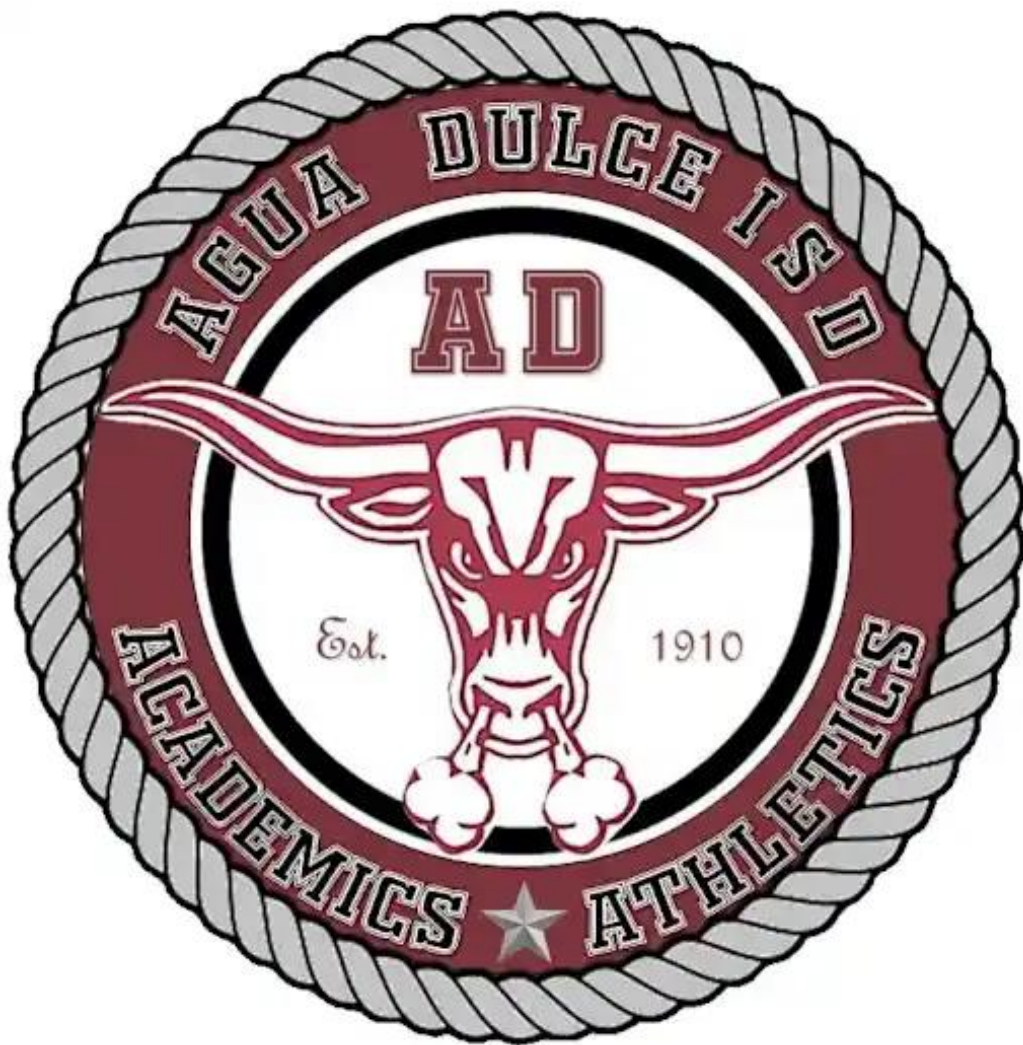


Agua Dulce Athletic



Handbook

*** AGUA DULCE ATHLETIC CODE ***

Participation in University Interscholastic League (UIL) events is a privilege, not a vested right. The authority to remove or deny a student's participation in a sport or event rests with the Athletic Director.

Athletic Creed: We will represent our school in a manner that will reflect pride, discipline, and character.

It is important that athletes and parents understand that belonging to an athletic team or program is not only a great privilege, it is also an obligation and commitment that students and coaches make to each other over an extended period of time. This commitment requires all parties involved to understand that we all rely on each other to create a TEAM that will best represent each of us, our school, our community, and our families. That commitment requires sacrifices from an easier way of life. That commitment requires that we choose "we" over "me". That is why being involved in athletics is such a great opportunity.

