

**ATHLETIC HANDBOOK  
2022-2023**



**Central Heights Independent School District**

**Superintendent**

David Russell

**High School Principal**

Stephen Cox

**Junior High Principal**

Jason Perry

**Athletic Director**

Kevin Herron

<b>Cross Country</b> .....	Shelly Binford
<b>Volleyball</b> .....	Logan Smoak
<b>Girls' Basketball</b> .....	Danielle Templeton
<b>Boys' Basketball</b> .....	Kevin Herron
<b>Swimming</b> .....	Mark Perkins
<b>Softball</b> .....	Paige Hailey
<b>Baseball</b> .....	Travis Jackson
<b>Track</b> .....	Kerry Gleason
<b>Tennis</b> .....	Jon McClain
<b>Cheer</b> .....	Tonya Turnage
<b>Golf</b> .....	Mark Perkins

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### **The Mission “ENHANCE”**

Provide top level Education Athletics in order to enhance the value of the “Excellence in Education” experience in CHISD which is measured by the quality of coach leadership, facilities, community involvement and first-class sportsmanship.

#### **Five Core Values**

CHISD Athletics has experienced consistent success by stressing the following core values across all programs:

- **Accountability** - We are all accountable. All our action or lack of action affect not only ourselves but those around us. CHISD athlete will learn that taking accountability for ones choices makes them a better athlete, friend, teammate, employee - in short, it makes them a better person. A person that is reliable and trustworthy
- **Integrity** - CHISD athletic will strive to instill a desire to be men and women of integrity in its athletes. We will do the right thing - even when no one is looking. This is involves preparing and competing with great effort and great attitude.
- **Hard Work** - Those who work the hardest surrender last. Even when CHISD athletes may not have the talents of those we compete against, our opponents will always know when they have gone up against a Central Heights Blue Devil. Hard work beats talent when talent doesn't work hard. We will pride ourselves on being the hardest working athletes in the state!
- **Commitment** - Where there is a lack of commitment, there is a sense of entitlement. We are Blue Devils and we bleed blue in the CHISD community. In the athletic program, we desire athletes who feel the same - those that are willing to give their time and energy to make themselves and the programs they are in better!
- **Team Work** - We are family here and family helps each other succeed. With players, coaches and community working together to make every program great, there are no limits to the levels of success we can achieve.

## VISION

In line with the Mission of CHISD athletics our vision is that athletes will represent their school, parents and community with dignity and class. We will set the standards of hard work and preparation on the court or field, at school and in the community. We understand that the key to success is commitment, hard work and attitude. Central Heights ISD athletes will treat coaches, teachers, staff, administrators and classmates with respect.

Our coaches will strive to be positive role models on and off the court or field of play. The coaching staff will display a professional knowledge of each sport and the ability to develop each athlete in the following traits:

1. Teamwork – The coach seeks to develop attitudes of self-sacrifice, subordination of individual desires, courage, loyalty, devotion to a cause, and other attitudes that enhance the realization of a team effort. Working successfully with others is a practice that will help students for many years to come.
2. Sportsmanship – The coach seeks to teach proper moral and ethical patterns of conduct that will serve the athlete throughout life. Creating a positive environment and positive role models for the athlete will help to develop appropriate attitudes toward others.
3. Promote life time fitness – It is necessary to teach the benefits of being physically fit and how proper health habits will help to create a better quality of life and longevity.
4. Proper Attitudes – The coach should strive to develop proper attitudes toward victory and defeat. Athletes can learn many lessons from winning as well as losing. Learning how to face defeat can teach athletes many lessons. If an athlete has given their best effort, then he/she is truly a winner.
5. Setting goals – Athletics provides an excellent model for students to set goals for themselves and implement a plan to reach those goals. Athletics can provide this avenue for individual and team oriented goals.
6. Self-discipline- Athletics instills self-discipline. Self-discipline is doing what needs to be done; when it needs to be done; and doing it the same way every time.
7. Responsibility- Knowing that each individual's actions will affect the people around him / her in a positive or negative way.
8. Accountability-Knowing that each individual's actions will affect themselves, and that each individual must acknowledge and accept the consequences of their actions.

Athletics provides one of the finest ways in which our young people can develop into responsible men and women. Lessons can be learned that can assist young people in making appropriate decisions throughout life. Athletics serves to give students a positive focus on which to strive. Athletics is not a right, but a privilege. Athletes will be held to higher standards. Athletes are not entitled to special privileges, be thankful for the opportunities that have been presented to you.

