

ATHLETIC MANUAL

PLAY LIKE A CHAMPION

BELIEVE IN YOURSELF ... BELIEVE IN YOUR COACHES ... BELIEVE IN YOUR TEAMMATES

EXPECTATIONS OF THE ATHLETIC PROGRAM

- 1. WE WILL EXPECT VICTORY**
- 2. WE WILL HANDLE ADVERSITY AND PERFORM UNDER PRESSURE**
- 3. WE WILL BE THE EXAMPLE OF GREAT SPORTSMANSHIP**
- 4. WE WILL BE CHAMPIONS ... ON and OFF THE FIELD**

EXPECTATIONS OF THE STUDENT-ATHLETE

- 1. TO BE A QUALITY STUDENT**
- 2. TO GIVE YOUR TOTAL EFFORT, MAKE THE MOST OF WHAT YOU'VE GOT**
- 3. TO GIVE UNSELFISH LOVE TOWARDS YOUR TEAMMATES AND RESPECT THEM**
- 4. TO BE TOTALLY HONEST IN ALL YOUR DEALINGS**
- 5. TO BE EXTREMELY LOYAL TO YOUR SCHOOL, FAMILY, ADMINISTRATION, TEACHERS, COACHES AND TEAMMATES**
- 6. TO BE PROMPT**
- 7. TO ALWAYS ENCOURAGE AND HAVE A GREAT ATTITUDE**
- 8. TO BE ELITE**

EXPECTATIONS OF YOUR COACHES

- 1. TO BE LOYAL TO YOU IN ALL AREAS**
- 2. TO BE COMPLETELY HONEST WITH YOU**
- 3. TO PROVIDE THE LEADERSHIP AND TRAINING NECESSARY TO ACHIEVE OUR GOALS**
- 4. TO WORK YOU HARDER THAN YOU HAVE EVER WORKED BEFORE**
- 5. TO ASSIST YOU IN ANYWAY POSSIBLE NOW AND AFTER YOU GRADUATE**
- 6. TO TREAT YOU AS A FAMILY MEMBER AND TO LOVE AND RESPECT YOU**

TEAM CODE OF CONDUCT

ON THE FIELD:

- Dress in team issued apparel. Everybody dresses the same.
- Show great sportsmanship.
- Never argue with an official.
- Refrain from drawing negative attention to yourself.

IN THE CLASSROOM:

- Be a positive contributor to the classroom environment.
- Sit at or near the front of the classroom.
- Set a positive example for your peers. **BE A LEADER!**
- Interact with your teachers frequently.
- F's are unacceptable! Failure is not an option!

IN THE COMMUNITY:

- Refrain from vulgar language and/or obscene gestures
- Be "On Time" everywhere you go.
- Be a gentleman ... especially with Women. Treat women with respect! Open doors for all women!
- While wearing Athletic Apparel, your conduct is at a premium. Respect the program in a positive manner!

AT YOUR HOME:

- Honor and respect your parent(s) / guardian. Nobody on Earth loves you more than they do.
- Honor their wishes. If they ask you to do something, **DO IT!**
- Address adults with "Sir" or "Ma'am"

WITH SOCIAL MEDIA:

- Speak like the intelligent man that you are.
- **YOU DO NOT SUCCEED ALONE.** Publicly "lift-up" your teammates and coaches when talking accomplishments.
- Compliment your opponent for a game well-played.
- Choose words wisely - We do not need to give opponents locker room material or the community talking material.

OUR GENERAL RULE:

You should not be a member of this team if you do not have high expectations for yourself. We, too, have very high expectations for you. The tradition that you are being asked to uphold here is the same tradition that your predecessors have worked so hard to create. How you choose to conduct yourself, both publicly and privately, will reflect on your family, your teammates, your coaches, and the entire community.

As a student-athlete, you must conduct yourself in accordance with team policies and the school district's student code of conduct. In this player's manual, we will attempt to introduce you to a number of these regulations. However, this manual is not intended to be all-inclusive in its scope.

You are expected to represent the athletic program in a positive manner on campus and in the community. We will work extremely hard to create a **FIRST CLASS PROGRAM** that the student, faculty and the community are proud of. Any deviation from this will not be tolerated.

TEAM POLICIES:

Do not get involved with or do anything that would ever embarrass the other members or coaches of this athletic program. I will expect the coaches to do the same. This includes non-school hours; everything you do is a reflection on our Program.

