

**SANGER I.S.D.
ATHLETIC POLICY
Updated 2023**



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INTRODUCTION

This Sanger ISD Athletic Policy Handbook was developed to establish a foundation for parents, legal guardians, coaches, student-athletes, and administrators with the policies, procedures, and operations of the Sanger ISD Athletic Program.

Being an athlete requires a great deal of time, energy, discipline, and dedication. Athletes need to realize they are not just another student. Their actions and performance are a reflection upon their school and community.

The main goal of the Sanger Athletic Program is to develop our student-athletes into young men and women that will be successful after high school sports are long gone. We will also strive to provide wholesome activities and opportunities for our student-athletes to develop favorable habits and attitudes that will help them succeed in life.

Our Sanger ISD Athletic Policy will at all times conform to the rules and guidelines set forth by the administration of the Sanger Independent School District and the University Interscholastic League (UIL).

Participation in the Sanger Athletic program is a privilege and not a right.

The guidelines and actions stated in this document will be in addition to any consequence or consequences set forth by the Sanger ISD Student Handbook and Sanger ISD Student Code of Conduct. The purpose of this document is to serve as a guide only.

“Make the most of everyday..... never let anyone outwork you.”

Expectations of Parents / Guardians / Spectators

It is a privilege, not a right, for parents, legal guardians, and fans to attend sporting competitions.

As parents and guardians, we all have responsibilities when attending an athletic event. Our attitudes and actions influence youth everywhere. It is important that we display the best sportsmanship to help instill proper citizenship, attitudes, and ideas in our youth. Parents, guardians, or spectators will not be allowed to coach or give playing advice to their child during practices or games. This is the job of the coaches that are hired by Sanger ISD. To ensure student safety, all indoor Sanger practices may be closed and not open to the public. As a spectator, you should respect the time and effort each team, coach, and official has put forth. You should refrain from any negative comments or conversations aimed at these people. Any comments or actions of this nature could result in the individual or individuals being removed from athletic events. The behavior of parents, legal guardians, and fans at sporting events is a direct reflection of Sanger ISD and the Sanger community.

Parents and guardians are prohibited from being in the weight room, track, gym, or other areas of our campus where our student-athletes are working out. This is to ensure the safety of all of our student-athletes and their well-being. Depending on the head coach of each sport, they may allow parents or guardians to watch practice from a public viewing area such as the stands or bleachers when dealing with outside sports.

As part of signing the UIL Acknowledgement of Rules form, it is your responsibility to read the UIL Parent Information Manual that explains your responsibilities as a parent/guardian and the Parent Code of Conduct.

The website for this manual is:

https://www.uilTEXAS.org/files/athletics/manuals/Parent_Info_Handbook_22-23.pdf

A physical copy of this manual is available upon request.

Requirements to Participate

All student-athletes in the Sanger Athletic Program must complete the following forms in Rank One, and pass a physical evaluation. The following forms need to be completed:

- a. Pre-Participation Examination
- b. Medical History Form
- c. Rules Acknowledgement
- d. Parent/Student Illegal Steroid Use Form
- e. Concussion Acknowledgement Form
- f. Sudden Cardiac Arrest Awareness Form
- g. Previous Athletic Participation Form (if applicable)
- h. Sanger ISD Athletic Policy Acknowledgment Form
- i. Sanger ISD Drug Testing Policy Form
- j. Emergency Contact Form
- k. Free/Reduced Meal Application

These forms will be available on the Rank One website (rankone.com) in the Spring before school is out for the Summer. Every year in May, we will hold a designated date for female athletes and their parents to complete their paperwork on Rank One and receive their physical for girls athletics by physicians that have been brought in for that designated date. We will hold another designated date for male athletes and their parents for the same procedure as stated above. Every year, it is mandatory for every student-athlete to receive a new physical in order to participate in Sanger Athletics. This will be the responsibility of the student-athlete and/or

parent/guardian. Student-athletes will be prohibited to participate in athletics until all forms are completed and approved by the Sanger Athletic Department.

