



## STUDENT-ATHLETE HANDBOOK TABLE OF CONTENTS

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### I. INTRODUCTION

To the Parent: Your son/daughter has made a decision to participate in Interscholastic Athletics; and you have given him/her permission to compete. Your family's interest in this phase of our school program is gratifying. Participation in sports provides a wealth of opportunity and experience, which contribute to personal growth. The educational development of our young men and women through a properly-controlled and well-organized sports program can meet a student's needs for self-expression, while enhancing social, emotional, intellectual, and physical growth. The contents of this Student-Athlete Handbook pertain to those students involved in one or more of the following athletic programs: Cheerleading, Cross Country, Football, and Volleyball, Girls and Boys Basketball, Baseball, Golf, Softball, Tennis, and Track and Field. High school athletic participation is a privilege with accompanying responsibilities, rather than a right. A student who chooses to participate in athletics makes a choice that requires self-discipline and appropriate conduct. Our student-athletes are high profile individuals in the School, Community, and State. We emphasize good training habits and adherence to the Athletic Code of Conduct. Failure to comply with the rules of training could affect a player's performance, thereby affecting the entire team. A student-athlete who violates school policy, Athletic Department policy, and/or team rules during the season could be jeopardizing the privilege of participation. A student is considered a student-athlete at all times between the first practice and the last competition in a given sport season whether he/she is in school or out of school. Student-Athlete Handbook for Kirbyville High School specifies responsibilities and obligations necessary for a well-organized and effective athletic program. The Athletic Department enforces handbook policies. We ask that parents review the handbook with their sons and daughters and support the school in enforcing all student-athlete rules. When parents and students sign off on these documents, we trust that student-athletes are abiding by the rules.

In turn, the high school staff is responsible for providing appropriate equipment and facilities, well-trained staff, and equal levels of competition with skilled officials.

To the Student-Athlete: As a member of a team, you have the opportunity to enjoy competitive sports, the camaraderie of team participation, and personal satisfaction of achievement. With these benefits come required responsibilities. The most important of these responsibilities is for you to develop strength of character by broadening your experience with successes and failures. You owe it to yourself to get the most out of your high school experiences. Your academic studies and your participation in extracurricular activities will help prepare you for your life as an adult. By participating in athletics, you are contributing to the reputation of your school. You assume a leadership role by virtue of membership on an interscholastic athletic squad. The student body and citizens of the community know you. You are in the spotlight. Your behavior on and off the field is a reflection of our school. As a team member, you also have a responsibility to your family. You are a representative of your family and your community and you should conduct yourself in an admirable and respectable manner. You are a role model to the younger students in the KCISD school system. Set good examples for them.

It is the responsibility of each Head Coach to convey to his/her team the expectations and need for adherence to team and Wildcat rules. The Athletic Department will have a blanket policy that each Head Coach will follow the Wildcat Rules. BEFORE any student athlete can be cleared to participate in any sport, he/she and their parents must sign and return the last page. There are no exceptions. These rules will be effective when establishing and monitoring their sport by following these guidelines that have been establish with the Athletic Department / Athletic Director

Head Coaches are responsible for the grooming and behavior of their athletes whether on the road or at home. Any violation of this policy must be handled by the Head Coach and reported to the Athletic Director if the situation deems so.

## II. ATHLETIC PHILOSOPHY

**The Kirbyville Athletic Program** provides a variety of experiences to aid in the development of skills and attitudes that will prepare student-athletes for adult life. While high schools take great pride in winning, they do not condone “winning at any cost.” They encourage sportsmanship, character, integrity, and good mental health, while striving for excellence through work ethic and dedication. The athletic program is designed as an educational activity. **Athletics is a privilege.**

**Athletic Program Objectives:** The program provides learning opportunities for student-athletes to experience:

- (1) Learning the game: The student-athlete learns skills, strategies, and rules.
- (2) Teamwork: A student-athlete must develop self-discipline, work ethic, self-sacrifice, interpersonal skills, and respect for authority and all associated with the game. The team and its objectives must be placed higher than personal desires.
- (3) Competition: Although we cannot always win, we can strive for excellence.
- (4) Courage: Students experience facing challenging situations.
- (5) Sportsmanship/citizenship: Students are expected to accept the outcome of every contest in a sportsmanlike manner; to act as Community ambassadors; and to exhibit strength of character, win or lose.
- (6) Resilience: Student-athletes learn from losses as well as from successes.
- (7) Desirable personal health habits: A student-athlete can gain a high degree of physical fitness through exercise and good health habits, fostering the desire to develop a lifetime habit of physical fitness.
- (8) Enjoyment of athletics: Athletic participation includes personal satisfaction and fun, as well as personal achievement.

