

ATHLETIC POLICIES FOR THE STUDENT ATHLETE

HUMBLE I.S.D.

The Role of Interscholastic Athletics

Organized athletics offers the school an opportunity to foster the physical, mental, emotional, social and moral growth of each participant. Through situations which arise during strenuous practice sessions, and athletic contests, student athletes must not only learn how to react to their own capabilities and limitations, but how to appropriately react to the behavior of others. These reactions result in physical and mental growth and change. Because of the competitive, emotional nature of athletic contests and the player's obvious interest in the outcome, they are more susceptible to change than in many educational settings. To insure that these changes are positive, all phases of athletics should be expertly organized and conducted.

In order to attain success in athletics, the participants must train their minds and bodies to respond instantly and effectively to the various challenges that arise during the course of play. This, of course, parallels learning to effectively deal with challenges that arise later in life.

The competitive world, is often neither gentle nor overly kind. In such a world, however under effective direction, the child may grow toward social maturity by learning (1) patience for a desired result, (2) sacrifice and common goal setting, (3) to deal with minor physical and mental difficulties, (4) to control emotional outbursts, (5) to deal with fear, and (6) to be more self reliant.

Philosophy

The philosophy of the Humble Independent School District competitive sports program is to maintain a broad based program that will afford all students with athletic interests and abilities an opportunity for safe and healthful participation in the sports of their choice. This philosophy is based on the concept that there is a need for rugged physical development and fitness for every youngster, as well as a variance of interest, abilities, and desires.

Objectives of the Humble I.S.D. Athletic Department

The purpose of the athletic program is to do more than provide competition between two individuals and/or two schools. It is to teach fair play, sportsmanship, the understanding and appreciation of teamwork, the teaching of discipline, and that to quit means failure and hard work means eventual success. We will attempt to accomplish this general objective as outlined below.

1. Keep as many pupils as possible in a good environment.
2. Instill good habits, sound morals, exemplary citizenship, and a high standard of sportsmanship in the pupils of the Humble Independent School District.

3. Encourage students to grow physically, mentally, morally, and socially.
4. Further in youngsters an appreciation for optimum health and physical fitness. The importance of proper rest, good eating habits, and cleanliness should be stressed at every opportunity.
5. Develop all programs in such a manner that the end result will be one of unity, harmony, and success. Mass participation is to be emphasized and encouraged below the high school varsity level. Students will be encouraged to participate in multi-sports at all levels of competition.
6. Instill in all athletes the desire to represent their school and community in a manner that will make school administrators, teachers, parents, and other citizens proud of them.

Participation in the athletic program and/or University Interscholastic League contests is not a right but a P R I V I L E G E. No student is required to take part in the athletic programs. Therefore, it is imperative that all students taking part in the program understand the following athletic code and conform to the rules therein, and that the coaches of the sport or activities and the athletic director shall have every right to remove these privileges.

Athletic Council:

In order to maintain consistency in our programs throughout the district, we have formulated an athletic council. The athletic council shall consist of the Boys and Girls Athletic Coordinator, the head coach of the sport involved the principal, and the Athletic Director. In the event that the Athletic Council convenes to determine infractions and an athlete's status, a parent of the athlete shall be contacted.

On the Field or Court

The athlete must never use profanity or resort to illegal tactics. He must learn that both winning and losing are part of the game and that you have to be a good loser as well as a gracious winner. Temper fits, flagrant violations of rules, etc., will not be tolerated. Total respect to officials is an absolute must. Discussion of calls made by officials will be done by the coach. Any behavior contrary to the above mentioned or any other act which is not conducive to good sportsmanship may result in removal from the contest and possible expulsion from the team. Any type of suspension from a contest will result in some type of game suspension in the next scheduled contest.

