

La Pryor ISD

EXTRA-CURRICULAR HANDBOOK

Revised July 2024



La Pryor ISD prohibits discrimination on the basis of age, race, religion, color, national origin, sex, gender, and/or disability in its programs, services or activities in compliance with Title VI of the Civil Rights Act of 1964, as amended; Title IX of the Education Amendments of 1972; and Section 504 of the Rehabilitation Act of 1973, as amended.

La Pryor ISD prohíbe la discriminación con base en edad, raza, religión, color, nacionalidad, sexo, y/o discapacidades en sus programas, servicios, o actividades, de conformidad con el Título VI del Acta de Derechos Civiles de 1964, enmendado; el Título IX de las Enmiendas de Educación de 1972; y la Sección 504 del Acto de Rehabilitación de 1973, enmendado.

The La Pryor Independent School District considers Extra-Curricular programs to be an integral part and extension of the district's educational program, including home-schooled students who reside in the district. To that end, La Pryor ISD Extra-Curricular Programs aim to enhance students' quality of life by providing safe, organized, and equitable competitive activities.

The Primary purpose of this handbook is to acquaint you with the philosophy and policies of the La Pryor ISD extra-curricular programs. In the event of a conflict between the Extra-Curricular Handbook and Board Policy or the Student Code of Conduct, Board Policy will prevail. Also, this handbook cannot and does not address every issue that may arise in our extra-curricular programs. If an issue or incident should arise that is not specifically addressed in this document, the coach and/or school administrator will address the matter on an individual basis.

Through La Pryor extra-curriculars programs, thousands of people can learn more about our school and community. Our program prepares students for life, both in winning and losing, and does it in a manner that allows students to gain self-confidence, improve skills, and to exhibit sportsmanship, ethical behavior, and integrity.

This handbook is intended to encourage communication between parents, athletes, and coaches. It is designed to ensure that we all know what is expected and to reach our goals. The La Pryor administration and all members of the La Pryor family should have high expectations and should settle for nothing less.

Dr. William D. Arevalo

Mrs. Marrero

Mr. Rubalcava

Mr. Rosales

Ms. Flores

EXPLANATION OF ATHLETICS

Under law and UIL rules, participation in school athletics is a privilege and not a right. Students who volunteer to participate in athletics represent La Pryor ISD. For that reason, athletes will be held to higher standards of conduct than for students not involved in athletics. Because only those students who abide by school and athletic rules will be allowed to represent La Pryor ISD, it is beneficial to coaches, athletes and parents to understand what is generally expected of each.

Coaches will:

- Communicate to parents the times and locations of all practice and game schedules
- Ensure that any other team requirements— for example, physical examinations, parent consent forms, special equipment, out-of-season conditioning—are communicated to parents
- Monitor the safety of athletes
- Encourage and assist athletes in their classwork
- Oversee athletic tutorials when needed
- Schedule competitions and travel arrangements
- Discipline athletes
- Comply with UIL rules
- Teach athletic skills in a professional matter
- Teach sportsmanship and respect for game officials
- Assist in the care of athletic equipment and facilities
- Act as a positive role model for student-athletes

Students will:

- Be on time for practices and games
- Demonstrate discipline, teamwork, and effort at all athletic activities, including practices
- Exhibit sportsmanlike conduct at all times
- Practice and play to the best of their abilities
- Work hard in academic classes and maintain UIL eligibility
- Comply with the La Pryor ISD Student Code of Conduct and the rules in this handbook
- Properly care for athletic equipment, uniforms, and facilities. This also means that athletic clothing provided by the district is not for students' personal use; it may not be worn away from practices or games (this includes shoes)
- Be role models on campus and in the community, and represent La Pryor ISD in a positive manner

Parents will:

- Provide positive support to their child and his or her team(s)
- Demonstrate sportsmanlike conduct at their child's practices and games, as well as towards coaches
- Encourage your child to attend all practices and games
- Provide or arrange for your child's transportation home from practices, and to practices, if needed
- Be sure their child has any necessary equipment not provided by the district.
- Raise concerns directly with the coach so that the coach has an opportunity to address it first

If a conference between the coach and the parent is 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 830-365-4005 ext. 235; a meeting will be set up for you.
3. Please do not attempt to confront a coach before or after a contest or practice. Meetings of this nature do not promote resolution. 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.
4. For Band Contact: Rene.rosales@lapryor.net
5. Cheer Sponsor: Alice.flores@lapryor.net
6. Athletics Contact: Fernando.rubalcava@lapryor.net

Chain of Command

If a student or parent has a problem or conflict with a sponsor/coach, there is a proper chain of command to follow:

- Visit with the head sponsor/head coach of the sport; conferences will be held during conference periods
- Arrange conference with Girls' Athletic Coordinator (if applicable)
- Arrange a conference with the Athletic Director
- Arrange a conference with the High School Principal
- Arrange a conference with the Superintendent

Be respectful, honest, and direct at all times. By following the proper channels most problems and conflicts will be resolved in a satisfactory and timely manner.

PHILOSOPHY OF ATHLETICS

Naturally, all students want as much playing time as possible. Parents and students are reminded that all decisions about playing time, playing position, and team strategy position will be made by the coaching staff, using their professional judgment. Any concerns about these issues should be addressed by making an appointment with the coach or Athletic Director; please do not confront a coach before, after, or during practice or a game.

