

THE SONORA BRONCOS

ATHLETIC

HANDBOOK

2017-2018



LEAVE NO DOUBT

ATHLETIC POLICIES FOR THE STUDENT ATHLETE

This handbook is supplemental to the student handbook and code of conduct. www.sonoraisd.net

Sonora Independent School District

Participation in the athletic program and/or in the University Scholastic League contest is not a right but a **PRIVILEGE**. No student is required to take part in the contests or activities. Therefore, it is imperative that all students taking part in the program understand the following athletic code and conform to the rules therein, and that the coaches of the sport or activities and the Athletic Director shall have every right to remove these privileges.

It is extremely important that everyone understands that situations do arise from time to time and not every situation is listed in the handbook to follow. When this happens the coaching staff, and athletic director, with the assistance of the campus principal, will work together to make the best decision for the program involved.

General Policies for Sonora ISD Athletes

1. Academics come first! We as coaches and student athletes must attempt to motivate each student/athlete to maintain his/her grades. “No Pass – No Play” is state law. The primary objective of all students is to gain an education. Academic progress and conduct in the classroom are very important and will be checked periodically.
2. Don’t miss school, don’t miss practice! Every day is a learning process for every team. Coaches and players are dependent on everyone’s participation. If you do miss, you will make up for the work missed.
3. Practice clothing is issued to every athlete in Sonora and must be worn at every practice. We want to instill the team concept and need everyone to be identical in dress. Individualism will not be tolerated.
4. Practice clothes are to be worn only at school and should never leave the school campus.
5. If you lose anything that belongs to the school, you will be required to reimburse the school for the cost of the item.
6. U.I.L. Credit requirements: Tenth Grade – 5; Eleventh Grade – 10; Twelfth Grade – 15.

On the Field or Court

The athlete must never use profanity or resort to illegal tactics. He/she must learn that both winning and losing are part of the game and that you have to be a good loser as well as a gracious winner. Temper fits, flagrant violations of rules, etc., will not be tolerated. Total respect to officials is an absolute must. Only the coach will discuss the calls made by officials. Any behavior contrary to the above mentioned or any other act which is not conducive to good sportsmanship may result in removal from the contest and possible expulsion from the team.

Athletic Grooming Code

Participation in competitive athletics is completely voluntary on the part of all students. To participate in athletics in the Sonora Independent School District, there are certain standards, which must be maintained, one of which is acceptable grooming. Specific standards are necessary for the following reasons:

1. **SAFETY:** It almost impossible to get a safe fit in football helmets if the hair is extremely long.
2. **HEALTH and HYGIENE:** Facial cuts or lacerations are most susceptible to infection and first aid is more difficult to administer when facial hair is present.
3. **UNIFORMITY:** Athletes do much traveling to other towns, communities, schools, restaurants, etc., as representatives of Sonora Independent School District; therefore, they should be groomed in a manner that our community, school, and sponsors will be proud of.
4. **SELF-DISCIPLINE:** One of the rewards of being an athlete is learning self-discipline. There is no better way to acquire self-discipline than to make sacrifices. Giving up untidy fads of dress and appearance is a very small sacrifice.

An athlete's appearance should be such that neither he/she no his/her fellow athletes are ashamed of or feel uncomfortable about it. It should also be conducive to good health and to the proper fitting requirement. It should not in any way be a hindrance to his/her performance. The student athlete should at all times be in compliance with the student dress code as it appears in the Student Handbook for their campus. Male student athletes will have their shirts tucked in during the entire school day. All athletes will have their shirts tucked in during the athletic periods, practice times, as well as games.

The athlete should be neatly dressed for competition. Each team member is to be dressed exactly the same while participating in an event. Every piece of equipment worn by the athlete should be identical to his/her team member with the exception of shoes.

Quitting the Team

Think hard before you decide to go out for a sport. Athletics takes a lot of hard work, time and dedication. Any participant who quits a sport after they have begun will not be allowed to participate in any other sport until the season has ended in the sport, which he/she quit. The only exception to this will be by a majority vote of the coaching staff or if he/she quits upon the recommendation of the coach.

An athlete will be reinstated to the athletic program only with the approval of the Athletic Director and the head coaches involved. The athlete must receive approval and then make up the work that was missed before he/she will be reinstated in the program. He or she must also run twenty miles that is monitored by a SISD coach before they can participate in the next sport. Finally, a twenty-four hour rule is in effect by the student-athlete as well as the coaching staff of Sonora ISD. If a situation occurs, no action will be final until both parties have had twenty-four hours to make the best decision possible.

