



**ALTO ISD ATHLETIC HANDBOOK
2021-2022**

Alto ISD **Athletic Policies**

General Philosophy

In my experience in the coaching profession I have found that each area of the sports field compliments the other, and as a result our athletic program will focus on the development of a well-rounded, organized system. This program must involve women as well as men; it must be one that will involve the community as well as the school system. Our program will involve as many people as possible in the total system and hopefully will contribute to a program that will make each person involved proud to say that they were a part of that athletic program. The development of school pride and tradition are vital aspects in the development of any school organization, especially the athletic program.

In any successful athletic program a cohesive, loyal, knowledgeable coaching staff must be built, organized, managed, and most of all must have a set of common goals, which will lead to winning, and the establishment of good attitudes and sportsmanship. This staff must also be disciplined morally, be leaders in the community, and be involved within the school system itself. Each coach should be concerned with the educational process and the education of the young people within the school system itself.

Another aspect of a successful program involves the belief in a strong working relationship between the coaching staff and the school administration. Each should support the other and as Athletic Director, it is my responsibility to keep the administration informed in all matters concerning the athletic program.

Lastly, for any athletic program to be successful, it must include the following basic requirements:

- A. Discipline
- B. Pride
- C. Motivation
- D. Junior High Athletic Program
- E. Off Season Program
- F. Organization
- G. Continuity

Lance Gamble
Athletic Director

Policies

1. Basic Procedures

- A. Each participant must have on file a completed physical exam, an insurance release form, and any other insurance forms that are involved. A player cannot participate in a workout or contest unless these completed forms are on file.
- B. Varsity, junior varsity and junior high participants (in all sports) are insured by Alto Independent School District.
- C. UIL forms must be completed and submitted by the coach, in charge, for all varsity sports.
- D. A player is not eligible to participate unless he/she is passing all courses each nine week period. Academic records will be monitored on all levels.
- E. All players must have a signed parent-approval form before they will be allowed to participate in an athletic workout or event.
- F. The coaches are responsible for all scheduled activities involving the school teams.
- G. Games and contests are to be held in school-supervised gyms and on school fields.
- H. Basic skills should be stressed. Equipment provided by the school should ensure the best available safety standards.
- I. A "No Cut" policy should be followed unless facilities and equipment would cause a limitation on the number of players.
- J. 9th, 10th, 11th, and 12th grade students are eligible for varsity competition.

2. University Interscholastic League

The Alto I.S.D. is a member of the University Interscholastic League and is subject to its rules and regulations. Some of the more pertinent rules are as follows:

- A. Eligibility forms for varsity sports must be turned in to the UIL office in Austin and to the district chairman.
- B. Participants must meet all UIL scholastic requirements.
- C. Game reports and official evaluations must be turned in after each football game.
- D. Rules pertaining to starting dates for each sport must be observed.
- E. All official rules governing UIL events or contests must be followed.
- F. No one shall take part in any contest in this league after the end of the tenth (10) semester following his/her first enrollment in the eighth (8) grade. (Enrollment in two or more 8th grade subjects constitutes enrollment.)

3. Athletic Lettering Standards

- A. LEAGUE RULE: A participant school or member school district may give one major award not to exceed \$70 in value to a student during that student's high school enrollment at the same school for participation in UIL interschool competition(s). Each year a participant school or member school district may give one additional award per student per interschool activity listed in Section 380, not to exceed \$10 each. Schools may give a student the \$10 minor award for an activity during the same school year the \$70 major award is given for that activity.

A. General Requirements For Receiving Jacket Award

- a. Each player may receive only one (1) athletic jacket in his high school career.
- b. Lettering requirements will be subject to the discretion and criteria of the head coach of each sport and the Athletic Director. An athlete who demonstrates loyalty, desire, and effort in practice as well as in competition and in the classroom may be awarded a letter at the coach's discretion.
- c. An athlete must complete one (1) varsity season in order to receive a jacket award.
- d. A committee composed of the coach and the Athletic Director in cases involving injuries or marginal cases may waive certain criteria.

B. Policies for Athletic Awards

- a. Awards may be presented to participants in the following sports: football, basketball, track, baseball, volleyball, tennis, golf, softball, cross country, and powerlifting.