We feel that discipline is a must in any successful athletic program. Unless discipline is maintained, respect of both coaches and players is lost. Our athletes are representatives of our school, and any behavior which could cause others to lose respect for our school or our program cannot be allowed. These policies apply to all athletes at school or away from school, while participating in a sport or in off-season, during the school year or in the summer. Because of this, we have set certain guidelines for our athletes. These guidelines have been established with input from faculty, administration, and the coaching staff.

DISCIPLINE

Discipline will be dealt with at the discretion of the coaches. In accordance with the Agua Dulce I.S.D. Code of Conduct, "discipline will be designed to correct the misconduct and to encourage all students to adhere to their responsibilities as citizens of the school community. Disciplinary action will draw on the professional judgment of coaches and administrators and on a range of discipline management techniques. Disciplinary action will be correlated to the

seriousness of the offense, the student's age and grade level, the frequency of misbehavior, the student's attitude, the effect of the misconduct on the school environment, and statutory requirements. Because of these factors, discipline for a particular offense (unless otherwise specified by law) may bring into consideration varying techniques and responses.”

- Students placed in I.S.S., D.A.E.P., suspended, or expelled may not participate in, or attend extracurricular activities or any school activity during the term of the consequence. Violation of this rule will result in further disciplinary action and/or may result in criminal trespass charges being filed.
- Refusal to accept any judgements and fulfill them with a good attitude will lead to immediate dismissal but not to exceed one year from the time of dismissal. Once dismissed however, the student must adhere to certain criteria set forth in order to be placed back into the athletic program. Failure to abide by these criteria could result in permanent dismissal from athletics.

An athlete may be disciplined or dismissed from a team for, but not limited to, the following actions:

1. Negative comments about school, school personnel, teammates or classmates on Facebook or any other social network.
2. Insubordination – disobedience of coaches and teachers, whether they coach or teach you directly or not.
3. Disrespect to coaches, teammates, or any adult.
4. Breach of General Misconduct Violation's set forth in the Student Code of Conduct.

Two or more breaches of the above three incidents can lead to dismissal from athletics.

Stealing of any kind within the Athletic Department will result in automatic removal from athletics.

ATHLETIC PERIOD

Student athletes should be enrolled in the athletic period to participate. Athletic period enrollment for participation may be waived on a case by case basis only by the Athletic Director.

WORKOUT POLICY

To build and maintain a winning team, we feel that it is necessary that each athlete attend every practice, team meeting, and game. We also feel that an athlete should attempt to notify his or her coach as soon as he or she knows they are or may be unable to attend a practice or a game so that the coach can make adjustments as needed. Word should not be sent by another student to the coach.

Excused absences are described below:

- Illness – with note from parents or doctor
- Doctors appointment – excused by the doctor
- Death in the immediate family
- Any exception decided at the discretion of the coach in charge

If the coach in charge feels that the athlete's absence is detrimental to the team, he or she may be dismissed from the team temporarily or permanently. Any absences from practices or games may result in make-up work in the sport in which he or she is participating. This is necessary to maintain conditioning and not viewed as punishment. Absences from practice may affect the athlete's participation time in a contest. Each coach may have more stringent rules pertaining to their sport.

TEAM TRAVEL

On all our team travel, we will attempt to make it a memorable and an educational experience. We must constantly keep in mind that our primary purpose is to represent our team and our community.

Remember to follow whenever traveling:

1. Check and pack all gear. You are responsible for being prepared to travel.

2. Be prompt. You will be held responsible for being on time.
3. Dress as coaches have instructed you. We represent all of Agua Dulce
4. No hats/bandanas or non-team issued head gear
5. No loud or boisterous conduct on the trip. Remember why we are here.
6. Do not eat junk food before the game.
7. Everyone should return with the team. However, if a parent wants to take their child, after an event, the parent is required to sign the child out. If the student athlete is going to leave with anyone else, this must be cleared through the Athletic Director one day prior to the athletic event.

