

# BISHOP CISD ATHLETIC HANDBOOK



# FORWARD

The Bishop Consolidated Independent School District considers the athletic program to be an integral part and extension of the district's educational program. To that end, BCISD Athletics aims 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 Bishop CISD athletic program. In the event of a conflict between the Athletic 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 the athletic program. 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 Bishop athletics, thousands of people can learn more about our school and community. Our program prepares student athletes 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 the line of communication between parents, athletes, and coaches. It is designed to ensure that we all know what is expected and to reach our goals. The Bishop administration and all members of the Bishop family should have high expectations and should settle for nothing less.

**Michael Davila**  
**Bishop CISD Athletic Director**  
**(361)584-3591 ext. 320**

# 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 Bishop CISD. 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 Bishop CISD, 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 contests and travel arrangements
- Discipline of athletes
- Compliance 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 your abilities
- Work hard in academic classes and maintain UIL eligibility
- Comply with the Bishop CISD Student Code of Conduct and the rules in this handbook
- Properly care for athletic equipment, uniform, 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 Bishop CISD in a positive manner

## **Parents will:**

- Provide positive support to your child and his or her team(s)
- Demonstrate sportsmanlike conduct at your 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 your child has any necessary equipment not provided by the district.
- Assist with booster or fundraising efforts where possible
- 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 (361)584-2547 ext. 320. Please leave a message.
2. If the coach cannot be reached, call the Athletic Director. 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.

## Chain of Command

The Chain of Command should be followed by coaches, participants, and parents.

1. Assistant Coach - resolution to issues should begin here if applicable. If a satisfactory resolution cannot be accomplished at this level, appeal to the head coach.
2. Head Coach- If the problem cannot be resolved at this level, progress to the girl's coordinator/athletic director.
3. Athletic Director-If the problem cannot be resolved at this level, progress to the principal.
4. Superintendent-If the problem cannot be resolved at this level, progress to the Board of Trustees

# 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. Head coaches will evaluate athletes beginning the first day of school to the end of the season. Any concerns about these issues should be addressed by making an appointment with the coach, please do not confront a coach before, after, or during practice or a game. Playing time is non-negotiable.

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 will make a greater contribution to the team than those who do not demonstrate these qualities.

## 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-** 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.
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 themselves in the skills and characteristics set forth.
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. Paperwork

All paperwork (physical, UIL forms, and athletic handbook acknowledgement) must be uploaded and completed on the Rank One App prior to participation in any sport.

#### A. Physical Examination

A physical examination is required for all students/athletes. The physical form is available on the Bishop CISD website. Use only the approved UIL form to record physical examinations. The physical covers all sports for the year. Athletes MUST get a new physical every year.

#### B. UIL Forms Packet

This packet must be filled out completely and includes (1) Acknowledgement Form, (2) Steroid Form, (3) Cardiac Arrest Form.

#### C. Athletic Handbook

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

#### D. Academic Eligibility

A student in grades 9-12 may participate in extracurricular activities 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 toward 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 have earned 5 credits toward state graduation requirements.

A student participating in UIL activities will be suspended from participation in athletic competitions\*\* after the 1<sup>st</sup> six-week grading period or nine 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, advance placement or dual credit course). 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 nine-week grading period. If an athlete fails one or more courses for a nine-week 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 any change in eligibility takes place, it is seven calendar days before the change is effective.

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

## 2. Age

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

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

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

## 3. UIL Information

UIL has developed a Parent Information Manual which is located at [uil.texas.org/files/athletics/manuals/Parents\\_Info\\_Handbook\\_22-23.pdf](http://uil.texas.org/files/athletics/manuals/Parents_Info_Handbook_22-23.pdf). Please go to the website and read this manual.

# ATTENDANCE FOR ATHLETIC EVENTS

**Always attend athletic practice.** This includes all meetings, practices, weight room sessions and all team activities designated by the coach. There are only three reasons to miss practices:

1. Sick. In case you are so sick you cannot attend school or practices, it is essential you contact the coach by team communication app, phone or email. NOTE: If you are well enough to come to school you are expected to be at practice and go as hard as you can.
2. A serious injury.
3. 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 out of practice will face disciplinary action. The punishment will be determined by the coaching staff.

Athletes 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.

**Be on time** for all athletic related functions, including practices, meetings, trips, tutorials and games. Players are expected to be ready at the time that practice or a competition is scheduled.

# ATHLETIC CLASS

Students participating in extra-curricular team sports must be enrolled in the athletic class. Team sports include the following: football, volleyball, basketball, softball, baseball and soccer. The athlete must be enrolled in the athletic period both semesters of the school year.

Students who have an academic conflict such as a Pre-AP/AP class, may submit a waiver to not be in the athletic class. The student must show that all efforts have been made with the counselor, principal and athletic director for the exemption to be valid. The waiver request must take place at the start of the school year or the start of the spring semester if that is where the conflict takes place. However, the student is expected to plan the fall semester with the idea that they will also be required to be in the spring semester athletic period.

