

QUITMAN

Independent School District



Athletic Handbook
2019-2020

QUITMAN INDEPENDENT SCHOOL DISTRICT

2019-2020 Athletic Handbook

The 2019-2020 Athletic Handbook is available online at www.quitmanisd.net. Please retain this copy of the handbook for your records.

I have read, understand, and agree to abide by the guidelines in the 2019-2020 Athletic Handbook set forth by the Quitman ISD Athletic Department.

Students and Parents/Guardians must sign and return the acknowledgement on page 26 of this handbook before participating in any Quitman ISD Athletic program.

Thank you,

Quitman Athletic Department

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Quitman Independent School District

Athletic Mission Statement

The Quitman Independent School District believes that the district athletic program should be an integral party of the total education process.

Quitman Athletics is committed to providing a positive, challenging, competitive, and fair athletic experience that emphasizes the Bulldog principles coupled with personal integrity, sportsmanship, wellness, and fulfillment of the student athlete's potential. We strive to make athletic participation an environment that sparks a lifelong appreciation for competition, exercise, discipline, teamwork, perseverance, and the pursuit of victory with honor. Our main goal is to Create Excellence and Expect the Best. By doing so, we will be consistent contenders in every sport.

The athletic department will be conducted in a manner that respects the "game" by displaying proper attitudes in victory or defeat. The educational side of athletics is to help students benefit from the life lessons learned through athletic participation. If our athletes, coaches, and staff give their all in preparation as well as competition, the final score will not minimize the 100% effort achieved while in the competition.

It is our final goal that sports activities will produce young men and women who will be able to enter the community and become constructive, contributing members of society; citizens that will leave their mark on this world by making it a better place for the future generations.

~ Quitman Athletic Department ~

2019-2020 Sports & Coaching Staff

Coaching Staff:

Bryan Oakes	Athletic Director, Head Football
Josh Wade	Assistant AD, Assistant Head Football, Head Track
Ashlee Lingo	Girls Coordinator, Head Volleyball, Head Girls JH Track
Scotty Almon	Athletic Trainer
Lyndsey Bevis	JH Volleyball, JH Basketball, Assistant Track
Mark Fatheree	Boys JH Coordinator, Assistant Football, JH Basketball, Head Golf
Brandon Fields	Assistant Football, Assistant Basketball, Assistant Track
Austin Hagy	Assistant Football, JH Basketball, Assistant Baseball
Blake Hamrick	Head Girls Basketball, Head Girls Track
Kyle Kern	Assistant Football, Head Boys Powerlifting, Assistant Track
Thomas Linz	JH Volleyball, JH Girls Basketball, Assistant Track
Allison McKinley	Assistant Volleyball, Assistant Softball
Christopher McIntosh	Assistant Girls Basketball, Assistant Track
Sidney Mercer	JH Volleyball, Assistant Basketball, Assistant Track
Jesus "Chuy" Ramirez	Assistant Football, Assistant Baseball
Jim Reid	Head Boys Cross Country, Head Boys Basketball, Assistant Track
Michael Scott	Head Girls Cross Country, Head Tennis
Jimmy Smith	Assistant Football, Head Baseball
Ryan Turney	Football Assistant, Head Girls Powerlifting, Head Softball
Christopher Veach	Volleyball Assistant, JH Girls Basketball, Assistant Track

To contact coaches via email use their last name, first initial @quitmanisd.net (i.e. oakesb@quitmanisd.net)

EXPLANATION OF ATHLETICS

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefits to children. As parents, when your children become involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of the child's program.

Communication you should expect from your child's coach:

1. Philosophy of the coach
2. Locations and times of practices and contests
3. Team requirements, e.g., practices, special equipment, out-of-season conditioning

Communication coaches expect from parents:

1. Concerns expressed directly to the coach
2. Notification of any schedule conflicts well in advance

As your children become involved in the programs at Quitman, they will experience some of the most rewarding moments of their lives. It is important to understand that there may be times when things do not go the way you or your child wishes. At these times, discussion with the coach is encouraged. Examples of these situations include the treatment of your child, ways to help your child, ways to help your child improve, concerns about your child's attitude, or academic support.

It is very difficult to accept your child's not playing as much, when, or where you may desire. It will be the coach's discretion to make all decisions about playing time or position for individual student-athletes, regardless of the score of the game or the personal feelings of the student-athlete's parents.

Coaches are professionals. They make judgments based on what they believe to be the best for all students involved. As you have seen from the list above, certain things can be and should be discussed with your child's coach. Other things should be left to the discretion of the coach. Examples include team strategy, other student-athletes, playing time, etc.

There are situations that may require a conference between the coach and the parent. These are encouraged. It is important that both parties involved have a clear understanding of the other's position. There will not be a conference regarding playing time without the student-athlete and coach present.

When these conferences are necessary, the following procedures should be followed to help promote resolution:

1. Call the coach to set up an appointment.
2. If the coach cannot be reached, contact the Athletic Coordinator. A meeting will be set up for you.
3. Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution.

If the meeting with the coach does not provide a satisfactory resolution, the next step is to set up an appointment with the Athletic Director. Since research indicates that a student involved in extracurricular activities has greater success during childhood, these athletic programs have been established. Many of the character traits required to be a successful participant are exactly those that will promote a successful life after high school.

QUITMAN ATHLETICS

According to University Interscholastic League rules, being in athletics is a privilege and not a right. Only those students who abide by school and athletic policies will be allowed to represent Quitman I.S.D.

When young men and women sign up for athletics and become a member of a team, they make a commitment. They are obligated to follow the rules and regulations of the program. They are not forced to participate. It is voluntary; therefore, they are expected to follow rules of order.