GENERAL POLICY FOR PARENTS

Coaches' Decisions– Many parents have questions pertaining to situations or areas that are a coaches' judgement. Parents have the right to ask for a meeting with a particular coach to discuss questions or concerns regarding their decision, but should realize that it is ultimately the coaches' decision rooted in the professional experience, training and philosophy that will prevail. Coaches are teachers and do have a conference period each school day. Parents are encouraged to communicate any questions or concerns with that coach during that conference period in such cases the parents should follow this procedure.

1. Set up time to meet the coach at an appropriate time. Conference periods, before school and after school are good times when the coach knows that you are coming.
2. Coaches will not engage in impromptu parent meetings regarding matters of concern during practice or games, or immediately following practice or games. Parents should refrain from approaching a coach at an athletic contest with a concern.

QUITTING POLICY

The Athletic Department highly discourages quitting. We believe that commitment to a team and its requirements are not to be taken lightly. Therefore, the following policy will govern quitting:

- All athletes are given a (2) week window in which to decide if they can make a full commitment to a sport. If after this window, an athlete quits, he or she may remain in athletics if it is mutually agreed upon by the athlete and the coaching staff that it would be in the best interest of both parties. The athlete will have to sit until that sport is over before they will be able to participate in the next sport.

RANDOM DRUG TESTING

It is a violation of athletic policy for Agua Dulce ISD athletes to use or possess alcohol, illegal drugs, drug paraphernalia, or tobacco products. Violations of this nature reported by a coach, school administrator, or law enforcement will be investigated by the athletic director and/or coaching staff.

RANDOM DRUG TESTING PROGRAM FOR MIDDLE SCHOOL AND HIGH SCHOOL STUDENTS PARTICIPATING IN EXTRACURRICULAR ACTIVITIES

I. Objectives

- A. Agua Dulce ISD will implement a Random Drug Testing (RDT) program to protect the health and well-being of students and to promote a drug-free environment for students for the fulfillment of district goals.
- B. ADISD believes that the RDT program will serve as a deterrent to substance use, combat the increase in substance abuse that has occurred in recent years and provide for a safe environment for students who participate in interscholastic activities.

II. Plan

- A. All secondary students grades 7–12 wishing to participate in an extracurricular activity will be tested for the presence of drugs. Drugs are defined as any substance listed in section III below.
- B. All students wishing to participate in an extracurricular activity and their parents and/or guardians will be notified of random drug testing policy at beginning of season.
- C. The RDT program requires a student wishing to participate in an extracurricular activity to submit to an initial drug–screening test administered at the beginning of the school year, when the student first expresses his or her interest in participating in any extracurricular activity or when the student transfers from another school district.
- D. The initial drug test will be administered on any date designated by district officials and must be performed before a student may participate in an extracurricular activity.
- E. Following the initial test, each student wishing to participate in an extracurricular will be subject to random selection for drug–screening tests at least three more times during the school year. If a student does not respond to a request to take a drug test or refuses to submit to a drug test, then the student will be considered to have had a positive test result.
- F. Drug testing will be performed by urinalysis by an independent laboratory by qualified personnel and/or random hair follicle drug test.
- G. Students will be randomly selected for the RDT program by the independent laboratory's computer program.
- H. The district may subject students participating in or wishing to participate in an extracurricular activity to drug testing if district officials have reasonable grounds to suspect the use of drugs by the student.

III. Drugs to be tested for:

- A. Marijuana.
- B. Any controlled substance as defined by chapter 481, Texas Health & Safety Code.
- C. Any controlled substance as defined by 21 U.S.C. § 801 et seq.
- D. Chemical inhalants.
- E. Steroids.
- F. Other illicit drugs that the district, in its discretion, decides should be tested for.

