

# ATHLETIC STUDENT HANDBOOK

## TEXAS LEADERSHIP CHARTER ACADEMY

### PREAMBLE

TLCA provides an athletic program only for the benefit of our students. We believe that participation in a competitive athletic program can provide students an opportunity to learn many things not available to them in a classroom. Athletes are encouraged to participate in every sport that they have an interest in and the ability to contribute to the sport. If you are in athletics each athlete **will be required to participate in at least 2 sports**. We want our athletics to be the absolute best that it can be so we need better participation throughout our programs.

It is recognized that some of the following rules are stricter than for the general student body. However, athletes are expected to accept and to follow the established rules. Violations of the rules will result in corrective and or disciplinary action. All known facts and circumstances will be taken into consideration when determining what action will be taken. Students may be disciplined or dismissed for the athletic program for violation of those rules.

### I. STATEMENT OF INTENT

- A. This handbook was prepared by the Athletic Director with input from the coaching staff. It is their intent to establish guidelines for the students and their coaches. Our hope is that we establish as much uniformity as possible in handling the athletic guidelines.
- B. The parents of each student who participates will be required to sign a statement that they are aware of the significance of these guidelines for the students and coaches.
- C. Student athletes and their parents must be aware that the main degree of prevention lies in their hands. The coach will be required to carry out these guidelines as fairly and consistently as possible.

### II. REQUIREMENTS FOR PARTICIPATION

- A. Physical Examination
- B. UIL Acknowledgement
- C. Athletic Student Handbook
- D. Scholastic Eligibility
- E. Other, UIL Forms
- F. Forms will be filled out electronically with RANK ONE

### **III. General Guidelines**

A. Athletes are representatives of TLCA. Each is expected to conduct himself/herself with dignity at school and at athletic events, which are an extension of the school day. **Respect and Character is the foundation of TLCA and it is essential for our students in the classroom and on the field or court to always be respectful to their peers and their instructors.** Athletes will be held to a higher standard and will be expected to be leaders at our school. Athletes need to show good character at all times on and off campus.

B. Athletes must meet the minimum grade standards of the University Interscholastic League. **Each athlete must be passing all subjects with a 70 or above at report card time each six weeks.** The student will have to do extra work until they bring a note to the coach showing they are passing the class. If a student fails two consecutive six weeks they will be removed from athletics. (Example) if a student fails the 2<sup>nd</sup> and 3<sup>rd</sup> six weeks the student will be removed at semester. If they fail 4<sup>th</sup> and 5<sup>th</sup> or 5<sup>th</sup> and 6<sup>th</sup> they will not be eligible for athletics until the 1<sup>st</sup> semester is finished.

**Failing Grade:** 50 up-downs daily until the grade is passing.

C. Excessive absences of any kind will be unacceptable and reason for removal from the athletic program. **Any athlete caught skipping the athletic period is subject to dismissal from the athletic program for that entire school year.**

D. Any student that starts a sport and **quits after the two week orientation period will be removed from athletics for the remainder of the year. We want our athletes to understand the significance of the word commitment.**

E. In the event that an athlete chooses to quit a sport or if a coach deems it necessary to remove an athlete from the team for disciplinary reasons, a 24 hour evaluation period (cool down) will be in effect. A conference with the student, coach, and possibly the Athletic Director and parents. If the athlete chooses to remain in the sport, he/she will be required to make up

any missed conditioning. In the event of a major disciplinary action the student may be removed from the Athletic Program for the remainder of the school year.

**F. Any athlete placed in ISS or suspended will be subject to further disciplinary action by his/her coach in or out of season.** Along the same guidelines if a teacher reports misconduct in class to a coach, the coach will address the situation and assess the appropriate punishment.

