Farmersville High School Student-Athlete and Parent Handbook

Revised 8/8/25

California Interscholastic Federation Central Section Member

East Sequoia League Member

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Department of Athletics

Jesus Gonzalez Principal	Russell Billings Vice Principal	David Meza Athletic Director	Juan Lopez-Ramirez Athletic Trainer

Follow us on Instagram and Facebook @FHSAztecSports

Head Varsity Coaches 2025-26

Fall Sports	Winter Sports	Spring Sports
Cheerleading - Yuli Bermudez	Boys Basketball - Alvaro Perez	Baseball - Andrew Williamson
Cross Country - Michael Barcellos	Girls Basketball - Antonio Juarez	Softball - Rosalinda Campos
Football - Pete Renteria	Wrestling - OPEN	Swim - Maria Lopez
Girls Golf - Peter Gasca	Boys Soccer - Michael Jordan	Track - Michael Barcellos/Angela Alcala
Volleyball - Jordan Castaneda	Girls Soccer - Desiree Lopez	Esports - OPEN
Water Polo - Maria Lopez		Boys Golf - Freddie Lopez

Farmersville Athletic Department Mission

"The Farmersville High School Athletic Department strives to create a transformational experience for our athletes by teaching perseverance, a success mindset, and sportsmanship, with a focus on excellence in the 3 C's - Character, Classroom, and Competition."

At Farmersville High School, we hire coaches focused on building our athletes as individuals and not just within their sport. We provide a safe, competitive environment where the athlete feels challenged and valued. Farmersville athletes are capable of persevering through the most difficult of circumstances. FHS Athletics lives by the motto "No Losses, Only Lessons". Our athletes graduate with the tools necessary to be successful in whatever field they choose. Farmersville Athletics exercises the highest level of sportsmanship. Athletes are expected to leave venues cleaner than they found them, follow the unwritten, as well as the written rules of their sport, and show respect towards officials, coaches, the opposing team, and themselves.

Farmersville Athletic Department Vision

"By maintaining successful habits, community involvement, and the ideals of competitive greatness, the Farmersville High School Athletic Department will SET the standard for SUCCESS in the classroom, in their character, and in competition."

- Each sport will strive to
    - Compete for the Central Section Championship each year
    - Win the All-Academic award for their sports season.
    - Maintain a team GPA of 3.0 or higher.
    - Take part in at least 1 community service event per sport.
    - Field JV and Varsity programs in every sport we participate in.
        - Add Freshman teams in sports with high participation.
    - Achieve a 100% graduation rate among 4-year athletes.
    - Prepare all athletes to be successful in whatever path they choose after high school.
    - Be known as the school with athletes that are the MOST competitive, have the HIGHEST character, and NEVER quit.

Farmersville High School Athletic Contract

I realize that it is a privilege to participate in athletic activities. Accordingly, I hereby agree to obey the following regulations set up by the California Interscholastic Federation (CIF), Farmersville Unified School District and Farmersville High School. These rules and regulations shall govern any and all Student-Athletes that represent Farmersville High School in any kind of interscholastic competition. They are designed to promote the ideals of sportsmanship, teamwork, citizenship, responsibility, pride, and student success.