## **EXPECTATIONS OF ATHLETES**

1. Be on time every time. If you are early, you're on time. If you are on time, you're late. If you're late, you let your team down. Suffer the consequences.
2. Be enthusiastic! It's contagious. Let's make it an epidemic.
3. Be eager to work hard every day. No regrets.
4. Be a role model for your teammates and for the younger players.
5. Be academically eligible all grading periods.
6. Practice self-discipline daily.
7. Find out what you can do for your team and the program, not what they can do for you.

## **EXPECTATIONS OF PARENTS**

Athletics is a learning experience for the students. It is extracurricular and therefore voluntary. Athletics is not a requirement for graduation. The student-athletes, coaches, and referees will make mistakes. The parent's role as a spectator is to respectfully support the teams, fans and coaching staff.

Parents are encouraged to attend as many athletic events as possible in order to support each student-athlete, the team and the athletic program. A strong support group including parents, coaches, teachers, and administrators can help provide a solid foundation for success.

Refrain from the use of any controlled substances (alcohol, tobacco, illegal drugs) before, during and after the game on or near the site of the event.

Parents, family members and fans are expected to support the decisions of the coaching staff.

The coaches are working to develop each student-athlete and prepare them for the for life beyond high school. Negative references toward the coaches and athletic program can hinder that development. The parents and coaches working together can enhance the experience.

The school is responsible for the behavior of their spectators. The school district can be punished for actions of patrons in violation of UIL standards and rules. A ticket is a privilege to observe the contest; that privilege can be revoked if necessary.

## **Central Heights ISD PARENTAL CODE OF ETHICS**

Central Heights ISD believes that interscholastic athletic competition should demonstrate high standards of ethics and sportsmanship and promote the development of good character and other important life skills. We also believe that the highest potential of sports is achieved when participants are committed to pursuing victory with honor. Central Heights ISD would like for all parents of student athletes to make the commitment to do their part in elevating their student's sports experience by committing to the following:

I will always keep in mind that it is a privilege for my child to participate in a sport rather than a right.

I will always model good sportsmanship at competitions by the way I treat all athletes, coaches, officials and other fans.

I will insist that my child always demonstrate good sportsmanship and treat other athletes, coaches and officials with respect.

I will always teach my child how to win and lose with grace by the way I act in each of those situations.

I will always teach my child the importance of competing with integrity and will not help him or her cheat in any manner.

I will always remember that while I am not an athlete, I am representing my child's team at competitions. I will always strive to work with my child's coach and not against him or her. If I have an issue with a coach, I will always approach him or her in an appropriate manner, and should I have the need to discuss a concern, then I will follow the process designated by the athletic department and school administration (see Communication/chain of command on page 13 of Athletic Handbook).

I will always refrain from coaching my child immediately before, during and immediately after competitions because of the potential negative effect it may have on my child's performance.

I will always remember that I have had my opportunity in athletics and this experience is about my child.

I understand that my remarks about coaches and other players at home or on social media that may be demeaning or negative, hurt my child's ability to stay positive and become a hindrance to my child and the program's ability to be successful.

I will have a basic understanding of the rules of my child's sport.

## **ACADEMIC STANDARDS**

All athletic programs in Central Heights I.S.D. will be governed by eligibility and contest rules as listed in the Constitution and Contest Rules of the University Interscholastic League and rules governing extracurricular activities adopted by the State Board of Education and the State Legislature.

1. No Pass No Play – Athletes must pass all classes with a 70% or above, on a scale of 100, at the end of each six weeks grading period to be eligible to participate. Failure to pass will result in the athlete being ineligible to participate in any contest from five working days after the end of the grading period. If after fifteen working days from the athlete becoming ineligible, he/she is passing all classes (not just the class that was failed) then he/she regains eligibility. The ineligible athlete must still practice with the team during the ineligible period but may not travel, sit on the bench, or participate in any contest. Student-athletes that fail or are endanger of failing will be placed on academic probation. Any athlete placed on academic probation will be required to attend study hall in the class failing.
2. Academic progress will be closely monitored. Coaches will check UIL reports on a regular basis.
3. Student-athletes are required to follow class and school policies.
4. Be enthusiastic in the classroom; not just on the court or field of play. Academics are the gateway to your future.
5. Failure to maintain passing grades will result in removal from the athletic program.
6. Ultimately - academic success falls on the shoulders of the student athlete and his/her parents. While coaches will monitor grades, they will not be the “go-between” for athletes and teachers. Parents must be involved.

