

MUENSTER HORNETS



ATHLETIC HANDBOOK

Muenster Independent School District Athletic Handbook and Code of Conduct

To the Student Athletes of Muenster ISD

The Athletic Code of Conduct you are about to read represents the combined efforts of a group of teachers, coaches, sponsors, parents, students, and administrators who care deeply about the welfare of our students and the success of competitive programs in the MISD.

This document emphasizes enduring truths about athletic extra- curricular activities. The major focus is upon the role of the student athlete on campus, in the competitive arena, and in the community. As a student athlete, you have always been held in high esteem. Whether it is for exemplary personal achievement in individual competition or for outstanding contribution to your team, you are regarded as a role model. Other students and members of the community look up to you as an example of discipline, skill, sportsmanship, determination, and perseverance. For this reason, you are held to a higher standard of behavior on and off the playing field. Small eyes are always upon you and we want them to observe the best in behavior and sportsmanship.

Remember, competitive athletics is a privilege and not a right. You earn your place on the team. The school and community have high behavioral and ethical standards that you are expected to make a part of your life. We ask all students involved in athletics and their parents to embrace the commitment to personal and physical excellence.

Sincerely,

Brady Carney, Athletic Director

John York, HS Principal

Steven Self, Superintendent

Foundation of the Athletic Program

1. Developing self-confidence and self-worth
2. Teaching and learning the value of hard work.
3. Teaching and learning leadership skills
4. Teaching and learning the proper mental attitude. Attitude is the key to success. It is, therefore: most important that we find ways within our program to stress and develop the importance of attitude.
5. Developing the habits of dedication and sacrifice to something greater than the individual
6. The development of character traits that will remain with us through our life.

Statement of Expectations

- Our student athletes will obtain a quality education.
- They will complete at the highest level while exhibiting good sportsmanship and courteous behavior.
- They will exhibit positive leadership.
- They will be alcohol, tobacco, drug free
- They will exhibit conduct becoming of a lady or gentleman.
- They will exhibit respect to coaches, teachers, officials, opponents, and fellow students.
- They will develop and show school pride.
- They will be in attendance at all practices and workouts
- They will follow the MHS dress code and Code of Conduct

Participating in UIL Sports and the Athletic Period

Student Athletes must be enrolled in the athletic period the semester before the sport that they wish to play. Exceptions may be allowed by mutual consent of the Athletic Director, Principal, and coaches involved.

General Rules

- Education comes first: If an athlete fails any course at any grading period, he/she will be ineligible to participate in games, but will be expected to be at practice. “You must pass in order to play”.
- Any athlete not passing will not be allowed to use their athletic pass to enter competitions until they become eligible.
- Do not miss school – do not miss practice. You must be there to get BETTER. Consequences for missed practices will be determined by individual head coaches or Athletic Director. **You must be present for at least four periods of the school day to compete in that day’s athletic competition.**
- If you know you must miss practice, you must notify your coach. Absences will not be excused unless the reason involves illness or death in the family.
- You must understand that when you miss practice, you miss a great deal of conditioning. This time must be made up and extra work may be assigned by your coaching staff.
- Practice clothing issued to each athlete shall be worn at all practices. No exceptions.
- No jewelry or facial hair at practice or contests. Male hair length should be well off the collar of a dress shirt, the hole of the ear visible, and above the eye brows. Female hair styles should be easily managed and be able to be kept off the face. All hair styles should be conservative and

appropriate for “athletics”. Remember, you have the opportunity to represent MISD and your dress and appearance are the first impression.

- If you lose or damage anything that belongs to the school, you will be expected to reimburse the school for the replacement cost of the item.
- Students who participate in school sponsored trips shall be required to ride in MISD transportation to and from the event. Exception may be made if the student’s parent or guardian personally request that the student be allowed to ride home with the parent and arrangements are made with the head coach prior to the contest. Athletes will sign out with the head coach prior to being released to the parent. The MISD shall not be liable for any injuries that occur to students riding in vehicles that are not provided by the school.
- When going out of town, the bus will leave promptly at the designated time. The bus will not wait on anyone. BE ON TIME!
- Overnight Stays – Room curfew should be no later than 11 PM. Exception: Late games and getting back to the hotel late. At that time the curfew is in effect when the team arrives at the hotel. Lights out at 11:30. Previous exceptions apply. Coaches will use a number of confidential strategies to assure that student athletes will stay in their rooms. Any student athlete’s luggage may be open to search by coaches or administrators. Student athletes’ conduct during an overnight stay must be exemplary and exceed the standards set in the classroom. You are representing your school and community. If behavior is questionable, the athlete by be excluded from future overnight trips in addition to assigned discipline.
- Any athlete found using or possessing tobacco or e-cigarettes will receive consequences through athletics in addition to discipline described in the Student Code of Conduct.
- Any athlete placed in Alternative Education Program (AEP) will be suspended from athletics for the remainder of the semester or the entirety of the AEP placement. If the AEP placement occurs within the last half of the semester, the athlete may be suspended into the next semester. The Athletic Director and/or the campus administrator may modify the length of suspension by taking into consideration any extenuating circumstances.

