

Tuloso-Midway Athletic Handbook

Policies and Procedures

2022-2023



INTENTION



PURPOSE

INTEGRITY



PRECISION

INTENSITY



PASSION

ATHLETIC HANDBOOK
TABLE OF CONTENTS

INTRODUCTION.....	3
TULOSO-MIDWAY PRINCIPLES OF ATHLETICS.....	3
IMPORTANT PHONE NUMBERS.....	4
REQUIREMENTS TO PARTICIPATE.....	4
PHYSICALS.....	4
REQUIRED FORMS.....	4
ACADEMIC ELIGIBILITY.....	4
INTEGRATION INTO ATHLETICS	5
PARENT/COACH CONFERENCES AND COMMUNICATION.....	5
PHILOSOPHY OF ATHLETICS.....	6
GOALS AND OBJECTIVES.....	7
ATHLETIC CODE OF CONDUCT/DEPT. POLICY'S.....	7
PROGRAM RULES.....	7
DISCIPLINE.....	7
PLAYING TIME.....	7
GAME CONDUCT.....	7
ACADEMICS.....	8
ATTENDANCE.....	8
SQUAD SELECTION.....	8
CUTTING.....	8
INJURY OR ILLNESS.....	8
RESPECT.....	8
PROMPTNESS.....	8
REPRESENTATION.....	9
DISCIPLINARY REMOVAL.....	9
DRESS AND APPEARANCE.....	9
QUITTING.....	9
MULTIPLE SPORTS.....	9
CONFLICT OF ATHLETICS AND OTHER EXTRACURRICULAR EVENTS.....	10
EQUIPMENT.....	10
COLLEGE RECRUITMENT.....	10
TRAVEL.....	10
CLUB SPORTS.....	10
DRUGS AND ALCOHOL.....	11
STEALING.....	11
ELECTRONIC FOOTPRINT/SOCIAL MEDIA.....	11
COLLEGE SPORTS.....	12
WEIGHT ROOM RULES.....	13
BANQUET AND AWARDS.....	13
LETTERJACKETS.....	13
WARRIOR AND CHEROKEE OF THE YEAR.....	13
HALL OF HONOR.....	14
ATHLETIC INSURANCE.....	14
TRAINER AND RULES.....	15
QUITTING FORM.....	16
LIST OF COACHES.....	17
SIGNATURE PAGE.....	18

INTRODUCTION

The athletic department exists to “Train each athlete in the way they should go, so that they will be able to not just live, but thrive in an ever-changing and challenging world”. We believe that this is a collaboration of all community and district stake holders. This handbook will share the structure and procedures employed by TMISD. These structures and policies will promote communication, student growth, and unity throughout the district. We are dedicated to promoting lifelong principles that will improve all facets of the lives we touch. All the policies and procedures are intended to help as many people as we can, as often as we can and the best way we can. We strongly believe in “WE” before “ME” and that this integration of teamwork will promote our athletes to be great in the classroom, athletic stage, and work place. We are anxious to watch these young people grow into greatness during their time at Tulos-Midway and into adulthood.

TULOSO-MIDWAY PRINCIPLES OF ATHLETICS

- I. **Four Square Life:** This is our lens through which we see each athlete; each person is made up of these components and we will work to improve all four areas.
- a. **Mental:** The intellectual and academic abilities will be fostered in all athletes; academics are priority.
 - b. **Physical:** To be physically healthy improves all facets of our lives; we will help our athletes grow sharper, faster and stronger.
 - c. **Social:** We are a social people, we need to interact skillfully, willfully, and positively.
 - d. **Spiritual:** The parts of our life that give us most meaning will be done with enthusiasm; we will encourage athletes to put their all into their sports.
- *When one or more of these areas is deficient we will address them as effectively as possible.

II. Three Pillars of Action

- a. **Intention:** We want every athlete to know their purpose, and why? When something is hard (like life) we must know our why in order to be great in our struggle.
- b. **Integrity:** This is the discipline component; doing what is right and necessary when we have to do it. We do that right things because that is the very BEST we can do; the best.
 - i. Be diligent and persistent
 - ii. When you give your word, your actions match (my word is my promise and contract; binding)
- c. **Intensity:** This is our level of focus and energy at the appropriate time. Ex. Loud and amped up, full concentration level with silence, rejuvenation focus (Stress + Rest = Growth)

III. Three Phases of Action Application

- a. **Preparation:** Having all the components of success before execution: Equipment, Education, and Attention
- b. **Practice:** Practice does NOT make perfect; practice makes permanent. “Perfect effort in practice makes perfect performance”.
- c. **Performance:** We will live out our “habits” on the stage of performance. We are as good as our actions show on the stage (field, court or course).