Parents should strive to help their son or daughter to achieve success in athletics. Success is defined as participating at 100% of the individual's ability. We can never expect athletes to do more than they are capable; however, we do want them to obtain their fullest potential. Supportive parents can instill this desire in student athletes long after their playing days are over by seeing that the student is on time, attends practices and games, and follows the rules and regulations.

ADMINISTRATION OF THE PROGRAM

The administration of the Athletic Program should provide every boy and girl the opportunity to participate in any sport. Each head coach is responsible for making sure that all students are knowledgeable of tryout procedures and individual requirements for being in all sports. No student in any grade should be deprived of the opportunity to try out or participate in any sport if he/she has met the head coach's off-season and previous participation requirements.

Note: Students that do not complete the Spring Semester Offseason Program will not be allowed in athletics the following fall. However, students will have an opportunity to get back into athletics the next spring semester. If a student not in athletics wishes to make a schedule change into athletics in the spring semester, they must interview with the athletic coordinator. The athletic coordinator will take into consideration the student's academic record, disciplinary record, attendance record, and reason for wanting to get into the athletic program.

Note: Students must meet the off-season requirements and be enrolled in athletics to participate in a team sport.

Participants who have quit or dropped out of the athletic program will not be allowed to come back out their senior year. The only way a senior will be allowed to enter the programs is if he/she transfers from another school.

The general administration of the Athletic Program is the direct responsibility of the Athletic Coordinator. This includes the arrangement of all schedules, time and place of game locations, selection of officials, and the general management of all matters pertaining to the Athletic Program. In carrying out this program, each head coach in the department shall attend to details of their respective sports.

ATHLETIC DEPARTMENT POLICIES

1. Coaches' Rules

Coaches may establish additional rules and regulation with the approval of the Athletic Coordinator for their respective sports. The rules pertaining to a particular sport must be communicated, by the coach at the start of the season. The coach shall administer penalties for violation of team rules.

2. Discipline Techniques

Discipline yourself, so others won't have to!!!

Each situation may require a different type of discipline. Whatever type of discipline is required, the purpose is to help athletes improve themselves, and to become better persons. Failure to accept this on the part of the athlete or parent/guardian may result in dismissal from the team and/or athletic program. The different discipline techniques listed below may be used alone or in combination with Student Code of Conduct and non-Student Code of Conduct violations. The listing is not intended to be a list of progressive sanctions or the only methods used.

- Oral corrections
- Counseling by coaches
- Physical activity
- Home-visits conference with Athletic Director
- Behavioral contracts *Withdraw of privileges, such as participation
- Techniques or penalties identified by individual coach of sport
- Dismissal from team or program

If a student is placed in ISS (In-School Suspension) or is suspended for any Student Code of Conduct disciplinary offense, he/she may receive additional punishment at the coach's discretion. Teachers are encouraged to communicate with the coaching staff when they are having disciplinary issues with a student. Teachers may refer students to coaches and coaches may use disciplinary action for student referrals.

DAEP PLACEMENT

Any athlete placed in DAEP will not be allowed to participate in any athletic activities during their DAEP placement.

3. Hazing

"Hazing" is against the law and will not be tolerated in the Athletic Department. "Hazing" means any intentional, knowing, or reckless occurring on or off school property directed against a student, by one person alone, or acting with others, that endangers the mental or physical health or the safety of a student for the purpose of pledging being initiated into, affiliated with, holding office in, or maintaining membership in any organization whose members are to include other students. Under Education Code 37.152 a person commits an offense if the person commits any of the following:

- a. Engages in hazing.
- b. Solicits, encourages, directs & aids, attempts to aid in engaging in hazing.
- c. Recklessly permits hazing to occur.
- d. Has firsthand knowledge of the planning of a specific hazing incident involving a student, or firsthand knowledge that a specific has incident has occurred, and knowingly fails to report that knowledge in writing to the Principal, Athletic Director, or designee

4. Academics

-All students are required to remain academically eligible to participate (No Pass-No Play). Athletes must realize that they are students first and athletes second. Athletes must plan their schedule so that they give sufficient time and energy to their studies to ensure acceptable grades. Repeated academic suspensions may result in dismissal from the team. We encourage academic accountability at QISD.

-Athletes that habitually earn failing grades on grade reports and/or progress reports become a detriment to the athletic program. They are showing neglect in their responsibility and obligation to their team and the athletic program. They are also neglecting their main purpose for attending school.

-Coaches will conduct weekly grade checks to monitor academic performance. We have also adopted a "Zero" Policy to encourage student athletes to remain grade conscious. This policy regards assignments where students have received a zero for their grade. Coaches are allowed to use disciplinary action on students that receive a zero. Athletes are encouraged to maintain all their grades (75 or better) throughout the school year. Tutorials are available for students that are struggling with their grades. Athletes are encouraged to take advantage of the tutorials and/or other resources that are available to help them with their grades. Failure to take care of his/her grades will result in the athlete being placed on academic probation or removed from athletic competition or the athletic program. Their grades will be closely monitored, and they will be expected to show improvement in their grades during the probationary period.

The Athletic Re-Entry Program

The purpose of the athletic re-entry program is to allow an athlete that quits a sport an opportunity to show his/her commitment to return to the athletic program or sport. Any athlete who quits a sport or is dismissed from a sport will be required to complete the re-entry program before they are allowed to participate in that particular sport or the next sport. The re-entry program is not a replacement for the off-season requirements. Students that do not complete the Spring Off-Season Requirement must sit out in the fall, and be reaccepted the next spring.