Decisions about playing time and position will be based on:

1. **KNOWLEDGE OF THE ASSIGNED POSITION.** Coaches cannot and will not play students who do not demonstrate knowledge of their assignment. Coaching staff will devote extra time to students who ask for assistance in learning their position.
2. **EFFORT.** Athletes are expected to show full effort at all times. Effort wins games.
3. **FOCUS & MENTAL TOUGHNESS.** Through practice, coaches are able to determine who is demonstrating the necessary focus and mental toughness needed for athletic success.
4. **CONTRIBUTION TO THE OVERALL TEAM.** Players who motivate their teammates to do better, are always enthusiastic, prepared, and respectful and will make a greater contribution to the team than those who do not demonstrate these qualities.
5. **SKILL.** Assuming the characteristics above are equal, and they should be, then the athlete who has the most skills will likely earn a starting position. However, skill will not enter into a player's evaluation until the first four qualities are examined closely.

ATHLETIC GOALS AND OBJECTIVES

Our goal: The student-athlete shall become a more effective citizen and productive member of society.

Our specific objectives: The student-athlete shall learn

1. **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.

2. **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.
3. **To develop sportsmanship** - To accept any defeat or victory like a true sportsman and to know one has done his/her best are the signs of a good sportsman. We expect students to have positive desirable social traits, including emotional control, honesty, cooperation, and dependability. We expect students to respect opposing players, coaches, officials, spectators, and support groups. Treat them as you would want to be treated. Who better than they can understand all the hard work and team effort that is required.
4. **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.
5. **To enjoy athletics** - It is necessary for athletes to enjoy participation, to acknowledge all of the personal rewards to be derived from athletics, and to give sufficiently of themselves in order to preserve and improve the program.
6. **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.

ELIGIBILITY TO PARTICIPATE

1. Physical Examination

A physical examination is required for incoming 7th, 9th and 11th grade student/athletes or if injured the previous year. The physical form is available from the athletic trainer or the coaches. Use only the approved UIL form to record physical examinations. Club or organization forms will not be accepted. The physical covers all sports for the year. A group physical will be scheduled by the athletic trainer during May of the preceding school year for all athletes.

2. Athletic Department Forms Packet

This packet must be filled out completely and includes: (1) Consent to participate and information form; (2) medical history and consent to medical treatment; (3) Physical.

3. Acknowledgment of La Pryor ISD Athletic Handbook

The last page of this handbook should be signed by the student-athlete and the parent/guardian. It should then be returned to the Athletic Department. This shows receipt of the Athletic Handbook and acknowledges that the student-athlete and parent/guardian will comply with the rules and policies contained in the Athletic Handbook.

4. 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 meets the following requirements:

- a. **Freshman**: must have been promoted from the eighth to the ninth grade.
- b. **Sophomore**: must have at least **5 credits** towards state graduation requirements.
- c. **Junior**: must have at least **10 credits** toward state graduation requirements or, during the preceding 12 months, have earned 5 credits towards state graduation requirements.
- d. **Senior**: must have at least **15 credits** toward state graduation requirements or during the preceding 12 months, must have earned 5 credits toward state graduation requirements.

A student participating in UIL activities will be suspended from participation in athletic competitions** after a six-week grading period in which the student received a grade lower than a 70 on a scale of 100 in any academic class (other than an identified honors, advanced placement or dual credit courses). 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 equal to or greater than a 70.

In order to remain eligible an athlete must pass all courses each six-week's grading period. If an athlete fails one or more courses for a six weeks grading period, the grades for all courses will be checked at the end of the designated status reporting period (approximately 3 weeks) and the athlete will regain eligibility if he/she is passing every course. When a change in eligibility occurs there is a 7-day grace period.

In the case of a student with a disability that significantly interferes with the student's ability to meet regular academic standards, an academic suspension must be based on the student's failure to meet the requirements of the student's Individualized Educational Plan (IEP), as determined by the admission, review, and dismissal (ARD) committee.

An academically suspended student may not be reinstated to athletics until, after a three weeks period or the end of the school year, the student is academically eligible as determined by the campus principal and classroom teachers.

**** The student must attend and participate in all practices and/or training sessions. Failure to comply with this requirement may result in removal from the athletic program.**

5. Age

To participate in athletics, at any level, a student cannot have reached his or her 19th birthday before September 1 of the applicable school year. In addition, no ninth grade student is eligible to play if he or she has reached his or her 16th birthday before September 1.

In addition, at the junior high level, the following local and district age rules shall be followed:

- 8th grade: A student cannot have reached his or her 15th birthday before September 1. Anyone repeating the 8th grade is not eligible to play on the 8th grade team.
- 7th grade: A student cannot have reached his or her 14th birthday before September 1.

6. UIL Information

UIL has developed a Parent Information Manual which is located at <http://www.uiltexas.org/files/athletics/manuals/parent-information-manual.pdf>. Please go to the web site and read this manual. If you do not have Internet access to this document, a copy may be obtained from the athletic department.

7. Makeup Assignments: If a student is absent or misses work he or she is responsible to complete to such as assignments in the span of only 5 days after their day of return. Highest grade that a student can obtain will be a 70. Excluded for this grade will be UIL Activities.

8. Tardy Policy: Student in extra curriculars; are permitted up to 4 tardies per 6 weeks, before their respective coach assigns a disciplinary action based of the extra curricular handbook.

9. Absences during School Week: If a student is absent two or more times from school, they are not allowed to participate at their performance/game. Unless provided a doctors excuse.

ATHLETIC SCHOLARSHIPS

The most important requirement for obtaining an athletic scholarship is to be academically qualified. Students must focus on meeting academic qualifications beginning their first year in high school. Generally, passing a certain number of core courses and making minimum ACT and/or SAT test scores are required for scholarship consideration and only certain high school courses count as a core course. Parents and athletes should work closely with their Counselor and Athletic Director to ensure that they are on track academically. Head Coaches of each sport will work with college recruiters and recruiting services to provide information and film on all potential college athletes. All requests for such information received by parents and/or students should be carefully filled out and returned in a timely manner; the District is not responsible for submission of this information. The information requested may very well be a determining factor in a student receiving a scholarship. The number of athletic scholarships available has been severely reduced in recent years and students should work hard to ensure they qualify for an academic scholarship that is coupled with an athletic scholarship, since these scholarships can include monies for expenses other than tuition, books, and fees. Students must be registered with the NCAA Clearinghouse in order to be eligible to participate in collegiate athletics. The registration forms may be obtained in the counselor's office.