"We don't rise to the level of our expectations; we fall to the level of our training." Archilochus

"It's more than put the work in," he said. "It's practice and rehearse the skills ... that you want to have as a reliable tool when the “stuff” is hitting the fan, or when the stakes are high, or when your heartbeat is 180 beats per minute. You have to train for that. It's like a sport. You can't read a book on soccer and then go to the World Cup." Tim Ferris

IMPORTANT PHONE NUMBERS

ATHLETIC DIRECTOR: Kris O'Neal	361	903-6725
ATHLETIC OFFICE: Cherie Chapa Cruz, Secretary	361	903-6725
ATHLETIC TRAINER: Megan Detry	361	903-6732

REQUIREMENTS TO PARTICIPATE

The following items must be turned in to the Athletic Department prior to participating in any practice or game in any extracurricular athletic activity:

1. Physical Examination

A physical examination is required every year beginning in the 7th grade. It must be dated after May 1st of the prior school year to be accepted for the next school year. The physical form should be picked up from the Athletic Office or printed off of the UIL website. We only accept the UIL form to record physical examinations. Club or organization forms are not acceptable. Some forms used by your family doctor may not be suitable either. Please make sure you have the appropriate UIL physical form. The school will offer an opportunity to take an exam each year.

2. Athletic Department Forms Packet available on RankOne (online forms)

This packet includes:

1. Acknowledgement of UIL Rules
2. Emergency Medical Treatment Consent
3. Concussion Acknowledgement Form
4. Steroid Use Acknowledgement Form
5. Cardiac Form
6. Acknowledgement of TMISD Athletic Handbook

3. Academic Eligibility

A student in grades 9-12 may participate in extracurricular activities on or off campus at the beginning of the school year only if the student has earned the cumulative number of credits in state-approved courses:

- A. Beginning the ninth-grade year** – must have been promoted from the eighth to the ninth.
- B. Beginning the tenth-grade year** – must have at least 5 credits towards graduation.
- C. Beginning the eleventh-grade year** – must have at least 10 credits toward graduation or during the preceding 12 months, he/she must have earned 5 credits.
- D. Beginning the twelfth-grade year** – must have 15 credits toward graduation or during the preceding 12 months, he/she must have earned 5 credits.

A student participating in UIL activities will be suspended from participation in games after a grading period in which the student received a grade lower than a 70 on a scale of 100 in academic classes other than an identified honors or advanced class. This suspension continues for at least three weeks. The grades will be reviewed at the end of each three-week period; the suspension will be removed if the student is passing all classes with a grade of 70 or greater.

INTEGRATION INTO ATHLETICS

Communication and Expectations

- I. Both parenting and coaching are extremely difficult vocations. By establishing a shared vision for student-athlete success and an understanding of each stake holders' roles we are better able to accept the actions of the other and provide greater benefits to children. As parents, when your children become involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of the child's program.

Communication parents should expect from coaches:

- Philosophy of the coach
- Locations and times of practices and contests
- Team requirements: practices, special equipment, out-of-season conditioning, conduct etc.
- Supportive

Communication coaches expect from parents:

- Concerns expressed directly to the coach
- Notification of any schedule conflicts well in advance
- Supportive

- II. As your children become involved in the programs at Tuloso-Midway they will experience some of the most rewarding and difficult moments of their lives. It is important to understand that there may be times when things do not go the way you or your child wish. At these times discussion with the coach is encouraged. Examples of these difficult situations include the treatment of your child, ways to help your child improve, concerns about your child's attitude, or academic support for your child.

At times it is very difficult to accept your child not playing as much, or when, or where you may desire. It will be at the coach's discretion to make all decisions concerning the playing time and/or position for each individual athlete regardless of the score of the game or the personal feelings of the athlete's parents.

Coaches are professionals. They make judgments based on what they believe to be best for all students involved. As you have seen from the list above, certain things can be and should be discussed with your child's coach. Other things should be left to the discretion of the coach. Examples include team strategy and other student-athletes.

- III. There are situations that may require a conference between the coach and the parent. It is important that both parties involved have a clear understanding of the other's position. **The student/athlete should reach out to their coach if at all possible before direct parent contact with a concern.** This will help grow our young men and women into adulthood and give them confidence in their ability to communicate.

Parent-Coach Conference Procedures

When these conferences are necessary, the following procedures should be followed to help promote resolution:

1. Call the coach to set up an appointment.
2. If the coach cannot be reached, call the Athletic Office at 361-903-6725. A meeting will be set up for you.
3. Please do not attempt to confront a coach before or after a contest or practice.

These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution.

4. If the meeting with the coach does not provide a satisfactory resolution, the next step is to set up an appointment with the Athletic Director.

TM ATHLETICS

According to University Interscholastic League rules, being in athletics is a privilege, not a right. Only those students who abide by school and athletic policies will be allowed to represent Tulo-so-Midway I.S.D.

When young men and women sign up for athletics and become a member of a team, they make a commitment.

They are obligated to follow the rules and regulations of the program. They are not forced to participate.

Participation is voluntary; therefore, they are expected to follow the rules of order.

