2026-2027

NUECES CANYON PANTHERS

ATHLETIC / SPIRIT CODE OF HONOR

JULY 2026

Foreword:

The purpose of this handbook is to acquaint you with the philosophy and policies of the Nueces Canyon Athletic and Spirit programs. For the purposes of this handbook, Spirit falls under the Athletic program. These programs prepare its athletes for life, both in winning and losing, and does it with class and integrity. This is not intended to disrupt the line of communication between the parents, the athletes, and coaches but to encourage it. It is designed to ensure that all stakeholders are headed in the same direction, and this can only be accomplished when expectations are known. Nueces Canyon administration and all members of the Nueces Canyon family have high expectations for the student athletes.

NCCISD appreciates the support of all athletic and Spirit activities! GO BIG BLUE!

Philosophy:

The Athletic and Spirit Programs in the Nueces Canyon Consolidated Independent School District promote the physical, mental, social, emotional, and moral wellbeing of the participants. This participation is an opportunity that carries responsibilities to the school, the team, the community, and to the student him\herself. Through competitive athletics, a successful athletic program will enable a student athlete to realize the power of reaching his\her potential. It is hoped that athletics will be a positive force in preparing our youth for an enriching, vital role in society. The athletic program is an important and integral part of the total school program and is open to participation by all students. In most situations, the overall success of the athletic program sets the tone and atmosphere for the entire school. Through voluntary participation, the athlete gives time, energy, and loyalty, to the program. Student athletes accept the rules, regulations, and responsibilities which are unique to the athletic program. In order to contribute to the welfare of the team, the athlete must be willing to accept these obligations.

Core Values:

The Athletic and Spirit Programs will continually strive to instill in all student athletes our core values and a since of pride, commitment, and confidence in themselves and their school. Through quality coaching and participation in the arena of competitive sports, the NCCISD Athletic Program will strive to develop in all student athletes the Core Values of: **Integrity – Accountability – Teamwork – Sportsmanship – Service – Leadership**

Objectives:

*To have all programs represented with class, character, and dignity-
*Develop and incorporate a comprehensive off-season program from junior high through the high school level-
*Strive to develop successful programs in all sports and all levels-
*Demonstrate that all programs are well-coached, disciplined, and well-organized-
*Apply all program rules and guidelines with consistency and fairness-
*Ensure that all Athletic Department objectives support the vision of NCCISD-

Panther Athletics / Spirit:

According to University Interscholastic League rules (Texas Athletics' governing body), **being in athletics is a privilege and not a right**. Only those students who abide by school and athletic policies will be allowed to represent NCCISD. When young men and women sign up for athletics and become a member of a team, they make a commitment. This is a voluntary commitment; therefore, they are expected to follow rules of order.

All participants must abide by all the rules which are set forth by the University Interscholastic League. An Acknowledgement of Rules stating these rules are handed out at the beginning of each year. The parents and participants should read this document carefully before signing and returning it to the coach.

All participants must abide by all rules that are set forth by the school district or the individual campuses throughout the district. Special notice should be made regarding the section on extracurricular activities in the Student Handbook. This Athletic Code of Conduct will not take the place of the NCCISD Student Code of Conduct.

Parents should strive to help their son or daughter achieve success in athletics. Success is defined as participating at 100% of the individual's ability. We can never expect athletes to do more than they are capable; however, we do want them to obtain their fullest potential. Supportive parents can instill this desire in student athletes long after their playing days are over by seeing that the student is on time, attends practices and games, and follows the rules and regulations. Violations of these rules may result in penalties at the coaches' discretion. These include and maybe a combination of: corporal punishment, extra running, athletic probation, suspension, and possible expulsion from Athletics.

1. Mandatory Athletic Forms-

The first rule and regulation, as stated by U.I.L., is that all athletes will have the required documents on file before competing or practicing. They are as follows:

A. Physical Examination

A physical examination is now required for **ALL N.C. student athletes** (to include Spirit competitors) every year.
The physical form is available from the coaches, on the school website at www.nccisd.net, and can be found on the UIL website. Use only the approved UIL form to record physical examinations. Club or organization forms will not be accepted. The physical covers all sports and marching band for **one** school year.

