



**STUDENT ATHLETE HANDBOOK  
2025-2026**

## **Participation in the LTISD Athletic Program**

Every student is entitled to a free public education; however, participation in extracurricular activities, such as athletics, is a privilege that carries the responsibility to uphold a higher standard of conduct compared to non-participating students.

### **Athletic Program Admission Procedures**

To participate in tryouts or any athletic activity, students must adhere to the following requirements annually:

**1. Preparticipation Paperwork:**

- Submit a completed "Preparticipation Physical Evaluation" form, including medical history and physical evaluation, to the head athletic trainer or head coach.
- Enroll in the LTISD Mandatory Drug Testing Program for extracurricular participants.
- Complete all required Rank One forms, accessible under "Manuals and Forms" on the district's athletic webpage.
- Review and sign the Extra-Curricular Code of Conduct (ECC).

**2. Team Selection:** The head coach of each sport determines the roster for their athletic team and/or class.

**3. Off-Season Participation:** Students enrolled in the district during the previous off-season must have participated in the off-season program for their chosen sport. Exceptions may be granted at the head coach's discretion under extenuating circumstances.

**4. New Students:** Students new to the district may be admitted to the athletic program at the discretion of the head coach.

### **Participation in Multiple Sports and Activities**

The LTISD athletic program encourages students to engage in multiple sports and activities of their choosing, fostering well-rounded development.

- 1. Open Participation:** Students may participate in any sport or school activity for which they meet admission or tryout requirements.
- 2. Athlete Autonomy:** Coaches shall not discourage or influence a student to abandon one sport to focus exclusively on another. Such decisions rest solely with the student.
- 3. Multi-Sport Encouragement:** Athletes with the ability and interest are encouraged to participate in multiple sports for as long as they wish.
- 4. Outside Sports Programs:** Athletes may participate in external sports programs, provided they do not conflict with school-sponsored UIL practices or competitions. Missing school practices or contests for outside activities may result in consequences,

including but not limited to additional conditioning, reduced playing time, or loss of performance opportunities, removal from the program.

### **Academic Eligibility**

In accordance with University Interscholastic League (UIL) regulations and LTISD policy, student-athletes must maintain academic eligibility to participate in athletic programs:

1. **Grade Requirements:** Student-athletes must maintain a passing grade of 70 or higher in all courses to remain eligible for competition. Students failing to meet this standard will be ineligible and may participate in practices but not in competitions until eligibility is regained.

### **Code of Conduct**

Student-athletes are expected to represent LTISD with integrity and uphold the values of the athletic program both on and off the field. All students must review and sign the ECC before participating in an athletic program.

### **Sportsmanship**

The LTISD athletic program emphasizes sportsmanship as a core value:

1. **Respect for All:** Athletes, coaches, and spectators are expected to treat opponents, officials, and teammates with respect, regardless of the outcome of a contest.
2. **Positive Representation:** Athletes must uphold the values of fair play, graciousness in victory, and resilience in defeat, reflecting positively on LTISD.
3. **Consequences for Unsportsmanlike Conduct:** Unsportsmanlike behavior may result in disciplinary measures, including ejection from contests, suspension, or additional consequences as determined by the coaching staff.

### **Injury Reporting and Management**

The health and safety of student-athletes are paramount:

1. **Injury Reporting:** Athletes must immediately report all injuries to the athletic trainer or coach. Failure to report injuries may delay treatment and affect performance eligibility for contests.
2. **Return-to-Play Protocol:** Athletes recovering from an injury must receive clearance from a licensed healthcare provider and/or the LTISD athletic training staff before returning to practice or competition.
3. **Concussion Protocol:** In compliance with Texas state law and UIL regulations, athletes suspected of sustaining a concussion will be removed from play and must follow the district's concussion management protocol, including medical evaluation and a gradual return-to-play process.

