

***Sonora
Extra-Curricular
Code of Conduct
&
Guidelines
2023-2024***

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Extra-Curricular Philosophy

Extra-curricular activities exist to enhance the educational experience of students by equipping them with skills necessary for success outside the educational realm. All extra-curricular activities are equally important. Athletics, however, provides students with the unique experience of using what they have learned in a physically competitive arena. Discipline, teamwork, sportsmanship, and community pride are all developed through participation in athletic competition. Improved social skills and physical wellness can be attributed to a competitive athletic program.

In order to have a competitive athletic program, all sports must be successful, boys and girls. "Winning breeds winners." This concept carries over from sport to sport and from year to year.

As coaches, we realize that winning is the goal. Our "perceived" success will be based on "win-loss" records. However, we must also realize that the ultimate measure of our success comes from our student-athlete's contributions to society resulting from their participation in our program.

Participation

Students participating in sports sponsored by the Sonora Independent School District will be required to be enrolled in the appropriate athletic period. Sports falling under that umbrella include: Football, Cross Country, Men's and Women's Basketball, Track, Women's Softball, Volleyball, and Baseball. This includes high school and middle school students.

Each athlete should be encouraged to participate in as many sports as their interests and abilities will allow. No athlete will be influenced to give up participation in one sport in order to concentrate on another sport. Middle school and high school students, particularly in small schools, are more likely to gain recognition from colleges and universities by being involved in as many areas as possible. This keeps athletes from resenting the efforts of their coaches and also provides a less stressful environment.

Practice Attendance

You are expected to be at every practice. If for any reason you must miss practice, call or see your group coach or the head coach in advance. If you do not do this, your absence is unexcused. After a phone call, it is up to the head coach to determine if the absence will be excused or not. Any unexcused absence will result in punishment. The punishment will be at the head coach's discretion, with the

approval of the Athletic Director. Three unexcused absences will result in removal from the team. Even excused absences will require make up conditioning. If an athlete is not present, they are missing the physical activity associated with that sport. This will allow for all athletes to remain in excellent physical condition.

Quitting

Athletes will not be allowed to quit the **athletic period** without the approval of the Athletic Director and the Campus Principal. Students who quit and then wish to re-enter the period will be required to complete 10 consecutive days of additional physical activity. Re-admittance to the athletic period will be at the discretion of the Athletic Director. A subsequent quitting decision by the athlete will result in his/her permanent removal of the athletic program for the athlete's high school career.

Athletes wishing to quit a **sport** will be given a 24 hour "cooling off" period before a final decision is made. These athletes must have the approval of the head coach of that sport, the Athletic Director, and his/her parent(s)/guardian(s) before they will be allowed to participate in another sport. In addition, that athlete will be suspended from competition for a 21-calendar day period of the subsequent season he/she participates in. Also, the athlete will be required to complete 20 miles of supervised running **or** 15 days of physical conditioning per AD/Coordinator's discretion outside of the athletic period and athletic practice. If the 20-mile option is chosen by the AD/Coordinator and the twenty miles of additional running is not completed within the 21-calendar day time frame, said athlete will remain suspended until the 20 miles is complete. The athlete will be allowed to practice with the team throughout the suspension period. There will be a two-week window at the beginning of each sport where a student can decide if he/she wants to participate in that sport. If the first contest (game) is within the two-week window, then the decision not to play must be made prior to the first contest. This window is provided primarily for students who have limited experience in the respective sport. In the instance, because of rules violations, inappropriate conduct, etc..., a student athlete is removed from an athletic team, enforcement of the three-week suspension rule will be left to the discretion of the Athletic Director.

*****All students enrolled in athletics at Sonora High School and Sonora Middle School (including managers and student-trainers) will be expected to participate in a general strength and conditioning program*****

Grooming

*As athletes of Sonora ISD we will be well-groomed throughout the school year. The Athletic Department guidelines may be **stricter** than the Student Dress Code for grades 7-12 of Sonora ISD. The Student Dress Code is approved by the Board of Trustees each year and applies to all students attending Sonora ISD, **but being in Athletics is a choice, and you will be held to a higher standard.***

Drug Policy

All students involved in the athletic program as participants or managers will comply with the district drug policy as set forth by the Sonora ISD School Board.

Illegal drugs will not be tolerated. Any student-athlete/participant caught in possession of illegal drugs or drug paraphernalia will be subject to the following:

1. First Offense: 21 calendar day suspension from participation. Sport/Activity to be determined by the AD/Coordinator/Director. Also, the participant will be responsible for 10 miles of running or 10 days of physical conditioning per AD/Coordinator/Director's discretion.
2. Second Offense: 42 calendar day suspension from participation. Sport/Activity to be determined by the AD/Coordinator/Director. In addition, the participant will be responsible for 20 miles of running or 20 Days of physical conditioning per AD/Coordinator/Director's discretion. Student will also be required to participate in 4 one-hour counseling sessions with a licensed substance abuse counselor provided by the district. A student-athlete choosing to participate in 4 one-hour counseling sessions with a counselor of his/her choice will be responsible for all expenses incurred. Documentation of completion must be provided by that counselor to the Principal/ AD/ Director
3. Third Offense: Removal from the athletic/extra-curricular program for one calendar year.