Athletic Grooming Code

Participation in competitive athletics is completely voluntary on the part of all students. To participate in athletics in Humble Independent School District, there are certain standards which must be maintained, one of which is acceptable grooming. Specific standards are necessary for the following reasons:

1. SAFETY: It is almost impossible to get a safe fit in football helmets if the hair is exceptionally long.

2. HEALTH and HYGIENE: Facial cuts or lacerations are more susceptible to infection and first aid is more difficult to administer when facial hair is present.
3. UNIFORMITY: Athletes do much traveling to other towns, communities, schools, restaurants, etc., as representatives of the Humble Independent School District; therefore, they should be groomed in a manner that our community, school, and sponsors will be proud of.
4. SELF-DISCIPLINE: One of the rewards of being an athlete is learning self-discipline. There is no better way to acquire self-discipline than to make sacrifices. Giving up certain fads of dress and appearance is a very small sacrifice.

No athlete should be groomed or dressed in such a way as to draw special attention to himself/herself. This takes away from the team concept, which is basic to the philosophy and success of the program. Grooming should also be conducive to good health and to proper fitting equipment, and should not in any way, be a hindrance to his/her performance.

Therefore the grooming policy for athletic participation is as follows:

*Male athlete's hair will not cover the shirt collar or ears and must be above the eyebrows at all times. It should be neatly trimmed, and have no adornments to it (beads, etc.).

*Athletes will not have any unnatural hair color.

*Athletes will not have any "Mohawk" haircuts.

*Male and female hair should be neatly groomed at all times.

*Male athletes should be clean-shaven at all times, with no beard, mustache, or goatee.

* Body piercing is prohibited for male athletes.

* Female athletes may wear pierce earrings only.

* Tattoos are strongly discouraged. In the event that an athlete already has a tattoo it is to remain covered at all practices and contests.

* Gang related apparel(colors, caps, bandanas, etc.) will not be allowed. Pants must be worn at the waist level at all times.

*The athlete should be neatly dressed for competition. Each team member is to be dressed exactly the same while participating in an event. Every piece of equipment worn by the athlete should be identical to his team members with the exception of shoes. Game uniform shirttails must be worn in at all times unless top is designed otherwise.

Quitting the Team

Think hard before you decide to go out for a sport. Athletics takes a lot of hard work, time, and dedication. Any participant who quits a sport after they have begun will not be allowed to participate in any other sport until the regular season has ended in the sport that he/she quit. The only exception to this will be by a consensus of the athletic council.

Participants will not be allowed to participate again at all in the sport that they quit, unless they have consensus from all coaches involved.

Any athlete who quits a team will revoke the right of any awards, letter jackets and all awards at post season.

Athletic Periods

The athletic period during the school day is designed to enhance the mental and physical development of the athlete. All athletes must participate in the athletic period in order to be eligible for a particular sport. If an athlete does not participate in a particular sports off season program then they will not be allowed to play in the following year without approval from the Head Coach and Athletic Council.

Equipment

Although not unlimited the athletic budget provides sufficient money to field well-equipped teams in all sports. While this equipment is not always the most expensive available, it is always good equipment and provides adequate protection where needed.

With proper care it can be kept in use for longer periods of time, thus allowing some of the money designated for new equipment to be used in other areas of the athletic program.

Proper care of equipment relies basically on the use of common sense. This includes keeping equipment as clean as possible at all times and repairing equipment as soon as possible after damaging.

Poorly fitting and/or damaged equipment can be a hindrance to any athletic team and can often lead to unnecessary and costly injuries. Take a little more time at the beginning of the season in order to get a good fit. Inform your manager or coach if your equipment does not fit properly, and check your equipment daily for needed repairs.

Do not keep equipment checked out that you are not using.

Do not use someone else's equipment. If you do not have or cannot find yours, check with a manager or coach. The athlete is financially responsible for all equipment that has been issued to him/her.

Football helmets will be inspected weekly by the coach and athlete.

Practice Regulations

1. A coach must be consulted ahead of time if any athlete must miss a practice or game. Missing a game or practice without permission may result in suspension or removal from the team.
2. Obey all rules set up by the coach.
3. Profanity will not be tolerated.
4. Poor effort will not be tolerated.
5. It must be understood at the high school level, playing time is at the discretion of the coach.