Student Conduct

Student-athletes should be respectful and always follow the rules. All students are expected to be in class at all times, and not be in the halls being a disturbance to others. They are to remember, as athletes, they are representing their school. Their conduct on and off the field/court of athletic competition reflect upon the reputation and public image of their school and community. As such, athletes may be subject to rules and disciplinary procedures that may differ from other students.

Participation in the Sanger Athletic Program is not a right of the student; it is a privilege. Therefore, differences in rules and disciplinary procedures are not unfair or illegal. Students, who choose to participate in athletics, place themselves under these additional rules and/or disciplinary procedures. The procedures and actions taken in the Sanger Athletic Policy will closely adhere and follow the Sanger ISD Student Code of Conduct and Sanger ISD Student Handbook. These procedures and actions will be in addition to any consequences given by the Sanger ISD Administration.

Disciplinary Procedures

In general, the coach of each sports team is responsible for maintaining good discipline and student conduct. The coach will be responsible for minor or routine discipline. The head coach of each sport will be in charge of creating their own rules that will be followed by all athletes participating in that sport. All major disciplinary infractions will go through the athletic director's office. If the athlete's parents desire a conference, they must contact the head coach of that sport, and/or the athletic director office.

Technical fouls, personal fouls, ejections, or any other unsportsmanlike conduct will not be accepted and will be handled at the coaches' discretion. Proper conduct will be demanded in the school setting at all times.

School and Practice Attendance

Being at school and participating in practices are part of making a commitment. It is extremely important that all student-athletes are always on time to class, practice, and the athletic period. Extenuating circumstances for an absence will always be taken into consideration.

Excused Absences – An athlete's absence will be deemed excused when they have contacted their coach. The SportsYou app is the easiest way to communicate with the coach. **It is not the job of the parent or guardian to call in for the student. The student needs to be the one that calls in if they are going to be absent. We want our student-athletes to be responsible young adults and take care of their own business.** Sickness or doctor visits are valid reasons for an excused absence and a doctor's note must be provided. Prior notice of a family shopping trip is not excused. School related absences are automatically considered excused absences.

Unexcused Absences – An unexcused absence will occur when an athlete misses a practice, game or athletic period without communicating with his/her coach.

Practices will be made up regardless if it is excused or unexcused. . This keeps everyone on the team in great playing shape for their team. This is not a punishment. Make up practices will be determined by the head coach of the sport.

As with any other activity, please be aware that excessive tardiness or absences result in a loss of instructional time. Student-athletes with excessive absences or tardies could result in a loss of playing time, game suspension, and dismissal from the team, and/or removal from the Sanger Athletic Program.

Dismissal from a Sport and/or the Athletic Program

The head coach of each sport has the authority to dismiss any student –athlete from their program with approval from the athletic director. Student-athletes can be dismissed due to excessive absences from practice or school, discipline problems, or any other reason that the coach classifies as unacceptable behavior in their program. A student-athlete that is dismissed from a team may be allowed to remain in the athletic program and participate in other sports. A student-athlete may be dismissed from the Sanger Athletic Program by the Athletic Director with the recommendation of all head coaches that have or had the student-athlete in their sports program.

Class Tardiness and Excessive Absences

As Sanger student-athletes, we have to set a good example and get to class on time. Being late to class and excessive absences will not be tolerated. Consequences for excessive absences from practice and school will be set forth in each head coaches' team rules.

Academic Success Plan – Eligibility / Grades / Tutorials

The Sanger ISD Athletic Program and administration shall determine each student's eligibility according to UIL rules and regulations as specified in the UIL Constitution and Contest Rules. If a student does not pass all of their classes, they will not be allowed to compete in contests and games. This is the UIL rule called, NO PASS NO PLAY. Student-athletes that do not maintain satisfactory grades and good citizenship may be subject to suspension from athletic competition. Coaches will check student-athlete averages every week. Student-athletes may be required to attend tutorials if their grades are not acceptable. Not passing classes may put your participation in the athletic period in jeopardy.

