

RANGER ISD

ATHLETIC HANDBOOK

2016

## **Goal**

To maintain a high level of success year in and year out in all sports which means: winning games, district titles, regional championships, and state championships. This will be accomplished not because we will always have the best athletes on the playing surface, but because we will always strive to have the hardest working team on the playing surface. All eligible students will be given an equal opportunity to participate at their highest level regardless of any disabilities that he or she may have.

## **Objective**

To win in all sports, by teaching athletes that winning is a by-product of discipline, hard work, proper preparation. Coaches will provide a safe and positive environment for students to learn proper techniques and fundamentals of the particular sport in which they are engaged in.

## **Off Season**

The offseason program is where a program is built and championships are won. All athletes will participate in an athletic period so they may be challenged both physically and mentally. We will improve athlete's strength, speed, flexibility, hand-eye coordination, balance, and mental toughness. Training young people to be better all-around athletes is the main focus of the Ranger off-season program. This will be accomplished by various movements, drills, weight training programs, and mind challenging activities. Many athletes will participate in multiple sports, so keeping them in an athletic training period year around will ensure continuous improvement to students overall physical development and mental maturity, along with building a strong relationship of trust and caring among the coaches and the athletes. Disrespect to coaches or other players will not be tolerated or accepted and will be treated under the discipline policy during the offseason program. Refusal to participate in the offseason program will result in suspension from the current sport that is in season. If a schedule conflict arises with academics and the Athletic Period, plans will be made for required workout to be made up daily before or after school. Our goal is that every athlete is putting in the same amount of work as their teammate and improving every day.

### **In Season**

Practice for a sport during the season should consist of specific fundamental skills, techniques, and practicing of schemes for that particular sport. All practices will take place either before or after the school day. Athletes should be aware of what the goals are for the sport and what objectives they are trying to meet each day. Academics should be stressed to the athlete for them to show their commitment to the team and the importance of academics for their overall success in life.

### **Philosophy Expectations**

It is important to understand that participation in high school athletics is a **PRIVILEGE NOT A RIGHT** (Can be found in the UIL Parent Informational Manual, page #3). To be an athlete at Ranger ISD means that the student-athlete is willing to follow a code of conduct that is higher in expectations than that of a regular student. It means that the team must be put before the individual. This requires that an athlete is unselfish in all things at school, on the field, off the field, and outside of school. The athlete is responsible for all of his/her actions, words and attitude at all times.

Each individual athlete is a reflection of our entire program and our school. Therefore athletes should refrain from any action that will cause him/her to break legal, school, or athletic rules. All student-athletes are important at Ranger Schools. All of the coaches are dedicated to helping these young men and women become better athletes and better members of society. It is never our intention to run an athlete off or give up on them. In fact, great strides are taken to keep athletes in the program so they can become better young men and women. However, there comes a point when the student-athlete must make a choice to remain in athletics and abide by the rules set forth, or behave in a manner which requires removal from the program. Removal from the athletic program may result from a single act of conduct that could be seen as detrimental to the athletic program – or a series of acts committed by the athlete. If it is determined that the athlete is a detriment to the athletic program and other athletes, the athlete will be removed. Discretion will be left to the Athletic Director. The athlete's attitude and prior discipline record will weigh significantly in the decision.

The athlete's first priority is academic achievement. Ranger athletes will be held to the UIL standard of "No Pass, No Play" and their academic performance will have a bearing on their privilege to participate in the athletic program. This will be discussed more in the Eligibility section.

### **Position and Playing**

Coaches will make the decisions on what position athletes will play based upon the make-up of the team each year. We will try to project out where we see an athlete playing on the varsity level with the philosophy and talent make-up of the team. Our philosophy on playing time at the sub-varsity level is to develop athletes by giving them as much playing time as possible. At the varsity level our main goal is not to develop talent, but take the athletes that have proven they can compete at the varsity level and construct game plans and schemes to win.

### **Problem Solving Chain of Command**

In the event that a player or parent comes to a disagreement with a coach, the following steps should be taken in this order:

1. Athletes need to discuss any issues with the coach at an appropriate time (after practice/game).
2. 12 hour rule for parents (this is the length of time after a game or practice a parent has to wait to discuss a concern that has occurred dealing with their child).
3. **Parent/Legal Guardian** may set up a conference with the coach of the sport.
4. If a resolution is still not found set up a conference with the head coach of that sport.
5. If a resolution is still not found set up a conference with the Athletic Director.
6. If a resolution is still not found set up a conference with the Superintendent.

