Sweeny Independent School District

Athletic Department

Jay Seibert
Athletic Director

600 E. Ashley Wilson Road
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Dear Athlete and Parent,

The purpose of this Athletic Handbook is to serve as a guide of our expectations for our student-athletes at Sweeny Independent School District. I believe the foundation for success is that of discipline, and an important key in the establishment and maintenance of good discipline is clearly defined expectations. I ask each student and parent to carefully read the contents of our Athletic Handbook and sign the contract at the end of the booklet. **The contents of this Athletic Handbook along with the Student Handbook will be strictly followed.**

Parent(s) and athlete must sign the last page of this handbook and have your child turn that page into his or her coach. In signing the contract you are showing your acceptance of the discipline policies outlined in the Athletic Handbook. Remember the participation in interscholastic athletics is a privilege, not a right. It is our goal for our athletes to represent our community, our schools, and our families with a great deal of **pride.** Let's win with class, dignity, and respect.

FIND A WAY TO WIN!

Jay Seibert

Athletic Director

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Athletic Handbook

Athletic Philosophy

The primary purpose of an athletic program should be the fostering and development of young boys and girls. All policies, objectives, relationships and activities shall be governed by this student-centered philosophy. Everything we do shall be in the best interest of our young people.

Participation in athletics develops the bodies and minds of students to a greater level of efficiency. In addition, it gives self-confidence and a sense of accomplishment and belonging. Leadership qualities are discovered and enhanced through athletics. Athletics also provides for competition. Competition is an essential part of life. Human nature is competitive and in all aspects of life, people compete. Therefore, we should teach our young people how to compete with pride, respect, morals, and a positive attitude. However, no student is obligated to take part in athletics, nor is this required for graduation. It is stressed that this is a privilege, not a right. Since it is a privilege, the coach has the authority to revoke the privilege when rules are not complied with.

It must be understood that a good athletic program must be an integral part of the total school system. Academic achievement must remain the number one concern of the student, coach, and administrator (Academics First).

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PARTICIPATION

It is the goal of this athletic program to offer the opportunity of participation to every student who has the ability and desire to do so. However, no student is obligated to take part in athletics, nor is participation in athletics required. To participate in athletics in Sweeny ISD there are certain standards that must be maintained. **It is also stressed that participation in Sweeny ISD's athletic program is a privilege, not a right.** Since it is a privilege, the coaching staff has the authority to suspend or revoke the privilege when the rules and standards of this athletic program are not followed.

GENERAL POLICIES AND RESPONSIBILITIES

All athletes have the responsibility to give their best, play to win, follow training guidelines, and exhibit good conduct and fair play at all times so as to be a credit to their school. Athletes, as well as coaches, are always on display. We are judged by the company we keep. Our actions in everyday life, both private and public, are a direct reflection on this athletic program and our school.

A. During competition, an athlete must:

1. Learn that both winning and losing are part of the game and learn to accept both.
2. Never resort to illegal tactics.
3. Have complete control of him/herself at all times. Horse play, display of temper, use of profanity, and disrespect for coaches could result in disciplinary action from the coach.
4. Respect the decision of officials. The breaks of a game might go against you, but the officiating is not to blame. Officials are human beings who are doing their best to see that a contest is being run smoothly, honestly and also being conducted in accordance with the established rules.

B. In the locker room, an athlete:

1. Must take pride in the locker room and follow all rules and expectations – the locker room will be a home away from home during the athletic season and throughout the school year for most athletes.
2. Must hang up and store equipment in the proper place.
3. Must maintain a clean locker.
4. Will not borrow another players' equipment. The athlete should ask a coach for equipment.
5. Will not keep food overnight.
6. Will be encouraged to shower after each practice/contest.

C. In the classroom, an athlete must:

1. Realize that he/she is a student first, and athlete second. The student-athlete must give time and energy to the classroom to ensure acceptable grades that meet the UIL requirements for participation. Coaches will monitor grades through a grade check system. Coaches will speak with the student first, then the parent/guardian will be contacted by the coach. If a student is struggling, he may be required to attend a study hall. The head coach of each sport will outline his/her expectations for study hall or tutorials.
2. Maintain a satisfactory citizenship and behavior record by giving respectful attention to classroom activities and by treating teachers, administrators, and fellow students with respect. Tardiness, horse play, and unnecessary talking are unacceptable behavior habits that, if uncorrected by the student-athlete, may result in suspension from the athletic program.