Requirements of the Re-Entry Program:

- a) Interview with the athletic coordinator, and head coach of the sport you wish to enter, to explain why you should be granted the privilege of being in athletics.
- b) Successfully complete forty miles. The running will be in addition to the regular daily workout. A coach will supervise the running and the coach will determine the pace.
- c) The student will not be able to start the next sport until the season of the one they quit is over.
- d) The student will have to sit out the length of time he participated in the previous sport. Example: (If they quit 4 weeks into a season they have to sit out 4 weeks in the next season they participate in).
- e) If a student quits two sports they are dismissed from the athletic program for one calendar year.

5. Attendance (Class & Athletic)

Accountability and Dependability go hand in hand! Be in class. Be on time. If you must miss an athletic and/or academic period or practice, be sure that it can't be avoided. If you must be absent, it is YOUR responsibility to communicate with the head coach of your sport to inform him/her of your absence – **NO EXCEPTIONS**. You will be required to complete the makeup work missed for the practice, or game set forth by the sport head coach. .

It is the obligation and responsibility of team members to attend scheduled practices, contests, and meetings regularly and on time. If an unavoidable conflict arises with a practice or contest, one of the coaches (preferably head coach) should be notified before the workout or game. Failure to make contact prior to the practice, contest, or meeting may result in the absence being considered unexcused.

Excused Absences:

Excused absences will be made up. The make up for an excused absence is not punishment but is administered so that the athlete can make up missed work and conditioning. Examples of excused absences are illness, a death in the family, school sponsored activities, church activities, or emergency situations.

Athletes should understand that when they have to miss, it is imperative that a coach be notified prior to the absence. Parents may call the school office at 903-760-5000 and leave a message for the coaches or the head coach if they have their contact information. Athletes should understand that habitual absences, even though they may be excused, become detrimental to their ability to perform and to their knowledge of team concepts. Habitual absences will result in disciplinary actions, including loss of playing time and/or possible suspension or dismissal.

Unexcused Absences:

Athletes and parents should understand that failure to notify the coach prior to an absence will usually result in the absence being considered unexcused. Some extenuating situations will be considered for an excused absence without prior notification. If there is a question as to whether it is excused or not, the head coach and/or athletic director will make the decision. Unexcused absences will be made up and disciplinary action will be taken also.

Continual Absences:

Multiple absences in a sport are grounds for removal from the sport. Multiple absences from athletics are grounds for removal from athletics. We want our athletes to learn life lessons. We believe it is fair to compare an athlete missing practice to an employee missing work. Employees that miss work get fired.

Injured Athletes:

Injured athletes who cannot actively participate in the workout must still follow all attendance policies. Being injured is not an excuse to miss practice. The injured athlete will be expected to dress out and participate mentally. This is also a time in which they may see the trainer for treatment, if approved by the head coach. Otherwise, the athlete needs to see the trainer during training room hours. (Some injuries may not allow the athlete to dress out or attend practice. If there is a question, the head coach will make the decision on the athlete dressing out or attending the workout).

Ineligible athletes:

Ineligible athletes shall attend and participate in workouts unless excused by the head coach. By attending and participating in workouts, the athlete may represent the team again at the end of the ineligible period.

ISS / After School Detention:

An athlete placed in ISS or detention is still expected to participate in after school practices. Failure to report to after school workout will result in an unexcused absence. Being late to practice because of an after school detention will result in an unexcused tardy.

Tardy:

It is also very important for a team member to be on time and to remain at a practice for its duration. Any team member who arrives late to practice or who leaves early is disruptive to the team's improvement and game plan. Athletes that are tardy or that leave practice early will be expected to do make up work for the time they missed. Habitual tardiness will result in disciplinary action including possible suspension or dismissal.

6. Squad Selection

In accordance with our philosophy of athletics and our desire to see as many students as possible participate in the athletic program, we encourage coaches to keep as many students as they can without unbalancing the integrity of their sport. Time, space, facilities, equipment, personal preference, and other factors will place limitations on the most effective squad size for any particular sport.

7. Cutting

Choosing the members of the athletic squads is the sole responsibility of the coaches of the squads. Prior to tryouts, the coach shall provide the following information to all candidates for the team:

- A. Extent of tryout period
- B. Criteria used to select the team
- C. Number to be selected
- D. Practice commitment if they make the team
- E. Game commitments

8. Injury or Illness

Our on staff trainer will either treat you or refer you to a physician. If you must leave school because of illness, contact or come by the Athletic Office or coaches' office. If you are ill or injured, we don't expect you to work out, but if you are at school, we expect you to accompany your group or team unless given special permission by your head coach. Training room rehabilitation will be set before or after school and shall not take place during the athletic period unless given permission by your head coach.

9. Respect for Others

Coaches should receive "Yes Sir / Ma'am", "No Sir / No Ma'am" responses from players when talking to them. Players in return will be treated with respect by their coaches. Show respect for the opposing players, coaches, officials, spectators, and support groups. Treat others, as you would want to be treated.

10. Promptness - Always be on time.

On trips, the bus will not wait. After the final bell rings, you do not have time to waste; go directly to your sport. Tardiness will result in disciplinary action.

11. Disciplinary Removal

If it becomes necessary to consider removing a student from a team or the athletic program, the coach of that team will notify the Athletic Coordinator. The student will have an opportunity to confer with the coach and the Athletic Coordinator. Parents will receive notification and be invited to attend the conference.