Travel

All athletes in middle schools and high schools represent the community and school. Therefore, it is expected that all will dress in an acceptable manner on trips and conduct themselves in a manner in keeping with this code. Violations will result in suspension from the next contest, and any incident of a serious nature may result in suspension and possible expulsion from the team or program.

1. Be on time for all trips.
2. Dress neatly as directed by coach. A travel shirt is recommended for athletes, managers, and trainers.
3. Be mannerly in restaurants.
4. Show respect for the opposing teams facilities. Make sure not to abuse dressing areas in any way.
5. No gambling on trips.
6. All athletes making the trip on the bus will return on the bus unless in an emergency situation or when parents are present and there is good reason for returning with parents. The travel release form must be filled out by the student and signed by his/her parents prior to the trip if they are to return with their parents. Upon checking out with their coach the athlete is to immediately leave the facility.

Athletes are never to return with anyone other than their own parents or on the bus.

CODE OF CONDUCT FOR THE HUMBLE ISD STUDENT ATHLETE

Academic Progress

Coaches will monitor the academic progress of student athletes. In the event that an athlete encounters chronic academic problems, the coach, along with the Athletic Council will consider if continuation in the athletic program is in the best interest of the student athlete regarding their academic progress.

Behavior on the Field

Student athlete's behavior on the field should be unquestionable. Athletes are on display. They not only represent themselves but their community, school, coaches, team and family. Inappropriate displays of anger and disrespect will not be tolerated. The student athlete must learn to deal with situations where things fail to go as they, might desire. An athlete should never use profanity or illegal tactics. Any type of expulsion from a contest will result in some type of game suspension in the next scheduled contest.

Classroom Behavior

In addition to maintaining good grades, Humble ISD athletes will be expected to give attention to classroom activities and show respect for student and faculty members at all times. Athletes are expected to not engage in inappropriate disciplinary behavior. A good attendance record is important for athletes. Student athletes should notify their coaches when they are absent. Any athlete who consistently exhibits repeated poor classroom behavior or is consistently absent from class will be reviewed and may result in suspension or permanent suspension from the team, depending on the nature and consistency of the problem.

Suspension from School

If an athlete is suspended from school for any reason, he will be ineligible during the period of suspension. A second suspension in the same school year will result in review by the Athletic Council and may result in the total expulsion from athletics for the remainder of the school year. This includes on and off campus suspension (Alternative Center& ISS included).

Criminal Activities

If a student athlete is arrested and charged with a felony crime he/she will automatically be suspended from the athletic activities until guilt or innocence is determined. If the student is found guilty they will be suspended from all athletic activities for one calendar year from the first date of suspension. A misdemeanor offense will be dealt with on a case by case basis by the Athletic Council and could result in suspension from the team.

Gangs and Gang-Related Activities

The presence of or involvement in gangs or gang-related activities, including the display of gang symbols, paraphernalia or apparel, is strictly prohibited. Any type of gang involvement will result in suspension and/or removal from athletics.

Fighting

Student athletes are expected to exercise self control. FIGHTING WILL NOT BE TOLERATED. Athletic incidents will be reviewed by the athletic council.

Training Rules for all Humble ISD Athletes

In addition to the alcohol and drug policy outlined in the high and middle school student handbooks, the following rules apply to all student athletes at all times during his/her high school athletic career.

1. No use of tobacco of any kind: Penalty will be determined by the coach.
2. No use or possession of alcoholic beverages.
1st offense - The case will be reviewed by the athletic council. The first offense will result in a suspension of the athlete ranging from 30 to 60 calendar days.
**On first offense the athlete may reduce suspension by 50% by completing an approved alcohol education class and completing 10 hours of approved community service for each 30 days of the original suspension.
2nd offense - Dismissal from the athletic program for one calendar year.
3. No use, distribution or possession of controlled substances (marijuana, narcotics, etc.).
1st offense - The case will be reviewed by the athletic council. The first offense will result in a suspension of 90-180 calendar days.
**On first offense the athlete may reduce suspension by 50% by completing an approved drug education class and completing 20 hours of approved community service for each 30 days of the original suspension.
2nd Offense - Dismissal from the athletic program for one calendar year.