Any student-athlete/participant caught in possession of alcoholic beverages or charged with any alcohol related offense or caught with any tobacco related products including but not limited to vape pens will be subject to the following:

1. First Offense: 21 calendar day suspension from participation. Sport/Activity to be determined by the AD/Coordinator/Director. Also, the participant will be responsible for 10 miles of running or 10 days of physical conditioning per AD/Coordinator/Director's discretion.
2. Second Offense: 42 calendar day suspension from participation. Sport/Activity to be determined by the AD/Coordinator/Director. In addition, the participant will be responsible for 20 miles of running or 20 Days of physical conditioning per AD/Coordinator/Director's discretion. Student will also be required to participate in 4 one-hour counseling sessions with a licensed substance abuse counselor provided by the district. A student-athlete choosing to participate in 4 one-hour counseling sessions with a counselor of his/her choice will be responsible for all expenses incurred. Documentation of completion must be provided by that counselor to the Principal/ AD/ Director
3. Third Offense: Removal from the athletic/extra-curricular program for one calendar year.

Social Media Infractions

Due to the accessibility and use of social media in today's society, the Sonora ISD Athletic and Extra-Curricular Departments are implementing guidelines to assist our students participating in extracurricular activities in developing the skills needed to make positive decisions while using social media outlets. It is important for our students to understand how social media can affect their opportunities in future endeavors. Many employers and colleges now use potential candidate's social media activities as a reference to that candidate's character, life choices, and habits.

1. Social Media use should not violate the SISD Code of Conduct for students.
2. Posts should not contain language or remarks that may harm teammates or sponsors, other students or representatives of other schools, including comments that may be disrespectful to opposing teams.
3. Posts should not contain profane, vulgar, obscene, racial/ethnic, or offensive language.
4. Photos should not contain nudity, be vulgar, obscene or offensive in nature.
5. Photos or written post should not contain or reference illegal acts such as: violence, sexual harassment, selling, possessing, or using controlled substances, stalking, underage drinking, or any other inappropriate behavior.
6. Posts should not cast a negative image or negative perception of the athlete, team, contest, or school.

Consequences:

Ultimately, the consequences for Social Media violations will be determined by the sponsor, director and school administration on a case-by-case basis.

Potential consequences may include:

- 1) Conference between the student, sponsor, coach, director and parent 2)

Extra physical conditioning

- 3) Contest or game suspension
- 4) Expulsion from the team, club, or event.

Ejections

Participants ejected or removed from a contest because of fighting or a verbal assault on an official or opposing player will be suspended from play for the remainder of said contest and the next scheduled contest. If the ejection is based on a referee or umpire's judgment, then a meeting consisting of the athletic director, head coach, and administrator will be held in order to see if the ejection warrants suspension of the next contest.

Eligibility

Students must meet University Interscholastic League requirements in order to participate in school-sponsored athletic events. In addition, students must be in good standing with the athletic department in order to compete in athletic events. The Athletic Director and the head coach of that sport will determine "Good standing".

Extra-Curricular Insurance

Our athletic insurance is blanket coverage. This policy is a supplemental coverage and students must file on their own insurance before claims will be paid. If a student does not have insurance, the policy will pay up to their maximum claim. Claims must be made promptly. Claim forms are available in the Athletic Director's office. The athletic department will send a claim form with the parents of athletes who are sent for medical attention. It is advised that the parents also send the claim form with attached bills to the insurance company.

Extra-Curricular Awards

Varsity athletes/participants will letter, according to lettering policies established and found in this policy book. High school athletes are allowed one award of valuable consideration per inter-school activity for each school year, not to exceed \$20. Athletes are allowed one award equal in value to \$70 once during their high school career.

Travel To and From Contests

It is recommended that all athletes/participants be required to travel to athletic/extra-curricular contests with their coach or sponsors through means provided by the school district. **ATHLETES CANNOT PARTICIPATE IF NOT COMPLYING.**

It is recommended that athletes/participants be required to return home with their team following athletic/extra-curricular contests. If there are extenuating circumstances, an

athlete/participant will be allowed to return home from a contest with a **parent/guardian only** provided that the athlete's parent meets the following condition:

The coach/director must have the parent sign a sheet verifying that the parent is taking his child and is relieving the coach and district of responsibility for the athlete.