### III. REQUIREMENTS FOR PARTICIPATION

#### Scholastic Eligibility

- In order to participate on an interscholastic athletic team, an athlete must have satisfied all of the scholastic eligibility requirements prior to participation.
- Physical Examination is required every two years for interscholastic participation. The physical form must be completed by a physician and submitted to the Director of Athletics prior to participation. The form will be kept on file in the coaches' office.

#### Sport Participation

- Student-athletes are expected to participate in a minimum of two sports for the betterment of the school and the community
- Student-athletes must be in the athletic period to participate in the following sports: Football, Volleyball, Basketball, Baseball, Softball. Track, and Powerlifting.

#### Quitting a Sport

- If you start a sport you are expected to finish it. You will not be able to start the next sport until the season of the sport you quit has ended. If you quit a sport and then decide you want to participate the next year in that same sport, you must participate in offseason and it is at the coaches' discretion to allow you to play.

#### Dress Code

Athletes are expected to be well-groomed and may be required to follow a dress code that is stricter than the campus dress code. The coach of each individual sport reserves the right to require athletes to adhere to a specific dress code and failure to do so may result in disciplinary action as determined by the coach.

Behavior and appearance on the campus is of great importance. Student athletes should be leaders, since fellow students respect and follow them. They represent the KCISD Public Schools, parents, friends, teammates, coaches and above all themselves. How they conduct themselves reflects on all who take pride in the KCISD Public Schools Athletic Department.

1. Neat and well-groomed at all times.
2. Possesses a haircut which is accepted by the school and coach, as established with the THSCA Code of Dress and Grooming, as follows:
  - a) Hair should not extend from the head more than 2" or over the eyebrows. Should not be lower than the ear lobes. Should not be below the top of the collar of a normal dress shirt.
  - b) Alternative hair styles such as braids, mohawks, dreadlocks, mullets etc. must be kept neat and without design and must not exceed 2" or touch the players collar.
  - c) Sideburns should be trimmed and should not extend below the lobe of the ear. Should be the same width from top to bottom.
  - d) Facial Hair - The athlete shall not wear a mustache, goatee or beard. Adult coaches and trainers may have mustaches.
  - e) Dress - the athletes should be neatly dressed and without head bands of any kind.

Real leaders will accept these responsibilities, realizing that they influence many others on the campus. Athletic leaders work for the betterment of the school and what is right and good for their fellow students.

Violations of these rules may result in suspension and possible expulsion from the team.

### Attendance

- Students must be present a minimum of 4 periods per school day in order to participate in a game on that same day. Unless you are on a school sponsored trip.
- If a student athlete is absent, he or she must contact the coach before 10 am.
- Vacations by athletic team members during a sport season are discouraged and 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 conflicts. In the event of an absence due to a vacation that is unavoidable, an athlete must:

- Contact the head coach prior to the vacation
- Be willing to assume the consequences related to their status on the team

### **Athlete and Parent Acknowledgment of Athletic Policies**

- At the time a student tries out for an athletic team, he/she will be presented with this handbook containing all the necessary information for participating in athletics. Each parent/guardian will be provided with a copy of the Student-Athlete Handbook, which a student must sign. This signature indicates that the student-athlete handbook has been received.

### **Financial Obligations and Equipment Uniforms**

- Equipment - all athletes are responsible for the proper care and security of equipment issued to them. School furnished equipment should be worn only for contests and practice. Student-athletes who do not return equipment in good condition at the end of the season will be subject to a financial penalty. Treat all equipment as if it were your own personal property. It should not be abused. It should be kept hung up in its proper place. Remember that someone else will be wearing your equipment next season and will wear it with as much pride as you have worn it.

#### IV. ATHLETIC CODE OF CONDUCT

Conduct of Student-Athletes; A firm and fair policy of enforcement of the Athletic Code of Conduct is necessary to uphold the regulations and standards of the athletic department. The community, school administration and the coaching staff feel that high standards of conduct and citizenship are essential in maintaining a sound program of athletics. The welfare of the student is a major consideration and supersedes any other consideration.

##### Discipline

- A good student athlete is a good student. Student athletes plan their time so that they give sufficient energy to their studies to ensure their acceptable grades. Any form of misbehaving that involves a punishment of ISS, Suspension, or DAEP will not be tolerated. No disruption to the educational process is suitable behavior for a student athlete.

