's locker.
2. Lockers must be kept clean.
3. No equipment should be left out in the locker rooms.
4. All valuables should be locked up during practice and games.
5. Trash must be picked up and the commodes flushed.
6. No fighting or horseplay.
7. Stay out of equipment rooms and training rooms without permission.
8. Do not wear football, baseball, or softball cleats in the hallways, locker or training room.

This list of athletic policies could not possibly cover every situation or problem that might arise. While each athlete is striving to reach his/her goals and dreams they should always be aware that participation in extracurricular sports is a privilege and not a right.

D. Revocation of Athletic Privileges

The rights which guarantee every child a free education in the public schools does not extend to participation in extracurricular activities. Such participation is a privilege and must be earned by the student. Withdrawal of those privileges may be imposed for the following:

1. If an athlete is continually assigned to PAS or ISS during the year they may be subject to dismissal from athletics upon review by the High School Principal, Athletic Director, and the Head coaches of any sport in which the said athlete is involved.
2. If an athlete is admitted to the Alternative Education program or suspended for any reason during the school year that athlete will automatically be suspended from the activity in which they are involved. Re-admittance to the Athletic Program will only be allowed pending a review of said athlete by the High School Principal, Athletic Director, and the Head Coaches or sponsors of any sport in which the athlete is involved. This review will not take place until the said athlete re-enters regular education program.
3. If a student is deemed ineligible an appeal may be submitted in writing to the campus principal.

E. Training Room and Injured Players

All athletes who need to use the training room should clear it with the coach in charge. No one is to be admitted without the coach's and trainer's permission.

Any injured player will be expected to be at workout with shirt and shorts on. You should attend practice to be prepared for the day you are well. Clear all doctor visits with your coach, except in the case of emergencies or illness.

These are the rules for injuries and treatment:

- 1 Report all injuries to the coach even minor ones. These could develop into major ones if not taken care of. No treatments then no injury.
2. Unless it is an emergency, all athletes must see the trainer before seeing a doctor. Certified trainers will acknowledge the need for further medical assistance.
3. Athletes will only be present in the training room for purposes of and time needed for treatment. There will be no gathering or socializing.

Personal Habits and Training

All athletes need eight hours of sleep to practice at a 100% level. Never drink milk before a game or during two-a-days. Drink milk after games and practices. Drink a lot of fruit juices.

Smoking, drinking, and drugs will not be tolerated by athletes. Drug testing will be conducted during the school year on all athletes. An athlete cannot give 100% and do these things. You cheat yourself and your teammates by doing these things.

All athletes should take a shower after and athletic activity, practice or game. There will be no horseplay in the showers.

Courtesy

Each athlete is expected to be courteous to coaches, teachers, adults, officials, teammates, and other students. The same holds true for other teams and coaches.

Discipline

All players and coaches will practice discipline. One must learn to be self-disciplined, if a player is to be depended upon by the coaches or teammates. We will strictly enforce our discipline policy.

VIII.

Parent's Role

You as parents and fans are welcome to come by and visit with any member of our coaching staff. Our doors are always open. As we all know, there are going to be problems that may occur throughout the course of the season. You will disagree with some of the things we as coaches do and are entitled to your opinion. This is normal and is the American way. We will not discuss playing time with parents as those decisions are made by coaches and are in the best interest of the athletic program. We will not tolerate any verbal abuse coming from our stands directed to any coach, member of the coach's family, game official, or athlete. This will be ground for immediate dismissal from our athletic facilities. Please help support our young athletes as they are trying as hard as they possibly can.

Thank You,

Coach Carter