CISD Athletic Code of Conduct

I. All UIL Requirements.

II. Athlete Appearance

Behavior and appearance of an athlete are of great importance. Athletes should be leaders since fellow students respect and follow them. There are certain marks that pertain to athletes.

The Athlete will follow the CISD's Athletic grooming policy as described below:

A. Hair - Male athletes' hair should not extend from the head more than 2" or over the eyebrows. Hair should not be below the top of the collar of a normal dress shirt and off the ears. Female athletes' hair must be pulled back out of the student athlete's face when it hinders their performance. Hair must be natural in color.

B. Sideburns - Male athletes' sideburns should be trimmed and not extend below the lobe of the ear. Sideburns should be the same width from top to bottom.

C. Facial Hair - The athlete shall be cleanly shaven. No facial hair is allowed.

D. Dress - The athlete should be neatly dressed and in compliance with all other school rules relating to dress not covered in these general policies. Failure to dress out appropriately is equal to an unexcused absence. Athletes are required to be in school colors only for practices, games, and all athletic travel (Orange, White, and Gray).

E. Headwear apparel - Male athletes may not wear headbands of any kind. All caps must be worn with the bill of the cap facing forwards. Wearing a cap backwards is unacceptable.

F. Piercings - Male athletes will not wear earrings or any other piercings at any time. Female athletes are allowed to wear earrings but no other piercings at any time. Earrings are not allowed during athletic practices/competitions.

Violation of these rules may result in extra work, suspension, and possible expulsion from the team. DO NOT LET YOUR TEAM DOWN!

III. Trips

On trips, all athletes directly represent the community, school, and coaches. Therefore, it is expected that all athletes will dress in an acceptable manner when traveling and conduct themselves at all times in a manner in keeping with this code. Violations in this area can result in extra work, suspension, or possible expulsion from the team.

IV. Athletic Regulations

The following rules apply to all athletes and/or prospective athletes at all times.

A. No tobacco, vaping, drinking of alcoholic beverages, or abusive drugs (narcotics, marijuana, etc.). Athletes caught using any of these substances of any form will be required to run 20 miles before they will be eligible to participate in any UIL athletic activity. This is in excess of a regular workout. (*cannot run more than 3 miles per day if required to run 20 miles.)

B. Any type of theft, hazing, fighting, or bullying will not be tolerated. These actions may result in extra work, suspension, and possible expulsion from the team.

C. "An athlete is judged by the company he/she keeps. In the eyes of the public, his/her actions in his/her everyday life, both public and private, are a direct reflection upon his/her team and his/her school." Therefore, any behavior that is a negative reflection on you, your team, or your school may result in disciplinary action at the coach's discretion.

D. Any act of disrespect by an athlete to their teacher, support staff member, coach, or member of school administration will be handled on an individual basis. Punishment will be up to the discretion of the coach.

E. Curfew - Home by 10:00pm on weeknights, and 12:00pm on weekends.

F. School vs. Club Expectations - All school practices and games will take priority over club practices and games. A student can participate on a select/club team while participating on a school team; however, missing a scheduled school event to participate in a non-school event will result in sitting out of the next upcoming competition for the sport that is in season and the player is in accordance with.

V. Injured Athlete

Celina ISD Athletics will do anything and everything in their control to protect and prevent any athlete from being injured. However, with any type of physical activity, there is a chance for injury. If an athlete is injured during a Celina ISD sponsored practice or competition the following procedure must be followed.

A. The athlete's supervising coach must be notified immediately.
B. The athletic trainer must evaluate the athlete as soon as possible.
C. The athletic trainer will communicate with coaches and parents to the injury type, severity, treatment plan, and/or physician referral.

This procedure is designed to save time and money for everyone involved. The athletic trainer can treat many athletic injuries. Any injuries involving secondary insurance provided by the school must be seen by the athletic trainer before a claim can be filed. If an athlete is injured outside of a Celina ISD sponsored practice or competition, the athlete's coach and athletic trainer should be notified as soon as possible. The athletic trainer's services are limited for this type of injury. **A modified workout or excuse from a workout is only allowed through a written physician note or by the athletic trainer.** Injured athletes are required to see the Athletic Trainer at a minimum once a day for treatment. If a treatment is missed, it is assumed that the athlete is better and ready for full participation.

VI. Miscellaneous Subjects

A. School Equipment - An athlete is financially responsible for all equipment checked out to him/her. An athlete will receive credit on items turned in only if they were checked out by him/her. An athlete must treat all equipment as though it was his/her own personal property. It should not be abused. It should be kept in the proper place in his/her locker or on his/her hanger.
B. Practice regulations - A coach must be consulted if any athlete must miss a practice. An athlete missing practice without a good reason will make up the workout with possibly extra work. UN-excused absences could result in suspension or expulsion from the team. We will not put up with tardiness and detention.
C. School Spirit - An athlete should think of his/her school rather than his/her personal interests. He/She should participate in some sport where his/her presence will help the team even though he/she is not a star. Athletes are highly encouraged to support other teams that they are not a part of by attending other sports competitions.
D. Playing Time – Playing time and team placement is a coaching decision and is not up for discussion. A meeting must be scheduled to discuss any questions or concerns. Meetings will not be scheduled until 24 hours before or after a competition. The following chain of command will be followed:
    a. Athlete/coach
    b. Athlete/coach with parent
    c. Athlete/coach/parent with athletic coordinator