12. Dress and Appearance

Athletic participation is voluntary upon the part of the student, and by entering the program, the athlete agrees to abide by the spirit, rules, and regulations, which pertain to athletes. One of the most important rules is that athletes must maintain a neat appearance at all times. You should be very professional in uniform and out. Your appearance away from the field house or gym, especially at school, should reflect the same class and pride that you show in our program. Everyone will wear his/her uniform in the same manner. No one will be different. We will furnish your equipment, so do not bring your own. Men and women will wear attire requested by the head coach. To attain a team appearance and for safety reasons, hair should be worn neatly. Male athletes will be clean-shaven and neat. Both male and female athletes: no earrings, pigtails, rat-tails, beads, Mohawks, or designs carved

in hair, no unusual hair colors or styles, no unusual nail designs or lengths. Both male and female athletes will be neat and clean in appearance. No jewelry or head garments of any kind will be worn during practice or games. Athletes are public relations ambassadors for their school and as such serve as role models for other students.

Proper Dress For Men

1. When traveling to and from athletic contests, dress should be that of desired head coach.
2. Never allow your pants to bag down at the waist.
3. Belts should be worn.
4. Unless approved by the head coach, no headwear of any kind should be worn while participating in, or traveling to and from an athletic event.
5. Piercings are not to be worn by male athletes at or during athletic events/practice.
6. Tattoos are never to be visible and must be covered with tape.
7. Hair should be neat and uniform and should be a natural hair color and contain no beads or any other item that could distract from the team. Hair should not be worn in any way that will cause attention to and individual athlete, and distract from the team. If there is hair on most of the head and another part is very short or shaved, that is considered out of uniform.
8. Proper shoes should be worn. No flip-flops or house shoes will be allowed.

Proper Dress For Women

If not dressed in your game uniform, where you have no jewelry, girls will wear the following attire:

1. No sleeveless or off-the-shoulder tops will be allowed.
2. Proper shoes should be worn. No flip-flops or house shoes will be allowed.
3. When not dressed in game attire, only one earring in each ear will be allowed.
4. Unless approved by the head coach, no headwear of any kind should be worn while participating in or traveling to and from an athletic event. This may include any item placed in the hair which takes attention away from the team and places it on the individual.
5. All tattoos must be covered.

13. Quitting / Dismissals

An athlete who quits a sport will have to complete the re-entry program before he / she is allowed to play another sport. An athlete that is unsure about playing a sport, but wants to give it a chance, will be granted a grace period, set by the head coach. The Athletic Coordinator may, at his discretion, may make an exception to this rule when an event outside the control of the athlete or his/her family causes the athlete to drop a sport. A clear understanding of the events leading up to the sport being dropped and the consequences for dropping the sport will be reached by the Athletic Director and the athlete at the time the sport is dropped. Anyone walking off the field or gym floor during a practice or a game will be considered by the coach to have quit the team. Students can be dismissed from a sport by the head coach of the sport at the coach's discretion. A student that has been dismissed may have to use the re-entry program to play another sport.

14. Conflict in Activities

An individual student who attempts to participate in several extracurricular activities will, undoubtedly, be in a position of conflict of obligations. The Athletic Department recognizes that each student should have the opportunity for a broad range of experiences. In the area of extracurricular activities, the athletic department will attempt to schedule events in a manner to minimize conflicts. This would include being cautious about participation in too many activities where conflicts are bound to happen. It also means immediately notifying the faculty sponsors and coaches involved when a conflict does arise. **When a conflict arises, the sponsors and coaches will work out a solution so the student does not feel caught in the middle.** If a solution cannot be found, the Athletic Director will make the decision based on the following:

1. The relative importance of each event.
2. The importance of each event to the student.
3. The relative contribution the student can make.
4. How long each event has been scheduled.
5. Talk with parents.

Once a decision has been made and the student has followed the decision, he/she will not be penalized in any way by either faculty sponsor or coach. If it becomes obvious that a student cannot fulfill the obligation of a school activity, he/she should withdraw from that activity in a timely fashion so as not to place an unreasonable burden on the team, coach, or sponsor.

15. Travel

All athletes represent the community, school, and coaches. Therefore, it is expected that all athletes will dress in an acceptable manner on trips and conduct themselves in a proper manner. When missing classes because of an athletic event, it is the responsibility of the athlete to see his/her teacher the day before the missed classes. All work shall be made up at the convenience of the teacher. All athletes making a school sponsored trip shall be required to ride in transportation provided by the school to and from the event. At the discretion of the head coach, students may return home with the parent or guardian when the parent or guardian presents a written request to the coach. On school athletic trips, students will only be released in person to their parent or guardian. If an athlete is injured in a contest away from home, the above policy may be altered to meet the circumstances.

16. Vacations

Vacations by athletic team members during a sport season are discouraged. While family values will always take precedence over program requirements, parents and athletes in conflict between vacations and program requirements may wish to reassess their commitment to being involved in athletics'. We urge parents not to plan their vacations during times when there will be a conflict. In the event of an absence due to a vacation that is unavoidable, an athlete must:

- A. Contact the head coach prior to the vacation.
- B. Expect to do any make-up and disciplinary exercise for time that they were out.
- C. Be willing to assume the consequences related to their status on the squad as a starter, 2nd string, etc. for the time missed.

17. Club Sports

A club sport is a sports program outside the school that is not affiliated with U.I.L. athletics. We are very fortunate to live in a community where the high school can be the main focus. WE feel our athletes' obligations are to their school team first. We will not excuse our Athletes to miss a school contest or practice for a club event. If an athlete pursues club participation he/she must:

- A. Contact all head coaches of sports at the school in which he/she is participating.
- B. Expect to do any make-up and disciplinary exercise for time that they were out.
- C. Be willing to assume the consequences related to their status on the squad as a starter, 2 nd string, or even dismissal, for the time participating in club activities without approval of all head coaches involved at the school.

