

Lady Tiger Athletic Policies and Procedures

The mission of Lady Tiger athletics is to build comprehensive programs in grades 7-12. Our program will promote leadership, integrity, respect, self-discipline, character, sportsmanship, and competition. These values will help ensure success on the court, on the field, in the classroom, and in life. Participation in Interscholastic League events is a privilege, not a vested right. The authority to remove or deny a student's participation in a sport or event rests with the coach, the coordinator, and Athletic Director. The following are the policies and procedures set forth for our athletes. Failure to abide by these policies and procedures will result in consequences as determined by the coaching staff. Continued violations of policies and procedures could result in removal from your team.

Participation:

Students wishing to participate in athletics will be required to be enrolled in the athletic period. You are required to be in athletics the semester before the sport you are participating in as well as the same semester you are participating. The only exception is if the principal determines that scheduling does not allow.

Equipment and Locker Rooms:

1. If clothes are not clipped together, they will not be washed.
2. You may not put anything on the outside of the lockers unless it is approved by a coach. Anything on the inside of the locker that contains profanity or any other inappropriate content will be removed immediately.
3. Locks must be locked before, during, and after athletics. Please lock all of your belongings in your locker; we are not responsible for items lost or stolen that have not been locked up.
4. Workout clothes and uniforms must be worn properly at all times.
5. No jewelry during workouts.

Practice/Games:

To build and maintain a successful athletic program, we feel it is necessary for each athlete to attend each practice, team meeting and game. Because of this, we believe any athlete that must miss practice should notify the appropriate coach as soon as they know they will be unable to attend. Word should not be sent through another student. Excused absences will be determined by the coach. Any absence excused or unexcused will result in make ups for the missed practice or game.

1. Absences from practice and/or games not including school related activities, in excess of seven (7), will result in removal from the team.

- a. Make ups:
 - i. Excused absence- ½ mile
 - ii. Unexcused absence- 1 mile. Any unexcused absence will result in loss of playing time determined by the coach.
 - iii. Make ups should be completed before the next competition.
2. Unsportsmanship like conduct will not be tolerated. This type of conduct will result in disciplinary action and could result in your removal from the team.
3. Requiring athletes to ride the bus home after games is at the discretion of the coach.
 - a. If there is another school function that requires the athlete to ride with a parent, a signed note must be provided to the coach at least 24 hours in advance.
 - b. Any circumstances will be at the discretion of the coach.
4. All athletes must be in athletics to participate in any school sponsored sport.
5. All practices are closed to the public.

Cell Phone Usage:

Your cell phone does not leave the locker room for any workout. It must stay in the locker room at all times unless asked by a coach to do something with your phone. This means any workouts or practices, even game day even if you are injured. As far as cell phones in the locker room, no pictures are allowed in the locker room. It is inappropriate and will not be tolerated.

INTERNET USAGE:

Be conscientious about what you post on internet sites. Facebook, Instagram, Twitter, etc. are not places you want to display inappropriate conduct or information. As a representative of this program, you should be a model student at all times, and your conduct in all situations should exemplify such. Any violation of Internet usage will be subject to discipline procedures in accordance to school policy, which is listed in the student handbook.

DO NOT:

- 1.) Talk behind others back- that includes teammates and coaches.
- 2.) Put other players or coaches down in front of anyone.
- 3.) Misrepresent your school or team in any way.
- 4.) No negative comments about teammates, coaches or a program.

Alcohol Policy:

Since the use of alcohol by a minor is illegal, it is addressed here as a separate issue. All sports will use this policy concerning alcohol abuse by an athlete. The punishments are as follows:

1st Offense- 10 miles. The mileage can be run at any time other than workout or practice time. The mileage can be run over several days, but must be finished prior to participation in the next contest.

2nd Offense- 20 miles. The mileage can be run at any time other than workout or practice time. The mileage can be run over several days, but must be finished prior to participation in the next contest.

3rd Offense- Expulsion from the team for a minimum of one year.

Participation in athletics is a choice. You will be held to a higher accountability for your participation. As with the drug policy, this does not reset every year. An offense your freshman year can still hurt you your senior year. Make smart choices.

Drug Policy:

The drug policy is outlined in the Student Hand Book as well as the packet that has been given. The Lady Tiger Athletic Punishment Policy will also apply on top of that as well. Lady Tiger athletes are held to a higher standard.

Discipline:

We feel discipline is a required facet of any successful athletic program. Unless discipline is maintained, respect of the athletes, coaches and school are lost. Our athletes are representatives of our school and any behavior, which would cause others to lose respect for Bremond ISD, will not be allowed. These policies apply to athletes at school or away from school, in season or out of season. Board policy states, "Extracurricular standards of behavior may take into consideration conduct that occurs anytime, on or off school property."

Discipline will be at the discretion of the coaches. In accordance with Bremond ISD guidelines, discipline will be administered when necessary to protect students, school employees, or property and maintain essential order and discipline.

Students placed in ISS or AEP can expect discipline that may include loss of playing time or suspension from extracurricular activities.

Any offenses beyond this could cause expulsion from your team or the athletic period.

BE A MODEL STUDENT:

Stay out of detention and stay in good standing with teachers, coaches, administrators, and support staff. Playing time could be affected and possible conditioning drills assigned. Continuous problems in school could result in dismissal from your team.

Quitting Policy:

Bremond ISD highly discourages quitting and believes the commitment to a team should not be taken lightly. Therefore the following policy will govern quitting:

"All athletes will be given a 2 week window in which to decide if they can make a full commitment to a sport. After this window, if the athlete quits she will forfeit the right to

participate in a sport the remainder of the school year. If the athlete quits a spring sport, she will attend summer workouts in order to be eligilbe to play the following fall.”

Parent Notes:

Parent notes will be accepted for one day only. In the event of illness or injury it is important that if a problem persists then a student is seen by a doctor or our athletic trainer. If it will last for more than one day please contact a coach directly via email. Missed practices even for illness or injury can be added to the athletes missed days. If a student is injured they still need to be present at practices and will be expected to attend games with their team.

Parent Communication:

The Lady Tiger coaching staff expects parents to follow the “24 hour” rule: Please wait 24 hours before approaching a coach either in person or through email regarding your student athlete if there is an issues that needs to be addressed.

I AGREE TO ABIDE BY THESE RULES SO THAT MYSELF, AS WELL AS MY TEAM, CAN ACCOMPLISH THE DESIGNATED GOALS WE HAVE SET FORTH AS A TEAM.

Student Athlete Signature

Parent Signature

Date