## **Requirements**

In order to participate in a sport at Ranger ISD each athlete must meet the following requirements.

1. Is a student in good standing enrolled at Ranger ISD.
2. Meet all UIL and district eligibility requirements.
3. Have a completed UIL Physical form, Medical history form, Acknowledgement of Rules form, Steroid policy form, (New forms required each year)
4. Have a signed copy of the Ranger Athletic Policy on file each year.

Participation in all sports will require enrollment in the athletic period during the school day. Grades will be issued as follows:

100 – in season sport

100 – off season

70 – Quit or removed from sport after the grace period

50 – If the student refuses to participate during the Athletic Period

Each athlete enrolled in the athletic period will be encouraged to participate in a fall and a spring sport

## **Absences**

Athletes are expected to be at all practices and games and to be there on time. However if circumstances prevent this, it is the responsibility of the athlete or the parent to call the coach/school and inform them of the need to miss or be late. Athletes who call will have to complete any skill performance drills and cardiovascular conditioning missed with the absence; this is not punishment but rather cardiovascular conditioning and skill maintenance for the workout missed. Athletes who do not call will owe the cardiovascular conditioning make-up work, complete any missed skill performance drills, plus extra cardiovascular conditioning for punishment for the unexcused absence. Unexcused absences are not acceptable.

Athletes are expected to be present and dress out for athletics and practice every day. When an athlete is injured or sick they are still expected to dress out if they were at school all day. An athlete's activity may be limited while injured or sick, but they will be expected to do what they are capable of doing such as therapy, and/or observe and encourage their teammates.

### **Academic Eligibility**

UIL requires that a student be passing at the end of each six week grading period in order to be eligible for athletic competition. If a student is not passing at the grade report and becomes ineligible, the student may regain eligibility at the end of a three week progress report if they are passing all classes. Students not passing and are ineligible to play are still expected to be at all practices. Remember there is a seven day grace period before a student loses or regains eligibility at the end of a grading period. Athletes who fail two consecutive six week grading periods or a semester may be removed from athletics. An athlete will be allowed to come back to the athletic program when 2 consecutive six weeks are passed. After verification of the athlete passing 25 miles must also be completed before athlete may be reinstated to competition and they must meet all requirements in this policy. As stated earlier, academic achievement is our highest priority, so if a student is removed from athletics once and regains his eligibility, and then later the athlete is dismissed for a second time he or she will not be permitted to regain eligibility to participate in athletics for their remainder of their high school career.

### **Clothing/Equipment**

School issued equipment and clothing must be taken care of and kept up with. Athletes are responsible for their equipment and must pay for any lost equipment or clothing. School equipment is not to be worn other than for athletic purposes except with the direct permission of the head coach of a sport. If the student doesn't pay for lost items then next year they will not be issued that particular item of clothing. All valuables; such as money, wallets, cell phones, jewelry, car keys, and ect., should be placed inside the athletes' locker and locked up each day.

### **Language**

Students will be reasonably punished by a coach for foul or vulgar language on the spot or at first appropriate time. (Example: up-downs, push-ups, squat thrust, or bear crawls)

### **Hazing, Harassment, and or Sexual Harassment**

The Ranger Athletic Department is informing parents that we will not tolerate hazing, harassment, or bullying of any kind within the athletic setting. This means on the bus to and from games, in the locker room, at practice, at games, or any other activity or place where Ranger Students are representing Bulldog Athletics. **If caught, the student athlete will be removed from athletics and placed in PE,** along with a discipline referral to the office and possibly the police contacted if the situation warrants as per the student handbook.

### **Dress Code**

Athletes will follow the dress code established in the student handbook. Athletes must follow these rules when inside the school building. They must also be followed at all school sponsored activities whether inside or outside the building. Hats or caps will not be worn in the building. Hair must be kept neatly groomed. Coloring hair an unnatural color will not be permitted and will result in a suspension from competition until the hair is a natural color. Discretion will be left to the Athletic Director. Hair on male athletes may not be longer than one inch from the hair line on the back of the head. It must be cut above the eye brows and above the middle of the ear. Braided hair will be acceptable only if it meets the length requirement while braided and it must remain braided at all times. Facial jewelry included earrings will not be worn during any athletic competition, practice, or event.