1. To be eligible for any team, the student must meet CIF, FUSD and Farmersville High School eligibility requirements. FUSD and the State of California require a Grade Point Average (GPA) of 2.00 and 1 F or less and the student Athlete must maintain credits towards graduation. Eligibility will be checked each Quarter.
    A. See **Eligibility** section in the Student-Athlete and Parent Handbook for more information.
2. All Athletes must pass a physical examination and have a copy on file with FHS. The Athlete and parents must sign the emergency information and the player packet signature form online. Students must be fully cleared on Home Campus prior to any practice participation.
3. An Athlete may change from one sport to another early, only if he/she has permission from both coaches, the Athletic Director, and the Principal. This means the Athlete is not allowed to quit a sport from one season to go out early for another sport the next season. The Athlete MUST finish the sport from the previous season.
4. Should an Athlete be removed from a team by their parents, be dismissed by the coach, or quit a team the Athlete will not be allowed to attend any further practices or games related to that sports program. If the Athlete quits a sport without authorization or is dismissed by the coach, they will sit out until the end of the regular season of that sport (unless approved by a committee of the current season of sport Coach, the Athletic Director, and the Principal).
5. An Athlete MUST be in school a minimum of 50% of their classes in order to participate in a game or practice held on that day. If an Athlete shows up more than 15 minutes late to any period it will not count towards the 50% number. An Athlete may participate if their absence is verified and excused by a doctor's note or the Principal before the start of practice/competition.
6. An Athlete MUST attend practices in order to play in the games. It is up to the coach and the individual sports program to determine the discipline for missed practices (i.e. loss of starting spot, loss of playing time, missing full games, etc.).
7. An Athlete MUST ride on the transportation provided by the school in order to participate in a game being held on that day. Athletes may only ride home with **EMERGENCY CONTACTS ONLY** if being checked out directly after a game. If the Athlete chooses to waive the district transportation home a waiver form must be signed by the Athletic Director and Principal 24 hours ahead of time. 2 copies must be given to the coach and bus driver.
8. A student Athlete will immediately become ineligible and could lose all playing privileges for that season of sport for any of the following reasons:
    A. Immediate Removal for: 1) Assault or battery of any school employee 2) Brandishing a Knife 3) Causing serious physical injury to another person 4) Possession, selling, or furnishing a firearm. 5) Possession of an explosive 6) Robbery or extortion 7) Selling a controlled substance 8) Sexual assault of sexual battery 8) Hate violence 9) 48900 A1, A2, C.

B. Fighting = a 3-6 game suspension plus school consequences (Athletics are a School Activity)
C. Leaving the Bench during a Game due to a Fight, Scuffle, or Issue = 1 Game Suspension
    i. All suspensions will include a conference between the Athlete, Coach, Athletic Director, and the Site Principal or designee.

Eligibility may be earned back at the discretion of Coach, Athletic Director, and Admin.

9. Suspension Policy
    a. An at-home suspension will result in an additional 5 days suspension from all athletic activities (practice and competition) for 5 days per day of suspension (see **Suspension** in handbook).
    b. An in-school suspension will result in an equivalent suspension form all athletic activities (practice and competition) or 1 day for 1 day (see **Suspension** in handbook).
10. Attendance Policy
    a. Tardy/Truancy Policy - All Teams have a Tardy/Truancy Policy that could result in extra conditioning, loss of playing time, or removal from the team.
    b. Student-Athletes are expected to be in class and on time at all times.
11. Show respect for teammates, opponents, officials, and coaches.
12. Participation in a non-school sponsored team during season, such as city league or club, shall result in the athlete sitting double the amount of games participated in, on the school sanctioned sport.
    a. If you do this and play in a game it will result in a FORFEIT of that game plus double the amount of games played in.
13. The Athlete is personally responsible for all school athletic equipment checked out, and will return the equipment in good condition and on time (OR BE PLACED ON THE FINES LIST)
    a. Athletes cannot start the next season of sport until all Fines are paid (AD may approve Athlete moving on in the case of lost items).
    b. If you are issued an Athletic Locker and Lock it is your responsibility to ensure it is secured.
14. Know and follow all state, section, and school athletic rules and regulations as they pertain to eligibility and sports participation.
15. Win with character, lose with dignity.

Not every case is the same and each case may be handled based on the context of the situation. This contract provides basic rules and regulations for Student-Athletes at Farmersville High School. Every situation cannot be included in this contract therefore, all rules and regulations are subject to review by a committee including the current Coach, Athletic Director, and Site Principal.

Student-Athlete Expectations

Student-Athlete's Code of Ethics

Athletics is an integral part of the school's overall educational program. All school activities, curricular and co-curricular, in the classroom and on the playing field, must match with Farmersville High School's goals and objectives. We seek student-athletes who are Empowered, Motivated, Professional, show Integrity, Respectful, and Empathetic. In the pursuit of this goal, we have developed the following Code of Ethics. As a student-athlete, I understand that it is my responsibility to:

1. Place academic achievement as the highest priority.
2. Show respect for teammates, opponents, officials, fans, and coaches.
3. Respect the integrity and judgment of game officials.
4. Exhibit fair play, sportsmanship, and proper conduct on and off the playing field.
5. Maintain a high level of safety awareness.
6. Refrain from the use of profanity, vulgarity, and other offensive language and gestures.
7. Adhere to the established rules and standards of the game to be played.
8. Respect all equipment and use it safely and appropriately.
9. Refrain from the use of alcohol, tobacco, illegal, and non-prescriptive drugs, anabolic steroids or any substance to increase physical development or performance that is not approved by the United States Food and Drug Administration, Surgeon General of the United States, or American Medical Association.
10. Know and follow all state, section, and school athletic rules and regulations as they pertain to eligibility and sports participation.
11. Win with character, lose with dignity.
12. Be a leader in the classroom and on the playing field.

Code of Conduct for Interscholastic Student-Athletes

Interscholastic athletic competition should demonstrate high standards of ethics and sportsmanship and promote the development of good character and other important life skills. We expect to see the following six characteristics in our student-athletes:

TRUSTWORTHINESS

- Trustworthiness - Be worthy of trust in all you do.
- Integrity - Live up to high ideals of ethics and sportsmanship and always pursue victory with honor; do what's right even when it is unpopular or personally costly.
- Honesty - Live and compete honorably; do not lie, cheat, steal, or engage in any other dishonest or unsportsmanlike conduct.
- Reliability - Fulfill commitments, do what you say you will do; be on time to practices and games.
- Loyalty - Be loyal to your school and team; put the team above personal glory.

RESPECT

- Respect - Treat all people with respect and require the same of other student-athletes.
- Class - Live and play with class; be a good sport; be gracious in victory and accept defeat with dignity; give fallen opponents help, compliment extraordinary performance, show sincere respect in the pre- and post-game rituals.
- Disrespectful Conduct - Do not engage in disrespectful conduct of any sort, including profanity, obscene gestures, offensive remarks of a sexual or racial nature, trash talking, taunting, boastful celebrations, or any other actions that demean individuals or the sport.
- Respect Officials - Treat contest officials with respect; do not complain about or argue with official calls or decisions during or after an athletic event.

CARING (EMPATHY)

- Concern of Others - Demonstrate concern for others; never intentionally injure any player or engage in reckless behavior that might cause injury to myself or others.
- Teammates - Help promote the well-being of teammates by positive counseling and encouragement or by reporting any unhealthy or dangerous conduct to coaches.

FAIRNESS

- Be Fair - Live up to high standards of fair play; be open-minded; always be willing to listen and learn.

CITIZENSHIP

- Play by the Rules - Maintain a thorough knowledge of and abide by all applicable game and competition rules.
- Spirit of the Rules - Honor the spirit and the letter of the rules; avoid temptations to gain competitive advantage through improper gamesmanship techniques that violate the highest traditions of sportsmanship.

RESPONSIBILITY

- Importance of Education - Be a student first and commit to getting the best education you can. Be honest with yourself about the likelihood of getting an athletic scholarship or playing on a professional level and remember that many universities will not recruit student-athletes that do not have a serious commitment to their education, the ability to succeed academically or the character to represent their institution honorably.
- Role-Modeling - Remember, participation in sports is a privilege, not a right and that you are expected to represent your school, coaches, and teammates with honor, on and off the field. Consistently exhibit good character and conduct yourself as a positive role model. Suspension or termination of the privilege of participation is at the sole discretion of school administration.
- Self-Control - Exercise self-control; do not fight or show excessive displays of anger or frustration; have the strength to overcome the temptation to retaliate; do not gloat or rub it in others faces in success, victory, or defeat.
- Healthy Lifestyle - Safeguard your health; do not use any illegal or unhealthy substances including alcohol, tobacco, and drugs or engage in any unhealthy techniques to gain, lose, or maintain weight.
- Integrity of the Game - Protect the integrity of the game; don’t gamble. Play the game according to the rules.