D. On campus, an athlete must:

1. Maintain proper dress and appearance, good grooming and personal cleanliness.
2. Refrain from fighting, scuffling, horse play, and juvenile behavior in and around the school building.

E. Outside of school, an athlete:

Is still a representative of the Athletic Program, thus has higher expectations as a student-athlete.

1. Is subject to disciplinary action by the Athletic Department for behavior deemed inappropriate (criminal activity, reckless behavior, alcohol, tobacco, drug use, fighting, etc).
2. Social Media-Athlete will maintain their social media account(s) that represent him/herself and the athletic program in a respectful and appropriate manner.

F. Club, League, or Select Team Participation

1. An athlete in-season for any Sweeny ISD sport is highly encouraged not to participate in any other club, league, or select team participation without the head coach's approval.
2. The Sweeny ISD sport must come first and should be the priority.

PERSONAL APPEARANCE & GROOMING

In addition to following Sweeny ISD Board approved dress code (found in the Student Handbook) student-athletes may have additional expectations in regard to personal appearance and grooming in the athletic period, practice, games, and travel to and from competition. This will be determined by the coach in charge. Some general guidelines are listed below:

- Uniformity – Athletes will all be dressed in school issued clothing for all practice, and games (each head coach may have additional requirements).
- Be neatly groomed.
- All jewelry must be removed for any type of participation in athletics.
    - It should be noted that at district events earrings and/or gauges are not permitted.

EQUIPMENT

All in season athletes will wear school issued practice uniforms during the athletic period and practices. All athletic equipment issued will be returned in proper condition to the Athletic Department. Any student who fails to return issued equipment will be financially responsible. Those students who have not made settlement for lost or damaged equipment will not be allowed to participate in another sport until a settlement is reached.

RESPECT

The Athletic Department believes you get respect by giving respect. Sometimes as a young person you have to work very hard to earn respect, **but we must do just that.** All athletes will be respectful to teachers, coaches, and **each other.**

An act of disrespect by an athlete to his/her teacher, coach, or any individual will be handled on an individual basis. Punishment may call for expulsion from all athletic activities for a calendar year from the date of the incident. His/her return would be determined by his/her conduct during the period of expulsion.

Respect during Competition

The athlete must never use profanity or resort to illegal tactics. He must learn that both winning and losing are part of the game and that you have to be a good loser as well as a gracious winner. Temper fits, flagrant violations of the rules, etc., will not be tolerated. Total respect to officials is an absolute must. Discussion of calls made by officials will be done by the coach. Any behavior contrary to the above mentioned or any other act that is not conducive to good sportsmanship may result in removal from the contest and possible expulsion from the game or the athletic program.

Keys to Respect

- Say yes sir/ma'am and no sir/ma'am
- Show respect for managers as well as your teammates
- Never use profanity
- When talking to teachers and coaches show them respect by being a good listener

QUITTING

There will be times when some athletes find it necessary to quit playing a sport before, during, or after the season. Whatever the reason, an athlete must follow the steps listed below:

1. The athlete should think the whole situation through before reaching a final decision.
2. The athlete should talk to the coach and parents to see if a solution can be reached without having to quit. A conference between the parents, athlete, and coach, or any combination thereof, may be required and is highly recommended before an athlete will be permitted to quit.
3. If an athlete decides to quit he/she must check out of the sport with the head coach and turn in all issued equipment in proper condition. That athlete must pay for any not returned.
4. An athlete may not quit one sport to participate in another sport unless mutually agreed upon by both coaches involved. If both sports are taking place at the same time, the two head coaches must agree to allow the athlete to participate and extra conditioning/suspension may be required before being able to participate in the other sport.
5. If an athlete does quit he/she will:
    - Forfeit his/her letter or award for the sport quit.
    - May not be allowed to participate in the sport in the future (discretion of head coach)
    - Will be required to do extra work/conditioning to participate in the future if allowed
    - May be suspended/removed from the athletic period

It is important to note that quitting a team is considered to be a serious matter and the athlete may lose all future athletic privileges.

INITIATION – HAZING

Initiation practices and or hazing are against the law and will not be tolerated.

1. **MAJOR OFFENSE –** Any form of hazing or initiation – type of activity that is sexual or vulgar in nature is deemed to have a potential for physical harm will be considered a MAJOR OFFENSE – they will be punished by penalty ranging from a one game suspension to dismissal from the Athletic Program.
2. **MINOR OFFENSE** – this could be any type of boisterous or "horseplay" – type of behavior directed at an individual or group of individuals for the purpose of initiation or hazing. Penalty could be extra conditioning. Repeated minor offenses will be treated as a major offense.