## **Discipline**

Discipline is an essential part of obtaining success. Discipline begins with a set of guidelines and rules in which all parties involved understand what is expected of them – along with the consequences of each infraction. This knowledge will lessen the opportunity for inequality of punishment which will aid in upholding the integrity of the program. There will always be situations that will not fall under a particular rule or guideline that will warrant disciplinary action. This action should be reasonable and within the rules and regulations of the district and agreed upon by at least two of the involved parties, one being a school official. This individualized method of discipline should be documented and filed for future reference, should similar situations occur. Discipline referrals from the office may result in ECO or Saturday School. Because athletes are held to a higher standard of conduct, these discipline referrals for Ranger athletes will result in additional punishment in athletics. A student returning from AEP will be responsible to make up all missed workouts before being eligible to compete in a sport.

Discipline referrals are not acceptable. Athletics will have the option at 5 discipline referrals in a semester to remove an athlete from a sport or from the athletic program, or sooner if the infractions are severe. The final decision will be left to the Athletic Director after meeting with parents, coach of the athlete, and building principal about the referrals. All methods of discipline should be used to gain the athlete's understanding of being accountable and responsible for their actions, their words, and as a representative of the athletic program and the school.

## **Parent and Crowd Expectations**

We want parents, friends, and the community to come out and support our teams. We ask that you support Ranger ISD Athletics without profanity or any derogatory comments of any sort towards our athletes, other teams, officials, or coaches. We also ask that parents please respect the coaches during contest by not coaching your child. Please stay off the fields, courts, and playing surfaces during and after athletic events. If you are unable to meet these few expectations, you may be asked to leave the premises by a school administrator and suspended from future district events.

## **Facilities**

We take pride in our facilities. Our locker rooms are our home away from home; therefore they should be kept neat and clean. This is meant to include all athletic facilities as well as buses after the completion of an event. No food will be permitted in locker rooms or athletic facilities.



### **Quitting/Dismissal**

Athletes will be given a ten day grace period at the beginning of each sport. We encourage all athletes to participate in multiple sports and try new sports. Therefore there is no punishment for quitting during this ten day grace period. After this grace period an athlete who quits a sport cannot begin another sport until the completion of the sport they quit. If an athlete is dismissed from the team by the coach for any reason the student will be ineligible for the remainder of the school year to compete. The student will stay in offseason for the next year. An athlete that makes quitting a habit may be removed from athletics (Athletic Directors decision).

### **Stealing**

Stealing from within the athletic program will not be tolerated. Any athlete proven to be guilty of stealing from another athlete, another student, or the school district will be removed from the athletic program. The athlete will not be eligible to return for one calendar year from the date of the offense.

### **Travel**

Students who participate in school-sponsored trips shall be required to ride in transportation provided by the school to and from the event. Exception may be made if the student's parent or guardian personally requests that the student be allowed to ride home with the parent and signs the release or provides a written request to the coach or sponsor the day before the scheduled trip. The district shall not be liable for any injuries that occur to students riding in vehicles that are not provided by the school.

### **Student Ejections from Games**

Students that are ejected or removed from a contest or event will be subject to the following discipline:

7<sup>th</sup> Through 12<sup>th</sup> Grade

1<sup>st</sup> Offense: Student will not participate in the first half of the next contest.

2<sup>nd</sup> Offense: Student will not participate in the next three contests.

3<sup>rd</sup> Offense: Student will not participate in any extra-curricular activities for the remainder of the school year.

*Scrimmages and games count as contests or events.*

**\*\*\*PLEASE COMPLETE THIS FORM AND RETURN TO THE MAIN OFFICE**

I have read the entire Student/Parent Handbook for Athletics, and I understand what is expected of me as a student-athlete. I agree to follow all policies in this handbook, and that I will always represent my school and the community of Ranger in a positive manner. I understand that any violation of this handbook will result in consequences.

I also understand that this Code is in effect 24 hours a day, 7 days a week, 12 months a year, both inside and outside of school and/or school related activities.

Student Name (Print): \_\_\_\_\_ Grade: \_\_\_\_\_

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Name (Print): \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_