Parents should strive to help their son or daughter to achieve success in athletics. Success is defined as participating at 100% of the individual's ability. We can never expect athletes to do more than they are capable. However, we do want them to grow their fullest potential. Supportive parents can help instill this desire in student-athletes long after their playing days are over by seeing that the student is on time, attends practices and games, and follows the rules and regulations.

ATHLETIC GOALS AND OBJECTIVES

Our Goal: To instruct all student-athletes using four-square life principles in order to live and thrive in an ever changing and challenging world.

Our specific objectives for the student-athlete are as follows:

- 1.To know their worth.** Each student athlete is valuable because they exist, period. We believe this allows athletes to perform to their fullest potential.
- 2.To fall in love with the process of struggle.** Great endeavors are born from great struggles. We believe that if we teach our student-athletes to "struggle well" now they will be successful in their future lives. Athletics is an avenue of learning joy in shared struggle.
- 3.To work with others.** In a democratic society, a person must develop self-discipline, respect for authority, and the spirit of hard work and sacrifice. The team and its objectives must be placed higher than personal desires.
- 4.To be successful.** Our society is very competitive. We do not always win, but we succeed when we continuously strive to do so. You can learn to accept defeat only by striving to win with earnest dedication. A successful person has a desire to excel and a "never quit" attitude.
- 5.To develop sportsmanship.** To accept any defeat or victory like a true sportsman by knowing one has done his/her best are the signs of a good sportsman. We need to develop desirable social traits, including emotional control, honesty, cooperation, and dependability. We need to respect opposing players, coaches, officials, spectators, and support groups. Treat them as you would want to be treated. Who better than they to understand all the hard work and team effort that is required.

6.To improve. Continual improvement is essential. As an athlete, you must establish a goal and you must constantly try to reach that goal. An athlete should better him/herself in the skills and characteristics set forth as being desirable.

7.To strive for excellence in all they do. To be an active, contributing citizen, it is important for a person to strive to be the very best at what they are doing. When a person has a commitment to excellence, they will never settle for not doing their very best.

ATHLETIC CODE OF CONDUCT

A firm and fair policy of enforcement is necessary to uphold the regulations and standards of the athletic department. The school administrators and coaching staff feel strongly that high standards of conduct and citizenship are essential to maintaining a sound program of athletics. The mental and physical welfare of the student is the major consideration in our code of conduct.

Athletics is a privilege in the Tuloso-Midway ISD and students choose to be part of the program. Since student-athletes represent their school, and in many instances their community, student-athletes are held to higher standards of behavior than those specified in the Student Code of Conduct. Violations of the athletic policy that are also violations of the Student Code of Conduct may result in independent disciplinary actions by the Athletic Department

ATHLETIC DEPARTMENT POLICIES

1. PROGRAM RULES

Additional rules and regulations that specifically pertain to a unique sport may be established with the approval of the Athletic Director. These rules should be specifically explained by the coach at the start of the season.

2. PLAYING TIME: Varsity and Sub-Varsity: Sub-Varsity Athletics are developmental programs, all **sub-varsity** athletes who are in good standing (grades, behavior, attendance etc.) will play regularly. **Varsity Athletics** are competitive programs, therefore: each team will play the athletes, who are in good standing, that give the teams the greatest chance for success. Playing time is **not guaranteed** on varsity teams.

3. DISCIPLINE TECHNIQUES

The greatest discipline technique is a wise and reasoned person. Be that person.

Each situation may require a different type of discipline. Whatever type of discipline is required, the purpose is to help athletes improve themselves, and to become better people. Failure to accept this on the part of the athlete or parent/guardian may result in dismissal from the team and/or athletic program. The different discipline techniques listed below may be used alone or in combination for Student Code of Conduct and Non-Student Code of Conduct violations. This listing is not intended to be a list of progressive sanctions:

- Withdrawal of privileges, such as participation
- Extra physical activity
- Oral Correction
- Counseling by coaches
- Parent-coach conference
- Behavioral contracts
- Techniques or penalties identified by individual coach of sport

4. GAME CONDUCT

Any student-athlete who engages in a fight before or during a competition may be suspended for the remainder of that competition. Any athlete who engages in unsportsmanlike conduct, as deemed by the head coach or any TMISD official, before or during a competition, may be suspended for the remainder of that competition. Any student-athlete who verbally or physically abuses an official before or during a competition may be suspended for the remainder of that competition. Any student-athlete who engages in any of the above activities after a contest may be subject to disciplinary action for the next contest(s). Depending on the seriousness of the above incident(s), the student-athlete could face further suspension from future contests or removal from the team or athletic program.

5. ACADEMICS

All students are required to remain academically eligible to participate. Remember, No Pass-No Play! Repeated academic suspensions may result in dismissal from the team. Students that fail and are ineligible are still required to practice until they become eligible again. Failure to attend practices while ineligible will be considered quitting and the student may be removed from the team.