The above alcohol and drug policies are not separate. Any first offense would create and automatic second offense discipline with the next violation.

In the event that an athlete is suspended from a team for any disciplinary reason the athletic council will determine his or her reinstatement upon the completion of their suspension.

Athletes will not be use the internet(IE, My Space, etc.) to post personal profiles depicting any activities violating HISD training policies. Athletes are not to post pictures of themselves in their school issued uniform or team pictures/photos. Athletes will refrain from posting disparaging comments regarding school, teammates, other students, coaches and school personnel.

Injury Guidelines

Athletic Injuries:

All injuries must be reported to the proper individual as soon as they must occur/or are noticed. At the High School, injuries are reported to your coach and/or one of the Licensed Athletic Trainers the next school morning. If the injury happened on a road game, the coach must be able to verify that the injury occurred.

Due to licensing restrictions, athletic trainers may only treat injuries that occur in school sponsored UIL sports.

Injuries need to be reported so that:

- A. They can be properly cared for. This may include only some treatment, possibly rehabilitation or physician referral if needed.
- B. All parties involved can be notified. This may include but not be limited to: Parent(s), Guardian(s), Coach, Administrator(s)

If the athlete is referred to a physician, or chooses to visit a physician on their own, documentation must be provided to the proper people.

- High School: Athletic trainers
- Middle School: the Head Coach of the sport you are participating in.

The documentation is to include the following:

- Diagnosis
- Status - Not only what you can't do, but also what you can do.
- Treatment Options - High School Athletics only.
- Next appointment date.

This documentation is necessary to ensure that the athlete is medically able and cleared to participate. The guidelines outlined in the documentation will be the ones followed until another notice is received from the athletes' physician. If a coach or trainer discovers that an athlete was examined by a physician without providing documentation, they will not be allowed to participate or be provided further treatment or rehabilitation until the proper documentation is received.

Certain types of visits to a physician's office do not require you to provide a note. For example:

- Lab work, dependant upon the nature of the tests being performed.
- Allergy shots

We only want what is best for the athlete, and this will insure that the lines of communication are open. This is to ensure that the athlete is able to participate immediately upon release by the physician.

Other Rules:

Obey all training rules given by his/her coach in a particular sport.

Theft

Taking things from other players, students, school, etc. will not be tolerated. Punishment will be handled individually by the athletic council and may result in expulsion from all athletic activities for up to one calendar year from date of the incident. At the end of one calendar year from the date of the incident all parties concerned may review the case, and his/her conduct during the previous year will determine reinstatement into the athletic program.

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(Detach here)

I have read and understand the above Humble I.S.D. student athlete policies. I agree to abide by all the Humble I.S.D. policies. I further understand, that these policies are in effect for one calendar year from the date signed.

DATE

SIGNATURE OF ATHLETE

I have read and understand the above Humble I.S.D. student athlete policies and agree that my son/daughter and I will abide by all the Humble I.S.D. policies.

DATE

SIGNATURE OF PARENT/GUARDIAN

FOOTBALL PARTICIPANTS ONLY

I have inspected the football helmet issued to my child and to my knowledge it appears to be free of any defects.