7th, 8th, or 9th grade-----Certificate

J.V.-----Certificate or Plaque

Varsity-----Certificate or Plaque or Jacket

- b. A student can receive a jacket (major) only one time in his high school career.
- c. A student may letter in other sports the same year and again the next year. For the additional letter, he will receive an \$10.00 award. (symbolic)
- d. Awards are the property of the school as long as the recipient is attending classes in the Alto I.S.D. and is subject to the rules and regulations of the school concerning his behavior. Awards may be repossessed by the school for violation of these rules if recommended by the head coach and principal. A participant may meet the minimum varsity requirements as outlined above and still not receive an award if, in the opinion of the coach, the participant has not displayed the proper attitude toward coaches, school, and fellow players.

4. Conduct Guidelines

- A. Conduct of all athletes while representing Alto I.S.D. will be closely monitored. Any misconduct that causes disrespect for Alto I.S.D. while on school premises or off, during the school day or after school, during a school activity or outside of school will result in the athlete receiving appropriate disciplinary action. If the violation is severe, the athlete faces dismissal from the program.
- B. Athletic leaders work for the betterment of the school and what is right and good for their fellow students. Real leaders will accept these responsibilities, realizing that they influence many others on the campus.
- C. Exhibitionism (display of affection) by girls and boys in public is in poor taste; it also places the athlete below socially accepted standards.
- D. Hazing of new students, fighting, etc. are certainly not in the best interest of school spirit and should be opposed vigorously at every opportunity. Violation of these rules may result in suspension from school and expulsion from the team.
- E. An athlete should give respectful attention to classroom activities and show respect for students and faculty members at all times. Horseplay and unnecessary talking are not approved habits of behavior. If these standards present a problem that the athlete is unable to correct, he will be suspended from the team. Each athlete should follow all school policies at all times.

5. Miscellaneous Subjects

- A. Working athletes must comply with the athletic code. An athlete who works must:
 - a. Maintain athletic standards
 - b. Not let work interfere with practice or games.
 - c. Learn to put his team's welfare first.
 - d. Develop team pride and self-discipline.
- B. School Equipment
 - a. An athlete is financially responsible for all equipment checked out to him and must pay for all equipment not returned.
 - b. An athlete will receive credit on items turned in only if they are items that were checked out to him.
 - c. He must treat all equipment as though it were his own personal property. Equipment should not be abused. It should be kept in the proper place in his/her locker or on his hanger. Disciplinary action will be taken for violations of this rule.
- C. Any athlete who leaves or is dismissed from the team after 5 calendar days in that sport will:

- a. Forfeit his/her award.
- b. Not be allowed to participate in any other sports for the full school year.
- c. Will not be allowed to attend the all-sports banquet without approval from the athletic director.

D. Practice Regulations

- a. The Athletic Director or Head Coach of current sport must be consulted if any athlete must miss practice.
- b. An athlete missing a practice or game without good reason may be suspended from the team.
- c. Obey the specific practice rules of each coach. These will include tardiness and detentions. Disciplinary action will be up to each coach and the Athletic Director.

E. Locker Room Procedure

- a. Roughhousing, throwing towels or other objects is not allowed in the shower or dressing room.
- b. All showers must be turned off. The last person using each shower must turn it off. The last person leaving the shower room should check all showers.
- c. Soap and tape must be put back in its proper place, not on the shower room floor. Do not abuse the soap dispenser.
- d. Proper respect must be given to all adults and team managers and trainers.
- e. Each athlete will be responsible to see that his or her equipment is properly hung and stored when not in use.
- f. Valuables should be checked in. Coaches will not be responsible for non-checked items
- g. When visiting another school, the coach is responsible for checking the rooms and leaving them in better shape than he/she found them.
- h. Disciplinary actions for the breaking of these rules, will be provided by the Athletic Director.

F. School Spirit

- a. An athlete should think of his school rather than his/her personal interests.
- b. He/she should participate in some sport where his/her presence will help the team even though he/she is not the star.
- c. In addition, each athlete should furnish spectator and rooter support for sports in which he/she is not a participant.

G. Athletic Participation

- A. A student is automatically eligible to participate in all sports if the student has not been dismissed for the program for disciplinary reasons and has met all off-season requirements.

B. Transfer Rule – A student who has any eligibility remaining may participate in athletics in any new school to which he may transfer, subject to the following provisions:

- a. The student must have a release signed by the superintendent of the district or by other delegated administrator and by the principal and the coach of the school previously attended.
- b. The release must state that the student was not recruited and that no undue influence was exerted upon him or his family.
- c. The student must be approved by the district executive committee, of the district, to which he/she is transferring.
- d. Refusal to release a pupil may be reviewed by the receiving district committee. This committee has the authority to declare the pupil ineligible if there is no justification for denying the release.