6. ATTENDANCE

Be in class. Be on time. If you must miss an athletic period or practice, be sure that it cannot be avoided. If you must be absent, contact one of the coaches before the athletic period or practice. You may be required to make up conditioning that was missed. Repeated absences may result in dismissal from the team.

7. SQUAD SELECTION

In accordance with our philosophy of athletics and our desire to see as many students as possible participate in the athletic program, we encourage coaches to keep as many students as they can while still maintaining the integrity of their sport. Time, space, facilities, equipment, personal preference, and other factors will place limitations on the most effective squad size for any particular sport.

8. CUTTING

Choosing the members of athletics squads is the sole responsibility of the coaches of those squads. Prior to trying out, the coach shall provide the following information to all candidates for the team:

- Criteria used to select the team
- Number to be selected
- Practice/game commitment if they make the team

9. INJURY OR ILLNESS

We have two professional athletic trainers who are responsible to help care for our student athletes. If you have an injury, see one of the trainers first unless it is an emergency. They will either treat you or refer you to a physician. Please do not see the school nurse for an athletic injury unless it is an emergency or neither of the athletic trainers are available. If you must leave school because of illness, contact or come by the coaches' office or training room. If you are ill or injured a doctor's excuse will be expected.

Through most of the school year, the athletic trainers will be available at 7:45 am for treatment. Injured athletes are expected to attend this morning treatment. If they do not attend morning treatment, they will be expected to work out during their athletic period unless they have a doctor's excuse, permission from the trainers and/or coach.

10. RESPECT FOR OTHERS

Coaches should receive "Yes Sir/Ma'am", or "No Sir/Ma'am" responses from players. Players in return will be treated with respect by their coaches. Coaches will be addressed as "Coach Smith" or "Coach Jones", not "Smith" or "Jones". Athletes should never address a coach or teacher by their first name. Show respect for the opposing players, coaches, officials, spectators and support groups. Treat others as you would want to be treated.

11. PROMPTNESS

Always be on time. On trips, the bus will not wait. After the final bell rings, you do not have time to waste. Go directly to the field house. Tardiness may result in disciplinary action.

12. REPRESENTATION

All players must realize the responsibilities that are theirs. Remember, you are representing your school, coaches, parents and city. Unsportsmanlike or disrespectful behavior by an athlete as deemed by any TMISD official will not be tolerated. Conduct of this nature will result in disciplinary action. Serious or repeated offenses may result in removal from the team or athletic program.

13. DISCIPLINARY REMOVAL

If a student is removed from an athletic team, the coach will inform the parents and will be available for any further conferencing. If needed the Athletic Director will be available to address any further concerns.

14. DRESS AND APPEARANCE

You should be very professional in uniform and out. Your appearance away from the field house or gym, especially at school, should reflect the same class and pride that you show in our program. Everyone will wear his/her uniform in a manner that reflects pride and professionalism. Men and women will wear attire requested by the head coach.

ALL ATHLETES:

- No jewelry will be permitted that distracts from the team or endanger any participants in anyway.
- If the length of your hair becomes too long, you will be asked to get it cut. Hair must be following, and in compliance with school dress code.
- All facial hair will be neat and well groomed.
- Do not do anything with your hair or dress that will call attention to you, or anything that is not reasonable, or that would cause embarrassment to you, your teammates, your coaches or your school. If in doubt, ask the coach of that sport.

15. QUITTING OF A SPORT

Anyone terminating a sport after a trial period (usually after the first contest) will not be allowed to participate in another sport until the season of the sport terminated is completed or unless the head coaches of both sports agree that the student would be better off in the other sport. The Athletic Director may at his discretion make an exception to this rule when an event outside the control of the athlete or his/her family causes the athlete to drop a sport. A clear understanding is to be reached by the Athletic Director and the athlete at the time the sport is dropped. Anyone walking off the field or gym floor during a practice or game may be considered by the coach to have quit that team. Missing multiple practices or games may be considered quitting.

16. MULTIPLE SPORTS

Athletes are highly encouraged to participate in more than one sport. Student athletes who attempt to participate in multiple sports whose seasons overlap may create schedule challenges. When and if conflicts arise, the coaches of the sports will work out a solution. If a solution cannot be reached, then the Athletic Director will make the final decision. Much of the decision will be based on the level of competition (sub varsity vs. varsity competition, district vs. non-district, etc.)

17. CONFLICT IN ATHLETICS AND OTHER EXTRACURRICULAR ACTIVITIES

An individual student who attempts to participate in several extracurricular activities will undoubtedly be in a position of a conflict of obligations. The Athletic Department recognizes that each student should have the opportunity for a broad range of experiences in the area of extracurricular activities and will attempt to schedule events in a manner to minimize conflicts. This would include being cautious about participating in too many activities where conflicts are bound to happen. It also means immediately notifying the faculty sponsors and coaches involved when a conflict does arise. When a conflict arises, the sponsors and coaches will work out a solution so the student does not feel caught in the middle. If a solution cannot be found, the principal and athletic director will make the decision based on the following: The relative importance of each event, the maturity level of the athlete, importance of each event to the student, relative contribution the student can make, length of each event that is scheduled and conversation with the parents. Once the decision has been made and the student has followed the decision, he/she will not be penalized in any way by either faculty sponsor or coach.