Other extra-curricular classes will not be a valid reason to not be enrolled in the athletic period. While the Bishop Athletic Department supports all programs, athletes will not be allowed to attend other extra-curricular classes in place of the athletic period. The athletic period will focus on the strength, agility and conditioning of the athlete, along with refining the individual and team's skill of each sport. The athletic period is designed to challenge the individual mentally and physically while building self-confidence, discipline and work ethic.

Athletes must purchase athletic clothes and wear the clothes to class every day unless instructed otherwise by the head coach. Athletes must be dressed out in proper attire for workouts.

# CODE OF CONDUCT

Students who participate in Bishop CISD Athletics are expected to abide by the Student Code of Conduct AND the Athletic Code of Conduct below. A student may be disciplined for violations of either or both the Bishop CISD and Athletic 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/her name. The student/athlete may be allowed to remain on his/her athletic team as a suspended member, but should not be allowed to represent his school or community in an athletic contest while under this suspension.

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

- Oral correction or reprimand
- 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

A student who is expelled, placed in DAEP, or receives an out-of-school suspension may not 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.

## **Drug and/or Alcohol Violations**

Exemplary behavior is expected of athletes under the jurisdiction and sponsorship of BCISD schools and the BCISD 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 BCISD 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). In addition, any student who is alleged to be in violation of the drug and alcohol policy listed above shall be suspended 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.

**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 Bishop CISD 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.

**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:**

*The student will be subject 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

**DRESS CODE AND APPEARANCE**

The Bishop CISD 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 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.

# ATHLETIC DEPARTMENT POLICIES

<b>1. COACHES' RULES:</b>	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.
<b>2. ATHLETIC PERIOD:</b>	<p>Students participating in extra-curricular team sports must be enrolled in the athletic class. Team sports include the following: football, volleyball, basketball, softball, and baseball. The athlete must be enrolled in the athletic period both semesters of the school year.</p> <p>Students who have an academic conflict such as a Pre-AP/AP class, may submit a waiver to not be in the athletic class. The student must show that all efforts have been made with the counselor, principal and athletic director for the exemption to be valid. The waiver request must take place at the start of the school year or the start of the spring semester if that is where the conflict takes place. However, the student is expected to plan the fall semester with the idea that they will also be required to be in the spring semester athletic period.</p> <p>Other extra-curricular classes will not be a valid reason to not be enrolled in the athletic period. While the Bishop Athletic Department supports all programs, athletes will not be allowed to attend other extra-curricular classes in place of the athletic period. The athletic period will focus on the strength, agility and conditioning of the athlete, along with refining the individual and team's skill of each sport. The athletic period is designed to challenge the individual mentally and physically while building self-confidence, discipline and work ethic.</p> <p>Athletes must purchase athletic clothes and wear the clothes to class every day unless instructed otherwise by the head coach. Athletes must be dressed out in proper attire for workouts.</p>
<b>3. SQUAD SELECTION:</b>	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.
<b>4. RESPECT FOR OTHERS:</b>	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 disciplined at the discretion of the coach or Athletic Director. Depending on the severity of the offense or continued infractions may result in suspension.
<b>5. EQUIPMENT:</b>	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 valuables. Latrines and toilets are to be flushed and showers and faucets turned off completely. All trash should be thrown in a trash can. Clean up in and around your locker each day. BCISD is not responsible for theft or misplaced personal items/equipment. All personal equipment should be marked to prove ownership.
<b>6. TRAVEL:</b>	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. Any other travel arrangement

	must be cleared with the Athletic Director/Girls Coordinator prior to the event.
<b>7. PROMPTNESS:</b>	Always be on time. After the final bell rings, you do not have time to waste; go directly to the locker room. Tardiness will result in disciplinary action. On trips, the bus will not wait.
<b>8. ATTENDANCE:</b>	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.
<b>9. ILLNESS OR INJURY:</b>	We have one athletic trainer. If you have an injury, see the athletic trainer. He/She will either treat you or refer you to a physician. If you must leave school because of illness or injury, 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.
<b>10. QUITTING</b>	Anyone quitting a sport will not be allowed to participate in another sport until the conclusion of the varsity season of the sport quit unless the head coaches of both sports agree that the student would be better served in the other sport. The athletic director or girl's coordinator may, at his/her 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 is at the end of this handbook.
<b>11. VACATIONS:</b>	<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"> <li>1. Contact the head coach prior to the vacation.</li> <li>2. Be willing to accept any consequences related to their status on the squad as a starter, 2nd string, 3rd string, etc.</li> </ol>
<b>12. ACTIVITY CONFLICTS:</b>	<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 found, the principal and athletic director will make the decision based on the following:</p> <ol style="list-style-type: none"> <li>1. The relative importance of each event.</li> <li>2. The importance of each event to the student.</li> <li>3. The relative contribution the student can make.</li> <li>4. How long each event has been scheduled.</li> </ol> <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>
<b>13. MULTIPLE SPORTS:</b>	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.
<b>14. COLLEGE RECRUITMENT:</b>	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 counseling center.
<b>15. CLUB ACTIVITIES:</b>	A club is a sports program outside of the school that is not affiliated with UIL athletics. While students may participate in club sports, Bishop CISD athletes' obligations are to their school team first. Absences for a club event will not be excused.
<b>16. PRACTICES:</b>	All Bishop CISD athletic practices will be closed. No parents, fans, or spectators will be allowed in practice or to watch, take pictures or record practice unless approved by the Athletic Director and Head Coach.
<b>16. DISCIPLINARY REMOVAL:</b>	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.