School Spirit

Athletics should set a pattern here. Learn your school's song and sing out. All athletes should participate in demonstrating positive school spirit. Sometimes it is good to sit together as a group. Give your full support to other sports that you yourself do not participate in.

Equipment

The athletic budget provides sufficient money to field well-equipped teams in all sports. While this equipment is not always the most expensive available, it is always good equipment and provides adequate protection where needed.

With proper care it can be kept in use for longer periods of time, thus allowing some of the money designated for new equipment to be used in other areas of the athletic program.

Proper care of equipment relies basically on the use of common sense. This includes keeping equipment as clean as possible at all times and repairing equipment as soon as possible after damaging.

Poorly fitting and/or damaged equipment can be a hindrance to any athletic team and can often lead to unnecessary and costly injuries. Take a little more time at the beginning of the season in order to get a good fit. Inform your manager or coach if your equipment does not fit properly, and check your equipment daily for needed repairs.

Do not keep equipment checked out that you are not using.

Do not use someone else's equipment. If you do not have or cannot find yours, check with a manager or coach. The athlete is financially responsible for all equipment that has been issued to him/her.

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Practice Regulations

1. A coach must be consulted ahead of time if any athlete must miss a practice or game. Missing a game or practice without permission may result in suspension or removal from the team.
2. Obey all rules set up by the coach.
3. Profanity will not be tolerated.
4. Poor effort will not be tolerated.

Travel

All athletes in junior schools and high schools represent the communities, school and coaches. Therefore, it is expected that all will dress in acceptable manner on trips and conduct themselves in a manner in keeping with this code. Violations may result in suspension and possible expulsion for the team or program.

1. Be on time for all trips.
2. Dress neatly as directed by the coach.
3. Be mannerly in restaurants.
4. Show respect for the opposing teams and facilities. Make sure not to abuse dressing areas in any way.
5. No gambling on trips.
6. All athletes making trip on the bus will return on the bus unless in an emergency situation or when parents are present and there is good reason for returning with parents. The proper form must be filled out by the student and signed by his/her parents prior to the trip if they are to return with their parents.

Suspension from School

If an athlete is suspended from school for any reason, he/she will be ineligible from all activities during the period of suspension.

Classroom Behavior

Athletes who are habitual problems in the classroom and receive repeated poor conduct grades may be suspended from a team on a temporary basis or permanently if the problem continues.

Training

The following rules apply to all athletes at all times during his/her school career.

1. No smoking.
2. No drinking of alcoholic beverages.
3. No use or distribution of abusive drugs (marijuana, narcotics, etc.)
4. No involvement in criminal activity of any kind.

All infractions shall be referred to the Discipline Management System.

With the first offense the student-athlete will run twenty miles before he/she is allowed to play in a game. This running must be done outside of practice time and must be witnessed by a Sonora ISD coach. If a second offense occurs during the school year the student-athlete will be required to run forty miles before participating in a game. This will stand as the last warning and if a third offense occurs the student-athlete will be removed from athletics for the remainder of the school year.

Other Rules

Obey all training rules given by his/her coach in a particular sport.

Theft

Taking things from other players, schools, etc., will not be tolerated. Punishment will be handled individually and may result in expulsion from all athletic activities for up to one calendar year from the date of the incident. At the end of one calendar year from the date of the incident all parties concerned may review the case, and his/her conduct during the previous year will determine reinstatement into the athletic program.

Injuries

All high school athletic injuries must be reported to the Athletic Director within 24 hours. In addition to this, the coaching staff at SISD highly suggests athletes utilize the school districts athletic trainer as well as the districts equipment and facilities. If you need to see a physician, you must

notify a coach so an accident report and insurance claim form can be filled out prior to your doctor's visit.

Expectations of Athletes

1. Be in control of your life.
2. Be a good family member.
3. Strive to get a good education.
4. Work hard in practice.
5. Play hard in games.
6. Be loyal to your teammates, coaches and school.
7. Be a classy person.
8. Show character at all times.
9. Be enthusiastic.
10. Respond to adversity.

What You Can Expect from Your Coaching Staff

1. Coaches that care about you as a person.
2. Coaches that are quality teachers.
3. Coaches that have class and character.
4. Coaches that will do whatever work is necessary to succeed.
5. Coaches that will discipline you.
6. Coaches that will be loyal to you.
7. Coaches that will respect you.
8. Coaches that are proud to be a part of the Sonora Athletic program.
9. Coaches that are here for your benefit.

