

**HUTTO ISD
STUDENT-ATHLETE
HANDBOOK
2024-25**



#BUILDING CHAMPIONS

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The HISD Athletic Handbook was revised on July 27, 2022. At the direction of the Hutto ISD Athletic Director, the publication date of this handbook supersedes any other handbook distribution. This handbook is subject to change throughout the year as revisions and adjustments are made to provide further clarity and direction.

INTRODUCTION

This handbook is designed to provide for a successful experience for student athletes and the efficient operation of the Hutto ISD Athletic Program. The athletic handbook is designed to coexist with the Hutto ISD Student Handbooks and the Hutto ISD Student Code of Conduct. Student-athletes in grades 7-12 are accountable and responsible to the rules and requirements contained within this handbook, Hutto ISD Handbooks, and Hutto ISD Student Code of Conducts.

It should be noted that different sports may have additional rules and regulations that go beyond what is listed in this student-athletic handbook. Those rules will be in addition to, and shall not lessen the rules of this handbook. There will be rules and regulations of each sport that will be at the discretion of the head coach.

PHILOSOPHY

The athletic program at Hutto ISD is an integral part of the total educational program. Athletics are a vital part of the physical, mental, social, and moral growth of our students. Athletics are designed to supplement the overall academic and social experience of our students here at Hutto ISD.

Athletic programs can provide valuable lessons for practical life situations. Student-athletes experience daily victories discovering within themselves the ability to overcome adversity, develop leadership skills, develop winning attitudes, become hard workers, and to be a part of a team that requires sacrifice and service to others. Many intangibles are taught in athletics that become lifelong character-building traits, and provide lessons for the student-athlete.

It is our belief that athletics at Hutto ISD is a great privilege, and should not be taken lightly. Our athletics staff supports multi-sport athletes, and encourages student-athletes to try out and/or be involved in more than one sport.

GENERAL RULES

1. Athletes are expected to maintain a favorable attitude and proper conduct. If the attitude and conduct of an athlete becomes a detriment to the program, the athlete may be dismissed from the program.
2. Student-athletes are expected to have higher standards than students not in athletics, as they are leaders of our school and community.
3. Jewelry may not be worn at any time during practice, weight room sessions, athletics period or games.
4. An athlete who is disciplined by the school's administration for a disciplinary problem may be subject to further disciplinary action by the coach of his/her sport (up to the discretion of the Head Coach/Athletic Director). Anyone assigned DAEP will not be allowed to participate in practice or games until his/her DAEP time has been completed.
5. Hair will be kept neat and clean. All male athletes will maintain groomed facial hair. If hair, facial hair, hair color or style becomes a distraction to the team, the head coach and/or athletic director will require changes be made to correct the issue. Non-compliance with this directive will result in conditioning and/or removal from the program.
6. All social media sites operated by athletes are under scrutiny of the coaching staff and athletic director. Any unsportsmanlike, unethical, immoral, or other conduct unbecoming of an athlete will be handled by the head coach and/or athletic director and may include conditioning, suspension or up to removal from the program.

7. Failure to comply with the above will result in reminders at the coaches' discretion for the first offenses. Continual violations will be handled by the Athletic Director and will be removed from the program.
8. Hazing, initiation or any "rites of passage" will not be tolerated in any way, shape or form. Any athlete involved in such actions may be removed from athletic program participation by the Athletic Department.

TRYOUT INFORMATION

Tryouts:

There may be times when it will be necessary to have tryouts for teams and cuts may be made. Tryout decisions are final and made by the head coach and his/her staff. The Hutto ISD District Athletic Director will not overturn a decision made by a sport coaching staff as to who is or is not on the team.

- Information for tryouts should be posted (BAND, Website, School Announcements) to ensure the student body is aware of tryouts being held.
- All student-athletes must have their Rank One Forms and a current UIL Approved Sports physical on file with the Hutto ISD Athletic Training staff to be able to do a tryout.
- The Hutto ISD Athletic Department will use attendance as one of the factors in determining if the student-athlete will make a team or not.
- The Hutto ISD Athletic Department will use 6 weeks grades as one of the factors in determining if the student-athlete will make a team or not.
- The Hutto ISD Athletic Department will use behavior, discipline and referrals as factors in determining if the student-athlete will make a team or not.
- **The coach may use a scoring matrix to compile data for decision making for individual players**
 - **Data may include:**
 - **Speed tests, arm strength, weight room numbers, free throws made out of 50, etc.**
 - **If a meeting is held, the only data that a parent or athlete may ask for or be shown is for that parent's child or for that particular student athlete.**
- ~~● News of making a team, or not making a team, should be delivered on an individual basis.~~
 - ~~○ Teams should not be posted until individuals have been notified.~~
 - ~~○ Coaching staff will welcome an individual conversation if student-athlete warrants it~~
- Make tryout length appropriate to sport, age group, and to UIL Rules and Regulations
 - **Student-athletes who are multi-sport athletes, or are not in the athletic period, may not get the same tryout period as those in the athletic period for the sport being tried out for. (Example: football player during the season trying out for basketball).**
 - ~~○ 1-3 days is a suggested tryout period, but ultimately is the coaches choice~~
 - HS Coaches, if available, can be at Middle School tryouts to start building relationships with Middle School Athletes and help with the evaluation process.
- Tryout decisions are final based on the coaching staff decisions who evaluated student-athletes at the tryout (Head Sport Coaches and coaching staffs at the High School level, Middle School Coordinators and coaching staffs at the middle school level.)
 - Athletic Director (unless a head coach), Girls Athletic Coordinator (unless a head coach), or Building Principals will not be involved in tryout decisions
- At the High School Level, we have now moved to 2 class periods for athletics. Therefore, class schedules for students will be harder to change. The student, if he/she doesn't make a team, and cannot change a class schedule, will become a student manager, student filmer, or a student athletic trainer so he/she is assigned to duties and activities to earn the credit during the athletic periods and for attendance daily.

DRESS CODE/PERSONAL APPEARANCE

Athletes are expected to dress neatly and be well groomed in school and at any activity representing the school. They should recognize that appearance, expression, and actions always influence people's opinions of athletes, the team, and the school. Athletes who habitually violate Hutto ISD Dress Code grooming standards may be subject to disciplinary action including suspension if the violations are not corrected.