NCAA COLLEGE SCHOLARSHIPS

Usually, an NCAA scholarship requires that, at a minimum, a student:

1. Graduate from high school.
2. Take the ACT and SAT tests.
3. Attain a minimum grade point average of 2.3 (based on a 4.0 scale) in a completed core curriculum of at least 16 academic courses that corresponds with a specific score on the SAT or the composite score on the ACT. The core curriculum includes four years in English, two in Mathematics (must include Algebra & Geometry), two in Social Studies, and two in Natural or Physical Science (including at least one laboratory class, if offered by the high school). For example: If a student had a grade point average of 2.0 in the core curriculum, that student would usually need an ACT score of 21 or an SAT score of 900. On the other hand, if the student had a grade point average of 2.5 or above in the core curriculum, that student would need an ACT score of 17 or an SAT score of 700.

WHAT YOU NEED TO COMPETE YOUR FIRST YEAR IN COLLEGE

10	16	2.3	SAT/ACT
10 completed core courses BEFORE senior year. 7 of 10 must be in: Math, Science or English	16 Core Courses Completed Upon GRADUATION	Minimum GPA of 2.3 in CORE COURSES	A combined SAT or ACT score that matches your GPA on the Division I NCAA sliding scale

Remember: These are minimum requirements. Work hard and do your best in preparing academically for a college education.

ATTENDANCE

Always attend athletic practice. There are only three reasons to miss practices:

- a. **Being sick in bed.** In case you are so sick you cannot attend school or practices, it is essential you contact the coach to inform him/her that you will be absent. **NOTE:** If you are well enough to come to school you are expected to be at practice and go as hard as you can.
High School:
If you cannot contact a coach by phone, leave a message with the campus secretary at 830-365-4000 ext. 235.
- b. **Having a serious injury.**
- c. **An extenuating circumstance approved by the coach** (example: death in the family or school-related activity). **NOTE:** In the case where a player misses a practice for any other reason than outlined above, disciplinary action will be taken by the coaching staff. An athlete who walks off the field or court during practice will face disciplinary action. The punishment will be determined by the coaching staff.

The athlete will be required to make up the conditioning work out, as set by their coach, before they will be able to participate in the next game or meet. Each sport has their own set of make-ups. Make ups are not punishment.

***You are expected to attend all classes regularly unless you have an excused absence. On the day of a game/contest an athlete must be in attendance at least 1/2 day to participate, including the athletic period. (Exception: School business or special circumstances which should be cleared with the athletic director and head coach in advance.) See *Student Handbook* for additional information.**

Be on time for all athletic related functions, including practice, meetings, trips, tutorials and games.

Players are expected to be on the field/court and ready at the time practice is scheduled.

CODE OF CONDUCT

Students who participate in La Pryor ISD extra-curriculars are expected to abide by the district's Student Code of Conduct AND the Extra-Curricular Code of Conduct which follows. A student may be disciplined for violations of either or both the La Pryor ISD Student Code of Conduct and Extra-Curricular Code of Conduct. The coaching staff will determine whether a violation of the Athletic Code of Conduct has occurred and will assess the appropriate consequence. In addition, coaches retain the discretion to discipline, suspend, or remove a player for misconduct not specifically addressed in this handbook. As used in this Code, suspension means the student will remain in the program, but may not participate in any contest during the suspension period. Suspension from participation and/or punishment is to be determined by the head coach and athletic director.

Note: Any athlete who is charged with and under indictment for a felony crime will be precluded from participating in any athletic event until the athlete is cleared of the pending charges. This action should not be considered a presumption of guilt, but rather it affords the accused athlete the time and opportunity to clear his name. The student-athlete may be allowed to remain on the athletic team as a suspended member, but should not be allowed to represent the school or community in an athletic contest while under this suspension.

Consequences for athletic conduct violations are described below, and may also include:

- Oral correction or reprimand
- Assigning cooling-off time
- Counseling by coaches
- Parent-coach conference
- Behavioral contracts
- Suspension of athletic participation privileges
- Dismissal from team or program
- Other techniques or penalties relevant to the sport, as identified by the coach

No student who is expelled, placed in DAEP, or receives an out-of-school suspension may participate in athletics during the term of his or her discipline. While parents may appeal the disciplinary placement, the student will continue to be suspended from athletics during the period of any appeal. Students may also be suspended during the pendency of any investigations of misconduct.

If a student is placed in ISS, the student: 1) will attend all practices; 2) will be responsible for making up the workout(s) missed during the athletic period. **If a student is placed in ISS for any amount of time on a day in which a game(s) are scheduled he/she will not participate in any game(s) scheduled for that day.** Should a student be placed in ISS on more than one occasion, the student may be removed from athletics, depending on the circumstances.

Parents will be also notified of all Athletic Code of Conduct violations that result in suspension from participation in athletic activities. The coach will contact the student and the student's parent via telephone or face-to-face conference within 5 school days from the time the coach learns of such a violation. At this time, coach will inform the parent and student that a violation of the Code of Conduct has occurred, discuss with them the applicable consequences, and give the student an opportunity to respond to the allegations.