18. CARE OF EQUIPMENT

You are to hang up your equipment in your locker and clean it. Do not track mud and dirt into the dressing rooms. Therefore, take off cleated shoes before entering the dressing rooms or buildings. After you change into workout gear hang up your clothes in your locker. Latrines and toilets are to be flushed and showers and faucets turned off completely. All trash should be thrown in a trashcan; especially soda cans. Clean up in and around your locker each day.

Each athlete will be given a school issued lock. It is the athlete's responsibility to lock their locker each and every time they leave the locker room. It is important that athletes do not bring an excessive amount of money or expensive items to school. If the athlete does not feel comfortable with leaving a large amount of money in their locker, they may ask the coach to secure the money or the item. This should be a rare occurrence, however.

19. TRAVEL

All athletes represent the community, school, and coaches. It is expected that all will dress in an acceptable manner on trips and conduct themselves in a proper manner. When missing classes because of an athletic event it is the responsibility of the athlete to see his/her teacher the day before the missed classes. All work shall be made up at the convenience of the teacher. Athletes are expected to travel to athletic events using school transportation. Athletes may not drive themselves to athletic events. A parent may take the athlete to an event if prior authorization has been given by the coach. All athletes making a trip on the bus are expected to return on the bus unless there is an emergency situation or when parents are present and there is good reason for returning with them. This should be cleared with the head coach prior to the trip. Athletes must have a parent or guardian physically sign out with the coach prior to leaving. The coach must physically see the parent or guardian. Athletes may not ride home with other athlete's parents or older siblings.

20. CLUB SPORTS

A club is a sports program outside of the school that is not affiliated with UIL athletics. We are very fortunate to live in a community where the high school can be the main focus. We feel our athletes' obligations are to their school team first. **We will not excuse our athletes to miss a school contest or practice for a club event.** We strongly recommend for varsity athletes to not compete in club sports during any UIL season. The athlete in question has been given the time and reps for them to compete on their UIL team. This means a program has invested valuable resources in that athlete to serve his/her team and teammates. This is time that cannot be regained and invested in other athletes.

21. DRUGS AND ALCOHOL

Some sacrifice is needed and expected by athletes under the jurisdiction and sponsorship of TMISD schools and the TMISD athletic department. There is no acceptable reason for alcohol or illegal substances to be used by any student-athlete in our athletic programs, nor are there acceptable reasons for TMISD student-athletes to be present where illegal or controlled substance activities occur. This may include an athlete being issued a ticket, minor in possession or being arrested. It may also include any credible, verifiable documentation. Any athlete proven to be with controlled or illegal substances will adhere to the following consequence progression (in addition to all school district disciplinary or legal consequences that may apply). The Athletic Director will make the final determination.

FIRST OFFENSE – Suspension from participation and/or punishment as determined by the head coach and athletic director. This may include the requirement for the athlete to complete a drug/alcohol awareness program approved by the Athletic Director. The student will remain in the program but may not participate in any contest during a suspension.

SECOND OFFENSE – Possible dismissal from the athletic program for one calendar year from the time of removal. This may include the requirement for the athlete to complete a drug/alcohol awareness program approved by the Athletic Director.

THIRD OFFENSE – Immediate dismissal from the athletic program for the remainder of the student’s TMISD athletic career. After two years, the student-athlete may seek reinstatement by approval of the athletic director, principal and head coach of the sport(s).

NOTE: If a student-athlete is subsequently cleared of charges and no action (disciplinary or legal) results, the student-athlete may be reinstated immediately into the athletic program.

22. STEALING

Taking things that do not belong to you, especially from your teammates, will not be tolerated. An athlete caught stealing may be suspended and/or punished. The athlete may ultimately be removed from the athletic program. Depending on the seriousness of the offense, an athlete may also be prosecuted by the law. This also involves school equipment not returned after the season is complete.

23. SOCIAL MEDIA

All student athletes are expected to use social media responsibly. How you conduct yourself online and in social media is a direct reflection on the athletic programs and TMISD. Students who post inappropriate messages and or pictures will be asked to remove the post and will receive consequences that may include game suspensions and possible school discipline. Subsequent inappropriate posts will include additional consequences up to and possibly including, dismissal from the team and TMISD athletic program. **Please remember anything “posted” on social media can be there forever and part of many job applications is a background check of your social footprint.**

COLLEGE SPORTS

The National Collegiate Athletic Association (NCAA), an organization founded in 1906 that has established rules on eligibility, recruiting, and financial aid, regulates many college sports. The NCAA has four membership divisions - Division I, Division I-AA, Division II, and Division III. Institutions are members in one or another division according to size and scope of their athletic programs and whether they provide athletic scholarships.