## **DISCIPLINE -CLASSROOM**

1. An athlete who does not maintain appropriate behavior in athletics or in the classroom is subject to be disciplined by the coaching staff.
2. A student who is suspended from school, placed in in-school suspension, or placed in an alternative behavior classroom for serious misconduct will not be permitted to participate in athletics (except for practice purposes depending on offense) until they have been reinstated in school. Some violations of school discipline policies can result in immediate removal from the athletic program.
3. Any student found guilty of engaging in serious misconduct can be declared ineligible from participation in all extracurricular activities for a certain period of time to be determined by the coach and /or administration. Possible penalties include athletic detention, game suspension, suspension for the remainder of the semester, suspension for the remainder of that sport, and suspension for the remainder of the school year.

4. Any student arrested and convicted of a misdemeanor or indicted because of a felony resulting in probation or parole may be suspended from all athletic events for the duration of the probation or parole. In addition to this, the athlete may be removed from the athletic program for the remainder of the school year or permanently if deemed necessary by the coach and administration.

6. Consequences are physical reprimands that are administered by the coaching staff as well as game suspensions, and removal from athletics.

7. Classroom misconduct will be handled by the school handbook process, extra physical discipline in practice, and possibly suspension from games.

#### 8. ISS

- **three strike rule:** After any behavior issue (tardies included) resulting in a third placement to ISS, an athlete will be removed from ALL athletics for the remainder of the school year. Re-entry is possible the following school year.
- Any student who participates in extra-curricular activities will not be allowed to participate in **ANY UIL or EXTRA-CURRICULAR EVENT while still serving time in ISS - practices excluded.**
  - As stated in number 2 above, an athlete cannot participate in any extra-curricular event until reinstated to school from ISS.
  - Example: If a student has ISS on a Friday - he/she is not eligible to participate until Monday when reinstatement could occur.
- Each coach may have additional make up activities and discipline in addition to those listed above.

#### AEP PLACEMENT

- Any athlete placed in AEP for ANY reason will be deemed “removed from the athletic program”. Upon return to campus an athlete has an opportunity to re-enter athletics. Re-entry will involve a standard entry ALL athletes must do to return to athletics, as well as any ADDITIONAL work a head coach of a particular sport requires to be back on the team.
- There will be no “case by case” review of the re-entry process. This is standard across the board for all athletes:
  - For every day assigned to an AEP placement an athlete must run 1 mile to return to athletics of any kind (practice, games etc.)
  - All mileage must be complete BEFORE any practice may begin. Mileage running will be schedule with the head coach of the sport you return to.
  - There is no guarantee an athlete will be able to see playing time once they return.
- As stated above, the head coach of a particular sport may have additional “make-up” required before an athlete can return to practice.
- ANY SUBSEQUENT PLACEMENT in AEP for ANY duration and a student will not be allowed re-entry into the CHSD athletics program.



## **DISCIPLINE - ATHLETICS**

Because Central Heights athletes are the most visible part of our community, athletes will seek to honor that with exemplary behavior at school, on the field or court, and away from school. Expectations are high and our athletes will represent the values of this community with pride and class.

Our athletes will learn the value of good sportsmanship and respect the game, the officials, our coaches, opposing coaches, and the fans. Action will be taken when standards are not met.

Without discipline, winning cannot take place. Success begins and ends with discipline.

If an athlete commits an offense that is worthy of direct dismissal from athletics; the coaches of that athlete and the athletic director will meet to determine the consequences.

Athletes can expect disciplinary action because of the following (list is not exhaustive):

- Verbal / physical confrontation with teammates or opposition
- Disqualification from a game
- Disrespect to coaches, teachers, other athletes or administrators at games
- Excessive misconduct of athletic code or student hand book
- Inappropriate behavior detrimental to the team (including prolonged negative attitude)
- Assignment to ISS
- Behavior outside of school detrimental to the positive image Central Heights athletics are expected to portray (ie: criminal misconduct, MIP, vandalism, etc.)
- Inappropriate language
- Insubordination to coaches or officials
- Technical fouls (sportsmanship), throwing tantrums etc.
- Any behavior the coach or athletic director deem a violation listed under the "vision" or "expectations for student athletes" section of this handbook.