***If a student will be returning home from a competition/activity with a parent/guardian, notification must be provided to the Head Coach/Director by noon the day before the scheduled event.**

***Enforcement of the above policy will be left to the discretion of the Head Coach or Director of the sport or activity.**

Athletic Dress

Personal dress should always be in good taste whether in uniform or in "street clothes." Athletes' personal appearance away from athletics should reflect the same pride that is shown while performing in the athletic program. Dress should also fall within Sonora ISD student dress codes.

All athletes must wear uniforms to all contests, and each uniform will be worn in the same manner. No personal equipment or clothing other than uniforms will be allowed.

Personal clothing worn to contests by athletes should be in accordance with the district's dress code.

All athletic equipment will be clearly marked for identification purposes when issued to an athlete. Each article is the property of the Sonora Athletic

Department and is considered to be on loan to the athlete. Each head coach will maintain in written form an equipment issuance checklist showing every item issued. All equipment **MUST** be returned at the request of the Athletic Director regardless of the condition of the item. Students will be subject to reimburse the district for the cost of lost or stolen equipment issued to the athlete.

Code of Conduct for Sonora ISD Athletes

- Use of profanity – we will not allow it.
- Stealing – taking things that do not belong to you, especially taking from your teammates will not be tolerated. An athlete caught stealing is subject to punishment, which can include dismissal from the athletic program. Stealing could also be interpreted to involve school equipment not turned in after the season is completed.
- Individual conduct – do everything you can to add class to our program. As an individual, do not do anything detrimental that would take away from this. Broncos should be noted for their clean, tough, and competitive play. We should not “trash-talk” on or off the field. Praise your opponents and play beyond your ability. You will be expected to conduct yourself as a lady/gentleman at all times. We know that each of you does not have the same ability, but we expect each of you to perform to the best of your ability. Failure to adhere to the above conduct will result in a coach/athlete conference with possible disciplinary action.
- Respect for coaches – athletes should respond to coaches with “yes sir,” “yes ma’am,” “no sir,” “no ma’am.” Players in return will be treated with respect by their coaches. Whenever a coach is speaking with you, either individually or as a group, you should give them your undivided attention.
- All athletes are expected to dress within Sonora ISD dress codes. The appearance of an athlete will be in accordance with good taste. Pride in personal appearance is part of being a Bronco.
- A Sonora athlete will show respect to all teachers, administrators, and other adults with whom they come into contact.
- A Sonora athlete will be on time for all classes, practices, trips, and any other scheduled event unless he has notified the teacher or coach in advance.
- Sonora athletes are expected to excel in the classroom. Weekly grade checks will provide motivation for athletes.
- A Sonora athlete will remember at all times when he or she is on an athletic trip that they are representing their school and their community.
- The appearance of an athlete will be in accordance with good taste, and should not be trying to attract attention with improperly worn caps, shirts, or jackets. Pride in personal appearance is part of being a Bronco.
- A Sonora athlete must remember that he or she is recognized first as a Bronco athlete. With this in mind, one must think before they act, and not devalue the character of their school, community, and athletic program.
- An athlete’s school is one of the most important factors in his or her maturing process. They will always remember their high school days, so one must remain loyal to his/her school and its spirit.
- Good sportsmanship is a must in being a true Bronco athlete. An athlete never loses his or her poise by expressing anger at an opponent during competition. It is natural to become angry at times during a contest or game, but real champions can control their feelings and come back stronger by

channeling that anger rather than causing the TEAM to be penalized. An athlete will accept the decisions of the officials and show respect for their authority. An athlete should never “act out” in front of fans whenever he/she disagrees with an official.

Athletic Lettering Policies and Requirements

*****FINAL APPROVAL OF AWARDS WILL BE AT THE DISCRETION OF THE ATHLETIC DIRECTOR*****

****All athletes who letter their freshman year will have their jackets ordered during the fall semester of their sophomore year.***

****Head coaches can approve a letter award, with the approval of the Athletic Director, if an athlete does not meet the criteria listed below, but had an important role on their particular team. Ex. Courtesy runner-softball/baseball***

Football

- Freshmen, Sophomore, Junior, and Senior participants must participate in at least 25% of the total number of quarters played for the current football season at the varsity level.
- A Senior participant who has participated in the football program at Sonora High School for four consecutive years becomes eligible for a letter jacket. It will be left to the discretion of the Athletic Director and the head coach to award these participants.
- In the event that the varsity team becomes a playoff team, all players who were carried as varsity roster members from the beginning of the season become eligible for a letter award.

Volleyball

- Freshmen, Sophomore, Junior, and Senior participants must participate in at least 25% of the total number of matches played for the current volleyball season at the varsity level.
- A Senior participant who has participated in the volleyball program at Sonora High School for four consecutive years becomes eligible for a letter jacket. It will be left to the discretion of the Athletic Director/Girls' Coordinator and the Head Coach to award these participants.
- In the event that the varsity team becomes a playoff team, all players who were carried as varsity roster members from the beginning of the season become eligible for a letter award.