##### Attitudes of Student Athletes

- Discipline – A student is not required to take part in athletics, nor is it required for graduation. Therefore, Athletics is a privilege, not a right. Since it is a privilege, when expectations and standards are violated, this privilege can be revoked. KCISD student athletes will look and act with pride and dignity.
- A student athlete must be aware of the crowd with whom they associate. If they run with a crowd who drinks, smokes or takes drugs, then guilty or not, they will be associated with that group.
- A student athlete with proper attitude will take coaching and constructive criticism without resentment. A poor attitude reduces a student athlete's ability to help themselves and their team. They must be prepared to accept responsibility for a great deal will be expected of them. They must be willing to make sacrifices that the average student will not make.
- Citizenship – exemplary conduct, on and off campus. The student athlete should adhere to school and community rules, and should show respect for individuals and property.



**School Spirit**

- A student athlete should think of their school rather than their personal interests. The student athlete should participate in some sport where his/her presence will help the team even though they are not the star. In addition, each student athlete should furnish support for sports in which they are not a participant.

**Code of Conduct**

- All athletes shall abide by a code of conduct which will earn them the honor and respect that participation and competition in the interscholastic program affords.
- Any conduct that results in dishonor to the athlete, the team, or the school will not be tolerated. Any student who is found guilty of a non-felonious violation of the law may be suspended or excluded from all extracurricular activities.
- All students who are found guilty of a felony will be automatically excluded from all extracurricular activities for a period of one year commencing on the date upon which the students return to school after the final adjudication of their cases or after serving a prison sentence, whichever occurs later. (These students may request a waiver of this exclusion by petitioning the principal. If the principal grants the waiver, it will not become effective until it is reviewed and allowed to stand by the superintendent of schools and by the Board of Education).
- Any off-campus conduct that violates a publicized policy will be subject to penalties as further outlined in this section. A student is considered a “student-athlete” at all times between the first practice and the last competition in a given sports season, whether he/she is in school or out of school.

**Training Rules and Regulations**

Medical research clearly substantiates the fact that use of tobacco, alcohol or illegal drugs produces harmful effects. The Community of Kirbyville is concerned with the health habits of all students and prohibits the use of tobacco, alcohol, illegal drugs, and performance enhancing substances. It is, therefore, necessary that student-athletes do not compromise their involvement in interscholastic athletics with substance abuse.

- Any use of tobacco (smoking or chewing), alcohol, illegal drugs, and performance enhancing substances is prohibited. Participation in high school athletics is a privilege and not a right. Policies and Procedures apply to all activities sponsored by the school.
- Each coach is required to meet with students and parents to educate them on these training rules and to reinforce training rules during the season.
- Each coach may also have their own handbook for their particular sport as long as it adheres to the athletic handbook. Each athlete and parent must sign off on a statement that they have read the student handbook and will comply with all requirements.
- Individual Coach's Rules Penalties for violation of team rules will also be in writing and kept on file in the Athletic Office. Team rules will be enforced by the coach.
- **Ejection Policy** If a player is ejected from a varsity or junior varsity league or non-league contest, he/she will be suspended for a period of one contest at that level of play and all contests at any other level played in the interim.

## Wildcat Rules

- No profanity
- Male athletes will not be permitted to wear earrings (**Punishment**)
- No alcohol, smoking, or drugs
- Unusual hairstyles will not be allowed
- If absent, call before 10 a.m. (no exceptions)
- Be on time, no excuses
- Keep all equipment picked up and locker rooms neat at all times
- Horseplay in dressing rooms or training rooms will not be tolerated
- Keep the right attitude at all times, especially when things are going bad
- Never leave the field or court without permission under any circumstances
- Insubordination will not be tolerated (keep quiet and do your job)
- If injured dress in appropriate clothing for each sport and be with your teammates each day learning and still paying attention

## RECEIPT OF ATHLETIC HANDBOOK

**Athlete's Name (printed)**

**Athlete's Grade**

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This KCISD Athletic Handbook has been drawn up to help you gain the greatest possible benefit from your participation in athletics. It is important that every parent and student athlete understands the policies of the Athletic Department and follows the rules and regulations set forth in the handbook. Your signature acknowledges receipt and review of the Athletic Handbook.

I have read and understand the rules in the Athletic Handbook and agree to abide by the terms.

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ATHLETE'S SIGNATURE

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DATE

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PARENT'S SIGNATURE

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DATE