Disciplinary Actions:

NOTE: This is a guide for how discipline could be carried out. This is not a 4 strike policy. Some offenses could warrant immediate suspension or removal from athletics.

1st offense - immediate reprimand by the coach & punishment deemed appropriate by the head coach.

2nd offense - One game suspension

3rd offense - One game suspension & punishment deemed appropriate by the athletic director.

4th offense - Suspension for the remainder of the season.

NOTE: *The athletic director has authority to make decisions in all disciplinary situations that are in the best interests of Central Heights Independent School District.*

In-practice discipline:

Each head coach will instill discipline in his/her practice on a daily basis and will outline those expectations in the team rules for the appropriate sport.

## **Guidelines for Student-Athletes and Social Media**

As you begin participation in another athletic season, the Athletic Department of Central Heights ISD wants to make sure you are aware of the revised social networking guidelines. The CHISD Athletic Program recognizes and supports the student-athletes' right to expression, including the use of social networks. In this context, however, each student-athlete must remember that playing and competing for the Central Heights Independent School District is a privilege that carries heightened expectations of conduct. As a student-athlete, you represent the school district and you are expected to portray yourself, your team, your school and the school district in a positive manner at all times both on and off campus, as well as during and outside of your regular season.

### Student Use of Social Media

Below are social networking guidelines designed to assist student athletes in using social media in a positive light. Consider the following:

- Everything you post is public information – any text or photo placed online is completely out of your control the moment it is placed online – even if you limit access to your site. Information (including pictures, videos, and comments) may be accessible even after you remove it. Once you post a photo or comment on a social networking site, that photo or comment becomes the

property of the site and may be searchable even after you remove it. A screen shot takes only a second, but can last a lifetime.

- What you post may affect your future! Many employers, college admissions officers, and athletic recruiters review social networking sites as part of their overall evaluation of an applicant. Carefully consider how you want people to perceive you before you give them a chance to misinterpret your information (including pictures, videos, comments and posters).

Similar to comments made in person, the Central Heights Independent School District Department of Athletics will not tolerate disrespectful comments and behavior online and will discipline students consistent with the Extracurricular Student Code of Conduct. Examples of impermissible expression include, but are not limited to:

- Derogatory language or remarks that may harm teammates or coaches, other student athletes, teachers or coaches, as well as student athletes, coaches or representatives of other schools, including comments that may be disrespectful to opposing teams.
- Incriminating photos or statements depicting violence or hazing, sexual harassment, full or partial nudity, inappropriate gestures, vandalism, stalking, underage drinking, selling, possessing, or using controlled substances, or any other inappropriate behavior (including the use of profanity).
- Creating a serious danger to the safety of another person or making a credible threat of serious physical or emotional injury to another person.
- Indicating knowledge of an unreported school or team violation – regardless of whether the violation was intentional.

#### School Use of Social Media

Facebook, Twitter, Instagram and other social media outlets will be used by coaches and the administration as a communication device. Such sites will also be used to encourage involvement with family, friends, fans, colleges and recruiting outlets. Do not be afraid to “retweet” and “Like” so we can promote Central Heights sites.

#### Requirements for Athletic Participation

As a condition of participation in Central Heights Athletics, all student-athletes are required to comply with the following:

1. Follow a sport on Instagram, snapchat, twitter, Facebook, etc. when **asked** and allow the coach to follow you.
2. “Like” Central Heights on Facebook; “follow” Central Heights or the sport you play on Twitter and Instagram.
3. Comply with the above guidelines when posting on social media and refrain from engaging in impermissible expression when using social media. Retweeting or “liking” a post where this behavior is going on also indicates your approval and violates these regulations.
4. If you are asked to remove a post, you must do so immediately! This is for the protection of your reputation and that of CHISD Athletics.

In short, online social network sites are NOT a place where you can say and do whatever you want without repercussions. The information you post on a social networking site is considered public

information. Think about who you represent: yourself, your family, your teammates and coaches, and your school. Like it or not, people are going to associate everything you post with you and what you represent. Protect yourself by maintaining a self-image of which you can be proud for years to come.