Parent Code of Conduct

- **Respect the chain of command-** IF faced with an issue, the process of meetings should be - Student-Athlete to Coach, Parent to Coach, Parent to Coach and AD, Parent to Coach, AD and Administrator.
- **Approach coaches at the appropriate time-** Attempting to resolve an issue right before or after a practice/game is not the best time to get their full attention. Every coach on staff is open to scheduling a time to meet that work for both parties. 24 Hour Rule - No meetings for 24 hours after any issue or game.
- **Allow your student-athlete to work things out on their own-** Part of being on a team and working with others, is dealing with conflict resolution. During the course of a season there is bound to be some adversity. A player's ability to find their own way during these times is a valuable life skill. If your student-athlete is going to miss a game or practice for any reason, please encourage THEM to text or call their coach. We aim to develop responsible young adults that step forward and show accountability and a willingness to handle their own business.
- **Be aware of what you say-** Understand that negativity towards an outcome, coach, teammate, or program has an impact on your student-athlete's attitude throughout the season. This behavior is not positive, solution based, or productive.
- **Help honor your student-athlete's commitment-** By choosing to take a roster spot on our team your student-athlete has accepted the responsibility of being present for their teammates, and going through the everyday process of maximizing their potential as a player and person. When possible please do your best to look ahead on the practice and game schedules and plan appointments, family gatherings, vacations, etc. accordingly.
- **Respect the process-** Change can be a scary and uncomfortable endeavor. As a coaching staff we will be constantly challenging our student athletes to be better in the classroom, in competition, and in the community. We will be asking a lot of them, consistently putting them in situations where they will be asked to stretch and grow as humans. That being the case, understand that there will be growing pains, there will be pushback, and there will be times when our short term success will be sacrificed for long term growth. In other words, things may look worse, before they look better, in competition, effort level, attitude, and understanding. Please focus on long

term improvement rather than short term successes. We define success as maximizing individual and collective potential, not in wins and losses. We expect wins to eventually be a natural bi-product of the hard work we are doing. Please be patient and supportive in this process.

- **Accept that playing time is determined by multiple factors, the least of which is ability level.** Playing time is determined by individual commitment level. It is extremely difficult to play your student-athlete if they miss a practice over another player that showed up. In our program commitment, academic excellence, enthusiasm, responsibility, leadership, attitude, punctuality, unselfishness, and effort level will always be valued more than any other attributes.
- **Help us foster a "Schoolwide" enthusiasm-** Stay for another team's game if/when possible. Volunteer to help where you can with another team/coach. We are all here for the same reason, trying to make a positive impact on young lives.
- **Be a positive role model for your student-athlete in the stands-** Show sportsmanship at all times. Don't do anything that your student-athlete wouldn't be allowed to do, i.e. yell at officials, coaches or other players. We feed off of your energy; if it's not positive then don't express it. (CIF RULE - If removed from a contest (by an Official OR Administrator) - first offense = 1 game suspension - second offense = full season suspension)
- **Root for all the Aztecs, as well as your student-athlete-** Every player has a direct contribution in a team's success or failure, regardless of their role, individual performance, or playing time. Keep in mind that your student-athlete has invested a great deal of time and effort in their teammates and coaches, working to make them better. We care about one another and take great pride in our program, we hope you will too.
- **Enjoy yourself-** Your student-athlete's high school athletic experience will go by fast. These are times that should be enjoyed and cherished. Your presence and positive support means the world to them.

I sincerely thank you for trusting us as a coaching staff to lead and teach your student-athlete. We genuinely care about their development as people and will do our best to make you proud of them and the team they are so committed to.

Receipt of Parent Code of Conduct

I have read and understand the parents code of conduct and will do all that I can to abide by the information above. If I am found in violation of this Code of Conduct, I understand that I can be removed from a contest/competition and this will result in the CIF Rules being invoked. CIF Rules - If removed by an Official or Administrator:

First Removal - Suspension from the Next Contest

Second Removal - Suspension from the Rest of the Season of Sport

Signature of Parent/Guardian_____

Date _____

Athletic Department Rules and Regulations

Eligibility

An Eligible Student-Athlete is one who:

- Maintains a 2.0 GPA and 1 F or less
- Maintains a 95% attendance rate
- Maintains a minimum of tardies and truancies

An Ineligible Student-Athlete is one who:

- Has 3 or more Fs
- Has below a 2.0 OR 2 Fs for 2 straight grading periods
- Has below a 95% attendance rate
- Has excessive tardies and truancies

Rules for participation while on Probation or Ineligible:

- If on Probation - Must check in with AD with a Grade Check every 2 weeks. Must attend at least 1 tutoring session with After School Program per week.
- If Ineligible - Must check in with AD with a Grade Check every 2 weeks. Must attend at least 2 tutoring sessions with After School Program per week.