In order to apply consistent discipline standards, the procedures below will be followed. When a coach determines that one or more violations have occurred, the coach will notify the student and parents, either verbally or in writing, and offer the student an opportunity to respond verbally prior to issuing the discipline. Typically, each school year, participants in athletics will begin with a clean disciplinary slate. However, any consequences that were assessed during the prior school year and for which the student owes additional suspension or behavior contract time must still be completed. For example, a student who was suspended from participation for 4 school weeks during the last week of school may have an additional 3 weeks of suspension to complete beginning with the next school year even though he or she will have no disciplinary violations at the beginning of that school year.

Drug and/or Alcohol Violations

Exemplary behavior is expected of athletes under the jurisdiction and sponsorship of LPISD schools and the LPISD athletic department. **There is no acceptable reason for alcohol or illegal substances to be used by any student-athlete in our athletic programs at any time *during the calendar year*, nor are there acceptable reasons for La Pryor ISD student-athletes to be present where illegal or controlled substance activities occur at any time *during the calendar year*.** Any athlete found to have sold, used, possessed, distributed or been under the influence of controlled or illegal substances, will adhere to the following consequence progression (in addition to any legal or district disciplinary consequences that may apply). Additionally, any student who is alleged to be in violation of the drug and alcohol policy listed above shall be suspended from the athletic program immediately pending an investigation. This action should not be considered a presumption of guilt, but rather it affords the accused student the time and opportunity to clear his/her name. The student may be allowed to remain in the activity as a suspended member but will not be allowed to represent his/her school in any public manner while under this suspension.

Consequences for Drug/Alcohol Violations

	Alcohol	Drugs
1st Offense	<ul style="list-style-type: none"> -15 calendar day suspension from extra- curricular activities. -The student will be tested at every testing opportunity for a school year and present a negative test result -3 hour counseling will need to be completed before the end of the suspension form extracurricular activities -All athletes will complete 30 sets of conditioning to be administered by the athletic director/designee. 	<ul style="list-style-type: none"> -40 calendar day suspension from extra-curricular activities. -The student will be tested at every testing opportunity for a school year and present a negative test result -4 hour counseling will need to be completed before the end of the suspension from extracurricular activities -All athletes will complete 40 sets of conditioning to be administered by the athletic director/designee.
2nd Offense	<ul style="list-style-type: none"> -30 calendar day suspension from extra- curricular activities. -Completion of the 6 hour Alcohol Education Program for Minors (Texas Department of State Health approved) at the student's expense. -The student will be tested at every testing opportunity for a calendar year and present a negative test result -All athletes will complete 40 sets of conditioning to be administered by the athletic director/designee. 	<ul style="list-style-type: none"> -60 calendar day suspension from extra-curricular activities. -Completion of the 15 hour Texas Drug Offender Program (Texas Department of State Health approved) and at the student's expense. -The student will be tested at every testing opportunity for a calendar year and present a negative test result -All athletes will complete 50 sets of conditioning to be administered by the athletic director/designee.
3rd Offense	<ul style="list-style-type: none"> -45 calendar day suspension from extra- curricular activities. -Completion of the 6 hour Alcohol Education Program for Minors (Texas Department of State Health approved) at the student's expense. -The student will be tested at every testing opportunity for a calendar year and present a negative test result -All athletes will complete 50 sets of conditioning to be administered by the athletic director/designee. 	<ul style="list-style-type: none"> -80 calendar day suspension from extra-curricular activities. -Completion of the 15 hour Texas Drug Offender Program (Texas Department of State Health approved) and at the student's expense. -The student will be tested at every testing opportunity for a calendar year and present a negative test result -All athletes will complete 60 sets of conditioning to be administered by the athletic director/designee.
4th Offense	<p>Suspension from all extracurricular activities for a calendar year from the date of the offense. Any additional offense would restart the one calendar year suspension from the date of the positive result.</p>	<p>Suspension from all extracurricular activities for a two calendar years from the date of the offense. Any additional offense would restart the one calendar year suspension from the date of the positive result.</p>

NOTE: These offenses are cumulative throughout a student's extracurricular high school career. All aspects of the consequence pertaining to individual cases must be completed before participation in an activity may resume. The suspension begins the day of the first event that the student is to participate in.

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 if the La Pryor ISD administration determines there was no violation of rules.

Other Serious Conduct Violations:

- Engaging in theft, destruction, or misuse of school district property;
- Engaging in hazing, harassment or bullying of others as defined by the La Pryor ISD Student Code of Conduct;
- Engaging in any unreasonably dangerous athletic technique that unnecessarily endangers the health or safety of a student, including ejection from any contest for unsportsmanlike conduct or flagrant violations of the contest rules;
- Maintaining or being identified on a website, social media site, or blog that depicts or promotes behavior that is illegal or is sexual in nature, *at any time and regardless of whether the conduct is on school property or at a school-related activity*; and
- Engaging in conduct prohibited by the District's Student Code of Conduct that is punishable by suspension or expulsion.
- Possession or use of tobacco products; cigarettes; e-cigarettes (vaping); and any component, part, or accessory for an e-cigarette device (paraphernalia).

Consequences for Other Serious Conduct Violations:**

First Offense:

Suspension from participation and/or other consequences as determined by the head coach and athletic director. If the student is suspended from participation in athletics, the suspension shall be for up to 14 days and the student may be placed on a behavior contract, at the coach's discretion. Depending on the seriousness of the offense, an athlete may also be referred to law enforcement.

Second Offense:

The student will be suspended from participation in athletics for up to 30 days and will be placed on a behavior contract. Depending on the seriousness of the offense, an athlete may also be referred to law enforcement.

