

### **Participation (80%)**

Student athletes who are not completing workouts as prescribed by coaches will receive a zero for participation for that day.

Examples include but are not limited to:

- Walking or stopping during assigned non-rest portions of the workout.
- Choosing to sit out without a parent or doctor note.
- Choosing to sit out as a result of not having proper athletic attire for the day.
- Being unable to participate as a result of unsafe or improper attire.

### **Dressing Out (20%)**

Student athletes who are not dressed out according to the HISD student athlete handbook (proper workout attire & footwear, not wearing jewelry, hair in a ponytail) will receive 20 points off per discretion per day (grade will not go below zero for the week).

**Any student athlete whose attire is unsafe (ex: crocs or sandals in the weight room) will not be allowed to participate and will receive a zero for participation grade that day.**

### **Dress Out Policy:**

1st time- physical reminder

2nd time- physical reminder and contact parent

3rd time physical reminder, contact parent and lunch detention

4th time detention, conditioning and if in season loss of playing time

5th time detention, conditioning and loss of game if in season

6th time meeting with parents

### **INJURY**

Any student athlete must bring a parent or doctor note if they need to sit out due to injury. No points will be deducted for grades due to injury as long as there is a parent or doctor note.

Parent notes are good for THREE DAYS from the day the note is brought.

Doctors notes are good until the release date stated on the note. If more time/rest is necessary another note will need to be brought, extending the time off from working out.

If a student states they may be injured but does not bring a parent or doctor's note, they will be asked to work out to the best of their ability.

### **REMOVAL FROM ATHLETICS**

Any student athlete removed from athletics will automatically be placed on a contract should they wish to return to athletics the following year.

### **Discipline is handed on a case by case basis**

Any student who receives a DAEP placement will automatically be placed on contract upon their return.