Strength & Conditioning

A well organized and properly coordinated strength and conditioning program is vital to the success of our athletic program. Regardless of the sport, an athlete participates in, there cannot be too much effort spent on strength training and conditioning in the off season. There will also be an in season strength training and conditioning program that will allow each athlete to remain in peak physical condition during the season until returning to the off season program. With the dramatic changes that high school athletics is going through observing athletes becoming faster, stronger, and more talented each year, it is absolutely necessary to implement and execute a quality strength training and conditioning program. The days of strength training being only for off season football players are over.

As part of our athletic program, we will offer the most complete strength and conditioning program that utilizes the most modern strength training principles available to all athletes. Both off season and in

season programs will be implemented incorporating the most up to date programs available to us from physical fitness experts and major university programs.

The off season program will include a combination of strength training, conditioning, flexibility, plyometrics and skills training. There will also be a summer program available that will be designed to prepare athletes to peak in August and to maintain this peak during the fall sports season. This will be available to all athletes who want to continue their training for the summer. Regardless of whether an athlete competes in just one sport or several, they will benefit from the strength training a conditioning program.

PURPOSE OF THE STRENGTH & CONDITIONING PROGRAM

- To mold athletes into TEAM players
- To improve strength, speed and agility
- To reduce risk of injury
- To teach technical skills

GOALS AND OBJECTIVES OF THE S&C PROGRAM

- To increase size, strength, speed and quickness
- To improve overall athletic ability
- To mold a good, tough, and persistent mental attitude
- To learn self- control and socially acceptable ways to vent emotions
- To develop a positive attitude

Injury or Illness

If you are ill or injured, we do not expect you to workout. If you are running a temperature over 100, we do not expect you to be at school or practice. If you have an injury and can come to school, we expect you to wear your uniform of the day and accompany your team from station to station unless there a special circumstances approved by the head coach. Report all injuries to your coaches or athletic trainer.

Classroom Conduct

Athletes will observe all disciplinary rules established for all students of MISD as published in the Student Code of Conduct. These rules not only apply at school, but at school sponsored activities, as well. Classroom misconduct by an athlete may also result in additional consequences from the coach.

Rapid Response Sheets will be given to all faculty members.

Conduct Expectations

We have high expectations for your conduct at Muenster High School. The student athlete adheres to even a higher standard. All students are expected to follow the MISD Code of Conduct so this is the minimum.

Conduct in competition: Athletes will obey all instructions given to them by the coaches. Insubordination on the practice field or court in a game will not be tolerated. Good sportsmanship is the essence of any athletic program. Fighting and public displays of temper constitute unsportsmanlike conduct and appropriate disciplinary action will follow any such conduct at the discretion of the coach and/or Athletic Director.

Conduct at school: The student-athlete should set an example for all students by following rules set forth by the administration and individual teachers.

Conduct on trips: The athlete represents not only him/herself, but also the community, school, coaches, and parents. It is expected that the athlete will dress and behave in an acceptable manner which can make the community proud of him/her.

Profanity

The 1st or 2nd time profanity is used, user will be sent out of the competitive arena. Athlete will not be allowed to continue workout or contest. Other discipline will be assigned.

If there is a third occurrence it will be dealt with by the Athletic Director. A third occurrence is indication of a more serious problem of self-control and an inability or unwillingness to represent Muenster ISD in a manner expected.

Hazing

Hazing is contrary to team building and illegal. It will not be tolerated at MISD in any form.

General Violations

Violations are designated as "Minor" or "Major."

Minor violations are generally thought of as mistakes made from time to time. While these mistakes may not pose a problem if they are isolated cases, it is the concern of the Athletics Program that these violations or infractions do not repeat themselves or become habit. "Watch your actions, because they become habits." Minor violations are monitored when the athlete is on-campus or on a school function. These actions are discouraged off-campus, but consequences will be the responsibility of the parent.

Examples of minor violations:

- Unexcused tardies
- Failure to dress out
- Failure to dress appropriately or to dress code
- Horse-play/Fighting
- Loss of equipment
- Failure to demonstrate an appropriate attitude or sportsmanship
- Showing disrespect to a person of authority

Violations not listed will be handled in a fair and consistent manner. Coaches will review all the facts and circumstances surrounding a particular violation and impose appropriate disciplinary action. Persistent misbehavior of minor violations can result in suspension from a contest or removal from athletics.

Major Violations

Major violations demonstrate a problem which needs to be addressed immediately. Students can be found to have violated this policy only on the basis of credible written reports from professional school personnel, public officials, or law enforcement officers. The school administration, along with the athletic director, will determine the credibility of the report. Criminal charges or citations filed against a student will automatically be considered credible.