If you are planning to enroll in college as a freshman and you wish to participate in Division I or Division II sports, **you must be certified** by the NCAA Initial-Eligibility Clearinghouse. The Clearinghouse will analyze your academic information and determine if you meet the NCAA's initial-eligibility requirements.

CORE COURSES:

Division I:

- At least four years English
- At least three years math
- At least two years social science
- At least two years natural or physical science (including one lab course if offered)
- At least one-year additional classes in English, math or natural or physical science
- Four additional academic courses in any of these areas: foreign language, computer science or comparative religion.

Note: Division II is same as above except only two-year math and three additional academic courses.

It is also **your responsibility** to make sure the Clearinghouse has the documents it needs to certify you. These documents are:

1. Your completed and signed Student Release Form and fee.
2. Your official high school transcript
3. Your ACT or SAT scores

The NCAA has a booklet called "***MAKING SURE YOU ARE ELIGIBLE TO PARTICIPATE IN COLLEGE SPORTS***" that is available in the counselor's office that will give you specific directions on filling out the forms for the Clearinghouse. The Clearinghouse may also be reached as follows:

NCAA Clearinghouse
2255 North Dubuque Road
P.O. Box 4044
Iowa City, IA 52243-4044
(319) 337-1492

WEIGHT ROOM RULES

- Supervision is a must (**Always a Coach**)
- Enter with Intention (What is your purpose)
- Safety Spotters are a must
- WATER ONLY! No other food or drink
- Every weight will be racked; everything has a place and there is place for everything
- Proper attire; school appropriate, shirts, shorts & shoes for working out!
- The coaches will decide on the music
- Clean and sanitize your station when exercise session is completed.
- For safety concerns, no jewelry may be worn or visible while in the weight room area.
- Leave the weight room better than you found it and make yourself better than when you entered.
- **Do not remove any items from the weight room.**
- This is not exhaustive

BANQUET POLICY AND ATHLETIC AWARDS

BANQUET POLICY

The Tuloso-Midway Athletic Booster Club will sponsor a Fall and a Spring Sports Banquet for Varsity athletes. Varsity athletes are given a ticket for themselves. Team meals or parties hosted by parents must be approved by the athletic director to ensure that UIL rules are followed.

ATHLETIC AWARDS

Athletic awards are awarded by the coaches, subject to approval by the Athletic Director according to policy.

LETTER JACKETS

The athletic jacket is given for competition on the varsity level. Athletic trainers may also be awarded a letter jacket. The guidelines for receiving a letter jacket are left to the individual coach. Determining factors may include the amount of time that the athlete participated at the varsity level that year, whether the athlete completed the season in good standing and the number of years the athlete has been in that particular sport. The final decision for awarding a letter or letter jacket will be left to the discretion of the Athletic Director.

WARRIOR AND CHEROKEE OF THE YEAR

Each year at the All Sports Banquet, the coaching staff will nominate and select a Warrior and a Cherokee of the year. The final determination will be left to the Athletic Director. Factors that will be considered:

- It is desirable that the athlete be a senior.
- It is desirable that the athlete be a multiple sport athlete.
- The athlete should display good character, integrity and sportsmanship.
- The athlete should be a leader on and off the court of play.
- The athlete should be in good academic and attendance standing.
- The athlete should exemplify the characteristics of a Warrior or Cherokee athlete.

HALL OF HONOR (WALL OF FAME)

Mission Statement:

The Tuloso Midway Wall of Honor shall be established to honor the athletic achievements of Tuloso Midway student athletes. It is our goal that students honored on this wall display the exemplary characteristics of Warrior and Cherokee Athletics.

Induction:

Student pictures with a summary of achievements shall be placed on the Wall of Honor according to chronological order of their induction. Students will be nominated in the Spring and shall be recognized and inducted at the All-Sports Banquet each year.

Committee:

1. Athletic Director
2. Principal
3. Boys Sport Coach
4. Girls Sport Coach
5. Superintendent or their designee

Honorees:

Honorees shall be inducted as individuals or as teams that qualify for State competition. No induction of coaches.

No induction of contributors.

Criteria:

1. Must have at least two years of Varsity Experience unless a State qualifier.
2. Must have graduated from Tuloso Midway High School.
3. Must have shown good character, citizenship and academic performance.
4. All-State recognition will be considered.
5. College accomplishments will be considered.
6. Must have graduated at least one year prior to induction.

ATHLETIC INSURANCE POLICY

The purpose of this section is to explain the accident insurance policy that covers all athletes in the Tuloso-Midway ISD. All students practicing for and competing in any athletic activity under the regulation and jurisdiction of the district are covered under the insurance plan. This coverage does not pay all expenses. It is a secondary policy that can help pay for expenses not taken care of by the student's family insurance. This policy will only become primary if a student has no family insurance. Students are covered under the best UIL insurance coverage available to the district. Be aware that it does not cover all expenses. It is recommended by the trainer and Athletic Director that every effort is made by the family of each student to provide a primary insurance of some kind in case of accident or injury. This will reduce the chance of financial strain in case the district insurance plan must be applied in cases of injuries requiring surgery or long-term treatment.