Attendance Policy

Tardies and truancies will be tracked during each of the three sports seasons. Failure to follow an individual team policy will result in loss of playing time.

- Tardy/Truancy Policy - All Teams have a Tardy/Truancy Policy that could result in extra conditioning, loss of playing time, or removal from the team.
    - Student-Athletes are expected to be in class and on time at all times.

- An Athlete MUST be in school for a minimum of 50% of their classes in order to participate in a game or practice held on that day. If an Athlete shows up more than 15 minutes late to any period it will not count towards the 50% number. An Athlete may participate if their absence is verified and excused by a doctor's note or the Principal before the start of practice/competition.

Suspensions

If a student is suspended from school the following action will be taken for athletics:

At-Home Suspension

- The student-athlete will be suspended from practice and competition 5 days for every day of at-home suspension. The athletic suspension starts the day the student returns to school.
    - Example:

1 Day Suspension on a Monday = 5 Days out of Athletics starting Tuesday

In-School Suspension

- The student-athlete will be suspended from practice and competition for an equivalent amount of days of the in-school suspension. The athletic suspension starts the day the student returns to school.
    - Examples:

1 Day Suspension on a Monday = 1 Day out of Athletics starting Tuesday

Quitting/Removal from Team

Quitting: If a player quits for any reason **AFTER THE FIRST CONTEST (NOT SCRIMMAGE)** the following will apply:

- The Student-Athlete will not be able to participate in the next season of sport until the current season is finished (last regular season game).

Removal from Team: If a student-athlete is removed from the team **AFTER THE FIRST CONTEST (NOT SCRIMMAGE)** the following will apply:

- The student-athlete will not be able to participate in the next season of sport until the current season is finished.
    - Moving on is subject to approval by 2 of Removing Coach, AD, and Principal/Representative

Parent/Coach Communication

1. Farmersville High School encourages all student-athletes to address any concerns through a meeting with their coach first.
    a. This process allows them to work on speaking with an authority figure, showing the maturity of an adult, and preparing to take charge of their lives after high school. THIS IS A CHARACTER BUILDING MOMENT!!!
2. **24 Hour Rule**
    a. If a parent is unsatisfied with the results of their student-athlete meeting with the coach, they may set up their own meeting.
    b. This meeting is to take place at least 24 hours after any contest or of the incident in question.
        i. Do not attempt to personally contact a coach in person, 1 hour before a practice, 3 hours before a game, during a game or practice, and at least 1 hour after a practice. A coach's time during the aforementioned times is to prepare for and supervise each event.
    c. If a parent is still unsatisfied with the results of their meeting with the coach, they may set up a meeting with the AD, Coach, student-athlete, and themselves. Please allow 1 week for the Athletic Director to investigate the concern and seek to provide feedback after the meeting.

Transportation Policy

- All student-athletes will travel to an away event in school provided transportation. (Unless approved by Principal ONLY)
    - Exceptions: School Event, or TBD by Principal
    - Form must be signed and submitted before event
- All student-athletes will travel back to Farmersville High School from an away event in school provided transportation **unless** the following procedures have been taken:
    - Transportation Waiver Signed by Parent and Coach
        - Student-Athletes MAY travel HOME from an event with a family member over the age of 21
        - Friends are not allowed, even with parent consent
        - DO NOT RELEASE THEM TO A NON-PARENT UNLESS YOU ARE SURE IT IS A FAMILY MEMBER THAT IS ON THEIR AERIES CONTACT LIST

Injuries (What to do if you are injured?)

Participating in competitive athletics may result in severe injury, including paralysis or death. Changes in rules, improved conditioning programs, modern equipment, and medical coverage have reduced these risks. It is impossible, however, to totally eliminate such incidents from occurring.

Players may reduce the chance of injury by obeying all safety rules in their sport, reporting all physical problems to their coaches and athletic trainer, following a proper conditioning program and inspecting equipment daily.

