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Your son/daughter has expressed a desire to participate in the Sidney Independent School District Athletic program. It is the belief of the school administration and 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 succeed, attain personal goals that insure maximum team effort, and builds strength of body and strength of character.

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

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 this program.

ALL ATHLETES, REGARDLESS OF SPORT, MUST FOLLOW THESE RULES:

1. Abide by all University Interscholastic League (UIL) rule specifications and abide by local athletic policy.
2. Attend every practice session and athletic contest unless illness or emergency Situations arise (The athlete or the guardian/s must notify the coach if the Athlete will not attend a session. The phone number to Sidney ISD is (254-842-5500 EXT: 118)
3. At all times, respond to every situation as young ladies or gentlemen.
4. Because of our belief that winners do more than asked of them, and strive to be the best they can be, Sidney athletes will conform to the Sidney ISD dress code at school and all school related activities plus abide by the following athletic guidelines.
5. Sidney ISD requires a student to be in school on the day he/she participates to be eligible. There are a few exceptions to this rule and these exceptions must be an extreme emergency only. These exceptions must be made by the athletic director and the principal. These absences must be of an obvious nature.

CONCERNS

1. If at any time during the school year parents have concerns or questions, please Contact your child's immediate coach first. If further inquiry is necessary,

Please contact the following people in the order listed:

- A. Sport Head Coach
- B. Athletic Director
- C. Principal
- D. Superintendent

UIL AND ATHLETIC ELIGIBILITY

1. For a student to participate in a practice, a game, or event that occurs on a school day, that student must be present on the same day. If the activity is an all day event, the student must have been present the previous day. The only exception to be made is given to the student who secures prior permission from the principal for that absence. If this permission is granted, the student will be considered eligible for either a practice, game, or performance

Awards & Honors

According to the U.I.L. (University Interscholastic League) regulations a student can receive only one letter jacket during his or her four year tenure in high school. A student may earn a letter jacket by achieving points.

1) Successfully completing a sport does not mean that an athlete will letter on the varsity level. All athletes must earn points toward a letter jacket. Points will carry on throughout his or her tenure at Sidney ISD.

- Football Varsity Letter: (1 point)

- 1. You are a varsity player all season long or work your way up to a varsity player
- 2. Half a point for being a varsity water boy/water girl/manager/
- 3. All other participants will receive certificates of participation

A student athlete who is injured and/or ill, but projected as lettering by his or her coach will receive a point

- Basketball Varsity Letter: (1 point)

- 1. You a varsity player all season long or work your way up to a varsity player
- 2. Half a point for being a varsity water boy/water girl/manager
- 3. All other participants will receive certificates of participation

A student athlete who is injured and/or ill, but projected as lettering by his or her coach will receive a point

- Track Varsity Letter: (1 point)

- 1. Score at least one point at the district or area level meet

All other participants will receive certificates of participation.

- Tennis: (1 point)

- 1. Participate in all scheduled meets, or

2. Advance past the first round of competition

All others receive certificates of participation

- Golf Varsity Letter: (1 point)
 1. Participate in all scheduled meets, or
 2. Score at least one point at the district level

All others receive certificates of participation

- Cross Country Varsity Letter: (1 point)
 1. Must qualify for the regional meet

All others receive certificates of participation

- Cheerleader Varsity Letter: (1 point)
 1. Must be a varsity cheerleader and attend all scheduled events
- One Act Play: (1 point)
 1. Must advance past first level of competition
- Powerlifting: (1 Point)

- UIL/ Judging LDE and CDE events: (1 point)
 1. Must advance past first level of competition

- Sidney athletic point system
 1. A Freshman will need to have earned 6 points to receive a letter jacket
 2. A Sophomore will need to have earned 4 points to receive a letter jacket
 3. A Junior will need to have earned 3 points to receive a letter jacket
 4. A Senior will need to have earned 2 points to receive a letter jacket

ATHLETIC GUIDELINES

ALL ATHLETES, REGARDLESS OF SPORT/SEASON, MUST NOT AT ANY TIME BREAK THE FOLLOWING ATHLETIC GUIDELINES:

- 1) Athletes will not smoke and/or use tobacco or snuff.
 - 2) Athletes will not consume or possess alcoholic beverages of any kind.
 - 3) Athletes will not use illegal substances of any kind.
 - 4) Athletes will not conduct themselves in a manner unbecoming to young ladies or gentlemen, nor one that might reflect negatively on Sidney ISD.
 - 5) Appropriate and respectful behavior will be expected of you.
- Violation of these athletic policies will result in appropriate disciplinary action being taken against the student following the Student handbook extracurricular policy and may result in his/her removal from the athletic program. Therefore, we ask your cooperation in motivating your son/daughter to observe these rules in order that they receive the maximum benefit from this athletic program.

A. MALE ATHLETES

- 1) No earrings at school or school related activities.
- 2) No non-standard hair styles will be allowed. These hair styles include, but are not limited to shaved designs, color, tails, or any style deemed non-standard by the head coach. Hair style is to be clean-cut & remain cut above the ear. High-lights should be throughout the entire head of hair; no single strand(s) intended to attract attention.
- 3) No facial hair, including, but not limited to mustaches and goatees.
- 4) Caps and/or hats will be worn at the discretion of the head coach, but will not be worn so as to call attention to the individual, and will be worn properly positioned at all times.
- 5) Allowance of cell phones, CD players, and/or radios etc. will be at the discretion of the head coach
- 6) Game-day apparel should be worn on game-days.
- 7) Any attempt to bypass these rules will be a violation of the rules and will be dealt with accordingly.

B. FEMALE ATHLETES

- 1) No non-standard hair styles will be allowed. These hair styles include, but are not limited to shaved designs, or any style deemed non-standard by the head coach.
- 2) Hair style will be of such a nature that it does not impede the athlete's ability to perform her athletic assignment to the best of her ability. Style & color will be determined by the head coach. High-lights should be throughout the entire head of hair; no single strand(s) intended to attract attention.
- 3) Nail length should be at the discretion of the sport head coach.
- 4) Allowance of cell phones, CD players, and/or radios etc. will be at the discretion of the head coach.
- 5) Game-day apparel should be worn on game-days.
- 6) Any attempt to bypass these rules will be violation of the rules and will be dealt with accordingly.

TRAINING RULES

- 1) Since physical conditioning is necessary to insure the success of any athletic program, and is extremely beneficial to the athlete, training rules must be established to insure that the person desiring to participate in any athletic program remains in proper physical condition. This is to insure the safety of the individual and to maximize the benefits from the program.
- 2) In-season begins the day equipment is issued to an athlete and continues until all equipment is turned in.
- 3) The use of tobacco & alcohol in any form is prohibited.
- 4) The use of any illegal or dangerous drug, or any controlled substance as listed by the Texas Controlled Substance Act is prohibited; unless the same is used Accordance with directions obtained by prescription from a medical doctor.
- 5) Any athlete charged with a crime as described by the Texas Criminal Statutes shall be disciplined accordingly with the handbook policy.
- 6) Curfew will be at the discretion of the sport head coach, and will be strictly adhered to if issued.

Illness/Injury

- 1) If an athlete is injured, one of the coaches should be contacted. The coach will either treat the athlete or recommend that a physician or trainer be contacted.
- 2) If an athlete must leave school or practice because of an injury or illness, he/she must first check with one of the coaches.
- 3) If an athlete is ill or injured, he/she will not be expected to work out, but will be expected remain with the supervised group.