18. Tobacco/E-Cigarettes- Alcoholic Beverages- Use of Illegal Drugs

There will be no use of tobacco products/Vapes, drinking alcoholic beverages, or use of illegal drugs at any time for those students who desire to take part in the Quitman Athletic Program. The consequences for violation are a part of each sport's Discipline.

19. Theft

Taking things that do not belong to you, especially taking from your teammates will not be tolerated. A player caught will be dismissed from the team. We ask that you do not bring valuables or large sums of money to the dressing room.

20. Criminal Activity

Any activity that brings disgrace or dishonor to the Athletic program will not be tolerated. Such activity may result in dismissal from the program. The consequences are also a part of each sport's Discipline Policy.

21. Locker Room

Athletes are expected to help keep locker rooms as neat and sanitary as possible. It is the responsibility of the athletes to throw away trash, pick up equipment, and keep the locker room clean. All equipment should be hung or placed in the lockers. No equipment should be left on the floor. Specific locker and locker room guidelines will vary from season to season. Keep all valuables locked up. Valuable items that cannot be secured in your locker should not be brought into the locker room or should be turned in to a coach. Do not leave valuables out in the open. Stolen items will be the responsibility of the athlete. (Some athletes may not have access to lock boxes to secure valuables. They should make arrangements with their coach to secure valuables.)

INSURANCE

Quitman I.S.D. strives in providing each and every student with the best care possible under the guidance of professionally trained coaches and athletic trainer. Each year we hope to avoid injuries but unfortunately that is something that cannot be controlled. The reality is that all medical expenses resulting from an athletic injury are inherently the parent's responsibility. Quitman I.S.D. has elected to purchase a supplemental insurance policy for all UIL sanctioned participants as an additional safeguard.

You may obtain a copy of the insurance claim form from the Athletic Director or Sport Coach.

Listed below are two (2) scenarios that a parent and/or guardian may find themselves in when their child is hurt during an athletic event and must follow in order to qualify for our "excess" coverage.

I. If the parent and/or guardian carry primary insurance on the student the following steps should be followed: (Initial injury must be reported and claim filed with the primary carrier. All qualifying injuries must follow the guidelines below.) The excess coverage is considered secondary coverage. All claims must be considered by the primary provider before a claim can be filed.

1. All injuries must be reported and documented by the coach of that sport and Athletic Trainer.
2. Injury must have resulted during a sanctioned practice or competition under the supervision of a coach.
3. Parents and/or guardian must fill out a claim form within 90 days of injury. Claim form must be mailed with supporting documentation to the insurance company.
4. A copy of the claim form must be kept on file by the Athletic Trainer.
5. This is a secondary coverage. Please be aware that the "excess" coverage may not cover the entire remaining balance. Any balances due after the insurance companies have paid is the sole responsibility of the parent or guardian.

II. If the parent and/or guardian do not carry primary insurance on the student the following steps should be followed:

1. All injuries must be reported and documented by coach of that sport and Athletic Trainer.
2. Injury must have resulted during a sanctioned practice or competition under the supervision of a coach.
3. Parents and/or guardian must fill out a claim form within 90 days of injury. Claim form must be mailed with supporting documentation to the insurance company.
4. A copy of the claim form must be kept on file by the Athletic Trainer.
5. Insurance company will become primary and pay on reasonable and customary charges (up to limits of policy) on any athletic related injury. Please be aware that any remaining balances due after the insurance has paid is the sole responsibility of the parent or guardian.

AWARD POLICIES

U.I.L. rules prohibit athletes from accepting anything of value other than as listed in these policies. All athletes must strictly adhere to all training, attendance, and conduct, discipline, and appearance rules set forth by the coaches for the entire school year before being considered for an athletic award. All scholastic eligibility rules established by the School Board, the University Interscholastic League, and T.E.A. must be met. It must be clearly understood that the coach recommends an athlete for an award. Criteria for receiving awards are varied and established by each sport. Schools may give one major award jacket, not to exceed \$60.00 in value, to a student during high school enrollment at the same school for participation in one of the U.I.L. interschool competitions. One additional symbolic award, not to exceed \$10.00 in value, may be presented for participation in each U.I.L. activity. The \$10.00 award shall not be given to a student for an activity during the same year that the major award is given for that activity.

CRITERIA FOR AWARDING VARSITY ATHLETIC LETTERS

Participant must have completed the season as a Varsity member in good standing and meet UIL requirements to be eligible for consideration.

Athletic Letter jackets will be earned per sport by meeting the following criteria:

1. Team Sports (Volleyball, Football, Basketball, Softball, Baseball) –must play in at least half of the quarters or innings of VARSITY competition throughout the season.
2. Individual Running Sports (Cross Country, Track) - must earn no less than 1 point during Varsity District Competition.
3. Powerlifting- must qualify for the Regional Meet
4. Golf and Tennis – must place at the District Meet as a team member or as an individual.

Each head coach reserves the right to award a letter to a participant because of extenuating circumstances such as an injury or because the participant was elevated from JV status to Varsity status late in the season.

Letter jackets will be awarded to freshmen and sophomores that have been awarded a varsity letter in two sports or the same sport twice.

Letter jackets will be awarded to juniors and seniors that have been awarded a varsity letter in one sport.

Letter jackets will not be awarded to any student that is no longer in good standing or no longer a part of the Quitman athletic program. Extenuating circumstances will be considered for students that are no longer in athletics.