DATE

SIGNATURE OF PARENT/GUARDIAN

SCH YEAR: _____

EMERGENCY INFORMATION

GRADE: _____ SPORT: _____

ATHLETE'S FULL LEGAL NAME: _____ LAST _____ FIRST _____ MIDDLE _____

AGE: _____ BIRTHDAY: ____ / ____ / ____ SEX: ____ HOME PHONE: (____) ____ - ____ ATHLETE CELL: (____) ____ - ____

HOME ADDRESS: _____ CITY: _____ ZIP: _____

FATHER NAME: _____ LAST _____ FIRST _____ MIDDLE _____ CELL: (____) ____ - ____

EMPLOYER FULL NAME: _____ LAST _____ FIRST _____ MIDDLE _____ WRK PHONE: (____) ____ - ____

EMPLOYER ADDRESS: _____ CITY: _____ ZIP: _____

MOTHER NAME: _____ LAST _____ FIRST _____ MIDDLE _____ CELL: (____) ____ - ____

EMPLOYER FULL NAME: _____ LAST _____ FIRST _____ MIDDLE _____ WRK PHONE: (____) ____ - ____

EMPLOYER ADDRESS: _____ CITY: _____ ZIP: _____

EMERGENCY CONTACT IF THE PARENTS CANNOT BE REACHED: _____

CELL PHONE: (____) ____ - ____ WORK PHONE: (____) ____ - ____ HOME PHONE: (____) ____ - ____

PRIMARY INSURANCE INFORMATION

COMPANY: _____ POLICY #: _____

GROUP #: _____ ID #: _____ TELEPHONE: (____) ____ - ____

MEDICAL HISTORY (CHECK ALL THAT APPLY): DIABETES EPILEPSY ASTHMA HEART PROBLEMS

DRUG ALLERGIES (LIST ALL): _____

DO YOU TAKE MEDICATION REGULARLY? LIST ALL: _____

ARE THERE ANY MEDICAL CONDITIONS AN EMERGENCY MEDICAL PROVIDER SHOULD KNOW ABOUT? LIST ALL: _____

PARENT / GUARDIAN SIGNATURE: _____ ATHLETE'S SIGNATURE: _____



**Parent and Student Agreement/Acknowledgement Form
Anabolic Steroid Use and Random Steroid Testing**

- Texas state law prohibits possessing, dispensing, delivering or administering a steroid in a manner not allowed by state law.
- Texas state law also provides that body building, muscle enhancement or the increase in muscle bulk or strength through the use of a steroid by a person who is in good health is not a valid medical purpose.
- Texas state law requires that only a licensed practitioner with prescriptive authority may prescribe a steroid for a person.
- Any violation of state law concerning steroids is a criminal offense punishable by confinement in jail or imprisonment in the Texas Department of Criminal Justice.

STUDENT ACKNOWLEDGEMENT AND AGREEMENT

As a prerequisite to participation in UIL athletic activities, I agree that I will not use anabolic steroids as defined in the UIL Anabolic Steroid Testing Program Protocol. I have read this form and understand that I may be asked to submit to testing for the presence of anabolic steroids in my body, and I do hereby agree to submit to such testing and analysis by a certified laboratory. I further understand and agree that the results of the steroid testing may be provided to certain individuals in my high school as specified in the UIL Anabolic Steroid Testing Program Protocol which is available on the UIL website at www.uil.utexas.edu. I understand and agree that the results of steroid testing will be held confidential to the extent required by law. I understand that failure to provide accurate and truthful information could subject me to penalties as determined by UIL.

Student Name (Print): _____ Grade (9-12) _____

Student Signature: _____ Date: _____

PARENT/GUARDIAN CERTIFICATION AND ACKNOWLEDGEMENT

As a prerequisite to participation by my student in UIL athletic activities, I certify and acknowledge that I have read this form and understand that my student must refrain from anabolic steroid use and may be asked to submit to testing for the presence of anabolic steroids in his/her body. I do hereby agree to submit my child to such testing and analysis by a certified laboratory. I further understand and agree that the results of the steroid testing may be provided to certain individuals in my student's high school as specified in the UIL Anabolic Steroid Testing Program Protocol which is available on the UIL website at www.uil.utexas.edu. I understand and agree that the results of steroid testing will be held confidential to the extent required by law. I understand that failure to provide accurate and truthful information could subject my student to penalties as determined by UIL.

Name (Print): _____

Signature: _____ Date: _____

Relationship to student: _____