ATHLETIC TRAINER

In case of an injury, parents should contact the trainer or Athletic Office before taking their child to the doctor unless it is an emergency. Failure to do so may forfeit their rights to insurance claims covered under the school plan. Please note that even if the student is covered under a primary insurance and the parents do not plan on applying the district insurance policy, it is still necessary to contact the trainer or Athletic Office before seeing a doctor. For further information, please contact the Athletic Office or the trainer.

1. If your child is injured, you must contact the trainer or the Athletic Office.
2. Except for emergencies, please do not take your son/daughter to the doctor for an injury sustained during athletic activity without informing the Athletic Trainer. This will insure that the Athletic Insurance guidelines are followed correctly.
3. You must first file on your personal family insurance.
4. The school insurance will pay according to its Explanation of Benefits.
5. If you have no personal policy, the school's plan will become primary.
6. Medical treatment must begin within 30 days of injury.
7. A district insurance claim form must be filed with the insurance company within 90 days of injury.
8. Any athlete that sees a physician must bring a prescription note to the Trainer with any restrictions that have been ordered. They must also bring a release from the doctor before returning to activity.

TRAINING ROOM RULES

1. If you are not injured, stay out. Only those needing treatment or rehabilitation are allowed in the training Room.
2. Clean up after practice before seeing the trainer. Wear shorts and shirt into the Training Room.
3. Cleated or muddy shoes are not allowed. Leave them in your locker or the front room.
4. All equipment must stay outside the Training Room unless it is already worn prior to entering.
5. After getting taped, leave the Training Room. Finish suiting up outside.
6. Don't waste time in the field house after leaving the Training Room. Be at practice on time!
7. Ice is for injuries.
8. Loud talking, excessive noise, horseplay, visitation or loitering will not be allowed.
9. Stay off the tables and equipment unless receiving treatment or rehabilitation.
10. Do not handle any equipment on your own.
11. Off-season sports and conditioning sports will receive treatment and rehabilitation before and/or after school only.
12. In-season sports may receive treatment and rehabilitation during athletics by appointment.
13. No student should be allowed to leave another class to receive treatment from the trainer.

QUITTING SPORTS

Below is a copy of the Tuloso-Midway Athletic Quit Form. Any athlete who wishes to remove themselves from any sport during the season or who has been determined by the coach to have quit a sport will be subject to fill out the form in full prior to participation in another sport. Excessive absences from practices or games may be considered quitting. Walking off the court or field during practice or games may be considered quitting. Once turned in and signed by the Athletic Director and the head coach, the athlete will not be allowed to return without the approval from the Athletic Director and head coach. If they should quit again they will not be permitted to return in the future.

Once an athlete quits a sport they are not allowed to begin a new sport until the sport which they quit has completed its full season. For example, a basketball player quits in January, but wants to participate in soccer; they would have to wait for the basketball season to be over in February before they could participate in the soccer program. **Exception can be made through a process of reinstatement. This process is extremely rigorous and service centered.**

TULOSO-MIDWAY ATHLETIC QUIT FORM

I, _____, have decided that after careful consideration to remove myself from the Warrior/Cherokee athletic sport of _____.

By quitting, I feel that the decision is in the best interest of all concerned. I understand that the head coach may determine that I have quit due to excessive absences from practice or games or walking off the court or field during practice or games. I understand that by quitting the program in question I will forfeit any participation for a **one (1) year** period in that sport. I may return after the one (1) year period only with the approval of the Athletic Director and the head coach of the sport in question. I also understand that I may not begin a new sport until the full season of the sport in which I quit is complete. If I should also quit the same sport twice, I give up the right to be considered in the future for that sport again.

Student Athlete's Signature _____

Parent/Guardian Signature _____

Head Coach's Signature _____

Athletic Director's Signature _____ 2022-2023

PLEASE TEAR HERE

TULOSO-MIDWAY INDEPENDENT SCHOOL DISTRICT
ACKNOWLEDGEMENT OF ATHLETIC RULES AND POLICIES

I understand that participation in athletics is a privilege and higher standards are expected from all student athletes as it pertains to grades, behavior in and out of school, attendance, work ethic and commitment. Any behavior that is deemed unbecoming of an athlete will be subject to punishment by the coach of the sport.

Student Athlete's Signature _____ Date: _____

Parent/Guardian Signature _____ Date: _____

HIGH SCHOOL: Head Coaches are listed first.