C. No one should take part in any contest in this League who has ever received money or other valuable consideration for teaching, officiating, or participating in any athletic sport or game, or who has within the past twelve (12) months competed on any athletic team as a paid player. This does not apply to pupils under 15 years of age.

D. A person who participates in athletic activities often finds himself/herself in a position to represent his fellow students, his/her school, and his/her community. It is the desire of all to be represented well. The American public demands that their schools participate in competition with interscholastic and intramural activities. In complying with the desires of the public, the Alto Board has provided expensive facilities, equipment, and qualified personnel to facilitate the program demanded by the public. The Athletic Director shall have authority to admit and dismiss students from athletic activities when he feels that the best interest of the student and the school is being served.

Discipline guidelines are as follows:

- a. Players must participate in the offseason programs set up by the coaching staff in order to participate the following season.
- b. Any player who leaves the program of his/her own choice must stay out of the program for one calendar year or accept the designated extra work to return to the program.
- c. An athlete who breaks a training rule will be assigned extra work if the violation is considered minor. If the athlete's actions are degrading or embarrassing to the team and athletic program, the athlete may be dismissed from the program.
- d. A player who leaves one sport activity may not begin the next sport until completion of the season for the first sport.
- e. A player has five (5) practice days to decide whether to continue the sport he/she started without punishment. Once the five (5) days passes and the athlete decides to quit, that athlete will be removed from the program for

the remainder of the school year unless deemed otherwise by the Athletic Director.

Any pupil who absents himself/herself from or quits an activity or is withdrawn from that activity by his/her parents without the complete approval of those in charge of that activity shall be removed from that activity and not be permitted to participate in any competitive activity of the school for the remainder of the school year.

If the athlete refuses to be disciplined by any coach, he/she may be excluded from competitive activity for the rest of the school year. At the beginning of the next semester the parents of the student who has been withdrawn from an activity may make a request to the Athletic Director for a re-admittance of their son or daughter to the athletic activities. The Athletic Director will study the facts involved in the case and render a decision. All final decisions regarding re-admittance to the athletic program, will be made by the Athletic Director.

6. Requirements

A. Football – 7th grade

Only 7th graders may participate unless an age eligibility is a factor. A 7th grade A and B schedule will be played when numbers permit.

Football – 8th grade

8th and 7th graders will be allowed to participate unless age eligibility is a factor. An 8th grade A and B schedule will be played if numbers permit.

Football – 9th grade

A 9th grader is eligible for varsity competition if all eligibility requirements have been met.

Football – Junior Varsity

Playing personnel and substitutes will be left up to the J.V. coaches and the head coach depending of the needs of the program

Football – Varsity

Playing personnel and substitutes will be left to the head coach and the varsity staff.

B. Basketball – 7th grade

There will be a playing squad of 10 players and a taxi squad of 5 additional players. These 5 players will have a chance of making the top 10 each game. The top 10 players will play each game. All 15 players will suit out if equipment is available.

Basketball – 8th grade

Same as 7th grade

Basketball – 9th grade

A 9th grader is eligible for varsity competition if all eligibility requirements have been met.

Basketball – Junior Varsity and Varsity

The size of squads and playing time will be determined by the Junior varsity and Varsity coaches.

C. Track

Members of every team will be allowed to work out and participate in the meets unless there is no event to enter. J.V. will also be entered in several meets.

D. Baseball – Junior Varsity

The number of players trying out will determine team size. We will not cut a player with any potential. The coach will determine playing time.

Baseball – Varsity

Team will be made of about 18 players. The coach will determine playing time.

E. Golf

Number of players on the team will be left up to the coach and Athletic Director.

F. Volleyball – 7th and 8th grades

Size of squad will be about 10. A valid attempt will be made to play every player in each match.

G. Volleyball – J.V. and Varsity

Size of squad and playing time will be determined by the J.V. and head coach.

H. Softball – J.V. and Varsity

Size of squad and playing time will be determined by the J.V. and head coach.

I. Cross Country – All Level

Members of every team will be allowed to work out and participate in the meets unless there is no event to enter. Size of squad will be determined by head coach.

J. Powerlifting – All Level

Members of every team will be allowed to work out and participate in the meets unless there is no event to enter. Size of squad will be determined by head coach.