Requirements:

- Follow the dress code guidelines in the student handbook. Exception: Athletic uniforms and equipment are acceptable during workouts and competition.
- Athletes shall follow additional requests of the coach for game day or team travel.
- During weight room activity, practice and competition, athletes shall follow the guidelines set forth by the UIL and not wear head decorations, headwear, jewelry, wrist bands and chains.
 - The UIL allows the wearing of these if it is for medical, cosmetic, or religious purposes.
 - In some cases the officials may stop the contest to ask an athlete to take off earrings, chains, watches, and other jewelry.

STUDENT-ATHLETE CONDUCT

Athletes may face disciplinary action, including conditioning, loss of playing time, and or suspension from the team for demonstrating behavior that is detrimental to the team. Examples of unacceptable behavior include, but are not limited to:

- Inappropriate language
- Inappropriate social media interaction
- Unwilling or lazy attitude, poor work ethic
- Disrespect to the coaching staff
- Disrespect to a game official
- Display of temper and not having self-control
- Not responsive to a coach's request
- Argumentative attitude
- Habitual disregard for rules
- Negative effect on team morale
- Unsportsmanlike behavior

ISS:

An athlete placed in ISS is allowed to practice before and/or after school. Failure to report to a before or after school workout will result in an unexcused absence for the athlete, unless prior notification is given that the athlete is missing for a justifiable reason. It is the athlete's responsibility to find out if his/her team is working out before or after school and find out the time of the workout. Game Play is at the discretion of the head coach.

STUDENT-ATHLETE RESPONSIBILITIES

Participation in athletics is a privilege that carries with it responsibilities to the school, sport, student body, community, family, and to oneself. Athletes have a unique role to play. Their peers, teachers, and the community are constantly monitoring them. Being under this scrutiny, athletes must have strength of character and be aware of the role they have assumed. Student-Athletes are expected to show respect, be

honest, and have integrity to their peers, teachers, coaches, family and community.

Specific Responsibilities Expected of Hutto ISD Athletes:

- Maintain a satisfactory citizenship and behavior record in the classroom and on campus by treating teachers, administrators, and fellow students with respect.
- Maintain passing grades in all classes.
- Exercise self-control and display positive actions during competition and other school activities
- Have respect for the decisions of the officials during competition.
- Refrain from inappropriate behavior in and around the school buildings.
- Be a law-abiding citizen both at school and away from school.
- Display sportsmanship and class when representing Hutto ISD.
- Be committed to attend practices, contests, and meetings of any sport that they choose to participate in.
- Abide by training rules established in this handbook and by their coach.
- Complete required UIL and school paperwork prior to participation.

SOCIAL MEDIA USE (ALSO SEE HISD STUDENT HANDBOOK)

Rules for Appropriate Use:

- A student will be assigned an individual account, and he/she is responsible for not sharing the password for that account with others.
- The account is to be used for educational purposes only.
- The student will be held responsible at all times for the proper use of your account, and Hutto ISD may suspend or revoke his/her access if he/she violates the rules.
- All Internet use by students must be supervised by adults.
- The student must have permission to use the Internet and must be supervised by Hutto ISD staff.
- Students cannot access personal email, i.e. Gmail, yahoo, etc.
- Students cannot download or upload any programs or files of any type without prior permission from the HISD Technology Department.
- Students may not harm, misuse, or destroy any of the equipment, software, or programs that are part of this system or any other agency or network accessible through this system.
- Any such harm or misuse is subject to disciplinary action and/or criminal prosecution.

Inappropriate Uses:

- Using the system for any illegal purpose.
- Disabling or attempting to disable any Internet filtering device.
- Encrypting communications to avoid security review.
- Borrowing someone's account with or without permission.
- Posting personal information about yourself or others (such as addresses and phone numbers).
- Downloading or using copyrighted information without permission from the copyright holder.
- Intentionally introducing a virus to the computer system.
- Posting messages or accessing materials that are abusive, obscene, sexually oriented, threatening, harassing, damaging to another's reputation, or illegal. If a student comes across this type of material, they are to report it to their teacher immediately.
- Wasting school resources through the improper use of the computer system, including, but not limited to: personal email account access (e.g. Gmail, AOL, yahoo, etc.), instant messaging, online shopping, personal use of streaming media such as online radio stations or video broadcasts, or participating in chats (chat rooms) unless sponsored and overseen by

District staff.

- Playing games that are not instructional or educational, including, but not limited to Internet games, games brought from outside of the district, or downloaded.
- Gaining unauthorized access to restricted information or resources.
- Downloading, installing, or running programs without explicit permission from the HISD Technology Department.
- Use that violates the student code of conduct.

Consequences for inappropriate use:

- Suspension of access to the system;
- Revocation of the computer system account; or
- Other disciplinary or legal action, in accordance with the Student Code of Conduct and applicable laws.

Athletes use of Social Media:

- Positive about self, team and family
- Keep issues within the team
- Music/graphics/photos should portray you as a positive role model
 - no cussing, drugs, alcohol, paraphernalia

ELECTRONIC COMMUNICATIONS BETWEEN EMPLOYEES AND STUDENTS

A certified or licensed employee, or any other employee designated in writing by the superintendent or a campus principal, may use electronic communications with students who are currently enrolled in the district. The employee must comply with the provisions outlined below. Electronic communications between all other employees and students who are enrolled in the district are prohibited. Employees are not required to provide students with their personal phone number or e-mail address.

An employee is not subject to the provisions regarding electronic communications with a student to the extent the employee has a social or family relationship with a student. For example, an employee may have a relationship with a niece or nephew, a student who is the child of an adult friend, a student who is a friend of the employee's child, or a member or participant in the same civic, social, recreational, or religious organization.

An employee who claims an exception based on a social relationship shall provide written consent from the student's parent that:

- The employee has provided the parent with a copy of this protocol
- The employee has provided the parent with a copy of this protocol
- The employee and the student have a social relationship outside of school;
- The parent understands that the employee's communications with the student are accepted from district regulation; and
- The parent is solely responsible for monitoring electronic communications between the employee and the student.