## WEIGHT ROOM RULES

1. Workout shirt, shorts, and proper shoes are required in the weight room. No jeans, sandals, crocs, dress shoes, halter tops or uncovered sports bras 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, cell phones, 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 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.

## STEROIDS

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 athletics consequences and possible criminal sanctions since a violation of the steroids laws is criminal offense punishable by confinement in jail or imprisonment.

Health consequences associated with Steroid use include but are 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.

# EJECTION FROM A CONTEST

**Player Ejection:** Any player ejected from a contest is subject to an automatic penalty. The automatic penalty for such an ejection is as follows:

- (A) Football. Ejected player misses the rest of the game in which they were ejected plus the first half of the following game. (Exception: Disqualification/ejection as a result of a targeting foul does not require the player to miss the first half of the following game.)
- (B) Other Team Sports. Ejected player misses the rest of the game in which they were ejected plus all of the following game. Soccer exception. This Section does not alter the current point penalty structure for soccer player ejections, as required by National Federation of State High School Associations soccer playing rules, that is outlined in the soccer coaches' manual.
- (C) Appeals. The UIL Executive Director may develop a process for appealing student ejections.

\*Player ejections cannot be overturned by a game official and/or chapter. If a coach has a question following a contest with a player ejection, the coach should contact UIL.

The athlete should stay with the team or may be escorted to the locker room with a coach for the remainder of the game. In addition to the UIL automatic penalty, the coach could also assign a punishment.

# ATHLETIC AWARDS

## CEREMONY

An all-sports banquet will be held in the spring which recognizes all sport.

## 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 listed below.
4. A letter jacket will be awarded to sophomores, junior or senior student-athlete once in their high school years of competition. The athletic jacket is given for competition on the varsity level.

**For varsity letter awards each school year, the student-athlete must meet the specific guidelines for the sport as listed below.**

### FOOTBALL/BASKETBALL/VOLLEYBALL/SOFTBALL/BASEBALL

The student must be on the Varsity team. If moved to the Varsity team for playoffs, the student may not letter.

### SOCCER -

For the 2023 - 2024 school year, the student must participate on the high school soccer team.

### POWERLIFTING-

The student must participate on the Varsity level in three or more meets during the season, or advance to the regional meet as an individual or be recommended by the coach.

### CROSS-COUNTRY -

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

### TENNIS -

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

**GOLF -**

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

**LADY BADGER AND RONNIE BULL AWARD -**

The student must participate in three varsity sports. One of the sports must be a team sport. The award may only be received one time and the recipient must be a junior or senior.

# BISHOP CISD ATHLETIC QUIT FORM

I, \_\_\_\_\_, have decided after careful consideration to remove myself from the Bishop CISD 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.

Reason for quitting:

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Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Coach Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Athletic Director Signature: \_\_\_\_\_ Date: \_\_\_\_\_

# FORMS

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

Student's Name: \_\_\_\_\_ Grade: \_\_\_\_\_

Student's Bishop CISD ID Number: \_\_\_\_\_

Student Address: \_\_\_\_\_

Student Date of Birth: \_\_\_\_\_

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"/> Soccer   |                                        |
| <input type="checkbox"/> Basketball | <input type="checkbox"/> Golf          | <input type="checkbox"/> Softball | <input type="checkbox"/> Track & Field |
| <input type="checkbox"/> Volleyball | <input type="checkbox"/> Power lifting | <input type="checkbox"/> Tennis   | <input type="checkbox"/> Cross Country |

I/we have received a copy of the 2023-2024 Bishop C.I.S.D. Athletic 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 am aware of the UIL Parent Information Manual regarding health and safety issues and my responsibilities as a parent/guardian can be found at <http://www.uil texas.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 student to penalties, as determined by the UIL.

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

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

Student's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian's Signature(s): \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian's Signature(s): \_\_\_\_\_ Date: \_\_\_\_\_