**ISS:** 200 yards of lunges.

200 yards of broad Jumps

**Office Referral:** 100 up-downs.

G. TLCA is stressing a good positive and spirited environment. Each athlete will be required to wear a TLCA shirt during the athletic period. These shirts can be purchased at Team Spirit. The shirt has to be either black or gray. If an athlete shows up in something besides TLCA wear he/she will be required to do extra exercises until they are wearing the proper attire for athletics. TLCA stresses good behavior and attitude during practice and competitions. Unsportsmanlike conduct will not be tolerated, Student athletes should be positive role models for students and the community. Student athletes will be respectful to other contestants, fans, and to all coaches and officials. **Technical fouls, penalties for unsportsmanlike and flagrant conduct will not be tolerated and will lead to extra conditioning and suspensions. Any ejections from a game will lead to further suspension and may lead to removal from the Athletic Program.**

H. If the attitude and or conduct of an athlete starts to be a detriment to the “good of the team”, the athlete may be dismissed from the team. **Coaches should provide documentation and prior contact with the parents to the Athletic Director.** No student is obligated to take part in athletics, nor is it a requirement for graduation. Athletics is a privilege and coaches and administrators have the authority to revoke this privilege when requirements are not met by the student.

I. If any athlete misses practice, **the coaches should be notified by phone or email that day or if possible the day before. Excessive absences will result in a game or contest suspension.** Excused absences will be made up on their return to school.

J. Each campus at TLCA has a **dress code** and athletes are expected to abide by and hopefully be a step above at all times. **On game days athletes are expected to be dressed up nice during the school day. Athletes will not be permitted to wear travel attire to school. Team travel**

attire will be worn when the athlete is getting on the bus. When traveling as a team the athlete is expected to dress nice for the occasion deemed necessary by the coach. (Example) Boys wear a nice shirt and or tie with slacks. All student athletes will be allowed to have facial hair. Facial hair should be groomed in a nice and neat manner. We want our athletes to be held to a higher standard. Your appearance before and after the game is a direct reflection of our team and our school.

J. All athletes are expected to travel with the team to all out of town contests, unless there is a special circumstance which must be approved by the coach and the Athletic Director prior to the day of the trip. At TLCA we encourage our athletes to ride home on the bus because it builds team chemistry. In special situations the student may ride home with their parents but we encourage our kids to travel with the team. Parents must sign out their kids or give the coach a note in person at the site of the event. No student is allowed to ride home with someone other than their parent or guardian unless it is an unusual circumstance. In these cases documentation must be provided by the parent to the coach in person prior to the team leaving from our school. It is the athlete's responsibility to be on time for all departures. Coaches will ask the students to call prior to arrival back at our school after the event. Parents should pick up their kids in a timely manner. A coach will stay until all students are picked up. If coaches are constantly waiting on the same kids to be picked up, the coaches need to report this to their campus administrator and the Athletic Director.

L. Any athlete proven guilty of stealing or willfully destroying school property is subject to dismissal from the athletic program for that entire school year.

M. Every situation is a little different and each case will be looked at individually by the Athletic Director and the coaching staff. It is our duty to enforce the rules and guidelines fairly and consistently. Athletes found guilty of unlawful acts by law enforcement agencies are subject to referral to the Extra Curricular Committee. The Extra Curricular Committee will include administrators, teachers and coaches. The goal for TLCA and the committee is to keep our school drug/alcohol/tobacco free with zero tolerance for criminal activity.

#### IV. Alcohol and Drug Policy

No student is obligated to take part in athletics, nor is it required for graduation. It is stressed that this is a privilege and the coaches and administrators have the authority to revoke this privilege when requirements are not met by the student athlete. As a prerequisite to joining athletics, all student athletes must sign permission slips to be drug

**tested according TLCA's Drug and Alcohol Testing Policy for Extracurricular Activities and Student Drivers.**

**In addition to the consequences laid out in TLCA's Drug and Alcohol Testing Policy for Extracurricular Activities and Student Drivers, athletes will face additional consequences.**

**1<sup>st</sup> Offense:** Complete 30 minutes of continuous conditioning outside of practice time for 15 days.

**2<sup>nd</sup> Offense:** Complete 30 minutes of continuous conditioning outside of practice time for 30 days. If the student athlete is in season at time of second offense, they will be removed from the team and not be allowed to join a team until the ninety day suspension has been served.

**3<sup>rd</sup> Offense:** Athlete will be removed from the Athletic Program for one calendar year.

**4<sup>th</sup> Offense:** Athletes will no longer be allowed to participate in the Athletic Program.

**Athlete Signature**\_\_\_\_\_

**Parent Signature**\_\_\_\_\_