Sanger Athletic Period and Sport Participation

Drills and activities to improve speed, strength, and ability will be utilized. If a student is removed or is no longer in the athletic period, to get back into the Sanger Athletic program the following year or years to come, the student-athlete must be approved for re-entry by the Athletic Director and the head coach.

Student –athletes that want to participate in Powerlifting, Golf and/or Tennis are not required to be enrolled in the athletic period. All practice for these sports takes place after or before school and does not affect the athletic period.

Care of Facilities / Lockers

Locker Rooms need to be kept clean at all times. All equipment needs to be placed in lockers or on top of lockers. The floor should be clear of any athletic equipment or attire so it can be cleaned on a daily basis.

Locker rooms will be kept locked all day. Exceptions are during the athletic period, after school practice or before school practice.

Each student-athlete will have a locker and a lock provided by the Sanger Athletic Program. To reduce the risk of lost or stolen items, athletic lockers are to remain locked at all times. Any school issued clothing and equipment lost or stolen must be paid for by the athlete. The Sanger Athletic Program and Sanger ISD are not responsible for lost or stolen items.

Injuries and Returning to Play

Injuries must be anticipated in any type of athletic activity and every athlete assumes some degree of risk when training or competing. Therefore, when an injury does occur to a student-athlete participating in the athletics' program, the student-athlete must make it known to the Athletic Training Staff and coaches as soon as possible.

- a. If an athlete is injured and cannot participate in their sport, he/she shall be under the care and direction of the Athletic Training Staff.
- b. Daily Treatment times: Before school, during lunch, during athletic period and after school. Student-athletes should be prompt and allow for adequate time for treatment.
- c. All student-athletes must dress out for each practice even though injured and unable to participate unless instructed otherwise by an Athletic Trainer / coach.
- d. Student-athletes shall report to practice on time. Being in the athletic training room is not an excuse for being late to practice.
- e. Student-athletes shall not treat themselves. The Athletic Training Staff will provide necessary in school treatments.
- f. Student-athletes shall report to their coach at the start of the practice/period prior to attending treatment with the Athletic Trainer. Immediately following the student-athlete's treatment, they shall report back to their coach.
- g. Student-athletes should dress appropriately for the athletic training room. Inappropriate clothing includes sports bras without a shirt or other clothing that is not school appropriate.
- h. Student-athletes shall attend in school treatments until an Athletic Trainer indicates that treatments may be terminated.
- i. Student-athletes are encouraged to notify an Athletic Trainer if they plan to see a physician or other health care professional for their athletic injury. Student-athletes shall submit a Physician's note immediately upon return to school. Physician orders shall be followed, including return-to-play guidelines.
- j. If a student-athlete is seen by a Physician for their athletic injury, only the Physician can clear the student-athlete to return to play, unless otherwise indicated.

Upon seeing a Physician, the athlete cannot participate in practice or games until a written release from a Licensed Physician is given to the Athletic Trainer/head coach. Therefore, it is recommended that you see the Sanger ISD Athletic Training Staff for your injury. If you are injured, you are still expected to dress and watch workouts unless permission is granted from the head coach. Illness must be reported to an Athletic Trainer/coach prior to absence.

Letter Requirements

An athletic letter award (letter jacket) requires serious sacrifices on the part of the student athlete. The school letter should be a symbol of not only school pride, but also of hard work and dedication in the classroom and on the playing field. In order to receive an athletic award, each athlete must participate and complete the season on the varsity team and while meeting the following requirements. By UIL rules, each athlete can be awarded one letter jacket during their high school career. Letter jackets will be awarded to student-athletes who participate on the varsity level of each sport. Letter jackets can also be awarded at the discretion of the head coach and/or the athletic director.