Please complete and submit a [Social / Family Relationship Exception Form](#) to Hutto ISD's Human Resources Department for review to be exempted from this policy.

The following definitions apply for the use of electronic media with students:

- Electronic communications means any communication facilitated by the use of any

electronic device, including a telephone, cellular telephone, computer, computer network, personal data assistant, or pager. The term includes e-mail, text messages, instant messages, and any communication made through an Internet website, including a social media website or a social networking website.

- Communicate means to convey information and includes a one-way communication as well as a dialogue between two or more people. A public communication by an employee that is not targeted at students (e.g., a posting on the employee's personal social network page or a blog) is not a communication: however, the employee may be subject to district regulations on personal electronic communications. See Personal Use of Electronic Media, above. Unsolicited contact from a student through electronic means is not communication tied to the employee.
- Certified or licensed employee means a person employed in a position requiring SBEC certification or a professional license, and whose job duties may require the employee to communicate electronically with students. The term includes classroom teachers, school counselors, principals, librarians, paraprofessionals, nurses, educational diagnosticians, licensed therapists, and athletic trainers.

An employee who communicates electronically with students shall observe the following:

- The employee is prohibited from knowingly communicating with students using any form of electronic communications, including mobile and web applications, that are not provided or accessible by the district unless a specific exception is noted below.
- Only a teacher, trainer, or other employee who has an extracurricular duty may use text messaging, and then only to communicate with students who participate in the extracurricular activity over which the employee has responsibility. An employee who communicates with a student using text messaging shall comply with the following protocol:
 - The employee shall include at least one of the student's parents or guardians as a recipient on each text message to the student so that the student and parent receive the same message; or
 - The employee shall include his or her immediate supervisor as a recipient on each text message to the student so that the student and supervisor receive the same message; or
 - For each text message addressed to one or more students, the employee shall send a copy of the text message to the employee's district e-mail address.
- The employee shall limit communications to matters within the scope of the employee's professional responsibilities (e.g., for classroom teachers, matters relating to class work, homework, and tests; for an employee with an extracurricular duty, matters relating to the extracurricular activity).
- The employee is prohibited from knowingly communicating with students through a personal social network page; the employee must create a separate social network page ("professional page") for the purpose of communicating with students. The employee must enable administration and parents to access the employee's professional page.
- It is recommended that employees not communicate directly with any student between the hours of 10 p.m. and 7 a.m. An exception to the communication hours allows employees responsible for extracurricular activities to communicate with participating

- students if a justifiable need arises (ex: 6am practice, 10:30pm arrival from game).
- The employee does not have a right to privacy with respect to communications with students and parents.
 - The employee continues to be subject to applicable state and federal laws, local policies, administrative regulations, and the Texas Educators' Code of Ethics, including:
 - Compliance with the Public Information Act and the Family Educational Rights and Privacy Act (FERPA), including retention and confidentiality of student records. [See Policies CPC and FL]
 - Copyright law [See Policy CY]
 - Prohibitions against soliciting or engaging in sexual conduct or a romantic relationship with a student. [See Policy DH]
 - Upon request from administration, an employee will provide the phone number(s), social network site(s), or other information regarding the method(s) of electronic media the employee uses to communicate with one or more currently enrolled students.
 - Upon written request from a parent or student, the employee shall discontinue communicating with the student through email, text messaging, instant messaging, or any other form of one-to-one communication.
 - An employee may request an exception from one or more of the limitations above by submitting a written request to HR.
 - An employee shall notify his or supervisor in writing within one business day if a student engages in improper electronic communication with the employee. The employee should describe the form and content of the electronic communication.

STUDENT-ATHLETE ATTENDANCE

It is the obligation and responsibility of team members to attend scheduled practices, contests, and meetings regularly and on time. If an unavoidable conflict arises with a practice or contest, one of the coaches should be notified **before** the absence occurs. Failure to make contact prior to the practice, contest, or meeting may result in the absence being considered unexcused.

Excused Absences:

Examples of excused absences are illness, a death in the family, school sponsored activities, or emergency situations. Athletes should understand that when they have to miss, it is imperative that a coach be notified **PRIOR** to the absence. If communication is not made prior to the absence, a coach may deem this as an unexcused absence. Excused absences will be made up at the discretion of the head coach. Makeup for an excused absence is not punishment, but is administered so that the athlete can make up for any missed work and conditioning during the excused absence.

Athletes should understand that habitual absences (3 or more), even though they may be excused, become detrimental to their ability to perform and to their knowledge of team concepts (plays). Habitual absences may result in disciplinary actions, including loss of playing time and/or possible suspension or dismissal at the discretion of the head coach.

Unexcused Absences:

Athletes and parents should understand that failure to notify the coach **PRIOR** to an absence will result in the absence being considered unexcused. Examples of unexcused absences are skipping a weight session, going to tutorials without prior communication, missing a team event without an emergency, and a failed transportation plan to get to a team event. Some extenuating situations will be considered an excused absence without prior notification. If there is a question as to whether it is excused or not, the head coach will make the final decision. Unexcused absences will be made up and disciplinary action may be taken

also. Disciplinary action may include conditioning and loss of playing time. Situations such as these, will be at the discretion of the head coach.

Tardy:

It is also very important for a team member to be on time and to remain at a practice for its duration. Any team member who arrives late to practice or who leaves early is disruptive to the team's improvement and game plan. Athletes that are tardy or that leave practice early will be expected to do make up work for the time they missed. Habitual tardiness will result in disciplinary action including conditioning, possible suspension or dismissal.

INJURIES AND ILLNESS

A student who is injured or becomes ill at school or at a school activity will be evaluated by a licensed healthcare provider, and the student's parent/guardian will be notified if appropriate. If the parent cannot be reached, the parents instructions on Authorization to Secure Emergency Medical Treatment of a Student Form will be followed, if necessary.