7. Travel

- A. Travel will be provided by the school district. All players must travel with the team, both going and coming, unless there is an emergency and the player has a written release signed by the parents.
- B. All coaches must be certified to drive a school bus.
- C. Coaches should notify parents on time of departure and arrival back home, especially at the junior high levels. This should be done by bulletin before the season begins.
- D. No overnight trips will be allowed without permission of the superintendent.
- E. Only designated team members and coaches will ride on the team bus.

8. Athletic Injuries

- A. Care of an injured player is the immediate responsibility of the coach and/or the trainer. Parents should be contacted as soon as possible.
- B. The injured player's physical form should be taken to the hospital for needed information.
- C. An insurance claim form should be supplied for injured players with insurance. These forms are to be kept in the Athletic Director's office.
- D. The coach should be made aware of any treatment by a doctor.
- E. If a medical specialist is needed, the trainer or the Athletic Director should be involved in the selection of such specialist.
- F. A player **must** consult a coach or trainer if any injury or possible injury has occurred during practice or a game on that day before consulting a doctor so the trainer or coach can assist in finding a doctor or specialist that can assist he/she to return to play as soon as possible.
- G. All injured athletes **must dress out** and stay with their group without practice. Unless the head coach or Athletic Director deems otherwise.
- H. A player will not be allowed to work out or play in a contest if a doctor has said the player should not work out or play.

9. Training Rules

Rules that apply to all athletes at all times:

1. **NO** smoking
2. **NO** drinking of alcoholic beverages
3. **NO** abusive drugs (narcotics, marijuana, etc.)

4. NO use of violence, vandalism, etc.

These rules apply to all athletes and/or prospective athletes at all times during their school career. Violations will result in expulsion from all athletic activities for the remainder of the school year. If the athlete wishes, he/she may re-enter the offseason program immediately and upon request of the Athletic Director, re-enter a sport next year.

If the athlete is involved in the off-season program and violates training rules, the Athletic Director will discipline him/her. A second violation will result in automatic suspension from the athletic program for one school year.

10. Dress Code

- A. Will be dressed neatly and appropriately for the occasion.
- B. Hair will be neat and well groomed.
- C. No outrageous hair dyes (pink, purple, neon, etc.)
- D. Must follow Alto ISD school dress code
- E. All of the above is at the discretion of the Athletic Director

11. School Attendance

- A. All athletes will be expected to be in school regularly.
- B. Athletes will not participate in events if they miss school the day the event is held, providing it was not due to an emergency situation.
- C. A healthy athlete should have a good attendance record. He/she should never be truant from school or classes. If he/she is truant, the Athletic Director will review the situation to see if disciplinary actions are needed. The Athletic Director will make all decisions regarding disciplinary actions of truant athletes.
- D. When an athlete misses school, he/she is required to call the coaches to let them know that he/she is going to be absent.
- E. An athlete in ISS or In School Suspension the day of a contest cannot compete in that contest. If he/she is in ISS on a day where there is not a contest then he/she is allowed to participate in practice.
- F. An athlete in Alternative School is not allowed to participate in practices or contests until he/she has served their time.

12. Blood Drive

- A. It is the policy of the Athletic Department that while giving blood is very important and a valuable cause it will in **NO WAY** suffice as a reason to not participate in any form of athletics (offseason, practice, games). Refusal to participate in any form of athletics due to giving blood will result in discipline at the discretion of the head coach

or Athletic Director. Any athlete that chooses to give blood should do so at the earliest convenience.

13. Participation of Athletes in different sports

Realizing that the coach of each sport is primarily interested in that sport and anxious to get all the participation he/she can, we practice the following policy: Every athlete is allowed to participate in any sport he/she desires. A coach is not to influence an athlete to give up participation in one sport to participate in one sport alone. That choice is to be left up to the athlete.

Our philosophy is that one sport compliments another. An athlete who is participating in a sport is not allowed to quit that sport while in season and take up another without the consent of the Athletic Director. We prefer that athletes be allowed to "come out" and stay out as long as they desire. This, of course, does not apply to any discipline cases. The number of participants in some sports will be determined by the size of the facility that their sport uses. Coaches should allow an athlete an ample opportunity to make a squad or team.



The signatures below indicate agreement and consent to all rules, authorizations, and conditions stated within this form.

(Please print)

Student's Name _____ Emergency Phone # _____

DOB _____

Age _____

Sex _____

Current School _____

Parent/Guardian Name

Street address _____ City/State/Zip _____

Home Phone _____ Cell _____ Email _____

Date

Signature of parent or guardian

Date

Signature of student