DISCIPLINE FOR Vape, TOBACCO, ALCOHOL, AND FOR ILLEGAL SUBSTANCES. THE DISCIPLINE OF STUDENT-ATHLETES CHARGED WITH THE USE, MISUSE, AND/OR ABUSE OF PRESCRIPTION DRUGS, INHALANTS, OVER-THE-COUNTER PILLS, AND ANY OTHER SUBSTANCE DEEMED HARMFUL TO THE HEALTH AND WELFARE OF THE STUDENT ATHLETE OR IF A COACH WITNESSES THE USE, MISUSE, AND/OR ABUSE OF PRESCRIPTION DRUGS, INHALANTS, AND ANY OTHER SUBSTANCE DEEMED HARMFUL TO THE HEALTH AND WELFARE OF THE STUDENT. DISCIPLINE FOR SUCH SUBSTANCES ARE AS FOLLOWS: DISCIPLINE FOR TOBACCO, ALCOHOL, & ILLEGAL SUBSTANCES

Strike infractions will be handled as follows

- 1) At the first infraction, the student will be charged with his or her first offense:
 - A. First offense: Run 25 miles under the supervision of a Sidney coach or sponsor plus suspension from the next regularly scheduled event. All running must be complete prior to competition/event participation and in addition to the regular work-out for athletes. Running is to be done prior to or subsequent to the school day.
- 2) At the second infraction, the student will be charged with his or her second offense:
 - A. Second Offense: Run 50 miles under the supervision of a Sidney coach or sponsor plus suspension from the next regular scheduled event. All running must be complete prior to competition/ event participation and is addition to the regular work-out for athletes. Running is to be done prior to or subsequent to the school day.
- 3) The third infraction: Suspension from all extracurricular activities for one calendar year.
- 4) The fourth infraction: The student will be dismissed from the athletic program for the remainder of his or her tenure at Sidney ISD.

For each offense, the suspension will apply to all extracurricular activities, regardless of number for which the student is enrolled. However, once a student has completed the mile requirement, the running will not be duplicated for multiple participating events. Strikes will cumulate for the student's high school career.

PRACTICE SESSION AND GAME CONDUCT

- 1) Athletes will obey all instructions given them by their coaches. Insubordination will not be tolerated and will be followed by prompt disciplinary action. Insubordination is grounds for immediate loss of playing privilege.
- 2) Good sportsmanship in practice/games is the essence of any athletic program and unsportsmanlike conduct will not be tolerated. Fighting, disrespect for officials, foul language, or public displays of temper are deemed unsportsmanlike conduct, and appropriate disciplinary action will be taken. This type of conduct is grounds for immediate loss of playing privilege.
- 3) Issued equipment is the only equipment that is allowed during practices/games.

MISSED PRACTICE

If you know you are going to miss a practice call the Head coach of that sport. You will have to make up the conditioning you missed for the day. If you fail to contact the coach, it will consist of doubling the conditioning. Three missed practices in a row without a phone call will result in removal from the athletic program.

1. All missed practices will be handled with reminders:
2. Reminders will be specific to the sport and at the discretion of the head coach.
3. Skipping Intentionally—Knowledge of intentional missed practice will result in disciplinary action by the sport head coach (Ex. Extra Running, Suspension, and Dismissal from team).

CONDUCT ON TRIPS

1. Athletes will conduct themselves in accordance with the coach's instructions on all trips. Failure to obey instruction will result in disciplinary action. Failure to follow instruction is grounds for immediate loss of playing privilege.
2. The Dress Code instituted by the Sidney school district and athletic department applies on all trips. Students are to take off all caps before getting off the bus.
3. Athletes are expected to travel with the team to & from the game-site, under extremely special circumstances, parents can arrange to take the child with them. The arrangements must be made in advance.
4. Students are to load and unload from the front of the bus.
5. There will be no public display of affection at any time. If you question whether or not an act is a PDA then it is.

Stealing from a teammate or other individuals

1. First offense- will consist of a minimum of 25 miles of running.
2. Second offense the student will be dismissed from the athletic program for the remainder of the student's tenure at Sidney ISD.

Care of Equipment and Facilities

1. We want to teach responsibility to our students at Sidney; therefore each student will be responsible for their locker room and be given weekly duties to be held accountable for.
2. Each athlete will be responsible for seeing his or her equipment is in its proper place before leaving the facilities.
3. Each athlete will be responsible of cleaning up the bus after events.
4. Locker rooms, training rooms, weight rooms, and practice area will be cleaned at the conclusion of all practices.