What to do if injured?

REPORT ALL INJURIES TO YOUR COACH, THE ATHLETIC TRAINER, AND IF NEED BE, THE ATHLETIC DIRECTOR IMMEDIATELY. They will file an Accident Report. The trainer will make the objective decision of what should be done next. At no time will the coaching staff have a decision on playing time, if the ATC or the Doctor on staff recommends rest. Additionally, you should consult your primary care physician whenever you have a serious injury.

Concussions/Head Injuries

CIF Bylaws state that a student who is suspected of sustaining a head injury in a practice or a game shall be removed from competition at that time for the remainder of the day. A student-athlete who has been removed from play may not return until the student-athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion. The Athletic Trainer will put the student-athlete through the Return to Learn and Return to Play procedures (a minimum of 10 days) before the student-athlete will return to competition (per CIF Bylaws). This process not does not start until it is cleared by a doctor.

Uniforms and Equipment

- You are responsible for all Team Gear that is checked out to you
- If you lose or misplace any Team Gear you will receive a fine from Mrs. Jones at the end of the season for the cost to replace what is missing
    - This fine will be removed as soon as it is paid OR the gear is turned in
- **NO STUDENT-ATHLETE WILL MOVE ON TO THE NEXT SPORT UNTIL ALL TEAM GEAR IS TURNED IN OR FINES PAID**

Reasons for Non-Participation

The following is a list of reasons why a student-athlete may not be allowed to participate in a practice or game. This list is subject to changes:

- An inability to grasp and execute the concepts/plays that a coach is trying to teach.
- Any situation which would imperil the safety of the student-athlete, such as an injury, may also impact playing time.
- An attitude that is detrimental to the overall team spirit/morale, by either the student-athlete or their parents.
- Any violations to team or school policy can also lead to a loss of playing time for the student-athlete.
- Attendance (excessive tardies, truancies, or absences) can cause a student-athlete to miss playing time, based on individual team policy.
- Academic ineligibility, as defined previously, will prevent a student-athlete from all athletic competition.
- High school sports are competitive. Talent and preparation, as well as productivity, are key parts to getting playing time.
- Playing time may be based on practice, attitude, ability to produce, and adherence to team rules, including a positive attitude.
- It is appropriate for the student-athlete to ask the coach why they are not playing, and what they should do to improve (Be ready for the truth!)

Dismissal from the team can occur if the student-athlete is not complying with any of the above listed guidelines. Dismissal is the final option for repeat offenders. Violations will be dealt with in a progressive manner. Coaches may have more strict guidelines in their personal team contracts.

Transfer Students

- Transfer Process can take up to 15 days or more
  - Days to get Paperwork filled out by player, AD, last school AD - 5-10
    - This can be extended by player not filling out paperwork or last school dragging their feet
  - Days CIF Commissioner has to rule on it - 7
  - BE PROACTIVE
- If you are a transfer student, notify me **IMMEDIATELY**, so I can begin the paperwork
- It is the parent and student-athlete's responsibility to inform their coach they are a transfer student.

College and Scholarships

Playing at the collegiate level is in part determined by your ability and projected ability to perform at the collegiate level, grades, test scores, and character. According to the NCAA, 1% of high school student-athletes went on to play a sport at the Division I level with less than 1% receiving a scholarship. In other words, it is easier to become a National Merit Scholar Finalist than to receive an athletic "full ride" scholarship. In this process parents are expected to…

- Be familiar with the various divisions.
- Research the scholarships that are available
- Ask your child if they want to play at the college level.
- Have a realistic unbiased evaluation of what your student can do at the collegiate level.
- Know the odds of getting a scholarship, and the fact that there are over 25,000 high schools in the nation.
- It is important to understand that high school coaches are not responsible for getting student-athlete scholarships. The coaches will work hard to make sure that the student-athlete maximizes their potential in both the athletic and academic arena.
- Encourage your child to select his or her own sport, based on their ability and interest.
- Stress the importance of both mental and physical preparation.

NCAA Eligibility

The National Collegiate Athletic Association (NCAA) is an organization which has established rules on eligibility, recruitment and financial aid. The NCAA has three levels of membership: Division I, Division II and Division III. Membership in these divisions is based on the size and scope of their athletic programs and on if they offer college scholarships.