BEING ON TIME/ABSENCES

Student-athletes are expected to be dressed and on time to the athletic period, practice, games, or any other event specified by the coach. It is the student-athletes responsibility to notify the coach if he/she is going to be late or absent. If a coach is unable to be contacted a message should be left at the office. Failure to notify the coach may result in disciplinary action.

An absence for any reason is still an absence and should be made up prior to the next contest. The make-up conditioning is done to make up for the workout missed by the athlete. The extra make up conditioning is done in addition to the normal daily workout and should be done for every workout missed. All absences will have make up conditioning. There are two types of absences:

Excused Absence – an excused absence is granted for an illness, emergency, death, etc. In such cases, the student-athlete must call the coach prior to the absence as well as present the coach a written note from the parent/guardian immediately following the incident. Communication is the responsibility of the student-athletes and parent/guardian.

The Athletic Department understands that there will be times when it is unavoidable to miss. However, even an excused absence will be required to make up the work missed (The head coach of each individual sport will outline the make-up conditioning). This is not punishment; it is "make-up" conditioning that was missed.

Student-athletes who miss due to other school activities will be counted as an excused absence, but it should be understood that the student-athlete will be missing out on practice (new schemes, plays, strategies, game planning) and this may or may not hurt the student-athletes playing time for the sport they are missing. This is not to punish the individual student-athlete.

Unexcused Absence – an unexcused absence is granted for absences other than illness, emergency, death or failure to communicate an absence. Any student-athlete who continuously misses practices and/or games will face possible dismissal from the team.

INJURIES/ILLNESS

The health of our student-athletes is a major concern of the Athletic Program. In the event a student-athlete is ill or injured the head coach and athletic trainer must be notified immediately.

i) All injuries should be evaluated by the athletic trainer.
   (1) The athletic trainer will provide information regarding the injury, suggest treatment/rehabilitation and/or refer you to a specialized doctor.
ii) If a student-athlete is seen by a doctor a student insurance form can be filled out by the athletic trainer and forwarded to the doctor.
   (1) In order to receive a student insurance form the student-athlete must first be evaluated by the athletic trainer.
iii) A doctor's note is required to excuse a student-athlete from practice due to illness or injury.
   (1) A note from a parent/guardian will only be permitted for two days, if an illness or injury requires the student-athlete to miss any longer a note from a doctor should be provided.
iv) After being seen by a doctor the student-athlete must provide the athletic trainer with a doctor's note describing the condition or injury, including treatment plan and recommendation for activity.
v) Game and practice attendance during an illness or injury is required
   (1) Every effort should be made to attend practices and games while ill or injured unless the illness is contagious or the student-athlete has been instructed to stay home.
   (2) Student-athletes will be required to dress out for practice (not participate) unless their injury prevents them from doing so.

IN SCHOOL SUSPENSION/DAEP/CAPE

Student-Athletes who are assigned ISS/PASS will be disciplined by the Athletic Department. Athletes who continuously are assigned ISS/PASS are subject to removal from the team and/or athletics.

Athletes who are assigned ISS/PASS will have conditioning everyday they are assigned ISS/PASS (i.e.: HS male athletes will do 1000 Bear Crawls for each day ISS/PASS is assigned.
2 days = 2000 Bear Crawls.

Athletes are expected to attend practice while assigned ISS/CAPE for conditioning purposes only. The athlete will not be able to practice, but will be required to complete the discipline running or extra conditioning for being assigned ISS/CAPE. If the term of the ISS/CAPE is completed on the day of the contest the athlete is permitted to participate in the contest.

Student-athletes who are placed in an off campus alternative education arrangement will not be able to participate in practices or contests. Athletes will be assigned extra conditioning for each day they are placed in the alternative program. This conditioning must be finished prior to competing in the next contest (it should be noted that this conditioning may not be started until the placement has been completed). Placement in an alternative education program may result in dismissal from the team and

possible removal from the athletic program.

