

## **Cayuga ISD Athletic Policies**

### **2015-2016**

1. All athletes are **expected** to set a positive example for their fellow students. While not every athlete will necessarily be an honor student, all athletes **will** cooperate with teachers and administrators and conduct themselves properly in the classroom, hall way, and in our community. Our athletes **will represent** Cayuga ISD to the best of their ability, or will not be involved with Cayuga athletics. **Parents with concerns should set up an appointment to meet with the coaches during a conference period.** Parents should not contact a coach before or after games or practices without an appointment. Before or after games and practices is not an appropriate time to express concern. The coaches will be happy to meet during the school day.

2. In accordance with the District's Student Handbook, sponsors of student organizations, **including the athletic program, may establish rules of conduct and consequences for misbehavior that are more strict than those for students in general.**

3. Cayuga ISD's Student Code of Conduct also authorizes the coaching staff to define appropriate dress for school-sponsored extracurricular activities. Therefore, **the athletic department's faculty may require higher standards of dress, such as facial hair prohibition for male athletes, than are expected of the general student population.**

A. **Young men will** have a clean hair cut on the field of play or court.

B. **Young men will** be clean shaven on the field of play or court.

4. On trips, athletes are still expected to dress properly by complying with the District's dress code. In addition, student use of radios, cell phones, and other electronic equipment while traveling to and from events will be regulated by the coaching staff.

A. **Athletes of Cayuga ISD will be dressed in uniforms and school issued equipment, including hats as they travel and participate in competition. We represent Cayuga.**

5. The District furnishes athletes with appropriate uniforms and equipment. As with other types of school property, it is to receive proper care. Athletes are not to take any school issued equipment or clothing home with them unless permission is given to them by their coach. Athletes must reimburse the school for any lost or damaged equipment or uniforms. Strict inventory control will be kept by the coaches and followed by all athletes.

6. **Athletes will be proud** of the District's athletic facilities and will not damage or deface them. Instead, athletes are to help keep them neat and orderly. Abuse of District facilities or property will lead to appropriate consequences, such as those included in the Student Code of Conduct for vandalism.

7. Athletes known to use drugs, including alcohol, will be subject to disciplinary measures. For example, discipline procedures for repeat offenders include suspension or

dismissal from the athletic program. In addition, athletes will also be subject to the consequences outlined in the Cayuga ISD student drug testing policy.

8. Athletes are **expected to refrain from using profanity. Any racial slurs will not be tolerated.**

9. All students, especially athletes, should have proper rest and nutrition. Good judgment is urged concerning adequate sleep and diet.

10. When students decide to participate in the athletic program, they should honor that commitment. Athletes should not miss games. **Make up work, suspension, or dismissal from the athletic program are consequences of missing contests, games, or meets.**

Our practice sessions are very important for the success of the team. If at all possible, personal obligations should be arranged at times not conflicting with practice sessions. Athletes who miss practice sessions will be required to perform **make up work**. This policy is for **all athletes** in the Cayuga athletic program. Missing the summer practice sessions prior to the start of school may result in removal from the team. Repeated absences from in season practices may also lead to suspension and dismissal from the athletic program. Athletes will not be allowed to miss school-sponsored practices or games to participate in non-school athletic activities such as, club league baseball, softball, basketball, volleyball unless excused by the head coach of that sport.

- A. Late participants will have 500 yds tire pull at the conclusion of practice.
- B. Missing practice (**including weight training**) make up work is 1000 yds tire pull at the conclusion of practice upon return.
- C. All make up work will be witnessed by the coach designated for that sport.
- D. Athletes must contact the head coach of the sport **before** missing or being late. Make up work can be adjusted by the head coach for extenuating circumstances and weather. ( towel pushing in the gym)

11. Quitting should always be discouraged. Once an athlete starts a season with a team, she/he is obliged to **finish** the season with that team. However, if a student does decide to quit, the decision will not become final for a twenty-four hour period. This “grace period” is designed to allow for recovery time from an unpleasant emotion or experience. But, it does not excuse the athlete from consequences for improper actions by the athlete before or during the “grace period.” Once an athlete has quit, if she/he decides to rejoin the team the opportunity to do so will be provided at the discretion of the head coach of that sport or the Athletic Director. If allowed, reinstatement **will require make up work**. Make up work as described in section 10. If an athlete decides to quit, she/he will be placed in off-season until the completion of the current sport.

- A. An athlete that quits a sport will not be allowed to begin any workouts or practices for another sport until the current sport season is complete, and he or she has completed 10,000 yds tire pull.

- B. The 10,000 yrd tire pull/towel push will be completed on the athlete's time (after school/ during athletics with approval of coach) with the witness of a coach.
- C. This **work must be completed** before participation in the next sport.