## **HAZING / BULLYING**

Hazing is any intentional, knowing or reckless act directed against a student, by one person alone or acting with others that endanger the mental or physical health or the safety of a student for the purpose of being initiated into, affiliating with, holding office in, or maintaining membership in any organization whose members are to include other students. The terms includes but are not limited to:

1. Physical brutality, such as whipping, beating, striking, branding, electronic shocking, placing a harmful substance on the body or similar activity.
2. Any type of physical activity, such as sleep deprivation, exposure to the elements, confinement in a small space, calisthenics, or other activity that adversely affects the mental or physical health or safety of the student.
3. Any activity involving consumption of a food, liquid alcoholic beverage, liquor, drug, or other substance that subjects the student to an unreasonable risk of harm or adversely affects the mental or physical health or the safety of the student.
4. Any activity that induces, causes, or requires the student to perform a duty or task that involves a violation of the Penal Code.

Bullying includes these elements:

1. Harm and humiliation are intended.
2. There is an imbalance of physical or psychological power between bully and victim.
3. The bullying action is repetitive, occurring over a period of time. Although single acts of aggression must be addressed, most students who experience an occasional unpleasant or even aggressive act in school are able to handle such incidents.

Any of these offenses may range from game suspensions to expulsion from athletics.

## **CHISD DRUG TESTING POLICY**

SCOPE: The District requires drug testing of any student in grades 7-12 who chooses to participate in school-sponsored extracurricular activities. A student participating in these activities shall be tested for the presence of illegal drugs and alcohol at the beginning of each school year and prior to joining an extracurricular program at any time during the school year. This will also include ALL transfers in grades 7-12 regardless of extra-curricular participation. Transfers in violation of the CHISD Drug Policy stand to have their transfer revoked. In addition, other students shall be randomly tested throughout the school year.

COVERED ACTIVITIES: School-sponsored extracurricular activities for which testing is required include all extracurricular activities.

PURPOSE: The purposes of the drug-testing program are to

1. Deter student use of illegal and performance-enhancing drugs or alcohol by providing a support system that gives students a reason to say no;
2. Help enforce a drug-free educational environment;
3. Prevent injury, illness, and harm resulting from the use of illegal and performance-enhancing drugs or alcohol; and
4. Educate students regarding the harm caused by the use of illegal and performance-enhancing drugs or alcohol.

DISTRIBUTION OF POLICY: The District shall provide each parent and student a copy of the drug-testing policy and consent form prior to the student's participation in an affected activity.

ORIENTATION MEETINGS: The District shall conduct meetings with parents and interested student participants in the spring of each year. District employees shall explain the drug-testing program and review the policy and consent form. An educational presentation on the harmful effects of drug and alcohol abuse shall be provided. Student attendance at the orientation meeting is mandatory. Parent attendance at an orientation meeting is not mandatory.

CONSENT: Before a student is eligible to participate in extracurricular activities, the student shall be required annually to sign a consent form agreeing to be subject to the rules and procedures of the drug-testing program. If the student is under the age of 18, the student's parent or guardian shall also sign a consent form. If appropriate consent is not given, the student shall not be allowed to participate in extracurricular activities.

USE OF RESULTS: Drug test results shall be used only to determine eligibility for participation in extracurricular activities. Positive drug test results shall not be used to impose disciplinary sanctions or academic penalties. Nevertheless, nothing in this policy shall limit or affect the application of state law, local policy, or the Student Code of Conduct. A student who commits a disciplinary offense shall be subject to consequences in accordance with the Student Code of Conduct.

CONFIDENTIALITY: Drug test results shall be confidential and shall be disclosed only to the student, the student's parents, and designated District officials who need the information in order to administer the drug-testing program. Drug test results shall not be maintained with a student's academic record. Results shall not be otherwise disclosed except as required by law.

TESTING LABORATORY: The Board shall contract with a certified drug-testing laboratory to conduct testing of students' urine samples. Testing laboratories shall not release statistics regarding the rate of positive drug tests to any person or organization without consent of the District.

SUBSTANCES FOR WHICH TESTS ARE CONDUCTED: The drug-testing laboratory shall test for the presence of: Alcohol, Marijuana, Cocaine, Methaqualone, Benzodiazepines, Phencyclidine (PCP), Barbiturates, Amphetamines, Opiates.

COLLECTION PROCEDURES: Personnel from the drug-testing laboratory shall collect urine samples under conditions that are no more intrusive than the condition experienced in a public restroom. When selected for testing, a student shall be escorted to the school's testing site by a District employee and shall remain under employee supervision until the student provides a sample. Samples shall be produced by a student from behind a closed restroom stall. A District employee of the same gender as the student shall be present when any samples are collected.