ASTHMA POLICY

PARENT/GUARDIAN - THIS IS YOUR COPY OF THE "ASTHMA POLICY"; PLEASE KEEP THIS PAGE FOR FUTURE REFERENCE.

THE FOLLOWING POLICIES ADDRESS STUDENT-ATHLETES WITH ASTHMATIC CONDITIONS THAT REQUIRE THE USE OF PRESCRIBED MEDICATION.

1. The asthmatic athlete is to bring at least one extra inhaler to the school to be kept by the athletic trainer or coach. A note from the parent(s) to the athletic trainer or coach stating that the inhaler is the correct prescription and that the athletic trainer or coach has the authorization to administer the dose is also required. One inhaler will be kept by the athletic trainer (in a medical bag) or by the coach, and a second inhaler can be kept in the student's athletic locker for use before practice. The athlete is responsible for giving the medication to the athletic trainer or coach, and for obtaining replacements when they become empty.
2. The asthmatic athlete is responsible for using the inhaler properly (i.e., technique, before activity). Most asthmatics athletes should use their inhaler about 15 minutes before practices/games. The athlete's inhaler (personal/own) must always be present on the field/gym/court during all practices and during games/matches. This applies to all athletes and all sports.
3. The athlete may not be allowed to participate if their rescue medicine is not present. The athletes are not allowed to use another player's medication. Not having your medication as previously mentioned may result in not being allowed to participate, and having to make-up the missed practice and/or additional make-up work.
4. The asthmatic athlete must be stable (the medicine works as designed) with the proper medications. When an individual must use their medication two times during an exercise period, or more than four times per week during an exercise period, the athlete is considered as unstable. Therefore, the athlete needs to be referred to their physician for evaluation and possible adjustments in the medication and its use.
5. Communication between the player, coach, & athletic trainer is vital. For instance, if a player was awake the previous night with an asthma attack, he/she should communicate this with the coach and trainer. If appropriate, the athlete may be excused from practice the next day without fear of being of being excluded from practices or games. However, communication from the parent is also expected to verify the previous night's problem. This exclusion from practice does not relieve the athlete of the responsibility to make up the practice at a later date.
6. Any student-athlete signifying asthma on their physical exam &/or medical history will be given a copy of this written policy. **PLEASE KEEP THIS PAGE FOR REFERENCE!**

DIABETES POLICY

Any Quitman ISD student participating in any QISD / UIL sponsored athletic activity that has been diagnosed (by a licensed physician) with any form of Diabetes, and is currently under a physician's care, and is receiving treatment for their type of Diabetes, MUST inform the QISD athletic trainer and their coaches of their Diabetes and treatment requirements.

The student is required to provide the athletic trainer/coaching staff with both their type of Diabetes and/or any special medications or dietary requirements. This information is required to be on the medical history form, and on the emergency information form. Talking directly to the athletic trainer about the condition is always the safe route.

Quitman Pregnancy Policy

Any female athlete that discovers she is pregnant must notify the Girls Athletic Coordinator **immediately** upon awareness. At this point, the pregnant athlete will not be allowed to participate in any practice or contest in order to protect the health of both the mother and the unborn child.

In order to return to competition before delivery the athlete must obtain a release from a licensed physician.

A release from a licensed physician is also required for return to competition after the athlete is no longer with child.

QISD is not responsible for any complications incurred (to the pregnancy) during athletic participation while an athlete is pregnant.

I have read and agree to the above contract.

Student Signature

Date

Parent Signature

Parent's Phone Number

SPORTSMANSHIP – ATHLETES/PARENTS/SPECTATORS

The Quitman administration and athletic department feel it is very important that sportsmanship is demonstrated at all athletic contests. Athletes must understand the importance of respecting the decisions of game officials. Spectators should exhibit the same respect to game officials. The officials are impartial arbitrators who are trained and who perform to the best of their ability. Mistakes by all those involved in the contests are a part of the game. Spectators verbally abusing officials with insults, threats and profanity can result in the athletic team being punished under the rules of the UIL. This punishment can result in a team having to forfeit a contest or possibly being suspended or disqualified from playoff competition. Be sure everyone understands the potential seriousness that could result to the school's athletic program if misbehavior of spectators is reported to the UIL.

Quitman ISD Expectations of Spectators, Athletes, and Coaches

Good sportsmanship is a must. Be the example.

- Show respect at all times.
- Profanity will not be tolerated.
- Insults directed to officials, players, coaches, or other fans will not be tolerated.
- No noisemakers are allowed at indoor competitions.
- Only cheers that support the teams will be allowed.

Those unable to exhibit proper sportsmanship will be unable to attend games.

Following are a list of behavior expectations of athletes and spectators. These lists appear in the Sportsmanship Manual developed by the UIL. Become aware of these expectations, as well as the ones above, and put them into action. Together we want to present a positive image of Tulia to the game officials and to our opponents.

BEHAVIOR EXPECTATIONS OF THE STUDENT-ATHLETE

- Accept and understand the seriousness of your responsibility, and the privilege of representing your school and the community.
- **Live up to standards of sportsmanship** established by the school administration and the coaching staff.
- Learn the rules of the game thoroughly and discuss them with parents, fans, and fellow students. This will assist both them and you in the achievement of a better understanding and appreciation of the game.
- **Treat opponents the way you would like to be treated**, as a guest or friend. Who better than you can understand all the hard work and team effort that is required of your sport?
- Wish opponents good luck before the game and congratulate them in a courteous manner following either victory or defeat.
- **Respect the integrity and judgment of game officials.** The officials are doing their best to help promote you and your sport. Treating them with respect, even if you disagree with their judgment, will only make a positive impression of you and your team in the eyes of the officials and everyone at the contest.