Injured athletes who cannot actively participate in the workout will follow all attendance policies. Being injured is not a reason to miss practice. The injured athlete will be expected to dress out and participate mentally. Different duties may be assigned to that athlete. The athletic training staff, and coaching staff will make a plan for the athlete's training room times, practice activities, and return to play protocol. An athlete may be required to report earlier for treatment. Treatment will not excuse an athlete from practice or weights, as treatment can be done before or after practice or weights. **Please communicate with the athletic training staff before going to the doctor.** They may be able to help you schedule an appointment faster, or with the correct doctor, which would help you as a family to save from extra doctor visits or spending money. **For a student-athlete to be cleared after a visit to a doctor for any illness or injury, the student-athlete must bring documentation to the athletic training staff. If the athletic training staff does not receive documentation, the student-athlete will not be allowed to participate.** The doctor may have cleared the student-athlete to return to play, but without proper documentation from the doctor, our athletic training staff is not allowed to release our student-athletes to practice or competition. Our athletic trainers have to see it in writing.

INSURANCE

Hutto ISD will not provide supplemental insurance coverage for interscholastic activities for the school year. The family of the student-athlete shall be responsible for any medical coverage and costs related to any sport related injuries.

ACADEMICS

Athletes must realize that they are students first, and athletes second. Athletes must plan their schedule so that they give sufficient time and energy to their studies to ensure acceptable grades. Athletes must be passing all subjects at the six weeks grading period in order to be eligible to play. Athletes failing a course will be ineligible for competition for three weeks. They may regain eligibility after three weeks if they are passing all subjects at that time. If not, they remain ineligible for another three weeks.

Athletes that habitually earn failing grades on grade reports and/or progress reports become a detriment to the athletic program. They are showing neglect in their responsibility and obligation to their team and the athletic program. They are also neglecting their main purpose for attending school.

Athletes are expected to maintain all their grades throughout the school year, not just during the competitive season. Tutorials are available for students that are struggling with their grades. Athletes are encouraged to take advantage of the tutorials and/or other resources that are available to help them with their grades. **Consecutive failing grading periods (in season or out of season) may result in dismissal from the team.**

Ineligible Athletes:

Ineligible athletes shall attend and participate in workouts, unless excused by the head coach. By attending and participating in workouts, the athlete may represent the team again at the end of the ineligible period.

Consecutive failing grading periods (in season or out of season) may result in dismissal from the team.

SCHEDULE CHANGES BETWEEN ATHLETIC CLASSES

Compulsory Attendance Laws state that a student must be in attendance for at least 90 percent of a course in order to receive credit for that course. This is important when it comes to schedule changes as students who move courses after 10 percent of the semester is complete will not be able to receive credit without additional makeup time as determined by an administrator.

In addition, with Hutto High School being a 6A campus and continuing to grow, classes are full and there is not room to move students without affecting teachers and other students.

Therefore, the following policies are in place in regards to schedule changes and athletics classes:

1. Athletic schedule changes between different class periods will only be made with varsity athletes.
 - a. These changes will only be made at the semester break.
 - b. Students with schedule conflicts will be called in to speak with their counselor.
 - c. There is no guarantee that teachers and other class periods won't change.
 - d. Schedules will not be changed until the sport he/she is leaving has approved the move and all equipment and fees are turned in and settled. The counselor will contact the coach of the sport the student is leaving and that coach will reply to the email to approve the change.
2. Athletic schedule changes within the same class period may be made with any athlete at the request and approval of both head coaches.
 - a. Changes can be made at any point since they are moving within the same period and no other classes are affected.
 - b. Schedules will not be changed until the sport he/she is leaving has approved the move and all equipment and fees are turned in and settled. The counselor will contact the coach of the sport the student is leaving and that coach will reply to the email to approve the change.

3. Students who leave/quit a sport will meet with their counselor to see if the schedule has the ability to change or not.

- a. If the student schedule cannot change due to the time of year, or classes being full, the student-athlete will become a student manager, student filmer, or a student athletic trainer so he/she is assigned to duties and activities to earn the credit during the athletic periods and for attendance daily.
- b. Seniors who quit a sport may instead schedule an off-period after meeting with their counselor to determine that their schedule will allow it.
- c. Schedules will not be changed until the sport he/she is leaving has approved the move and all equipment and fees are turned in and settled. The counselor will contact the coach of the sport the student is leaving and that coach will reply to the email to approve the change.

<i>Scenario Situation</i>	<i>Schedule Change?</i>
<i>JV Football player (1st Period) wants to move into Baseball (9th Period) and will compete for JV in the Spring</i>	<i>No - since this is a sub-Varsity athlete and the sports are in different class periods this move will not be made.</i>
<i>JV Football player (1st Period) wants to move into JV Basketball (1st Period)</i>	<i>Yes - even though this is a sub-Varsity athlete, they may move because it is the same period and does not affect their academic schedule.</i>
<i>JV Football player (1st Period) wants to move into Baseball and will be a Varsity player in the Spring</i>	<i>Yes - the athlete is moving to a Varsity sport so the schedule may be changed at Semester</i>

TEAM TRAVEL

The school will provide transportation for away contests. Athletes should be on time for the departure. They should be appropriately dressed by the direction of the head coach. Passengers should keep the noise to a minimum and remain seated at all times. Do not leave valuables and expensive items on the bus. Athletes should pick up their trash and help clean the bus when arriving back at the school.

Team members at all levels will travel to and from away contests with the team. All student-athletes will travel with the team, except in an emergency or special circumstance situation. In emergency or special situations, parent/guardians must contact the coach a minimum of 24 hours in advance and provide in writing the reason for the student-athlete to be approved to ride home with the parent/guardian. The parent may email the coach so we have a date/time stamped communication.

- Under normal circumstances, students may be released only to their own parent/guardian. The parent/guardian should present himself/herself to the coach after the contest to confirm that the athlete will be going with the parent/guardian. In some cases, the coach may request a parent signature before the student is released.
- If the parent/guardian wishes their child to be released to another designated adult, a written request should be approved prior to the trip departure (recommended 24-48 hours). The head coach, athletic director or principal may approve this written request. The designated adult should present himself/herself to the coach after the game to confirm that they will be taking the athlete. A head coach may not know every family member and may ask for identification to match the written request.