### **Transportation Policies**

For games, meets, matches, and tournaments, the following transportation guidelines apply:

1. **School-Provided Transportation:** All athletes must travel to and from contests using district-provided transportation.
2. **Exceptions for Extenuating Circumstances:** In rare cases, with prior communication and approval from the head coach or athletic director, a parent or guardian may sign out their athlete from the contest location. This should be an exception, not a standard practice.
3. **Alternate Ride Options:** Alternative transportation arrangements may be permitted at the coach's discretion, provided they comply with the district's transportation waiver process.

## **GROOMING AND DRESS CODE POLICY**

### **1. Purpose**

This policy establishes uniform grooming and dress expectations for all student athletes while participating in athletic periods, practices, competitions, team travel, or otherwise representing Lake Travis ISD ("LTISD") athletics. The standards below are intended to promote safety, team identity, and competitive focus.

### **2. Scope**

This policy applies to every LTISD middle and high school athlete, regardless of sex or team level. The provisions are in addition to, and incorporate by reference, the district wide student dress code in Board Policy FNCA. Where a direct conflict exists, this policy controls only for athletic activities.

### **3. General Standards**

**Safety First.** Apparel, hair, jewelry, or accessories that create a safety hazard or violate University Interscholastic League (UIL) sport specific rules are prohibited during practice and competition.

**Team Identity.** Coaches may designate official team apparel (e.g., warmups, practice gear, travel attire) that athletes are required to wear when representing the team.

**Neutral Application.** All standards apply equally to every athlete.

### **4. Hair and Headwear**

**Functional Length and Style.** Hair must be secured so that it does not fall into the athlete's face or obstruct vision during play. Coaches may require temporary restraints (e.g., hair ties, caps) as required.

**Head Coverings.** Head coverings required for religious, medical, or other personal reasons must be discussed with the coach in advance and approved by the Athletic Director ("AD") or Assistant Athletic Director ("Assistant AD"). Approved head coverings must be made of soft material and comply with UIL safety rules.

**Colors and Designs.** Hair color or shaved/sculpted designs that create an undue distraction or disruption to team activities, or that violate UIL safety rules, may be restricted as reasonably

determined by the coach and approved by the AD or Assistant AD. Athletes will be notified of any required change and given reasonable time to comply.

## **5. Jewelry and Body Adornments**

Athlete Safety. Jewelry must be removed when required by applicable UIL rules for that sport. Taping over piercings is not an acceptable substitute if governing rules require removal.

## **6. Uniform and Apparel**

Practice and Class Period. Athletes will wear district approved athletic attire appropriate to the activity (e.g., swimsuits for swimming practice, cleats for soccer, wrestling singlets for wrestling practice).

Competition Uniforms. Must comply with UIL specifications and be worn as issued, without unauthorized alterations.

Travel and Events. Coaches may set attire guidelines for team travel, banquets, or media events. Guidelines must be communicated at least three (3) days in advance.

## **7. Accommodations**

Religious and Cultural Requests. Athletes seeking accommodation should submit a written request to the Head Coach, who will forward it to the AD or Assistant AD for approval within three school days. Approval is presumed unless the AD or Assistant AD identifies a specific, documented safety conflict.

Medical and Disability Needs. Modifications required under federal or state disability law will be granted upon verification from a licensed healthcare provider.

## **8. Enforcement and Progressive Discipline**

Failure to comply with this policy may result in one or more of the following consequences: verbal reminders, athlete/coach conference, parent contact, temporary removal from practice/contest, and/or suspension and removal from the program.

## **9. Training and Publication**

Coaches will review this policy (and any subsequent updates) each year during LTISD Athletics Department annual training.

This policy will be distributed to athletes and parents at the start of each season.

## **10. Review Cycle**

This policy will be reviewed every two years by the Athletic Department, the District's Title IX Coordinator, and the General Counsel to ensure ongoing compliance with federal and state law and UIL regulations.

## **11. Questions/Concerns**

Any questions or concerns related to this policy should be directed to the Head Coach first, and then to Athletics Administration as necessary.