BEHAVIOR EXPECTATIONS OF SPECTATORS

- Remember that you are at the contest to support and yell for your team, and to enjoy the skill and competition – not to intimidate or ridicule the other team or its fans.
- Remember that school athletics are a learning experience for students and that mistakes are sometimes made. Praise student-athletes in their attempt to improve themselves as students, as athletes, and as people, just as you would praise a student working in the classroom.
- A ticket is a privilege to observe the contest, not a license to verbally assault others or be generally obnoxious.
- Learn the rules of the game, so that you may understand and appreciate why certain situations take place.
- Show respect for the opposing players, coaches, spectators and support groups.
- Respect the integrity and judgment of game officials. Understand that they are doing their best to help promote the student-athlete, and admire their willingness to participate in full view of the public.
- Recognize and show appreciation for an outstanding play by either team. • Refrain from the use of any controlled substances (alcohol, drugs, etc.) before, during, and after the game on or near the site of the event.
- Use only cheers that support and uplift the teams involved.
- Be a positive role model at events through your own actions and by censuring those around you whose behavior is unbecoming.

TEN COMMANDMENTS OF CHAMPIONSHIP
ATHLETIC PARENTS

1. Be positive with your son/daughter. Let them know they are accomplishing something by simply being part of the team.
2. Do not offer excuses or place blame if your son/daughter is not playing. Be supportive and encourage them to work hard and do their best.
3. Do not criticize the coaches in front of students. Coaches, like parents, represent authority; they are teachers charged with responsibility of education in a complex society. Continual parental criticism creates doubt in the mind of the athlete and can render the coaches ineffective. As a result, the athlete becomes a complainer, not a doer!
4. Encourage your son/daughter to live an athletic life off the field of play. An athlete must have proper rest and diet to be effective mentally and physically. Know what your athlete is doing at all times. Be accountable for your child.
5. Insist on good grades. If an athlete is not passing, he/she cannot play. We want an athlete to be a successful person, not just a successful athlete.
6. Do not live your life through your son/daughter. Athletics are for the students, let them play! Do not show animosity or jealousy toward any of your child's teammates. This type of envy can rub off on your child and have an adverse effect on him/her and the team. Remember, it is amazing what can be accomplished when no one cares who gets the credit!
7. Allow the coaches to coach. They work with the athletes daily and know the individual abilities of each participant. They are professionals and have been trained to coach.
8. Understand the athletic pyramid. The further one advances in athletics, the more difficult it becomes to be successful. Being a little league all-star does not ensure success at the high school level. Each level becomes more demanding and requires more parental support and understanding.
9. Your successes, a sibling's successes, do not constitute guaranteed success for all family members. Each child is an individual, unique, like no other before or after. The battle one must wage is against oneself only, against taking the line of least resistance, against not working for self-improvement. Comparisons, although inevitable, should be avoided at all costs because they can lead to irreparable damage.
10. Love your child for who he/she is, not for his/her athletic accomplishments. Your child is a human being, not an object.

COLLEGE SPORTS

The National Collegiate Athletic Association (NCAA), an organization founded in 1906 that has established rules on eligibility, recruiting, and financial aid, regulates many college sports. The NCAA has four membership divisions - Division I, Division I-AA, Division II, and Division III. Institutions are members in one or another division according to size and scope of their athletic programs and whether they provide athletic scholarships.

If you are planning to enroll in college as a freshman and you wish to participate in Division I or Division II sports, **you must be certified** by the NCAA Initial-Eligibility Clearinghouse. The Clearinghouse will analyze your academic information and determine if you meet the NCAA's initial-eligibility requirements.

CORE COURSES:

Division I:

- At least four years English
- At least three years Math
- At least two years social science
- At least two years natural or physical science (including one lab course if offered)
- At least one year additional classes in English, math or natural or physical science
- Four additional academic courses in any of these areas: foreign language, computer science or comparative religion.

Note: Division II is same as above except only two year math and three additional academic courses. It is also **your responsibility** to make sure the Clearinghouse has the documents it needs to certify you.

These documents are:

1. Your completed and signed Student Release Form and fee.
2. Your official high school transcript
3. Your ACT or SAT scores

The NCAA has a booklet called "**MAKING SURE YOU ARE ELIGIBLE TO PARTICIPATE IN COLLEGE SPORTS**" that will give you specific directions on filling out the forms for the Clearinghouse.

The Clearinghouse may also be reached as follows:

NCAA Clearinghouse
2255 North Dubuque
Road P.O. Box 4044
Iowa City, IA 52243-4044
(319) 337-1492

COLLEGE ENTRANCE EXAMS

As an athletic department we strive on producing college ready students. Our student athletes will be expected to take the necessary steps to be accepted into an accredited 4 year university upon the completion of their time in Quitman ISD. That said it is their responsibility to sign up and take the SAT/ACT test. The following is a plan that will help them in preparation to be college bound:

Freshman	Sign up and take the PSAT in October
Sophomore	Take PSAT again if needed or begin taking SAT/ACT
Junior	Sign up and Take SAT/ACT
Senior	Sign up and Take SAT/ACT

2019 - 2020 ACT Test Dates & Registration Deadlines

Test Date	Registration Deadline	Late Registration Deadline
July 13, 2019	June 14, 2019	June 15-24, 2019
September 14, 2019	August 16, 2019	August 17-30, 2019
October 26, 2019	September 20, 2019	September 21-October 4, 2019
December 14, 2019	November 8, 2019	November 9-22, 2019

2019 - 2020 SAT Test Dates and Registration

SAT Test Date	Registration Deadline	Late Registration Deadline
October 5, 2019	September 6, 2019	September 24, 2019
November 2, 2019	October 3, 2019	October 22, 2019
December 7, 2019	November 8, 2019	November 26, 2019
March 14, 2020	February 14, 2020	March 3, 2020

QUITMAN BULLDOG ATHLETIC CODE AND CONTRACT

MISSION STATEMENT:

It is the purpose of Quitman Athletics to complement the academic program. To this end, we will strive to teach character lessons through competitive athletics that will, hopefully, enhance the learning environment for students participating in the program.