Basketball

- Freshmen, Sophomore, Junior, and Senior participants must participate in at least 25% of the total number of quarters played for the current basketball season at the varsity level.
- A Senior participant who has participated in the basketball program at Sonora High School for four consecutive years becomes eligible for a letter jacket. It will be left to the discretion of the Athletic Director/Girls' Coordinator and the Head Coach to award these participants.
- In the event that the varsity team becomes a playoff team, all players who were carried as varsity roster members from the beginning of the season become eligible for a letter award.

Track and Field/Cross Country

- Freshmen, Sophomore, Junior, and Senior athletes must participate at the varsity level meets and score ten points, cumulative, for the competitive year, or one point at the District Track Meet (in track).
- A Senior participant who has participated in the track or cross-country program at Sonora High School for four consecutive years becomes eligible for a letter jacket. It will be left to the discretion of the Athletic Director and the head coach to award these participants.
- In Cross Country, regional qualifying team members and/or individuals are eligible for a letter award.
- Only those athletes finishing in first or second place at the District Track Meet will be allowed to go to the Regional Meet. Only those athletes finishing in first or second place at the Regional Track Meet will be allowed to go to the State Track Meet. Alternates may be allowed to go with approval from the Athletic Director and the head coach.

Baseball

- Freshmen, Sophomore, Junior, and Senior participants must participate in at least 33% of the total number of innings played at the varsity level in the current season. This includes all players with the exception of reserve pitchers, catchers, and designated hitters, if used. These participants must be shown to have entered into a game at least one time for 33% of the total number of games involved in the complete season.
- A Senior participant becomes eligible for a letter award if he has been a reserve player and participated in the baseball program for four consecutive years at Sonora High School. It will be left to the discretion of the Athletic Director and the head coach to award these participants.
- In the event that the varsity team becomes a playoff team, all players who were carried as varsity roster members from the beginning of the season become eligible for a letter award.

Softball

- Freshmen, Sophomore, Junior, and Senior participants must participate in at least 33% of the total number of innings played at the varsity level in the current season. This includes all players with the exception of reserve pitchers, catchers, and designated hitters, if used. These participants must be shown to have entered into a game at least one time for 33% of the total number of games involved in the complete season.
- A Senior participant becomes eligible for a letter award if she has been a reserve player and participated in the softball program for four consecutive years at Sonora High School. It will be left to the discretion of the Athletic Director and the head coach to award this participant.
- In the event that the varsity team becomes a playoff team, all players who were carried as varsity roster members from the beginning of the season become eligible for a letter award.

Tennis

- Freshmen, Sophomore, Junior, and Senior participants must represent Sonora High School in at least 50% of the matches, tournaments, and outside competition at the varsity or senior division level and represent Sonora at the District tournament.
- A Senior participant becomes eligible for a letter award if he/she has participated in the tennis program for four consecutive years at Sonora High School. It will be left to the discretion of the Athletic Director and head coach to award these participants.
- Any participant, whether in singles or doubles, becomes eligible for a letter award by placing first or second in District competition.

Golf

- Freshmen, Sophomore, Junior, and Senior participants must participate in at least 50% of the scheduled tournaments at the varsity level and represent Sonora at the District tournament.
- A Senior participant who has participated in the golf program at Sonora High School for four consecutive years becomes eligible for a letter award. It will be left to the discretion of the Athletic Director and head coach to award these participants.
- Any participant becomes eligible for a letter award by placing first or second at the District golf tournament.

Powerlifting

- Freshmen, Sophomore, Junior, and Senior participants must participate in at least 75% of the scheduled meets at the varsity level and medal, while representing Sonora, in a Regional Qualifying Meet.
- A Senior participant who has participated in the powerlifting program at Sonora High School for four consecutive years becomes eligible for a letter award. It will be left to the discretion of the Athletic Director and head coach to award these participants.
- Any participant becomes eligible for a letter award by qualifying for Regional competition.

Managers/Student-Trainers

- Managers and Student-Trainers become eligible for letter awards as Seniors, if they have been enrolled in athletics at Sonora High School for four consecutive years.

Cheer-

Students who make the Varsity cheerleading squad.

Band

- Students who successfully participate in the UIL Marching contest with Sonora Bronco Band have earned letter honors in Band.

All procedures concerning the enforcement of the policies listed above are left to the discretion of the acting Athletic Director/Band Director/UIL Coordinator Campus Principal

Athletic Policy Receipt

***I, _____, have received and read the 2021-2022 Sonora
ISD Athletic Code of Conduct. I understand that I am responsible for
the guidelines set forth by the Sonora Independent School District
and the Athletic Department.***

Athlete's Printed Name _____

Athlete's Signature _____

Parent/Guardian's Signature _____

Date _____