EQUIPMENT

Team uniforms, warm-ups, and equipment belonging to Hutto ISD should be treated with care. Athletes are responsible for keeping their school issued equipment clean and secure. (Coaches may laundry game uniforms in some cases). The use and wear of the school equipment outside of athletic sponsored activities is prohibited (ex: AAU Teams, Select Teams). If an athlete loses equipment due to neglect and/or carelessness, **he/she will be charged the replacement cost of that equipment.**

At the end of the season, the athlete is responsible for turning in equipment in the best possible condition or paying replacement costs.

LOCKER ROOM

The locker room is not a play area. Horse play will not be allowed. Athletes are expected to help keep locker rooms as neat and sanitary as possible. It is the responsibility of the athletes to throw away trash, pick up equipment, and keep the locker room clean. All equipment should be hung or placed in the lockers. No equipment should be left on the floor. Specific locker and locker room guidelines will vary from season to season.

Be mindful of your cell phone use in the locker room. Because it is a changing and showering area, you must be aware of your surroundings and other student-athletes and his/her privacy. Do not take selfies in the locker room. This is not good practice because it is a changing and showering area. It is best to keep cell phone use outside of the locker room.

Lock your locker. Valuable items that cannot be secured in your locker should not be brought into the locker room or should be turned in to a coach. Do not leave valuables out in the open. Lock your locker. Stolen items will be the responsibility of the athlete. (Some athletes may not have access to lock boxes to secure valuables. They should make arrangements with their coach to secure valuables.) Lock your

locker.

ALCOHOL/ILLEGAL DRUGS

Hutto ISD student-athletes will be subject to rules and stipulations in the Hutto ISD Student Handbooks and the Hutto ISD Student Code of Conduct in reference to alcohol and illegal drugs. It is a violation for Hutto ISD athletes to use or possess alcohol or illegal drugs. Reported violations of this nature will be investigated by the athletic director and/or coaching staff and reported to school administration. Verified violations will result in disciplinary action (up to dismissal) for the student-athlete.

An athlete should remove himself/herself from any situation where alcohol or drugs are being used in an illegal manner. This is “ABOVE THE LINE BEHAVIOR.” Do not put yourself or your team in a situation where your character or integrity is questioned.

ALCOHOL, DRUGS, TOBACCO, CLASS A MISDEMEANORS ON SCHOOL PROPERTY OR SCHOOL RELATED ACTIVITIES ONLY

ANY FELONY ACTIVITIES COMMITTED ON OR OFF SCHOOL PROPERTY OR AT SCHOOL RELATED ACTIVITIES

Level 1 Offenses – possession or use of tobacco/smokeless tobacco/vaping (no THC)

1. 1st offense – conditioning and up to a 1 week suspension per head coach discretion from all athletic activities (practice and games). Athlete attendance is expected at all team activities, regardless of suspension status.
2. 2nd offense – conditioning and up to a 3 week suspension per head coach discretion from all athletic activities (practice and games). Athlete attendance is expected at all team activities, regardless of suspension status.
3. 3rd offense – conditioning and up to a 6 week suspension per head coach discretion from all athletic activities (practice and games). Athlete attendance is expected at all team activities, regardless of suspension status.
4. 4th offense – removal from sport for twelve weeks or remainder of the school year, per head coach discretion. Athletic Re-entry Protocol to be followed.

Level 2 Offenses – sale, use, possession, delivery, or being under the influence of marijuana, controlled substance, dangerous drug or alcohol; committing a serious act or offense as defined in HISD Student Code of Conduct, while under the influence of alcohol, marijuana, controlled substance or dangerous drug; conduct that constitutes an offense relating to a usable glue, aerosol paint, or volatile chemicals; illegally possessing or using drug paraphernalia; robbery or theft. Level 2 offenses may be subject to DAEP. DAEP placement is covered in this handbook as well.

1. 1st offense – conditioning and up to a 3 week suspension per head coach discretion from all athletic activities (practice and games). Athlete attendance is expected at all team activities, regardless of suspension status. If a student-athlete goes to DAEP, there will be no team activity allowed while the student-athlete is in DAEP, and student-athletes may not be allowed on campus for any weight room, open gym, or any activity on campus.

- a. If a student-athlete is found guilty of robbery or theft, per head coach discretion, the student-athlete may be removed from sport. Athletic Re-entry Protocol to be followed.
2. 2nd offense – conditioning and up to a 12 week suspension per head coach discretion from all athletic activities (practice and games). Athlete attendance is expected at all team activities, regardless of suspension status. If a student-athlete goes to DAEP, there will be no team activity allowed while the student-athlete is in DAEP, and student-athletes may not be allowed on campus for any weight room, open gym, or any activity on campus.
3. 3rd offense – Student-athlete will not be eligible for the Athletic Re-entry Protocol for up to one calendar year, after completion of DAEP or off campus discipline placement and is subject to Athletic Director and Superintendent approval.

Level 3 Offenses – committing a serious act punishable as a Class A misdemeanor or felony at any time during the calendar year (reinstate only by Athletic Re-entry Protocol)

1. 1st offense – removal from athletic activities (practices and games) for a minimum of 18 weeks to 1 year.
2. 2nd offense - case by case basis at the discretion of the Athletic Director and Superintendent.

DAEP PLACEMENT

Any athlete placed in DAEP will not be allowed to participate in any Hutto ISD athletic activities (practice, games, Performance Camp, anything on or off campus) during their DAEP placement. Upon completion of the DAEP placement, the athlete may request Re-Entry if they wish to participate in athletics. The ability to return to athletic practice and competition will be considered on a case by case basis (ie: in-season, pre-season, post-season). After DAEP placement completion, the head coach will have discretion to add on additional discipline for student-athletes which may include conditioning, up to and including, dismissal from the team.