IV. Testing Procedures

- G. All students grade 7–12 wishing to participate in an extracurricular program activity will be subject to the RDT program by urinalysis tests.
- H. A urinalysis test requires a student to produce a sample of his or her urine to a laboratory technician belonging to the independent laboratory hired by the district to administer the test.
- I. Before a test is administered; the student will be asked by a laboratory technician if he or she is taking any pharmaceutical drugs that may cause the drug screening test to produce a positive reading. If the student answers in the affirmative, then he or she will be required to produce to the independent laboratory any prescriptions or other documents evidencing a physician's authorization to take such drugs.
- J. The student producing the sample will be required to wash his or her hands with water only before producing the urine sample.
- K. The student producing a urine sample will be required to reveal the contents of all pockets and to leave outer garments, bags and purses outside the bathroom where the sample is to be produced.

L. A coloring agent will be added to the toilet water in the bathroom to deter tampering with the sample.

M. A laboratory technician will monitor the collection of the specimen by entering the bathroom with the student who will produce the sample. The laboratory technician will remain close by to listen for any unusual sounds that may reflect a student's tampering of the urine specimen.

N. When the student has completed producing the urine specimen, it will be tested by the laboratory technician for temperature and for any signs for tampering.

O. In the presence of the student, the laboratory technician will safeguard the chain of custody of the specimen by transferring it to a vial or other container, by sealing the container and/or by implementing other security protocols. The vial or other container will then be labeled with the date and other information identifying the student.

P. The student will be required to sign a specimen control form indicating that the sample belongs to him and her and that the student witnessed its placement in a tamper-proof container.

Q. The urine sample will then be sent to the independent laboratory for testing.

R. The district may change the testing procedures set forth herein without advance notice.

S. It will be assumed that a student who does not comply with any testing procedure described herein or who tampers with a urine sample will have produced a positive test result, which will then be reported to the district designee.

T. Students who do not comply with the testing procedures will be sanctioned in the same manner as if they had produced a positive test result.

V. Confidential Information

- A. All test results are confidential, and the results are revealed only to the superintendent, the principal of the applicable school and other district officials on a need-to-know basis.
- B. If a drug-screening test result is positive, the student's parents and/or guardians will be notified immediately.
- C. Within four years or upon graduation, whichever occurs first, the student's test results will be destroyed.

VI. Sanctions for Positive Testing

- A. A student commits an offense if his or her drug-screening test produces a positive result. This offense is cumulative of other offenses that may be committed by the student.
- B. Any student who is suspended from an extracurricular activity may not drive a vehicle on school property.
- C. The following disciplinary measures will be taken for any student testing positive.

First Offense:

- 1. Participation in drug counseling with certificate of completion.

Second Offense:

- 1. Suspension from extracurricular activities for a minimum of 30 school days, which may be carried over to the next school year.
- 2. Participation in drug counseling with certificate of completion.

Third Offense:

- 1. Student-athletes will be dismissed from the Agua Dulce ISD athletic program for the remainder of current academic year.
- 2. Participation in drug counseling with certificate of completion.

VII. Procedures for Positive Testing

A. A student whose drug–screening test produces a positive result and his or her parents or guardians are given the opportunity to explain why a test would have produced a positive result without the student's use of one or more of the drugs described by this RDT policy.

B. The district may require the student and his or her parents or guardians to provide documentary evidence and other proof supporting their grounds as to why a positive test result does not violate this RDT policy.

C. If the district is not satisfied with the reasons as to why a student's positive test result does not violate this RDT policy after considering the explanation of the student and his or her parents or guardians and their proof, then the student will be barred from participating in extracurricular activities as set forth herein.

D. A student will be re–tested at the end of the suspension period for the first or second offense.

E. A student's reinstatement must be approved by a district official.

F. After a student is re–tested at the end of the suspension period for the first or second offense, he or she will be expected to submit to two additional drug–screening tests during the next 100 school days, which may carry over to the next school year. If the student tests negative each time, then the student will be returned to random testing status.