Student – Athlete Expectations

Student-Athletes will be expected to:

- Respect Coaches, teammates, teachers, staff, administrators, and classmates.
- Follow directions
- Refrain from unsportsmanlike conduct of any manner.
- Comply with Sanger ISD Board Policies, District Code of Conduct, Student Handbook, and the Sanger Athletic Policy.

Practice Plan / Schedules

Every sport will have a parent meeting. At the parent meeting, the head coach of the sport will hand out a schedule of practice times, dates, and a game schedule and other information pertaining to their sport. All practice schedules are always subject to change due to weather, make up games, or emergencies. We will notify our students-athletes as soon as possible when a change occurs. Student-athletes competing in multiple sports may at times be subject to overlapping practice schedules. The sport in competition season has priority. We will follow UIL practice time guidelines at all times.

Athletic Dress & Appearance

In addition to school regulations set forth in the Sanger Student Code of Conduct and Sanger Student Handbook, athletes have additional expectations in regard to dress and appearance. When permitted by the UIL, our student-athletes may wear a timing device while competing in cross country or track. Our dress code will follow Sanger ISD Code of Conduct and Student Handbook.

Every athlete will be issued a set of practice or work-out clothes. This will include a shirt and shorts. It is the responsibility for the athlete to keep up with their athletic clothing.

Non-School Sports Participation

All athletes participating in Sanger ISD Athletics make a commitment to the team, their teammates and their school. Each program demands the dedication of time and energy of the athlete. Part of this commitment is to be a student first and strive for academic excellence. Another integral part of that commitment is to place the Sanger Athletic team above participation in any non-school sanctioned activity and attend all practices and games scheduled by Sanger ISD Coaches.

In-School Suspension (ISS) & After School Detention

Any student receiving in school suspension will be treated as an unexcused absence. Any athlete placed in ISS will not be allowed to compete in games/scrimmages until the ISS has been fulfilled. This is also at the discretion of the head coach and Athletic Director. Student –athletes cannot participate in games/scrimmages on the day an ISS assignment is served. The student will participate in practice. Any student-athlete that receives After School Detention will be required to make up an unexcused workout for being late or missing any part of practice the day the detention was served.

Expulsion & DAEP Placement (Disciplinary Alternative Education Program)

Any student-athlete that receives DAEP Placement or Expulsion faces the extreme risk of being dismissed from the Sanger Athletic Program. Sanger Administration and the Head Coach(s) will determine the severity of the misbehavior and what actions need to be taken as far as the student-athletes' future in Sanger athletics.

Travel Procedures

All regular school transportation rules and regulations apply when on an athletic field trip. All varsity athletes are expected to ride the transportation provided by Sanger ISD to and from all competitions. The approval of the Head Coach must be obtained for an athlete to return home with his/her parents/guardian.

All sub-varsity student–athletes will be allowed to ride home from away athletic events by following these steps.

1. The parent/guardian must sign a sign out sheet.
2. The parent/guardian may only sign out their student or students.
3. If a special situation arises, the parent must contact the head coach along with a written letter to make travel arrangements for their student.

Athletes will follow the dress code for all team trips. Team travel shirts / suits may be required for some sports, and athletes will be expected to dress in them for each trip. Food and drink on buses will only be allowed with approval of the Head coach. The coaching staff retains the right to ban any radios, electronic devices, electronic games, cell phones, tablets, or Ipads.

Concussion Management for Athletes

The UIL has a concussion protocol that we will follow for every concussion case for all sports. This form must be filled out by a licensed physician and the athlete must follow all steps listed before returning to play. This form can be found on the UIL website under the forms tab. All concussion management must go through the SISD Athletic Training office.

Varsity Sports Participation

Varsity sports competition is the ultimate tool for teaching students life lessons that they can use to be successful for the rest of their lives. Varsity competition is the highest level of intensity in high school athletics. **Members of Varsity Teams are NOT guaranteed playing time including special occasions such as senior night.** It is very important that your student athletes continue to work on skill development to keep improving their athletic ability each year they are in athletics. In varsity sports, seniority will not determine who starts, plays nor gets the most playing time. We are in competitive UIL athletics, and athletic evaluations will be made by coaches on the practice court or field, classroom, and the community. Any student that meets all UIL requirements and enrolls into our school district will have the same opportunity.