10. Coaches that will always be honest and fair with you.

Discipline

No athlete can do his/her best without self-discipline. A great deal of self-sacrifice is involved. At times, it becomes necessary for discipline to come from the coach. It is the coach's responsibility to maintain team discipline. There are three levels of discipline to be used in our program, depending upon the nature, severity or reoccurrence of the problem. It is our intent to be extremely fair and consistent with our athletes. If you have a question, contact the coach or Athletic Director.

Types of Disciplinary Action

1. Extra Duty.
2. Probation/Suspension from the sport for a specified time.
3. Suspension from the athletic program.

Parents will be notified in cases involving suspension. Every effort will be made to head off any problem before it becomes serious enough for suspension. However, serious misconduct or use of illicit drugs will result in immediate suspension.

Classroom conduct

Sonora Athletes will observe all disciplinary rules established for regulating the conduct of students in the Sonora Independent School District as published in the handbook.

Tryouts

Our goal at Sonora Athletics is to provide every opportunity for each student-athlete to participate in multiple sports. We also encourage them to be involved in additional extra-curricular activities other than athletics. Every sport at Sonora ISD is allowed to have tryouts when necessary. Participation numbers will determine the number of teams and the number of players. When participants and facilities create problems, subjective and objective tryouts can and will be made for those particular sports. The head coach of the sport and the athletic director will make the final call in deciding if a sport is in need of starting their season with a tryout.

Athletic Periods

Enrollment in the athletic period is limited to athletes only. All sports shall practice after school. The athletic period is specifically designed for strength and conditioning. The majority of practice time will be after school. The Athletic Director will work with each head coach to develop the best type of strength and conditioning program for the benefit of each athlete at Sonora. The athletic period throughout the year will go through phases as well as facility use will dictate how much time will be allotted for practice time during the athletic period. Those wishing to participate are required to be enrolled in athletics unless there is an academic conflict in scheduling. The sponsor of the sport, the Principal, and the Athletic Director must unanimously agree upon any expectations. Only seniors who are no longer participating in a sport will be allowed to change schedules. Seniors who are still enrolled in the athletic period will be required to complete the same workout as the underclassmen.

Athletic Grades:

Student-Athletes will not receive blanket grades in athletics. (i.e. everyone enrolled in athletics receives a hundred). Student-athletes will be given a grade based on participation and attendance.

Standards for Athletic Awards – Varsity Teams

Football, Basketball, Baseball and Softball

All members who play in a majority of district ball games or matches, and completes the season are eligible to receive this award, or at a coach's discretion. Also, if the team qualifies for the playoffs, all team members can letter.

Track

All members who complete the season and score points in the district meet, or a coach's discretion. The coaching staff will use the athletic period to prepare for our local and district track meet. Some of our student-athletes will be allowed to participate in these two meets if spots are available in the schedule of events.

Cross Country

All members who complete the season and represent the school in the district meet. Also, if the team qualifies for regional, all members will be eligible for lettering.

Golf and Tennis

All members of this team who complete the season and represent the school in the district meet as a member of the varsity team are eligible to receive an award.

Sub – Varsity Requirements for Receiving Awards

To be eligible to receive a sub – varsity award, the recipient must have participated on the team through the final game of the season unless injured. An athlete that quits a sport at any time will not receive an award.

How to Address a Problem

In the event of a question concerning any part of this handbook, certain procedures need to be followed in order to adequately address each situation. When there is a question in a specific area, please contact the head coach that is directly responsible for the sport involved. If satisfaction is still inadequate, please contact the Athletic Director. The majority of the time the Principal, Superintendent or School Board members will just refer you back to the previously stated chain of command. All problems can be worked out for the betterment of the situation if proper procedure is followed.

Select or Club Sports

Anytime student-athletes participate in Select or Club sports they are taking advantage of improving their individual skills. I would also like to state that I am in favor of student-athletes being involved in any and all activities that enhance performance. However, coaches, managers and sponsors of these events receive monetary amounts from each individual that participates. The majority of these leaders have other means of employment. Parents and student-athletes must understand that the Sonora ISD Coaching Staff is evaluated on their team's performance. Select and/or Club sports need to understand that practices and competitions should be scheduled around high school athletics. This is not always the case and when a student-athlete misses a practice or contest he/she will make up the work missed. Each individual coach is responsible to make sure every Select or Club sponsor has access to their particular schedule prior to the start of the season so we can all work together. It is also important to know that the athletic period at Sonora ISD is extremely beneficial to the development of all our student-athletes and the only coaches present are those that are employed by SISD. Each head coach of every sport will be responsible for assigning make-up work when practice and or game time is missed due to participation in Select or Club sports. The SISD coaching staff can at any time suspend a player for a certain amount of time, matches, or games at any time, if this becomes a problem. It is imperative that the SISD coaching staff, parents, players and those involved with Select or Club teams work together in order to make sure we are doing what is best for all of our student-athletes.