RANDOM TESTING: Random tests shall be conducted on as many as four to six dates throughout the school year. No less than ten percent and no more than 20 percent of the students participating in the program shall be randomly selected for each random test date. The drug-testing laboratory shall use a random selection method to identify students chosen for random testing. Students shall not receive prior notice of the testing date or time.

REFUSAL TO TEST OR TAMPERING: A student who refuses to be tested when selected or who is determined to have tampered with a sample shall be deemed to have a positive test result and shall be subject to the appropriate consequences depending on previous positive test results, if any. If a student is absent on the day of the random test, a sample shall be collected on the next random testing date.

POSITIVE TEST RESULTS: An initial positive test shall be confirmed by a second test of the same specimen before being reported as positive. Upon receiving results of a positive drug test, the District shall schedule a meeting with the student, the student's parent if the student is under the age of 18, and the principal to review the test results and discuss consequences. The student or parent shall have three school days following the meeting to provide a written medical explanation by a medical professional for a positive result.

CONSEQUENCES: Consequences of positive test results shall be cumulative through the

student's enrollment in the District. A student who has a confirmed positive drug test shall be subject to the following consequences:

FIRST OFFENSE: The student shall be suspended from any extracurricular activity for 20 school days following the date the student and parent are notified of the test results. During the period of suspension, the student shall be permitted to participate in practices.

RETESTING: If the student wishes to return to participation in extracurricular activities, the student and parent shall be required to sign a letter of intent to remain in the program. The student shall be retested at the next random test date. The test result must be negative.

DRUG ABUSE PREVENTION: The District shall notify the parent and student of drug and alcohol abuse prevention resources available in the area and approved by the District. The student shall be required to attend a drug intervention program at the parent's expense.

SECOND OFFENSE: The student shall be suspended from any extracurricular activity for one calendar year following the date the student and parent are notified of the test results. During the period of suspension, the student shall not be permitted to participate in practices.

RETESTING: If the student wishes to return to participation in extracurricular activities, the student and parent shall be required to sign a letter of intent to remain in the program. The student shall be included in the test group at every random test date and at the beginning of the year during the period of suspension. All test results must be negative.

DRUG ABUSE PREVENTION: The District shall notify the parent and student of drug and alcohol abuse prevention resources available in the area and approved by the District. The student shall be required to attend a drug intervention program at the parent's expense.

THIRD OFFENSE: The student shall be suspended from participation in any extracurricular activity for the remainder of the student's enrollment in the District following the date the student and parent are notified of the test results.

END-OF-SEMESTER SUSPENSIONS: If a student's suspension from participation is not completed by the end of the semester, the student shall complete the assigned period of suspension during the following semester or during the first semester of the following school year.

APPEALS: A student or parent may appeal a decision made under this policy in accordance with FNG(LOCAL). The student shall be ineligible for participation in extracurricular activities while the appeal is pending.

## **OFF CAMPUS ISSUES**

Athletes are expected to continue to be exemplary away from school as well. Behaviors resulting in criminal charges will be individually reviewed by the Athletic Director, Coaching Staff, and Superintendent and will be handled accordingly and on a case-by-case basis.

## **DISMISSAL FROM ATHLETICS**

If an athlete is removed from the athletic program by the coach for violations of the student handbook, or athletic code, then they must receive permission from the coach and athletic director to re-enter the athletic program. Returning to athletics after dismissal will follow the same format as a placement for AEP.

**\*\* Dismissal from athletics is a serious matter. The athletic Director, Coaching Staff, and CHISD Administration reserve the right to review situations in the case of extreme circumstances to seek other alternatives.**

## **QUITTING ATHLETICS**

Commitment is one of our core pillars for CHISD Athletics - our athletes need to learn to follow through with commitments made to the school, program and fellow teammates.

Quitting a sport once it has started (first practice), or after an athlete has been involved in a sport's off-season for a minimum of 3 weeks, will be considered quitting the CHISD program as a whole. An athlete who quits will run a minimum of 25 miles if he/she wishes to remain in CHISD Athletics.

The Athletic Director and coaching staff will determine the full amount of re-entry required for an athlete to be considered to be back in good standing with the CHISD Athletic Program.

Please note: ONCE AN ATHLETE QUILTS A SPORT THERE IS NO GUARANTEE THAT HE/SHE WILL BE ALLOWED BACK INTO ATHLETICS.

## **ABSENCES**

Attendance is vital for a team to function properly. Athletes must inform coaches in advance when an absence will occur.