TOBACCO. ALCOHOL AND ILLEGAL DRUGS

Tobacco, alcohol, and illegal drugs are not permitted at any time for SISD student-athletes. SISD requires participation in random drug and alcohol testing of any student in grades 9-12 who chooses to participate in school-sponsored extracurricular activities, including clubs, co-curricular and competitive and noncompetitive UIL activities, and certain technical courses identified in the High School Student - Parent Handbook. The Board policy which encompasses this may be found under FNF (local) in the policy book. The guidelines that will be followed for the use of these substances while participating in athletics are as follows:

Tobacco/Vape: extra conditioning (laps, bleachers, bear crawls, etc.) Continuous use may result in suspension from contests and/or athletics.

Alcohol:
1st offense: 5,000 Bear Crawls or equivalent conditioning (must be completed before the next contest), parent conference
2nd offense: 10,000 Bear Crawls or equivalent conditioning (must be completed before the next contest), after the conditioning is completed – one game suspension, parent conference
3rd offense: Suspension from athletics.

Illegal drug use will not be tolerated. In cases of illegal drug use the policies set forth in the Student Handbook will be enforced.

TEAM TRAVEL

Student-athletes will travel numerous times throughout the school year. It is important to remember that we are representatives of our school and we must be very careful of our conduct. Athletes must also dress neatly and properly on all trips. Coaches will advise athletes of the proper attire. Our conduct and appearance is very important. It reflects on our family, our school, our team, our athletic program, our community, and on each individual team member. While traveling it is important to be on time. The athlete should know the time to leave and be at the designated place. The bus will not wait.

SHARE THE TALENT/MULTIPLE EXTRACURRICULAR ACTIVITIES

The Athletic Department believes that each student should have equal opportunity to participate in as many extra-curricular activities as possible. The coaching staff will make every effort to coordinate schedules and practices to fit the needs of our student-athletes. It should be noted that there are consequences involved for missing practices and conditioning. Team practices and scholastic events take precedence over individual events and outside-school events. We will make every effort within reason to accommodate our student-athletes with other extracurricular activities, but there will be times that Athletic Director or Girls Athletic Coordinator may have to make a decision on what activity to participate in.

AWARDS AND LETTERING

The University Interscholastic League rules stipulate that only one major award, maximum cost of $70.00, can be awarded for participation in any interscholastic competition during a student's high school career. Additional symbolic awards not to exceed $10.00 may be presented for each additional interscholastic activity during the school year. Participants must meet the scholastic requirements as set forth by the UIL and by the district in order to receive an award. A student may receive a major award (jacket) the first time he/she qualifies for it. Any subsequent varsity symbolic awards will be certificates or plaques.

Symbolic awards for sub-varsity awards will be as follows.
Jr. High-one certificate for all sports
9th grade-one certificate for all sports
Junior Varsity-one certificate for all sports

Minimum standards for lettering in a varsity sport:

Football-completes the season and participates in a minimum of one fourth of the quarters that the team plays.

Basketball-completes the season and participates in a minimum of one fourth of the quarters that the team plays.

Baseball and Softball-completes the season and participates in at least one third of the innings that the team plays or demonstrates outstanding performance as a specialist (designated hitter, pinch runner, relief pitcher, etc.)

Volleyball-completes the season and participates in at least fifty percent of the matches played.

Track-completes the season and scores at least eight points in major meets during the course of the season or –places at the district meet. The student must compete in the district meet to be eligible.

Cross Country-completes the season, competes in at least 75% of the meets, and places in the district meet.

Tennis-completes the season and competes in at least 75% of the meets on the varsity level and places in singles or doubles at the district meet.

Golf-completes the season and competes in at least 75% of the meets on the varsity level and places as a team or medalist at the district tournament.

Powerlifting-completes the season and qualifies for the regional meet.

Soccer - completes the season and participates in at least fifty percent of the matches played.
**The coach of any sport at his/her discretion may recommend an athlete for a letter who has not met the above mentioned requirements. These are instances in which a student has contributed greatly to team success through personal effort, loyalty, attitude, etc.

Athletic Code of Conduct Acknowledgement Form

2025-2026

PLEASE SIGN AND RETURN ONLY THIS FORM TO YOUR COACH

KEEP THE ATHLETIC CODE OF CONDUCT FOR YOUR RECORDS.

I HAVE READ AND UNDERSTAND THE GUIDELINES THAT WILL BE USED IN THE SWEENY INDEPENDENT SCHOOL DISTRICT ATHLETIC DEPARTMENT AND AGREE TO SUPPORT AND ABIDE BY THESE PROCEDURES.

Parent's Signature_____ **Date**_____

Student's Signature_____ **Date**_____