CLASSROOM CONDUCT

1. All athletes will observe all disciplinary rules established for regulating the conduct of students in this school as determined by the Board of Trustees.
2. Any athlete suspended from school will be ineligible to participate in his/her team's next competition following their return to school.
3. Grades will be checked at the 3 week mark and 6 week mark to ensure the student is staying on top of their academics. Failing grades will be handled by the sport head coach.
4. Delinquency acts such as skipping class, school, or practice will not be tolerated.
5. Detentions will be dealt with accordingly.
6. Follow and observe all classroom rules as posted by the classroom teacher.
7. Follow all rules in the student handbook.

GENERAL GUIDELINES

1. Athletes must meet the minimum grade standards of UIL and TEA. At the present, he/she must be passing all subjects with a 70 average at the end of the six weeks grading period. Those that are having trouble meeting those standards must attend study hall daily until teacher notifies head coach or the principal the athlete is passing.
2. Should an athlete start a sport and quit, it will be the discretion of the next sports coach if he or she will be allowed back into athletics. If the coach feels comfortable with the situation the athlete will have to run 25 miles to get back into athletics. This athlete will not be allowed to start the running until the sport that he/she quit is over. Athletes will not be allowed to quit a sport and go to another in season sport.
3. Athletes are expected to maintain a favorable attitude and conduct during off-season athletic periods. Should the attitude or conduct of any athlete become detrimental to the rest of the team, the athlete may be dismissed. Dismissal of this type will be considered the same as quitting a team, since both involve an attitude problem.
4. Athletes are expected to never yell or extend arms/legs or throw things from inside a team bus. They are expected to keep this vehicle clean, and to respect it in every way.
5. Any athlete found guilty of stealing or willfully destroying any school property or property of a fellow student is subject to punishment or dismissal from the athletic program. This shall include the taking and/or destroying the property of other schools. Any athlete found charged/guilty of a crime as described by the Texas Criminal Statutes will be punished accordingly using the student handbook policy.
6. During the spring season, students are allowed to be in three sports as long as all practices are attended. However, a student-athlete will not be allowed to miss three days of school because of athletic activities. The student-athlete will need to pick which two activities they will be attending per week.
7. School Board Policy provides a hair and dress code as well as an extracurricular policy found in the student handbook. Athletes will abide by, and be a step above, this policy at all times.

Accident Insurance

PROCEDURES FOR HANDLING CLAIMS AND MEDICAL BILLS

Medical Bills

Personal health insurance (ex: Blue Cross and Blue Shield) must be applied first on any medical service rendered. The athletic insurance provided by Sidney ISD will serve as secondary coverage after the personal health insurance has been applied.

*If the athlete has no personal health insurance coverage, the athletic insurance plan will be applied to a percentage of the bill.

Remaining balances on medical statements will be the responsibility of the injured athlete's parents or guardian.

Claims

A claim form for every athletic related injury will be initiated by the athletic director who has referred the injured athlete. As stated above, personal insurance is applied first in all cases and the athletic insurance used after or, in cases where athletes have no personal insurance. All athletic injuries will be handled by the head coach and athletic director unless otherwise stated. Coaches **Do Not** make doctor referrals or commitments of payment on medical bills under any circumstances.

Insurance Forms

For all athletic insurance forms and questions, contact James Rucker, Athletic Director at 325-330-0520

NOTE:

Soon after school opens, parents will have the opportunity to purchase low-cost insurance that would help meet medical expenses in the event of an injury to their child. For more information, contact the campus secretary.

I the undersigned student-athlete have read the rules and understand the rules. I will do my best to abide by the rules contained in this handbook. Failure to do so can be causes for myself to being dismissed, suspended, reprimanded, or disciplined accordingly.

STUDENT-ATHLETE SIGNATURE: _____ DATE: _____

I the undersigned parent/guardian have read the rules and understand the rules. I will do my best to abide by the rules contained in this handbook. Failure to do so can be causes for myself to being dismissed, suspended, reprimanded, or disciplined accordingly.

PARENT/GUARDIAN SIGNATURE: _____ DATE: _____