12. Players will notify coaches immediately if they are injured for evaluation and treatment. If at all possible, injured players are required to attend practice sessions to watch and learn. Athletes or their parents should contact the coaching staff if the severity of their injuries will make them unable to attend team practices.

13. If two sports or UIL activities conflict, sharing of the student's time will be agreed upon by the student and the sponsoring faculty members.

14. **Only in rare situations**, and with prior approval of their coaches, will athletes be permitted to travel to games in any manner other than school transportation. Team buses leave at the scheduled time. Athletes who miss the team bus will experience appropriate consequences. (Make up work as described in section 10) **Parents must request permission and personally sign out their student** in order for the student to leave a game site with the parents rather than on the team bus. For student safety reasons, notes or requests from friends or family members will not be accepted. The "School Trips" section of the Student Handbook provides additional relevant information.

15. Athletes must have physical examinations as required by the UIL. Students may not participate in practices or games until the required forms (medical history, emergency information, steroid, concussion, etc.) have been completed and returned to the head coach.

16. The District participates in a student accident insurance program. However, the school's policy provides **secondary coverage** and has **benefit limits**. As is stated in the Student Handbook, "The District is not responsible for costs of treating injuries and cannot assume liability for any costs associated with an injury." So, the families of student-athletes are strongly encouraged to carry primary insurance coverage.

17. Except for emergencies, the District's insurance policy may not provide coverage for medical expenses incurred without first informing the coaching staff of the need for treatment. Therefore, unless it is an emergency situation, prior to seeing a doctor for an athletic related injury, students should first contact a member of the coaching staff to complete the needed documentation.

18. If athletes are not participating in a sport during its season, athletes are required to be in the off-season program which consists of **weight-lifting, running, agilities, and other conditioning workouts.**

19. “Off-season” is not a sport. Athletes will be persuaded to compete in as many sporting events as possible. Nothing takes the place of competition. Students taking the athletics class cannot continuously be in off-season and not participate in any sport for an entire year. In such cases, students will be asked to remove themselves from the athletic program.

20. The District will award letter jackets to athletes who participate in varsity sports. The school can purchase only one letter jacket for each athlete during their high school years. One additional award, such as a letter for students who already have a jacket, may be purchased on an annual basis. Also, with coaching staff consent, students may buy patches for honors such as All-District. Athletes are not to buy awards, jackets, patches, trophies, etc. unless they have earned them. The school also reserves the right to restrict what a student orders for placement on his/her letter jacket, such as nicknames, patches, etc. Students who quit, fail or are dismissed from a team before the season is completed forfeit any award or letter for that sport.

21. Student-athletes must meet the eligibility requirements mandated by the University Interscholastic League.

Age Requirements for Eligibility

- 7<sup>th</sup> Grade – Cannot be 14 years of age or older on or before September 1,
- 8<sup>th</sup> Grade – Cannot be 15 years of age or older on or before September 1,
- 9<sup>th</sup> Grade – Cannot be 16 years of age or older on or before September 1,
- High School – Cannot be 19 years of age or older on or before September 1.

Course Requirements for Eligibility

- 7<sup>th</sup> Grade – Promoted from sixth grade
- 8<sup>th</sup> Grade – Promoted from seventh grade
- 9<sup>th</sup> Grade – Promoted from eighth grade
- 10<sup>th</sup> Grade – Five credits
- 11<sup>th</sup> Grade – Ten credits
- 12<sup>th</sup> Grade – Fifteen credits

In addition to these requirements, students must comply with the “Extracurricular Activities” rules outlined in the Student Handbook to be academically eligible for participation in the District’s athletic program.

22. In a section entitled “Athletic Participation,” the Student Handbook states that an athlete dismissed from one sport for disciplinary reasons may not participate in another sport without permission of the athletic director and the head coach of the sport from which she/he has been dismissed. The Handbook also notes that for an athlete to be permanently dismissed from athletics, she/he must be given a hearing from a committee composed of the principal or designee, athletic director, head coach, and the student’s parent/guardian.

23. Athletes and their parents are strongly encouraged to review the following sections of the Student Handbook and Code of Conduct for additional information relevant to the operation of the District's athletic program.

Handbook --

Athletic Awards  
Athletic Participation  
Awarding of Letter Jackets  
Care of School Property  
Clubs  
Extracurricular Activities  
Insurance  
Steroids  
School Trips  
Sportsmanship

Code of Conduct --

Dress Code  
Level I – III Offenses and Consequences\*  
Suspension\*  
Disciplinary Alternative Education Program  
or DAEP\*  
Expulsion\*

(\* These sections of the Code address possible restrictions and/or exclusion from extracurricular activities due to student misconduct.)

I have read, understand, and agree to abide by the Cayuga Athletic Department guidelines governing sports participation at Cayuga High School and Cayuga Middle School.

Student Name \_\_\_\_\_ Signature \_\_\_\_\_

Parent Name \_\_\_\_\_ Signature \_\_\_\_\_