Excused absences are as follows:

- Another school event



- Illness with doctor's note
- Death in the family

**\*All** absences will result in make up work. Each head coach will have a workout that must be completed prior to participation in the next game. We recognize that some excused absences may occur in which there is not enough time to make up the practice missed- those will be review by the head coach and Athletic Director on a case by case basis.

Unexcused absences will result in disciplinary actions in addition to the required make-up work and WILL affect playing time. Excessive unexcused absences will result in multiple games suspensions and possibly removal from the program.

All absences are likely to have some effect on playing time as new concepts, plays, etc., are being introduced on a daily basis. Just like in a classroom setting: each player that misses is responsible for learning those new concepts/plays and completing make up work.

Make every effort to attend school and practice!

## **COMMUNITY**

Central Heights athletes will be expected to take an active role in the community. You must represent your school, coaches and teammates in a classy and dignified manner. Central Heights athletes will actively support our feeder schools and local events.

## **DRESS CODE**

All athletes are expected to exhibit and maintain an appropriate appearance at all times. Our athletes are expected to reflect a neat and respectable image and conduct themselves with the utmost class and character. In addition to the school dress code and all other district rules and guidelines, all athletes are expected to follow the appropriate guidelines listed in the student handbook.

Athletes will always be well groomed and follow guidelines in the handbook. Failure to do so may result in disciplinary action. We will expect the strictest dress code standards for our athletes. Our athletes represent a community, not just themselves, and we will work to do everything to portray the best possible image at all time.

## COMMUNICATION

Parenting and coaching are extremely difficult positions. By establishing a strong line of communication, the parents and coaches can provide greater benefits to the student-athletes. Effective communication fosters trust between all involved.

### Communication-Coach

1. Expectations of student-athletes.
2. Locations and times of practices and athletic events.
3. Discipline of student-athlete pertaining to suspension from contest or athletics.
4. Team requirements: equipment, UIL forms, physicals etc...

### Communication-Parents

1. Conflict Resolution Chain of Command - all issues will be resolved following the protocol below. Student-athletes must learn to come to their coach and ask about what he/she can do to improve. When a meeting with the parent is needed, the student athlete will be in the meeting as well.
  - a. Coach-Athlete
  - b. Coach-Parent - Athlete
  - c. Coach / Athletic Director-Parent - Athlete
  - d. Coach / Athletic Director / Principal-Parent - Athlete
  - e. Coach / Athletic Director / Superintendent-Parent - Athlete
2. Notification of any schedule conflicts.
3. Any issues concerning student-athlete that the coach should be informed about.

Coaches are professionals. They make decisions based on what is best for the team in relation to work ethic, attitude, practice, games, and academics.

If a situation arises that requires a conference between coach, parent, and athlete- **all meetings will be face to face. Unidentifiable emails will not be addressed. Topics that will not be discussed are: playing time, strategy, or other players as per the U.I.L. parent manual.**

## PARTICIPATION REQUIREMENTS

No student will be permitted to participate in any practice, scrimmage, or contest until copies of the following documents are on file with the coach and/or Athletic Director.

1. Signed physical exam form (UIL) - required yearly\*\*\*
2. Signed U.I.L. acknowledgement of rules form (UIL)
3. Signed medical history form (UIL)
4. Signed CHISD emergency form
5. Signed sudden cardiac arrest form (UIL)
6. Signed Athletic Handbook acknowledgement
7. Signed Parent and Student Notification / Agreement Form - Illegal Steroid Use (UIL)
8. Signed Concussion acknowledgement form. (UIL)
9. Signed CHISD Drug test form - good for entire time at CHISD for all extra-curricular activities.

**\*\*Please note** - some sports may have minimum physical expectation requirements that students must be able to meet. The coach of each sport will set those parameters if deemed necessary.

## TRANSPORTATION

Transportation to all school related athletic events will be provided by bus or van. All athletes must ride to the contest and back to school in the bus or van with the rest of the team. The head coach has the flexibility to allow or disallow athletes to ride home after a contest (unless prior arrangements have been made). If an athlete leaves without proper checkout, then that athlete is subject to disciplinary actions. If the parent needs to transport an athlete to or from an event the parent must **make prior arrangements** with the coach and must sign a travel release form. In an event of an emergency, an athlete may ride home with his/her parent, but must sign out with the coaching staff. Athletes will not be released to **any person other than the parent** unless the parent makes prior arrangements with the coach releasing their child to another adult. Upon arriving back to the school from an athletic contest, it will be the responsibility of the athlete to find transportation home. A phone will be provided for the student to make arrangements for transportation home. The school and coaches do not assume any responsibility if a student chooses to ride home with another student or chooses to walk home.