Extra – Curricular Organization Uniform
Discipline Management System
(EC-DMS)

This document covers the discipline procedures for all extra-curricular programs within the Sonora ISD. Student participants in Sonora ISD will adhere to all the following disciplinary guidelines. By definition discipline is meant to train, correct, mold or perfect. In no way do we want to be harsh with our students or This handbook is supplemental to the student handbook and code of conduct. www.sonoraisd.net

throw them out of organizations that are there to help them build the very attitudes and characteristics that they may at time experience difficulty with. This discipline management system is designed to set high and consistent expectations for all extra-curricular participants. If a student chooses to not cooperate with the system they may ultimately be put out of extra-curricular activities.

Sonora ISD EC-DMS Mission

It is the mission of the EC-DMS to deal with all major disciplinary offenses in a fair and consistent way.

Definitions and Explanations

Suspension – During a period of suspension from an extras-curricular program students may be required to practice but will not be allowed to compete in any event relate to that organization, nor will they be allowed to travel with the group for fun or competitive trips.

Probation – A period of one year after the offense. Any level one offense committed during the probationary period extends the student to level two and a one-year probationary period begins. Further level one offenses during the new probationary period advance a student through the levels and extend the probation each time. Once the probationary period is over any offense would be considered on its own merit. A probationary period begins the day that the sponsor meets with the students and delivers the written reprimand.

Communication Requirements – Any student, parent, or school employee who is aware or a *ticketed* offense by a public official for any student involved in extra-curricular activities is under obligation to report it to the High School Principal. The principal will then report the level of the offense to the sponsor of each organization the student belongs to.

Enforcement of the System – Enforcement of the Extra-Curricular Organization Discipline Management System will be the responsibility of the sponsor of each organization. The principal will provide consultation to the sponsors as needed to assure consistency between organizations.

Appeals – If a student or parent feels that the system had been applied incorrectly they must appeal in writing within 7 days to the sponsor. If the sponsor cannot resolve the matter the appeal letter should be passed along to the principal, then the superintendent, and finally the school board.

Records – Each sponsor will be required to maintain a record on file of the action and submit a copy to the student and/or parent as well as the principal. Documentation will be recorded on the written reprimand form.

Confidentiality – Everyone involved has a responsibility to maintain confidentiality.

Scope of the System – The system is intended to apply to offenses that occur during school, during participation in the extra-curricular event, or offenses c omitted out of school.

Removal – A period of time ranging from the rest of the school year to one full calendar year where the student would not be allowed to participate at all in an organization.

Extra-Curricular Organization Uniform Discipline Management System
Written Reprimand Form

Date _____

Organization _____

Student Name _____

OFFENSE _____

CONSEQUENCES – (Please refer to the guidelines and fill in the consequences that apply.)

_____ Written Reprimand

_____ One full Calendar Year

_____ Service to the organization as required by the sponsor. Describe _____

_____ Three week suspension

_____ Six to twelve week suspension

_____ Removal of all leadership responsibilities and/or privileges

_____ Removal from the organization

_____ Rest of the Year

_____ One Calendar Year

I do agree to do my part to follow the requirements of the reprimand.

Student Signature

Date

Sponsor Signature

Date

Parents please sign and return your copy - _____

ATHLETIC HANDBOOK

SONORA INDEPENDENT SCHOOL DISTRICT

I understand and consent to the responsibilities outlined in the Sonora Athletic Handbook. I also understand and agree that my child _____ shall be held accountable for the behavior and consequences outlined in the Sonora Athletic Handbook. I understand that any athlete who violates the Athletic Discipline and Conduct codes shall be subject to disciplinary action. I also understand that my child will not participate in any game or scrimmage until this sheet is signed and turned in to the coaches. If you have any questions regarding the policy handbook please call the Athletic Director at 325-387-6940 ext. 3900.

Student Signature

Parent Signature

Date

Date