Third Offense:

The student will be removed from participation from all athletic activities for up to 60 days and will be placed on a behavior contract. If the violation occurs within 15 days of the end of the current school year, the student will be suspended for the remainder of the current school year and balance of the 60 day suspension in the upcoming school year, including any competitions, activities, or events during the summer months.

Fourth Offense:

The student's participation in all athletics activities will be revoked for the remainder of the time the student attends that campus, or any other La Pryor ISD campus serving the same grade levels as the campus the student currently attends. For example, the remainder of the student's high school career or middle school career.

General Conduct Violations:

- Fighting;
- Being late to or absent from games, meetings, practices, performances, camps, and/or other events without permission from the coach;
- Engaging in acts of poor sportsmanship, such as cheating, using profane language, or taunting other participants;
- Being insubordinate or disrespectful to a referee, coach, or sponsor;
- Being disruptive during a game meeting, practice, performance, camp, and/or other event;
- Failing to return school district property

- Engaging in theft or destruction of a teammate's property;
- Violating the established rules or guidelines of a specific extracurricular activity in which the student participates;
- Violating the District's standards for dress and grooming or the standards set for the specific extracurricular activity; and
- Engaging in general misconduct prohibited by the District's Student Code of Conduct.

Consequences General Conduct Violations:**

The student will be subject to one or more of the following consequences, at the coach's discretion:

- additional conditioning
- verbal warning
- reprimand
- removal from one or more games
- behavior contracts
- suspension from participation
- placement on a behavior contract
- removal from the team
- revocation of participation in athletics for the remainder of the student's time at that campus

**** Definitions:** Unless otherwise stated, for purposes of this Athletic Code of Conduct, "days" means school days, but also includes any non-school days in which a competition or event occurs, such as camps during the summer or on school holidays; "suspension" means that the student will not be permitted to participate in any competition, contest, or scrimmage. The student must continue to participate in practices.

DRESS CODE AND APPEARANCE

The La Pryor ISD student dress code is enforced in Athletics as well. Student-Athletes are expected to look professional at all times, both in uniform and out. Your appearance away from the field house or gym, especially at school, should demonstrate pride in our program. Everyone will wear his/her uniform in the identical manner, as directed by the head coach.

The following rules also apply to all athletes:

- no unnatural coloring, will be allowed
- do not wear your hair or dress in a manner that calls attention to you personally, or that would cause embarrassment to you, your teammates, your coaches or your school
- tattoos shall be covered during athletics, including practices and competitive contests and facilities
- For safety purposes, earrings and face piercings will not be permitted at any time during participation in athletics, or in athletic facilities. **Including practices.**

For male athletes:

Facial hair is permitted. Beards, sideburns, and mustaches should be neatly groomed and trimmed. Hair policy will follow the student code of conduct. Students may be able to wear their hair in a style that they prefer as long as its maintained in clear and well groomed manner. For safety reasons, hair that is long or in braids may be put in a bun or in a helmet to avoid any injury. Coach or sponsor discretion.

Social Media: The use of social media must be used with responsibility, where it will not cause embarrassment to you, your teammates, your coaches or your school.

Failure to do so will result in immediate suspension from the organization.

All Technology must be turned in to coaches and turned off while students are traveling on school vehicles as they return from events.

ATHLETIC DEPARTMENT POLICIES

1. COACHES' RULES	Coaches may establish additional rules and regulations for their respective sports with the approval of the Athletic Director. These rules pertaining to a particular sport must be explained to parents and students, in writing, by the coach at the start of the season. Penalties for violation of team rules shall be administered by the coach.
2. ATHLETIC PERIOD	Every athlete shall be in an athletic class. Athletes who do not go through an off-season program may not be allowed to participate on the varsity level regardless of their grade level. Exception: a. Only when there is a conflict in the scheduling of academic core classes as determined by the counselors and coaches. Not participating in the athletic period may limit the student's playing time. b. Individual sports are at the discretion of the head coach.
3. 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 without disrupting the integrity of their sport. Time, space, facilities, equipment, personal preference, and other factors will dictate the most effective squad size for any particular sport.
4. RESPECT FOR OTHERS	Coaches should receive "Yes, Sir/Ma'am" responses from players. Players in return will be treated with respect by their coaches. Show respect for the opposing players, coaches, officials, spectators and support groups. Treat others as you would want to be treated. An athlete who fails to demonstrate respect will be punished at the discretion of the coach or Athletic Director. Depending on the severity of the offense or continued infractions may result in suspension.
5. CARE OF EQUIPMENT	Players must hang up equipment in their assigned locker and clean it. Do not track mud and dirt into the dressing rooms; take off cleated shoes before entering the dressing rooms. When changing into workout gear, hang up clothes in assigned locker and lock up all of your valuables. Latrines and toilets are to be flushed and showers and faucets turned off completely. All trash should be thrown in a trash can, including soda cans. Clean up in and around your locker each day.
6. TRAVEL	All athletes represent the community, school and coaches. Therefore, it is expected that all will dress and conduct themselves in an acceptable manner on trips. When missing classes is necessary because of an athletic event, it is the responsibility of the athlete to see his/her teacher the day <i>before</i> the missed classes. All work shall be made up as assigned by the teacher. All athletes making a trip on the bus will return on the bus unless in an emergency situation or when parents are present and there is good reason for returning with them. This must be cleared with the head coach prior to the trip. Athletes may not return from trips in any other manner except on the bus or with their own parents. Any other travel arrangement must be cleared with the Athletic Director prior to the event.