PLAYER DISCIPLINARY CONTRACTS

Hutto ISD Coaches, before dismissing a student-athlete from his/her team, may put a student-athlete on a disciplinary contract. Reasons for this may include, but are not limited to: grades, late for practice, skipping practice, lack of effort, classroom behavior. Coaching staff, student-athlete and parent signature would be required to complete the contract. If the contract is not completed with student-athlete and parent signatures, the student-athlete would not be allowed to participate in practices or games. This may lead to a dismissal from the sport, and removal from the athletic period. If, after all parties agree to the contract, there are continued disciplinary concerns the student-athlete may be removed from the sport and/or the athletic period at the discretion of the head coach.

STEROIDS

Studies indicate that the use of steroids by high school students is on the rise. Although the drugs are dangerous and illegal to use without a prescription, reports indicate that they are readily available to be used by high school students. TEA and the UIL request that school districts raise the awareness of the ill effects of steroids. Hutto ISD and the athletic department agree that it is imperative that our athletes and their parents are aware of the dangers of steroid use. In this handbook is a fact sheet about steroids that was created by the U.S. Department of Health and Human Services.

Steroid Facts:

- Steroids affect the heart. Steroid abuse has been associated with cardiovascular disease, including heart attack and stroke. These heart problems can even happen to athletes under the age of 30.
- Steroids affect appearance. In both sexes, steroids can cause male-pattern baldness, cysts, acne, and oily hair and skin.
- Steroids affect mood. Steroids can make a person angry and hostile for no reason. There are recorded cases of murder attributed to intense anger from steroid use.
- Steroids increase risk of infection. Sharing needles or using dirty needles to inject steroids creates a risk for diseases such as HIV/AIDS and hepatitis.
- Steroids are illegal to possess without a prescription. Doctors prescribe steroids for specific medical conditions. They are only safe for use when a doctor monitors the patient.
- The majority of teens are not using steroids. Among teenage males, who are most likely to use steroids, only 1.8 percent of 8th graders, 2.3 percent of 10th graders, and 3.2 percent of 12th graders reported steroid use in the past year.

Signs:

How can you tell if a person is abusing steroids? Sometimes it's hard to tell. But there are signs you can look for. If a person has one or more of the following warning signs, he or she may be abusing steroids:

<p>For Boys:</p> <ul style="list-style-type: none"> • Baldness • Development of Breasts • Impotence 	<p>For Girls:</p> <ul style="list-style-type: none"> • Growth of facial hair • Deepened voice • Breast reduction 	<p>For Both:</p> <ul style="list-style-type: none"> • Jaundice (yellowing of the skin) • Swelling of feet or ankles • Aching joints • Bad breath • Mood swings • Nervousness • Trembling
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Questions and Answers:

Q. Are steroids addictive?

A. Yes, they can be. Withdrawal symptoms include mood swings, suicidal thoughts or attempts, fatigue, restlessness, loss of appetite, and sleeplessness.

Q. How long do steroids stay in your system?

A. The length of time that steroids stay in the body varies. Injected steroids may be detected in the body for 3 to 4 months while the oral types may remain for 1 to 4 weeks.

Q. What can I do to excel in sports if I don't use steroids?

A. Focus on getting a proper diet, rest, and good overall mental and physical health. These things are all factors in how the body is shaped and conditioned. Excelling in sports is achievable and done by millions of athletes without relying on steroids.

Q. What are the slang terms related to steroids?

A. Arnolds, Gym Candy, Pumpers, Stackers, Weight Trainers, Juice. Other slang terms associated with steroid use include:

- Roid rages – uncontrolled outbursts of anger, frustration, or combativeness that may result from using anabolic steroids.
- Shotgunning – taking steroids on an inconsistent basis.
- Stacking – using a combination of two or more anabolic steroids.

To learn more about steroids, contact:

Substance Abuse & Mental Health Services Administration National Clearinghouse for Alcohol and Drug Information 800-729-6686 or 800-487-4889 www.ncadi.samhsa.gov

Athletes should also be aware that verified violations of the illegal use of steroids would be considered a violation of our illegal drug policy. The disciplinary action for this violation will be the same as the disciplinary action listed under the Alcohol/Illegal Drugs section of this handbook.

DISMISSAL FROM A SPORT

On some occasions, an athlete will need to be dismissed from a sport due to unacceptable behavior or violations of the athletic handbook. The following guidelines will be in effect for any athlete that is dismissed from a sport.

- An athlete dismissed from a sport may be dismissed from the entire athletic program if the violation is deemed severe (example drugs/alcohol) by the Head Coach and/or Athletic Director to justify such action.
- An athlete dismissed from a sport will not be allowed to start another sport until the first sport is completed. If dismissed from one sport, the second sport head coach has his/her discretion to let you into the second sport.
- There are different policies and re-entry rules and guidelines for academic dismissals and behavior of team violation dismissals. See academic re-entry and athletic re-entry.

Violations that result in athletes being dismissed from middle school athletics may be cumulative for their middle school career. Violations that result in athletes being dismissed from high school athletics may be cumulative for their high school career. Per head coach's discretion, middle school dismissals may be considered for reinstatement for high school athletics.

QUITTING A SPORT

Quitting is an intolerable habit to acquire. Athletes that quit are also “giving up” on themselves and those that depend on them. Commitment to being a Hippo Team Member is one of the most valuable lessons learned in athletics. Concerns and frustrations can often be worked out with proper communication between the athlete and coach.

- Any athlete wishing to quit a sport should notify the head coach of their intent. The athlete will be encouraged to wait 24 hours before making his/her decision final.
- If an athlete quits a sport after two weeks, he/she will not be allowed to start another sport until the first sport is completed. If an athlete begins participation in two concurrent sports, he/she will have two weeks to determine if it is in his/her best interest to drop one sport and concentrate on the other sport. After two weeks, if the athlete decides to quit one of the sports, he/she will not be allowed to continue with the other sport without the consent of both coaches. This will be considered as one quitting infraction.
- If an athlete quits a sport, he/she may regain participation privileges in that sport by following the Athletic Re-Entry process.
- An athlete quitting a sport and not wishing to participate in another sport will be removed from the athletic program and athletic class period. The schedule change will be made as soon as it is possible. In some cases this change may not be possible until the end of the semester. If the student schedule cannot change due to the time of year, or classes being full, the student-athlete will become a student manager, student filmer, or a student athletic trainer so he/she is assigned to duties and activities to earn the credit during the athletic periods and for attendance daily.
- An athlete who quits a second time (same sport or different sport) will not be allowed to use the Re-Entry Program to regain participation privileges in athletics. If an athlete quits the sport before the first two weeks of practice are complete, it will not be considered an infraction.