Best Practice for Social Media Use

These guidelines are intended to provide a framework for Agua Dulce Athletic Program student athletes to conduct themselves safely and responsibly in an online environment. As a student athlete you should:

1. Be aware that privacy settings are NOT foolproof. It's best to assume that everything you post may potentially be seen by your school, parents/guardians and strangers.
2. Avoid posting confidential information. It is not recommended to post confidential information as date of birth, address, phone number, social security number, bank account information, etc. Once these items are posted it becomes property of the social media site.
3. Avoid unprofessional public profiles. Be mindful of the image you portray of yourself by what you post. Potential, current and future, employers as well as college admission recruiters may access the information you put on social media sites.
4. Posting of illegal activities. It is obviously against our team procedures to be part of illegal activities; however, it is not recommended to post incriminating photos or evidence depicting violence, hazing, sexual harassment, vandalism, drug use or any other inappropriate behavior.
5. Avoid bullying/threat of violence. Vicious treatment and hateful words can often lead to violence, suicide, depression, and discrimination. Avoid derogatory language about teammates, coaches, students, staff, administrators, spectators, or representatives of other schools.
6. Avoid lying, cheating and plagiarizing. Again, all information posted to social media sites is considered public information. It may be viewed by third parties and used against you. Student athletes participating with Agua Dulce Athletic Program should be aware that their online actions have consequences. While Agua Dulce Athletic Program does not monitor student athlete's social media accounts, the coaching staff may. The following online actions are considered to be substantially or foreseeably disruptive to the culture of our athletic program and therefore are subject to the consequences listed below.

Online Actions

- General inappropriate language of a profane or sexual nature.
- Profane or inappropriate language or remarks directed toward the coaching staff, teammates, other students, administrators, or representatives of other schools.
- Demeaning statements about or threats to any third party.
- Incriminating photos, statements or language in reference to violence, drug or alcohol use, bullying or any other inappropriate behaviors.
- Creating a serious danger to the safety of another person or threat of serious physical danger.
- Indicating knowledge of an unreported felony or property damage.
- Indicating knowledge of an unreported school or team violation.
- Engaging in or indicating knowledge of cyberbullying and/or harassing another student or staff member.
- “Liking” any of the above comments or photos on social media sites indicates your approval of such comments and holds you to the same standard.
 - Other inappropriate behavior as deemed so by the coaching staff, athletic director or administration.

Consequences

Student Athletes

- 1st offense– 1 game day suspension (all levels of play)
- 2nd offense– 2 game day suspension (all levels of play)
- 3rd offense– dismissal from the current team for the season

Parent/Guardians

- 1st offense– Parents will be issued a strict warning for their behavior. Although not required for a first violation, school officials can issue a suspension based upon the seriousness of the infraction.
- 2nd offense– Parents will be suspended from all athletic contests for a time period of no less than 2 games of their child’s current season, including post season games. The parents must meet with administration and athletic personnel; the absence of which will result in an indefinite suspension from all athletic events.
- 3rd offense: Parents will be suspended for the remainder of the school year from all athletic competitions from the date of the 3rd violation.

POSITION ON NON-SCHOOL SPORTS PARTICIPATION

Students frequently participate in sports outside of school, which potentially detracts from their ability to focus on academics, their school/team, and personal/family time. Agua Dulce ISD expects the commitment to ADHS/ADMS teams to be their first priority should a conflict arise. Students choosing to participate in a non-school team event in favor of a Agua Dulce school team event should expect to face consequences as decided upon by the coach – including potential suspension and/or dismissal from the team. The coach must be informed of any such conflicts well in advance, but we do want to make it very clear that all student participants are expected to honor their commitment to our teams for the duration of the season. In addition, Agua Dulce ISD will not provide any treatment to athletes that sustains injury through participation through non-school teams.

**Note anything not specified in this handbook will be handled on an individual basis. The athletic director makes the final decision on matters related to athletics.*

ACKNOWLEDGEMENT

I have read the athletic code and understand that the purpose of these rules and regulations are to ensure fairness and discipline in our athletic program. I also understand that my son/daughter must abide by these rules while participating in athletics at Agua Dulce High School. I also understand that each coach may have additional rules and requirements above and beyond those listed in this code that may be established for the sport he or she is coaching.

Parent/Guardian Signature: _____ Date_____

I have read the athletic code and understand that the purpose of these rules and regulations are to ensure fairness and discipline in our athletic program. I understand that I must abide by these rules if I wish to participate in athletics. I also understand that each coach may have additional rules and requirements above and beyond those listed in this code that may be established for the sport he or she is coaching.

Student's Signature: _____ Date _____