THE 5 WORDS THAT DEFINE OUR PROGRAM

- P PURPOSE Clear and Precise Daily Expectations
- R RESPECT Respect towards our All-In Mentality and Respect Yourself.
- I INTEGRITY Strong Moral Principles. Do Your Job.
- D DISCIPLINE Daily Focus on Championship Behavior and Decision Making.
- E ELITE Be the Best Version on You EVERYDAY

ATHLETIC PERIOD:

- Students are to be in the Athletic Period to participate in sports at Alto ISD
 - Very few exceptions will be made to this rule.
- Student Athletes will dress out daily for athletics. They will wear school issued clothing.
- When Athletics is over all athletes will turn in their athletic clothing to be washed. EVERYDAY.
 - SCHOOL ISSUED APPAREL DOES NOT GO HOME.

INJURIES:

- All athletic injuries will go through the Athletic Office, Head Coach of the Sport, Coach Meeks and Coach Olson. We will schedule the necessary appointments and treatments for all injuries.
- Athletes are not to make appointments on their own.

QUITTING A SPORT:

- Athletes who quit a sport will not be allowed to start another sport until the team they were participating on is finished with their season. **THIS INCLUDES ATHLETIC PERIOD AND AFTER SCHOOL PRACTICE.**
- Participation of sports that run simultaneously (Ex. Baseball and Track) will be calculated on a percentage basis.
- Student Athletes who quit multiple sports in a School Year are subject to removal from the athletic program.

OFF SEASON vs IN SEASON:

- All Alto coaches are to promote all sports. All coaches are expected to promote Alto's Athletic Program. We will not have single programs. Coaches are expected to actively encourage all of our athletes to play ALL SPORTS. **WE WILL NOT PROMOTE SPECIALIZATION.**
- When a sport is not in season we will utilize an off season training program to develop the complete athlete. Boys and Girls.

DRUG TESTING:

- Alto ISD Athletic Program will strictly follow our Alto ISD Drug Testing Program that has been established by our Board of Trustees and Administration.

TEAM DISCIPLINE SYSTEM:

Examples of INDIVIDUAL INFRACTIONS

- Excused Practice Absence
- Unexcused Practice Absence
- Tardiness to Any Team Activity
- Improper Equipment or Loss of Equipment
- Classroom / Hallway Discipline Issues
- Weekly Grade Check
- Insubordination

(IF ANY OF THE ABOVE IS NOT COMPLETED OR CONSTANT REPEAT OFFENDERS - PLAYING TIME WILL BE TAKEN AWAY)

Examples of TEAM INFRACTIONS

- Equipment left out in the Locker Room or Team Rooms
- Trash Left in the Bus, Locker Room, Equipment Room, Training Room or Team Rooms
- Consequences for these infractions will be done as Team!

THE CHAMPIONS WAY

I, _____, UNDERSTAND THAT I REPRESENT THE ATHLETIC PROGRAM IN EVERY ENDEAVOR I UNDERTAKE. THEREFORE, I GIVE MY WORD THAT I WILL DO MY UTMOST TO TAKE CARE OF MY TEAMMATES IN THE FOLLOWING AREAS:

- 1. HUSTLE:** Show your pride by hustling and giving great effort in everything you do. Hustle to class, hustle to workouts, show your desire with action and not talk. Seeing you giving great effort says it all.
- 2. SHOW COURAGE:** Be courageous by working when you're tired or continuing to give great effort and having a positive attitude in times of adversity. It takes courage to take care of your business and do what is right all the time. It takes courage to lead by example and be able to get up and go again after you have been knocked down.
- 3. KNOW YOUR ASSIGNMENTS:** Confidence comes from knowing what to do in class or on the field/court. Do the "little things" correctly; focus on the details and being coachable.
- 4. CARE ABOUT WINNING:** Put the team's success ahead of your personal desires. The more success WE have, the more individual recognition you will receive for your contributions. Don't worry about your position or about who gets the score or how much you play; Instead, strive to make every effort to help US succeed. It's not about you ... IT'S ABOUT TEAM.
- 5. BE LOYAL:** Loyalty is always to the team, not always to members of the team. Wear the school colors proudly. Be a supporter of your teammates. Make a commitment - BE A CHAMPION!

Athlete's Signature

Parent / Guardian Signature

- NOTE - BY SIGNING THIS CODE YOU HAVE ACCEPTED THE TERMS OF THE ORGANIZATION AND YOU WILL BE EXPECTED TO UPHOLD THESE TERMS IN ALL FACETS OF YOUR LIFE. IF YOU DO NOT FEEL YOU CAN UPHOLD THESE TERMS, DO NOT SIGN THIS DOCUMENT AND GET OUT OF THE PROGRAM. WHEN YOU DO SIGN THIS DOCUMENT AND YOU ARE NOT FOLLOWING THE CHAMPIONS WAY, YOU WILL PLACE YOURSELF IN THE POSITION OF BEING REMOVED FROM THE PROGRAM. MAKE THE TOTAL COMMITMENT TO THE PROGRAM AND TO YOURSELF. BE A CHAMPION!!!**