Quitting during middle school athletics may be cumulative for their middle school career at the discretion of the sport head coach and middle school athletic coordinator. Quitting during high school athletics may be cumulative for their high school career at the discretion of the sport head coach and district athletic director.

PARENT RESPONSIBILITIES

Parents are a huge part of the student-athlete's success on and off the playing field. They are one leg of the 3-legged stool. One leg is the student-athlete, one leg is the family, and one leg is the school (teachers, coaching staff, administration). If any of the legs falter, the stool (student-athlete) falls over and fails. Listed below are a few responsibilities (not all) that not only help your student-athlete, but also help the team, coaching staff, and the athletic department:

- Support your student-athlete in academics, which includes: checking grades in Skyward twice weekly
- Support your student-athlete in getting enough sleep
- Support your student-athlete in getting proper nutrition
- Support your student-athlete in all co-curricular and extracurricular activities, which includes: bringing them to practices and attending as many games as work schedules allow.
 - It is the responsibility of the parent to ensure athlete dropoff and pickup occurs in a timely manner. Hutto ISD Employees cannot transport student-athletes in their personal vehicles. The expectation is that our coaching staff has the ability to leave campus 15 minutes after a practice, game, or return from an away competition.
 - Please plan ahead for rides from neighbors, other team member families, or other family members for practices and competition. The coaching staff will remind student-athletes to call home, and may also post on BAND the arrival time on away trips to help you plan.
 - Excessive (3 or more) late pickups may result in a meeting between family and coaching staff to help understand your situation.
- Working the concession stand to help bring in extra dollars for our student-athletes
- Communicate with the athletic training staff any illness or injury, and provide proper documentation of any doctor visits for illness or injury.
 - If a student-athlete goes to the doctor for any reason, the athletic trainer must have a note that clears them for participation in athletic activities.
 - Join BAND team communication app¹⁹

COMMUNICATION/PARENT CONFERENCES

Both parenting and coaching are difficult vocations. By establishing lines of communication and understanding each position, we are better able to accept the actions of others and provide greater benefits to children. One purpose of this handbook is to provide a line of communication between the athletic department and parents. Hopefully, the handbook will help parents understand what is expected of their child. At the same time, the athletic department hopes to receive support from the parents in enforcing the rules and regulations of the handbook.

Despite the communication, it is important to understand that there may be times when things do not go the way the athlete wishes or the parent wishes. At these times, a conference or discussion with the coach may be needed. Please understand that there are appropriate issues to discuss and there are issues not appropriate to discuss.

Chain of Command-meeting with coaching staff:

- Athletes will meet with the coaching staff.
- If questions/issues are not resolved, the athlete and parent/guardian will meet with the coaching staff.
- If questions/issues are not resolved, the athlete, parent/guardian and coaching staff will meet with

the Athletic Director.

There are very few situations where an athlete or a parent/guardian should meet with the athletic director first. Please start at the lowest level, which is the athlete discussing any questions or issues with the coaching staff. We want to have positive, great relationships with our student-athletes. One of our goals is to grow them into strong and confident young men and women. By athletes taking their questions and concerns to the coaching staff, this allows them to practice a real-world scenario, where they take charge of their own concerns and issues. This is a life skill they will need when they leave the halls of HISD, and enter college and/or the workforce.

Please do not attempt to confront a coach before, during, or after a contest or during a practice. This can be an emotional time for both the parent and the coach. Meetings of this nature do not promote resolution. Productive meetings require calm, rational attitudes in a private setting.

Before meeting, please think about what your athlete, or you as a family member would like to accomplish from the meeting. If the coach needs background information before the meeting, please provide him/her the information before the meeting. If the coach needs to research something for you, please provide him/her the appropriate time to do so. You and your athlete's time is valuable and so is the coach's. We want to respect all parties involved.

Chain of Command-Guidelines to setting up a meeting with coaching staff and/or athletic director:

- The student-athlete will approach the coaching staff before or after team meetings, weight room session or practice to set up a good meeting time for both parties.
- After the athlete has met with coaching staff and questions/issues are not resolved, the parent/guardian may call or email the head coach to set up a good meeting time for both parties.
- After the athlete, parent/guardian have met with coaching staff and questions/issues are not resolved, the parent/guardian may call or email the HISD Athletic Secretary to set up a good meeting time for all parties and the Athletic Director (High School Issue). If it is a middle school issue, the parent/guardian should call or email the middle school coordinator first, then if a resolution is not met, the HISD Athletic Director should be contacted.
 - In the event a resolution is not met, a student or parent may initiate the formal process described in FNG(LOCAL) by timely filing a written complaint form.

<p><u>Appropriate issues to discuss with coaches:</u></p> <ul style="list-style-type: none">● Treatment of your child● Ways to help your child improve● Concerns about your child's behavior● Grades/Attendance/Tardies/ Recruiting/weight room habits/ACT/SAT	<p><u>Issues not appropriate to discuss with coaches:</u></p> <ul style="list-style-type: none">● Team strategy● Playing Time● Play-calling● Other student-athletes
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SPORTSMANSHIP – ATHLETES/PARENTS/SPECTATORS

The Hutto ISD Administration and Athletic Department feel it is vitally important that sportsmanship is demonstrated at all athletic contests. Athletes must understand the importance of respecting the decisions of game officials. Spectators should exhibit the same respect to game officials. The officials are impartial arbitrators who are trained and who perform to the best of their ability. Mistakes by all those involved in the contests are a part of the game. Spectators verbally abusing officials with insults, threats and profanity can result in the athletic team being punished under the rules of the UIL. Be sure everyone understands the potential seriousness that could result in the school's athletic program if misbehavior of spectators is reported to the UIL. We are all ambassadors of the city of Hutto, Hutto ISD, and want to always show pride and class by supporting our student-athletes, coaches and teams when we attend our athletic contests

Hutto ISD Expectations of Spectators, Athletes, and Coaches:

Good sportsmanship is a must. Be the example.