Examples of Major Violations:

- Hazing
- Possessing or using tobacco or vaping products
- Attending and/or participating in any event at which underage drinking is occurring
- Possessing or using alcohol, marijuana, a controlled substance, or any dangerous, volatile or mood altering drug
- Riding in a vehicle containing alcohol unless a parent, guardian, or other responsible adult is present and aware of the presence of the alcohol
- Any conduct resulting in arrest.

Minimum Consequences

1st Offense Parent Conference plus the student shall be required to run a total of 30 miles before he/she may participate in the next game.

2nd Offense Parent Conference plus the student shall be required to run a total of 30 miles and be suspended from participation for 15 days.

3rd Offense The student shall be suspended from participation in the affected sport. The suspension may be extended to cover additional sports. If alternative placement in an AEP is required the consequence will be immediate suspension from athletics.

Athletes Who Quit a Sport

Each athlete will be given a three week trial period to come out and try a sport. If that athlete decides that the sport is not what they want to do, they may drop out of the sport with no penalty. If the athlete quits the sport after that three week trial, the athlete will not be able to participate in any other sport for the remainder of that semester. Exceptions may be allowed by mutual consent of the Athletic Director and coaches involved. Re-entry into a sport quit by the athlete will be at the discretion of the head coach of that sport.

Equipment/Facilities

All athletes are to have "HORNET LOCKERS". Coaches will describe to all athletes how they want lockers to be kept and all lockers will remain in order. Lost or misplaced items that have been checked out to athletes by the athletic department must be paid for. All athletes need to take the attitude of "OWNER" of school facilities and help to make sure they are well cared for. You are expected to set an example for the entire student body that we should all help in the upkeep of the facilities the community has provided.

Lettering Policies and Procedures

Each athlete is allowed one jacket during their high school career.

Lettering Requirements

Football

Complete the season as a squad member in good standing (may include, but not limited to: academic eligibility, attendance, attitude, etc.) and

Be a member of the varsity squad and suit up for at least 4 varsity games.

Cross Country

Complete the season as a squad member in good standing; and

Place in the top 15 at the district meet or qualify for the regional meet, or

Place in the top 25 in half of the regular season meets.

Basketball

Complete the season as a squad member in good standing; and

Be a member of the varsity squad and suit up for at least 50% of the varsity games

Golf

Complete the season as a squad member in good standing; and

Earn as many points as there are tournaments – point system will be setup by the coach and will take into account practices, morning sessions, tournaments played, top three as a team at district; or

Qualify for regional tournament

Tennis

Complete the season as a squad member in good standing; and

Earn as many points as there are tournaments – Point system will take into account tournaments played, practice, and each round advanced through the district tourney; or

Qualify for regional tournament

Softball

Complete the season as a squad member in good standing; and

Be a member of the varsity squad and suit up for at least 50% of the games.

Baseball

Complete the season as a squad member in good standing; and

Be a member of the varsity squad and suit up for at least 50% of the games.

Track

Complete the season as a squad member in good standing; and

Earn a total of 8 points in meets during the school year – 1 point will be given for each varsity meet the athlete competed in, whether he/she scores a point or not, or

Score a point in the district meet; or

Seniors, in good standing, who have been in track for at least two years.

Student Trainer or Manager

Complete the season as a squad member in good standing.

Must be a Junior or Senior to receive a jacket.

Must have worked in one sport for at least two seasons, or worked in two sports for the entire year.

Injured players may be awarded a varsity letter if it is apparent to the coach that they would have earned it, if not for the injury.

General Eligibility Rules

- The athlete is less than 19 years old on September preceding the contest or have been granted eligibility based on a disability that delayed their education by at least one year.
- The athlete lives with their parents inside the school district attendance zone boundaries their first year of attendance (see school administrator for exceptions)
- The athlete has not enrolled in or audited a postsecondary athletic or physical education course.
- The athlete has not moved into the MISD for athletic purposes.
- The athlete has not violated the athletic amateur rule
- The athlete was eligible according to the 15 day rule and the residence rule prior to district certification.
- More information is available on the UIL website at www.uil.utexas.edu

Junior High Eligibility

Eighth Grade

Only 8th grade students are eligible for these teams who on the first day of September preceding the contest have not reached or passed their 15th birthday

Seventh Grade

Only 7th grade students are eligible for these teams who on the first day of September preceding the contest have not reached or passed their 14th birthday.

Transfer Rule

A student must be in regular attendance and reside within the MISD for 15 calendar days preceding the contest or since the first day of the second week of the current school year.

PAPF Requirement

A Previous Athletic Participation Form is required for all transfer situations in 8th grade and above.

A Parent Information Manual is available from the UIL at:

<http://uil.utexas.edu/athletics/manuals>