7. PROMPTNESS	Always be on time. After the final bell rings, you do not have time to waste; go directly to the field house. Tardiness will result in disciplinary action. On trips, the bus will not wait.
8. ATTENDANCE	Be in class. Be on time. If you must miss an athletic period or practice, call and talk to one of the coaches <i>before</i> the athletic period or practice. You may be required to make up work missed. Repeated absences may result in dismissal from the team.
9. ILLNESS OR INJURY	We have an athletic trainer who knows her business. If you have an injury, see the trainer. She will either treat you or refer you to a physician. If you must leave school because of illness, contact or come by the coaches' office or training room. If you are ill or injured, you are not expected to work out but if you are at school you are expected to wear the uniform of the day and accompany your group or team unless given special permission by your head coach or the trainer.
10. QUITTING	Anyone quitting 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 he/she quit is completed or unless the head coaches of both sports agree that the student would be better served 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. Anyone walking off the field or gym floor during a practice or game will be considered to have quit that team. A Quit Form can be found at the end of this handbook.
11. VACATIONS	<p>Vacations by athletic team members during a sport season are discouraged and while family obligations will always take precedence over program requirements, parents and athletes who expect conflicts between vacations and program requirements may wish to reassess their decision to be involved in athletics. We urge parents not to plan family vacations during times that will present conflicts. In the event of an absence due to a vacation that is unavoidable, an athlete must:</p> <ol style="list-style-type: none"> 1. Contact the head coach prior to the vacation. 2. Be willing to accept any consequences related to their status on the squad as a starter, 2nd string, 3rd string, etc.
12. ACTIVITY CONFLICTS	<p>A student who participates in several extracurricular activities will, undoubtedly, be in a position of conflicting 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, to this end, will attempt to schedule events in a manner to minimize conflicts. Students also have a responsibility to do everything they can to avoid ongoing conflicts. This would include using good judgment about participating in too many activities where conflicts are bound to occur. Students must immediately notify the appropriate faculty sponsors and coaches when a conflict does arise. The sponsors and coaches will make every effort to work out a solution. If a solution cannot be reached, the principal and athletic director will make the decision based on the following:</p> <ol style="list-style-type: none"> 1. The relative importance of each event. 2. The importance of each event to the student. 3. The relative contribution the student can make.

	<p>4. How long each event has been scheduled.</p> <p>5. Talking with parents.</p> <p>Once the decision has been made and the student has followed the decision, he/she will not be penalized by either the faculty sponsor or coach. If it becomes obvious that a student cannot fulfill the obligation of a school activity, he/she should withdraw from that activity.</p>
13. MULTIPLE SPORTS	<p>Athletes are encouraged to participate in more than one sport; however, eligibility to participate in a particular sport will not be based upon participation in a second sport. Student athletes who attempt to participate in multiple sports whose seasons overlap may encounter schedule conflicts. When and if conflicts arise, the coaches of the sports will work out a solution. If a solution cannot be found, then the Athletic Director will make a decision.</p>
14. COLLEGE RECRUITMENT	<p>In the event an athlete should be contacted personally by a college recruiter, he/she should work through his/her coach and the Athletic Department. Inform your coach of such a contact as soon as possible. NCAA standards are available in the Athletic Department office or with the counselor.</p>
15. CLUB/SELECT TEAM ACTIVITIES	<p>A club/select team is a sports program outside of the school that is not affiliated with UIL athletics. While students may participate in club sports, La Pryor ISD athletes' obligations are to their school team first. Absences for a club/Select Team event will not be excused.</p>
16. DISCIPLINARY REMOVAL	<p>If it becomes necessary to consider removing a student from a team or the athletic program, the coach of that team will notify the Athletic Director. The student will have an opportunity to confer with the coach and the Athletic Director. Parents will receive notification and be invited to attend the conference.</p>

WEIGHT ROOM RULES

1. Workout shirt, shorts, and proper shoes are required in the weight room. No jeans, dress shoes, halter tops or uncovered sports bras are allowed.
2. Have a **spotter** present when doing heavy free bar exercises.
3. Do not move weight equipment from its designated area.
4. No weights on the floor at any time. All weights have a rack. Put them back on the proper rack after each lift.
5. Do not bring footballs, basketballs, soccer balls, book bags, or other foreign objects into the weight room area.
6. You are in the weight room to lift, not to socialize or visit. Do not distract anyone from their workout.
7. Absolutely **NO** food or drink of any kind is allowed in the weight room area. **This includes gum!!**
8. No horseplay of any kind.
9. Weight room equipment must stay in weight room at all times.
10. No spitting on the floor.
11. For safety reasons, no jewelry may be worn while in the weight room area.
12. For safety reasons, always wear sneakers (No crocs)

STEROID TESTING/NUTRITIONAL SUPPLEMENT USE

No person may use, possess, dispense, deliver or administer a steroid in the state of Texas unless legally permitted to do so by a medical doctor's prescription. Any use, possession, dispensing, delivery or administration of steroids is subject to consequences by the Athletic Department and possible criminal sanctions since a violation of the steroids laws is a criminal offense punishable by confinement in jail or imprisonment.

Consistent with UIL rules, students who participate in athletics will be subject to random steroid testing. Students and parents must be aware that dietary or nutritional supplements can also contain, or be contaminated with, steroid-like chemicals that can cause a 'positive' test result. A positive test will result in loss of eligibility for a minimum of 30 days. Contact the University Interscholastic League at 512-471-5883 or online at www.uil.utexas.edu with questions or to obtain additional information.

Athletes are responsible for everything they eat, drink and put into their body. Ignorance and/or lack of intent are not acceptable excuses for a positive steroid test result.