- You can get more information at NCAA.org/student-athletes/future. Be sure to visit the NCAA's Guide for the College Bound Athlete.
- If you plan on playing at a Division I or II school, you must register with NCAA Eligibility Center, formerly known as the NCAA Clearinghouse. If granted the right to participate in a college sport, you would have five college years to play in four seasons.
- The high school must receive permission to provide transcripts to college coaches. This can be done through your Academic Counselor.

Students who wish to determine and maintain NCAA eligibility are responsible for the following:

- You have registered with the NCAA Eligibility Center.
- You have given the NCAA Eligibility Center your completed Student Release Form and fee.

- You have given the NCAA Eligibility Center your official transcript from every high school you have attended.
- You have given the NCAA Eligibility Center your ACT or SAT scores.
- Be on time to all your classes.
- Come prepared to school and class everyday.
- Sit up front.
- Do your homework promptly.
- Seek help when needed, from your teachers, your class room study buddies, as well as other student-athletes that take the same class.
- Know the NCAA required courses, as well as the students the requirements for high school graduation, and the requirements to get into a four year university/college (visit sites such as csumentor.com, and check with your academic advisor). FINISH YOUR A-G REQUIREMENTS.
- Invest your time; sacrifices must be made to be academically stellar, and athletically eligible.
- Do not get caught up with behavior or individuals that will derail your college dreams.

Locker Room Conduct*

Student's security and safety in the locker rooms are a high priority of the coaching staff. Each student-athlete is expected to assist in keeping the area clean, safe, and secure.

1. Lock and secure your possession at all times. Do not share lockers or combinations with anyone.
2. Horseplay is absolutely not allowed. Injuries or bad feelings may result from rough housing.
3. Clean your locker and locker area daily.
4. Treat the facility with respect.
5. Report anyone that damages walls, bathrooms, lockers, or other related areas.
6. Profanity or derogatory language will not be tolerated at any time.

**These rules apply at Farmersville High School and any other school or locker room facility that is used/visited.*

Multi-Sport Student-Athletes

- When participating in multiple sports:
    - Priority Sport: If a student-athlete is in season, then that sport is their priority.
        - For example, a student-athlete is playing boys soccer in the winter. That is their primary focus.
    - Secondary Sport: A student-athlete is participating in two sports, whereas the second sport is not a priority because it is not in season.
        - For example, a student-athlete is playing football in the Fall, but shooting free-throws after practice.
- Starting: If a student-athlete has dressed out for the first competition of the season, then they have started the sport.
- Quitting: If a student-athlete has quit after their first contest, please reference **Quitting/Removal from Team on Page 14**.
- No Student-Athlete may participate in 2 sports of the same season.
    - **UNLESS a contract is signed by the Student-Athlete, the Parent, both Coaches, and the AD. Contract must include: expectations for both sports, practice and competition attendance.**
    - **VIOLATION OF THIS CONTRACT = A QUIT of both sports.**

Weight Room Rules (Calderon)

- NO lifting without PROPER SUPERVISION!
- Shirts & athletic shoes are required at ALL times. No open toed or backless shoes allowed.
- NO food or drinks allowed in weight room.
- ALWAYS re-rack weights. Return plates & dumb-bells to their racks when done.
- Spotters are required at all times.
- NO use of vulgar language.
- NO throwing of equipment allowed.
- Respect yourself & this weight room.
- Keep free weights on mats at ALL times.
- No free weights use outside the weight room.
- Get PUMPED!

Receipt of Farmersville High School
Student-Athlete and Parent Handbook

I have received a copy of the FHS Athletics Parent and Student-Athlete Handbook and I understand that I am responsible for reading the rules and expectations described within it.

I agree to abide by the rules and expectations contained in the Parent and Student-Athlete Handbook. I understand that I am responsible for reading and familiarizing myself with the information and recommendations contained in the handbook.

I understand that if I need clarification of any information contained within this book, I am to contact my Athletic Director immediately.

Failure to comply with the Parent and Student-Athlete Handbook could result in loss of participation privileges for the student-athlete or loss of attending all athletic events for a parent.