As athletes, we expect that our students conduct themselves at all times in a manner which will reflect positively on the athletic program, the school, and the community. We expect our athletes to be positive role models for the other members of the student body.

GENERAL GUIDELINES:

Students who behave in a manner that reflects poorly on the athletic department will subject themselves to disciplinary action.

Disciplinary action which may be taken, include but is not limited to the following areas:

1. Extra physical training as assigned by the coach (Bulldog Reminders or B.R for short)
2. Missing one or more future contests
3. Suspension from athletics for a period of time specified by the coach.
4. Probation
5. Expulsion from the program
6. Combinations of the actions listed above.

The athletic department will strive to be as fair and as equitable as possible in the administration of disciplinary action. However, each student’s case will be evaluated on an individual basis. The department will take such action as it feels is in the best interest of the student and the program.

DISCIPLINARY ACTION:

Alcohol, Tobacco, Vape
& Drugs

First Offense – Miss any contests in the next week, not to include a scrimmage, or until extra work is completed. Extra work will be the coach’s discretion.

Second Offense – Removal from the program for 3 school weeks which may extend into the next sport or school year.

Misdemeanor
Felony

Third Offense – Permanent removal from all athletic programs. Each case will be reviewed on an individual basis and disciplinary action will be taken as deemed necessary -- Coach’s discretion. See section 37.006 Texas Education Code – Each case will be reviewed as deemed necessary. Athletes detained or incarcerated for violation of the law may be suspended from participation in athletics pending resolution of the case.

For certain circumstances, students will be placed on athletic probation. Athletic probation means that any future serious offense or any series of minor offenses may result in expulsion from the athletic program. After a student is placed on athletic probation and another violation occurs, the student will be subjected to an intense review of his/her character and attitude to determine eligibility to remain in the program. The athletic department reserves the right to institute any other such rules as may be necessary to insure smooth and efficient operation of the athletic department and insure the “well-being” of all athletes. The athletic director shall consult with the superintendent prior to removal of an athlete from the program. Parents and students have a right to appeal decisions with which they do not agree. The appeal process is outlined in board policy, which may be obtained from the office of the superintendent.

This athletic code was prepared to inform the Quitman athletes and their parents of the expectations during their participation in the Athletic Program. The intent of this code is to establish as much uniformity as possible in the administration of the guidelines of the athletic department.

**QUITMAN BULLDOG
ATHLETIC CONTRACT**

I, the undersigned athlete, understand that by playing for the Quitman Athletic Department, regardless of sport, do agree that I am a student athlete and will abide by the guidelines set forth by the Athletic Department Coaching Staff. It is a privilege and an honor to wear the Blue and White of this program and represent the community of Quitman. I trust that my coaches have mine and the team's best interest in mind when they make decisions. These decisions include but are not limited to the following: position, team, play calling, playing time, and disciplinary action. I will not argue with my coaches or teammates or be a distraction to the program.

I also understand that by signing this contract, I am letting the coaches, administration of this school, and the team know that I too am about the team, the program, the school, and the community; and that I want what is best for those that I represent. I understand the importance of practice and being there for my team. I promise to put the team first and myself second regardless of the situation. I understand that by not meeting the expected criteria, action will be taken by the coaching staff and / or administration that can include but is not limited to extra physical demand or dismissal from the team. I, the undersigned parent/guardian, also agree to the criteria of this contract and am willing to support and uphold these policies as an athletic parent and supporter. I do understand that the coaching staff will hear any questions or concerns as long as those questions or concerns are presented in a timely, respectful, and orderly manner. I also understand that if my student-athlete is not successful in meeting the expected criteria, action will be taken by the coaching staff and/or administration that can include but is not limited to extra physical demand or dismissal from the team.

"I am aware of the significance of the Athletic Code and the Athletic Contract. I am aware of the disciplinary action for breaking these rules and not upholding the Athletic Contract, and that the main degree of prevention of the breaking of these rules and upholding the contract, lies in the hands of the student athletes and their parents."

The Quitman Independent School District provides an athletic program for the benefit of the students in this school district. We believe that participation in a competitive athletic program can provide students an opportunity to learn responsibility, dedication, leadership, hard work, and respect for rules, respect for authority, and many other qualities. The rules are established to promote these qualities, and to help build and maintain a strong athletic program. A respected and competitive athletic program provides the best opportunity for our students. It is recognized that some of the expectations for athletes exceed the expectations for the general student body. Athletes are expected to follow the established rules. Violations of the rules will result in corrective and/or disciplinary action. The facts and circumstances will be taken into consideration when determining what actions will be taken. Students may be dismissed from the athletic program for violation of the rules.

Student-Athlete (Print)

Student-Athlete Signature

Parent/Guardian (Print)

Parent/Guardian Signature

Parent/Guardian Email

Parent/Guardian Phone

View Athletic Handbook at www.quitmanisd.net