Junior Varsity Sports Participation

Our junior varsity is our feeder program for the varsity. Attitude and skill development should be falling into place with concentrated efforts of the coaches and players alike. It is our goal at this level to develop and maintain intensity in practice and games, develop prospects for varsity, develop competitive attitudes, citizenship, sportsmanship, and pride in the overall program. We will try to award all players that make every practice with some playing time during games, although we can still not guarantee playing time for every student-athlete.

Junior High Sports Participation

Our junior high athletic program will give each child a chance to get interested and help them learn and develop into an interested player. We will strive to teach fundamentals, and let winning take care of itself. We want every student to develop citizenship, sportsmanship, teamwork, and pride in athletics. At the junior high level, there are no guarantees, but we will strive to get playing time for every student-athlete that is wearing a team uniform.

Communication Policy

The Coach – Player – Parent Relationship

Parenting and coaching are very challenging vocations. By establishing an understanding of each position, we are better able to accept the actions of each other and provide greater benefit to our student – athletes. As parents, when your student – athlete becomes involved in the Sanger Athletic Department, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your student – athlete’s team. The main goal of effective communication is for our parents and coaches to have a positive working relationship with each other.

Proper Procedure to Be Followed

1. Have your student–athlete speak with the coach
2. If the issue is not resolved Parent, athlete, coach

3. If the issue is still not resolved after step two, the parent shall make an appointment to meet with the coach again..

This meeting will include the following people present:

- The athletic director
- The head coach
- The parent or parents / legal guardian
- The assistant coach
- The student – athlete

****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. In an effort to keep a professional manner, please wait 24 hours to set up an appointment to meet with the coach.**

Quitting a Sport

The philosophy of the Sanger Athletic Program is that student-athletes should finish what they start. An athlete may not quit one sport to play another sport. A student that wants to quit a sport must talk to the head coach first to see if a solution can be reached. If the student makes the decision to quit, he/she must check in all school issued clothing/equipment in good condition, or it becomes the financial responsibility of the student to pay for each item that is lost or in bad condition. It will be up to the head coach whether or not to allow a student to come out for the sport if they are in the first week window. If an athlete quits a sport and wants to return the following year, the head coach will make the decision on whether or not this will be permitted.

Consequences for Drugs and Alcohol Use

The Sanger Athletic Department takes a strong stance against the use of illegal drugs. Athletes are held to a higher standard and should choose better options than the use of illegal drugs. Any student-athlete using or possessing alcohol or using, possessing, buying or selling illegal controlled substances shall be denied participation in athletic events or contests. The same consequences will be issued to student-athletes possessing, smoking, selling or using e-cigs or any other items that deal with vaping or e-cig such as juice and any other paraphernalia. The issuance of a citation at any time for any of the before mentioned offenses will result in immediate suspension during the school year. The witnessing of any of the before mentioned offenses at any time by any Sanger ISD employee or any peace officer will carry the same consequences. Hearsay will not be used in determination of guilt. These violations shall be cumulative for the student’s entire high school career.

- 1st Violation.....5 calendar day suspension plus, 5 hours community service or 25 miles
- 2nd Violation.....10 calendar day suspension plus, 10 hours community service or run 75 miles
- 3rd Violation.....Removal from the Sanger Athletic Program for 1 calendar year
- 4th Violation..... Removal from the Sanger Athletic Program

All consequences, suspension and mileage, must be completed before the athlete is allowed to compete in any competition. All mileage must be completed outside of the normal practices and athletic periods. All mileage ran must also be verified by a coach and approved by the Athletic Director.