**\*\*\*Even if prior arrangements have been made** - the athletes is still required to sign out with the coaching staff.

## **LETTERING POLICY**

The school letter is among the highest awards the school bestows; the highest, of course, is the diploma. UIL participants may receive from the school only one major award (a jacket) during their high school career. In order to letter, you must be on a varsity team and satisfy the requirements stated below. Sub- varsity athletes will receive certificates provided they are recommended for the award by their coach as a result of having shown good citizenship and character, attitude and attendance, in addition to having adhered to district policies.

### **Varsity Teams:**

Awards for the varsity teams will consist of letter jackets. The school will furnish these major awards to each athlete who meets the qualifications for lettering.

### **Guidelines to be followed:**

1. UIL rules will be followed in regard to cost of jacket.
2. Athletic eligibility shall be determined by UIL rules.
3. No participant will receive more than one letter jacket during their high school career.
4. Athletes will receive a jacket in the sport in which they letter first.
5. The jacket will have no markings or patches on it except the one letter. All other patches will be the responsibility of the athlete.
6. Letter jackets will be the same for sports and academics.
7. Any student who has qualified for an award but has quit or been dismissed from the squad for disciplinary reasons will not receive an award.
8. Failure to stay academically eligible will disqualify a student for a jacket.

### **Qualifications to Letter:**

Each coach will keep records of student participation in each sport. Such records will be used as a basis for determining whether a student qualifies for a letter. The athlete must complete the sport in order to letter or receive any post district awards. Below are the Criteria to letter in each sport offered at Central Heights High School (varsity requirements):

#### Athletics:

- Basketball - must play in at least half of the district games during a season.
- Softball - must play in at least half of the district games during a season.
- Baseball - must play in at least half of the district games during a season.
- Track - must participate in track for 2 years and compete in 3 varsity meets.
- Cross Country - must participate for 2 years and compete in 3 varsity meets.
- Tennis - must participate for 2 years and compete in 3 varsity matches.
- Golf - must participate for 2 years and compete in 3 varsity tournaments.
- Cheerleading - must complete one full year at the varsity level.
- Volleyball - must play in at least half the district games during a season.
- Swimming - must compete for 2 years and compete in 3 swim meets
- Managers/Trainers must work at least two sports a year for a two year period to letter; or one sport for a three year period.

#### Academics:

- UIL Academics must advance to regional competition or participate in district contest for three years.
- One Act Play must advance to regional competition or participate in district contest for two years.

*Note: all competition must be at the varsity level*

(\*)- Activities not currently offered at CHISD.

### **Exceptions to lettering qualifications:**

A participant may letter at the coach's discretion if the participant is considered to have been of exceptional value to the team. Exceptions may include playing on a team for four years and never lettering, a letterman who is injured and is unable to complete the season, or a specialist of some type. All exceptions must be approved by the superintendent.

Student Name (please print) \_\_\_\_\_

List extracurricular activities: \_\_\_\_\_

Student and Parent / Legal Guardian  
Central Heights ISD Athletic Handbook  
Acknowledgement and Consent Form

I understand that CHISD Athletic Code can be found online at [www.centralhts.org](http://www.centralhts.org) and I can obtain a hard copy from the CHISD Athletic Office. I understand the policies of the Central Heights ISD Athletic Code and realize that I will be responsible for complying with all policies of the Central Heights Athletic Department.

I understand and consent to the responsibilities outlined in the CHISD Athletic Code. My child shall be held accountable for the behavior and consequences outlined in the Athletic Handbook at school, at school sponsored and school related activities, during school sponsored travel, and for any school related misconduct, regardless of time or location. I understand that any student who violates the Athletic Code shall be subject to disciplinary action, up to and including referral criminal prosecution for violations of law.

Student Printed Name

Student Signature

\_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Printed Name

Parent/Guardian Signature

\_\_\_\_\_ Date: \_\_\_\_\_

#### Refusal to Participate

The student listed above does not have my consent to be drug tested or I do not wish to comply with the CHISD Athletic Code. I understand that the student will not be allowed to participate in extracurricular activities at Central Heights I.S.D.

Parent/Guardian \_\_\_\_\_ Date: \_\_\_\_\_