Varsity Football

Kris O'Neal - koneal@tmisd.us
Scott Hawks - lhawks@tmisd.us
Keith Talbert – talbert@tmisd.us
George Woods - gwoods@tmisd.us
Gary Curtis - gcurtis@tmisd.us
John Kile - jkile@tmisd.us
Mike Cantu - micantu@tmisd.us
Robert Martinez - jcano@tmisd.us
Sam Luna - sluna@tmisd.us

Freshman Football

JK Moody - jmoody@tmisd.us
Allen Lowe - alowe@tmisd.us
Matt Leal - mleal@tmisd.us
Joe Ayarzagotia - jayarzagotia@tmisd.us

Volleyball

Shelby Chapa – schapa@tmisd.us
Jesse Martinez - jmartinez@tmisd.us
Valerie Colunga - vcolunga@tmisd.us
Melissa Vela - mvela@tmisd.us

Boys Basketball

Tres Garcia - jgarcia@tmisd.us
Robert Martinez - robmartinez@tmisd.us
Matt Leal - mleal@tmisd.us

Boys Soccer

Jesse Martinez – jmartinez@tmisd.us
Joel Schrimsher - jschrimsher@tmisd.us

Girls Soccer

Markie Luna - mluna@tmisd.us

Boys Track

Scott Hawks - lhawks@tmisd.us
Sam Luna - sluna@tmisd.us
Keith Talbert – ktalbert@tmisd.us
George Woods - gwoods@tmisd.us

Girls Track

Zeke Hernandez - zhernandez@tmisd.us
Eddie Castillo - ecastillo@tmisd.us
Valerie Mendoza - vmendoza@tmisd.us
Robert Rios - rrios@tmisd.us

Girls Basketball

James Bueno - bueno@tmisd.us
Robert Rios - rrios@tmisd.us
Melissa Hernandez - mehernandez@tmisd.us

Tennis

Wade Sinard - wsinard@tmisd.us
Moses Del Bosque – mdelbosque@tmisd.us

Baseball

JK Moody – jmoody@tmisd.us
Gary Curtis - gcurtis@tmisd.us
Joe Martinez – jmartinez@tmisd.us
Joe Ayarzagotia - jayarzagotia@tmisd.us

Softball

Sally Deleon - sdeleon@tmisd.us
Valerie Colunga - vcolunga@tmisd.us
Martin Martinez - mmartinez@tmisd.us
Melissa Vela - mvela@tmisd.us

Swimming

Anna Alaniz - AAlaniz@tmisd.us
Criselda Saenz - csaenz@tmisd.us
Israel Soza – isoza@tmisd.us

Golf

Matt Pacheco- mpacheco@tmisd.us

Powerlifting

Scott Hawks - lhawks@tmisd.us
John Kile - jkile@tmisd.us
Lorian Rodriguez - lrodriguez@tmisd.us

Weight Room

Scott Hawks - lhawks@tmisd.us

Head Trainer

Megan Detry – mdetry@tmisd.us

Assistant Trainer

Clarissa Perez – cperez@tmisd.us

Boys Cross Country

Eddie Castillo - ecastillo@tmisd.us

Girls Cross Country

Zeke Hernandez - zhernandez@tmisd.us

MIDDLE SCHOOL

Football (MS)

Leo Barrera BAC - lbarrera@tmisd.us
Brandon Gonzalez - bgonzalez@tmisd.us
Joel Schrimsher - jschrimsher@tmisd.us
James Bueno - jbueno@tmisd.us
Robert Rios - rrios@tmisd.us
Martin Martinez - mmartinez@tmisd.us
Oscar Vasquez – ovasquez@tmisd.us

Boys Basketball (MS)

Leo Barrera - lbarrera@tmisd.us
Allen Lowe - alowe@tmisd.us
Brandon Gonzalez - bgonzalez@tmisd.us
Oscar Vasquez – ovasquez@tmisd.us

Girls Basketball (MS)

Antionwynette Smith - asmith@tmisd.us
Hermelinda Cantu - hcantu@tmisd.us
Alexia Gonzalez - algonzalez@tmisd.us
Joe Ayarzagoitia - jayarzagoitia@tmisd.us

Swimming (MS)

Anna Alaniz - AAlaniz@tmisd.us
Criselda Saenz - csaenz@tmisd.us
Israel Soza – isoza@tmisd.us

Volleyball (MS)

Antionwynette Smith - asmith@tmisd.us
Hermelinda Cantu - hcantu@tmisd.us
Alexia Gonzalez - algonzalez@tmisd.us
Tiffany Candela - tcandela@tmisd.us

Boys Track (MS)

Robert Martinez - robmartinez@tmisd.us
Mike Cantu - micantu@tmisd.us
Allen Lowe - alowe@tmisd.us
Brandon Gonzalez - bgonzalez@tmisd.us

Girls Track (MS)

Alexia Gonzalez - algonzalez@tmisd.us
Antionwynette Smith - asmith@tmisd.us
Hermelinda Cantu - hcantu@tmisd.us

Cross Country (MS)

Valerie Mendoza GAC - vmendoza@tmisd.us