All students who participate in UIL / extracurricular activities will be subject to random drug testing over the course of their school age life. The drug policy is meant to be a deterrent for our students and another reason for them to make wise choices. Any athlete failing a school drug test will follow the consequences of the

Sanger ISD Mandatory Drug Testing Policy and must complete the mandatory running for each violation listed above along with suspension days.

Prohibited Conduct

Sanger ISD students who participate in the Sanger Athletic Program are prohibited at all times from:

- Possessing, smoking or using, or selling tobacco products
- Possessing or using drug paraphernalia
- Possessing, smoking, selling or using e-cigs or any other items that deal with vaping or e-cig such as juice and any other paraphernalia
- Possessing, selling, or delivering to another person, using, or being under the influence of marijuana, alcohol, a controlled substance, or any dangerous drug
- Engaging in conduct that contains the elements of an offense relating to glue, aerosol paint, or volatile, mood-altering chemicals
- Engaging in serious misbehavior, as that term is defined in the Sanger ISD student Code of Conduct
- Any criminal act that puts our school, community, student-athletes, and/or staff in danger
- Any unlawful act or misconduct that is seen to be unacceptable behavior by Sanger ISD Administration which results in DAEP placement or expulsion.
- Attending any event or place at which underage drinking, smoking, drug use or any other illegal activity is occurring and remaining at the venue
- Stealing
- Hazing
- Sexual Harassment & Misconduct
- Insubordination

Any prohibited act can be grounds for immediate dismissal from the Sanger Athletic Program. Prohibited acts are to be identified by the Sanger Administration and are not limited to the ones listed above.

Social Media Policy

Social media is a growing trend that has taken off the past several years. As teachers, parents, and students, we have to understand the internet is a dangerous place that can easily put our students in harm's way. We all need to be aware that the internet is not anonymous, nor does it forget. Everything written on the web can be tracked to its author. Student-athletes will receive consequences if any of the below guidelines are broken. This could range from extra conditioning to expulsion from the athletic program. We all must be very careful when it comes to the use of technology and social media.

Guidelines of our social media policy:

- All cell phone and media recording use is prohibited in the locker rooms.

- It is prohibited to post material on the internet that is threatening, harassing, illegal, obscene, defamatory, slanderous, or hostile towards any person, group, or family.
- If you like, retweet(repost), or like any material that fits into the above bullet description, you will be held responsible just the same as making the post itself.
- Any posted material that falls under the definitions described in the above guideline will result in student consequence and consequences depending on the severity of the offense.
- Any pictures with drugs or alcohol posted by a student are prohibited.
- A student-athlete may text his or her coach if a special situation arises. Please be aware that anything sent to a coaches' cell phone is public record and personal information should never be shared.
- Please remember anything posted to the internet can be viewed by anyone. As a Sanger athlete, people are watching your every move.
- It is prohibited for a parent, guardian or family member of a Sanger Student-Athlete to post derogatory comments about Sanger ISD student-athletes, faculty, staff, coaches, administration, school board members, or community members on social media.

**SANGER I.S.D. ATHLETIC POLICY
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. I understand the policies and procedures of the Sanger I.S.D. Athletic Department. I am also aware of the consequences for violating said policies. If at any time I have questions regarding this policy, I will address these questions to the Head Coach/ Athletic Director. I understand that the Athletic Director and coaching staff will enforce these policies, procedures, and consequences.

I, _____ will be held accountable for all of my actions.
(Print Full Name)

Student – Athlete Signature

Date

I understand the policies and procedures of the Sanger I.S.D. Athletic Department. I am also aware of the consequences for violating said policies. If at any time I have questions regarding this policy, I will address these questions to the Head Coach/ Athletic Director. I understand that the Athletic Director and coaching staff will enforce these policies, procedures, and consequences. This athletic policy will become effective immediately after it has been signed by all parties and will remain in effect until the new policy acknowledgement form is completed and turned in for the 2023-2024 school year.

Parent / Guardian Signature

Date

Parent / Guardian Printed Name