Nutritional or dietary supplements include but not limited to:

- supplements marketed as 'pro-hormones' of testosterone (e.g.; andro, DHEA, etc.)
- herbal extracts (e.g. cypripedium, saw palmetto, tribulus terrestris, etc.)
- protein powders, amino acids supplements and Creatine
- vitamin supplements and mineral supplements

Health consequences associated with steroid use include but not limited to:

- In males, reduced sperm production, shrinking of the testicles, impotence, difficulty or pain in urinating, baldness, and irreversible breast enlargement.
- In females, development of more masculine characteristics, such as decreased breast size, deepening of the voice, excessive growth of body hair, and loss of scalp hair.
- In adolescents of both sexes, premature termination of the adolescent growth spurt, resulting in permanently shorter stature than without the steroid use.
- In males and females of all ages, potentially fatal liver cysts and liver cancer; acne; blood clotting, cholesterol changes, and hypertension, all of which can promote heart attack and stroke.
- In injectors of steroids, infections may result from the use of shared needles or non-sterile equipment, including HIV/AIDS, Hepatitis B and C, and infective endocarditis, a potentially fatal inflammation of the inner lining of the heart. Bacterial infections can develop at the injection site, causing pain and abscess.

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 only!
8. Loud talking, excessive noise, horseplay, visitation or loitering will not be allowed.
9. Absolutely **NO** food or drink of any kind is allowed in the Training Room.
10. Stay off the tables and equipment unless receiving treatment or rehabilitation.
11. Do not handle any equipment on your own.
12. Off-season sports and conditioning sports will receive treatment and rehabilitation before and/or after school only.
13. In-season sports may receive treatment and rehabilitation during athletics by appointment with the trainer only.
14. No student should be allowed to leave another class to receive treatment from the trainer.
15. Do not enter the Training Room to cut off tape after practice or games. Tape cutters are provided in the dressing room.

TIPS FROM THE TRAINER

Your son/daughter may periodically come home after practice or a game complaining of aches or pains. This is normal as the level of training and competition increases throughout his/her development in the athletic program. The district employs an athletic trainer who is trained to manage and treat injuries that occur during athletic practices and competitions. If you have any questions about the health of your son/daughter, please contact the trainer by calling the Athletic Office.

Here are some basic tips to keep in mind when your son/daughter may complain of an ache or pain:

1. Never apply heat to a suspected injury. Always apply ice for 15-20 minutes to help reduce swelling and pain.
2. Bumps and bruises are normal and should be treated with the RICE method. RICE stands for Rest (get off of the injured limb), Ice (apply ice 3-4 times a day for 15-20 minutes each), Compression (apply an Ace wrap snugly to reduce swelling), and Elevation (rest the limb even or above the level of the heart).
3. It is recommended that students see the trainer before going to the doctor.
4. The trainer is in the training room every morning at 7 a.m. to evaluate and treat any athlete who may have an ache or pain.
5. Anyone who does go to the doctor should bring a note from that doctor to the trainer which states their practice or game status, recommended treatments, or special instructions to the trainer.
6. The district's consulting team physician will see any injured athlete if the athlete does not have a regular family doctor or the parents want to go directly to an orthopedic specialist. Contact the trainer for more information.

ATHLETIC INSURANCE

The La Pryor Independent School District is committed to the well-being of the students and families of those participating in our athletic programs. For that reason, La Pryor ISD provides at no cost your son/daughter with a supplemental accident insurance policy while he or she is participating in any regularly scheduled and supervised practices and games governed by the UIL. This policy does not cover any other injuries and does not include physical educational classes.

This supplemental insurance covers only medical expenses incurred due to accidents during those scheduled and supervised practices. This supplemental policy requires that all medical bills be first submitted to your family insurance. Then, any uncovered medical expenses can be submitted to the supplemental policy. If you do not have any insurance for your child then and only then does this insurance pay for eligible medical costs.

This supplemental insurance is governed by its own rules and may not pay all medical costs. Any remaining balances will be the responsibility of the parent.

BANQUETS AND ATHLETIC AWARDS

BANQUETS

The La Pryor Athletic Booster Club sponsors an All-Sports banquet in the spring. Each athlete is given one ticket. No other parties, etc. should be planned for any team because such activities could violate UIL regulations.

ATHLETIC AWARDS

Athletic awards are awarded by the coaches, subject to final approval by the Athletic Director. A student may qualify for an award in a sport only if he/she has met all of the following criteria:

1. The student-athlete must complete the entire season in good standing.
2. The student must participate in all workouts, excluding illness, emergencies, or participation in another school-sponsored function. All missed workouts may be made up.
3. For varsity letter awards, the student-athlete must meet the specific guideline for the sport as follows:
4. A letter jacket will be awarded to a student-athlete once in their high school years of competition. The athletic jacket is given for competition on the varsity level
5. Any senior not meeting the criteria for receiving a letter jacket who has participated in athletics for at least two years will receive a letter jacket

EXCEPTION: At his/her discretion, the coach of any sport may recommend for an award, an athlete who has not met the guidelines above. There are times when an athlete contributes greatly to the team through personal effort, loyalty, attitude, etc., or has suffered an injury which prevented him/her from competing, but he/she continued to contribute to the team. Therefore, at the coaches' discretion and with the approval of the Athletic Director, such athletes may receive an award.

The specific athletic guidelines and awards given by the Athletic Department are:

FOOTBALL

The student must participate on the Varsity level and play a minimum of 50 % of the quarters the team plays or be recommended by the coach.

BASKETBALL

The student must participate on the Varsity level in a minimum of 50% of the quarters the team plays or demonstrate outstanding performance as a specialist which, in the judgment of the coach, contributes markedly to the team's success throughout the season or be recommended by the coach.

VOLLEYBALL

The student must participate on the Varsity level in 50% of the matches played or demonstrate outstanding performance as a specialist, which in the judgment of the coach, contributes markedly to the team's success or be recommended by the coach.

CROSS-COUNTRY

The student must participate on the Varsity level in three or more meets, or advance to the Regional meet either as an individual or a team member or be recommended by the coach.