- Show respect at all times.
- Profanity will not be tolerated.
- Insults directed to officials, players, coaches, or other fans will not be tolerated.

Hutto ISD Game Administrators have the right to ask a spectator to leave for the remainder of the game. The district also has the right to ban a spectator from all games that remain in a season.

The following is a list of behavior expectations of athletes and spectators. These lists appear in the Sportsmanship Manual developed by the UIL. Become aware of these expectations, as well as the ones above, and put them into action. Together we want to present a positive image of Hutto to the game officials and to our opponents.

Behavior Expectations of the Student-Athlete:

- Accept and understand the seriousness of your responsibility, and the privilege of representing your school and the community.
- Live up to standards of sportsmanship established by the school administration and the coaching staff.
- Learn the rules of the game thoroughly and discuss them with parents, fans, and fellow students. This will assist both them and you in the achievement of a better understanding and appreciation of the game.
- Treat opponents the way you would like to be treated, as a guest or friend.
- Who better than you can understand all the hard work and team effort that is required of your sport?
- Wish opponents good luck before the game and congratulate them in a courteous manner following either victory or defeat.
- Respect the integrity and judgment of game officials. The officials are doing their best to help promote you and your sport. Treating them with respect, even if you disagree with their judgment, will only make a positive impression of you and your team in the eyes of the officials and everyone at the contest.

Athlete Ejection From a UIL Competition

1. Follow UIL Policies.

2. Different sports have different penalties for ejection. (Example 1: Football: A player ejection states the player misses the rest of the game, plus the following first ½ of the next game. Example 2: Women’s Basketball: A player ejection states the player misses the rest of the game, plus the entire following game).
3. Additional suspensions, conditioning, and up to removal from sport per head coach and/or athletic director discretion.

Behavior Expectations Of Spectators

- Remember that you are at the contest to support and cheer for your team, and to enjoy the skill and competition, not to intimidate or ridicule the other team or its fans.
- Remember that school athletics are a learning experience for students and that mistakes are sometimes made. Praise student-athletes in their attempt to improve themselves as students, as athletes, and as people, just as you would praise a student working in the classroom.
- A ticket is a privilege to observe the contest, not a license to verbally assault others or be generally obnoxious.
- Learn the rules of the game, so that you may understand and appreciate why certain situations take place.
- Show respect for the opposing players, coaches, spectators and support groups.
- Respect the integrity and judgment of game officials. Understand that they are doing their best to help promote the student-athlete, and admire their willingness to participate in full view of the public.
- Recognize and show appreciation for an outstanding play by either team.
- Refrain from the use of any controlled substances (alcohol, drugs, etc.) before, during, and after the game on or near the site of the event.
- Use only cheers that support and uplift the teams involved.
- Be a positive role model at events through your own actions and by censuring those around you whose behavior is unbecoming.

ACADEMIC RE-ENTRY

A student athlete that has been dismissed from an athletic program, for academic failures, may not be considered for re-entry into the athletic program until he or she passes a six weeks grading period. Passing a six weeks term does not guarantee re-entry into an athletic program.

A head coach will look at these things when considering re-entry:

- Overall Grades before and after dismissal
- School Attendance/tardies/referrals/discipline before and after dismissal
- Other: Social media, communication, equipment/clothing issues, fees owed, other sport issues
- Coaches Discretion

If a parent removes a student-athlete from a sport for failing grades, refer to ATHLETIC RE-ENTRY.

ATHLETIC RE-ENTRY

Athletic re-entry will be determined by these two situations. Situation 1: A parent removes a student-athlete from the athletic program for failing grades, discipline, academic schedules, or other reasons. Situation 2: A head coach of the sport removes a student-athlete for failing consecutive 6 week grading periods, discipline, attendance/tardies/communication, or other reasons. The athletic re-entry may only be used one time.

A student-athlete must finish a sport before going to a second sport. If a student-athlete moves to a second sport before finishing the first sport, the student-athlete may not be considered for athletic re-entry.

The purpose of the athletic re-entry is to allow a student-athlete an opportunity to show his/her commitment for a possible return to the sport from which he/she was removed from. All athletic re-entries to a sport will be determined on a case by case basis.

Athletic Re-Entry Process:

1. Student-athletes and/or parents/guardians may appeal the head coach removal within 15 calendar days of the student-athlete removal. Student-athletes and/or parents/guardians will submit a written request to meet and discuss the removal with the head coach.
 - a. The head coach has the ability to reinstate the student-athlete.
 - i. The head coach may accept the appeal and fully reinstate the student-athlete.
 - ii. The head coach may accept the appeal, with the ability to put the student-athlete on a disciplinary contract
 - b. The head coach has the ability to deny the appeal
 - i. Student-athlete and/or parent/guardians can accept the denial of the appeal
 - ii. Student-athlete and/or parent/guardians can appeal head coaches decision to the athletic director
 - c. Head coach will make decision on the appeal within 10 days of meeting with student-athlete and/or parent/guardian
2. The Student-athlete and/or parents/guardians may appeal the athletic re-entry denial, by the head coach, within 15 calendar days of the appeal denial, to the athletic director. Student-athletes and/or parents/guardians meet and discuss the denial of appeal with the athletic director.
 - a. The Athletic Director will initiate a meeting between student-athlete and/or parents/guardians, head coach of sport, athletic director, and an HISD Administrative Designee.
 - i. Student-athletes and/or parents/guardians will have 15 minutes to present their information.
 - ii. Head coach will have 15 minutes to present his/her information
 - iii. Student-athletes and/or parents/guardians will have 3 minutes to discuss information presented by the head coach.
 - iv. Head coach will have 3 minutes to discuss information presented by the athlete and/or parent/guardian.
 - v. Athletic director and HISD Administrative Designee will listen to information and determine if athletic re-entry is granted or not.
 - b. The Athletic Director will make a decision on the appeal within 10 days of meeting with the student-athlete and/or parent/guardian, and head coach.

**From the entire Hutto Hippos Athletic Department,
we hope you have a great school year!!!**