TRACK

The student must participate on the Varsity level scoring twelve points in major meets during the season, or place in the district meet as an individual or as a member of a relay team, or is the number one athlete in an individual event in the school or be recommended by the coach.

BASEBALL and SOFTBALL

The student must participate on the Varsity level in a minimum of 50% of the innings the team plays, or demonstrate outstanding performance as a specialist, which in the judgment of the coach, contributes markedly to the team's success throughout the season or be recommended by the coach.

POWERLIFTING

Must participate in three meets and complete all lifts in at least two meets

ACADEMICS

Must Participate in at least two invitational meets and district meets

BAND

Must participate in the District/Regional UIL Contest as deemed necessary by Band Director. One year of participation in High School Band is required.

FFA

Must participate in at least two stock shows or two Ag. shows

ONE ACT PLAY

Must compete at the Zone and District competition

STUDENT MANAGERS

The student must complete two years of service and remain in the sport throughout the school year or be recommended by the coach.

SENIOR AWARD

The student has not met the minimum requirements to receive an award, but has been in the program and contributed greatly with effort and loyalty and is a senior.

SPECIAL OLYMPICS

The student has not met the minimum requirements to receive an award but has been in the program and contributed greatly with effort and loyalty and is a Junior.

All students must be recommended for lettering to the Athletic Director or High School Principal by the head sponsor/coach or extracurricular sponsor of the team/organization.

All final decisions concerning lettering will fall under the discretion of the coach of the sport, athletic director, and principal.

FORMS

**LA PRYOR ISD
ATHLETIC QUIT FORM**

I, _____, have decided after careful consideration to remove myself from the La Pryor ISD sport of _____.

I have been given a three (3) day consideration period to re-evaluate my decision. I feel that the best decision for my teammates and for myself is to quit. I understand that by quitting, I will forfeit any participation in _____ for one (1) year.

I can return after the one (1) year period only with the Athletic Director's and the head coach's approval. I also understand that if I quit any other sport, I may forfeit any future participation in the athletic program.

Reason for quitting:

Student Signature: _____ Date: _____

Parent Signature: _____ Date: _____

Coach Signature: _____ Date: _____

Athletic Director Signature: _____ Date: _____

Permission to Participate in Athletics and Acknowledgement of Receipt of Athletic Code of Conduct

Student's Name: _____ Grade: _____

Student's Social Security Number: _____ - _____ - _____ Student's La Pryor ISD ID Number: _____

Parent/Guardian's Name(s): _____

Parent/Guardian's Name(s): _____

Parent/Guardian's Phone Number(s): _____

Parent/Guardian's Phone Number(s): _____

Emergency Contact Name and Number: _____

Check any athletic activity in which this student is allowed to participate:

- | | | | |
|-------------------------------------|---------------------------------------|--|--|
| <input type="checkbox"/> Baseball | <input type="checkbox"/> Football | <input type="checkbox"/> Basketball | <input type="checkbox"/> Track & Field |
| <input type="checkbox"/> Volleyball | <input type="checkbox"/> Powerlifting | <input type="checkbox"/> Cross Country | <input type="checkbox"/> Softball |

I/we have received a copy of the 2023-2024 La Pryor ISD Extra-Curricular Handbook and Code of Conduct and I/we agree to follow it as it is written. We have read it and understand the information, rules, and regulations in the handbook which is required for extracurricular participation.

I have read the Illegal Steroid Use information contained in this Handbook and acknowledge that a prerequisite of my child's participation in UIL activities is that they refrain from illegal steroid use and agree that, if selected for participation in athletics, he or she will submit to testing for the presence of illegal anabolic steroids in their body. I consent to any such testing conducted. I understand that prescription drugs may cause positive test results and that it is my responsibility to supply proof that any such drugs were legally prescribed. I further acknowledge that I have been given the opportunity to ask questions about the drug testing policy.

I am aware that the web address for the UIL Parent Information Manual regarding health and safety issues and my responsibilities as a parent/guardian can be found at <http://www.uiltexas.org/files/athletics/manuals/parent-information-manual.pdf>. I understand that failure to provide accurate and truthful information on any UIL forms may subject my child to penalties, as determined by the UIL.

Your signature below gives authorization that is necessary for the school district, its' athletic trainers, coaches, associated physicians and student insurance personnel to share information concerning medical diagnosis and treatment for your child.

If there are any questions regarding our extracurricular rules and regulations, please contact the Athletic Director.

Student Certification

I have read the Illegal Steroid Use Information and agree that a prerequisite of my participation in UIL athletic activities is that I will, if selected, submit to testing for the presence of anabolic steroids in my body. As a prerequisite to participation, I agree that I will not use illegal anabolic steroids. I understand that failure to provide accurate and truthful information could subject me to penalties as determined by UIL.

Student's Signature: _____ Date: _____

Parent/Guardian's Signature(s): _____ Date: _____

Parent/Guardian's Signature(s): _____ Date: _____

La Pryor ISD prohibits discrimination on the basis of age, race, religion, color, national origin, sex, gender, and/or disability in its programs, services or activities in compliance with Title VI of the Civil Rights Act of 1964, as amended; Title IX of the Education Amendments of 1972; and Section 504 of the Rehabilitation Act of 1973, as amended.

La Pryor ISD prohíbe la discriminación con base en edad, raza, religión, color, nacionalidad, sexo, y/o discapacidades en sus programas, servicios, o actividades de conformidad con el Título VI del Acta de Derechos Civiles de 1964, enmendado; el Título IX de las Enmiendas de Educación de 1972; y la Sección 504 del Acto de Rehabilitación de 1973, enmendado.