B. Athletic Department Forms Packet

This packet includes (1) UIL Acknowledgement of Rules, (2) Personal Student and Parent Information, (3) Medical History and Physical Form, (4) UIL Steroid Notification, (5) UIL Concussion Acknowledgement form (6) Cardiac Form, (7) Safety Training Form. The packet should be filled out completely. Do not leave any requested information blank.

C. Acknowledgement of NCCISD Athletic Code of Conduct

The Signature page of this handbook should be signed by the student athlete and the parent/guardian. It should then be returned to the Athletic Department. This shows receipt of the Athletic / Spirit Code of Honor and acknowledges that the student-athlete and parent/guardian will comply with the rules and policies contained in the Athletic Code of Conduct.

2. Parent\Coach Relationship-

Support of the community is appreciated; however, negative comments and disruptive behavior will not be tolerated at any sporting event. All spectators are expected to be considerate of all coaches, officials, managers, and athletes. District officials may eject any spectator at their discretion. Anyone ejected from a game or contest by the Nueces Canyon CISD Administration, official, or police officer will meet with the Nueces Canyon CISD Superintendent and Campus Administrator **before** attending another contest or event. It is the responsibility of the ejected individual to schedule the meeting. Administrative concerns will be reviewed at the meeting and dismissal from future contests or events shall be an option.

Notice Regarding the Refusal of Entry to or Ejection of an Individual from District Property (19 T.A.C. 103.1207(g))

In accordance with Education Code 37.105, NCCISD has the right to refuse entry to or eject a person from property under the District's control if the person refuses to leave peaceably upon request and:

1. The individual poses a substantial risk of harm to any person; or
2. The individual continues to behave in a manner inappropriate for the school setting after having received a verbal or written warning to cease the inappropriate behavior.

The term of a person's refusal of entry to or ejection from the District's property may not exceed two years.
A person ejected from or refused entry to District property under this provision may appeal this action by filing an appeal under **FNG(LOCAL)** *(parents/guardians*) or **GF(LOCAL)** *(public complaints)* and shall be permitted to address the Board in person within 90 days of the commencement of the appeal if the grievance is not resolved at a previous level.

Parent/Coach Relationship (as per U.I.L. – http://www.uiltexas.org/athletics/manuals):

By establishing an understanding between coaches and parents, both are better able to accept the actions of the other and provide a more positive experience for everyone. Parents have the right to know, and understand, the expectations placed on them and their children. Coaches have the right to know that if parents have a concern, they will discuss it with the coach at the appropriate time and place. Parent and spectators are expected to remain outside of the playing surfaces and locker rooms. Coaches are permitted to have closed practices as they deem necessary.

A. Communication parents should expect from their child's coach:

1) Coach's philosophy.
2) Expectations the coach has for the athlete, as well as other players on the team.
3) Locations and times of practices and contests.
4) Team requirements, i.e., fees, special equipment needed, school and team rules, off-season expectations.
5) Procedures that will be followed if an athlete becomes injured during participation.

B. Communication coaches expect from parents:

1) Concerns regarding the athlete expressed directly to the coach at the appropriate time and place.
2) Specific concerns in regard to the coach's philosophy and/or expectations.
3) Notification of any schedule conflicts well in advance.

As the student athlete becomes involved in interscholastic athletics, they will experience some of the most rewarding moments of their lives. It is important to understand there may

be times when coaches, parents, and athletes disagree. These are the times when discussion with the coach is encouraged.

C. Appropriate concerns to discuss with a coach:

1) The mental and physical treatment of the athlete.
2) What the athlete needs to do to improve.
3) Concerns about the athlete's behavior.

Coaches make playing time decisions based on what they believe is in the best interest of all students participating. While discussion between parents and coaches can be helpful, it is inappropriate to discuss certain items with the athlete's coach.

D. Issues NOT appropriate for discussion with your child's coach:

1) How much playing time each athlete is getting.
2) Team strategy.
3) Play calling.
4) Any situation that deals with other student-athletes.
5) Stunt Positions.

There are situations that may require a conference between the coach and parent. These are not discouraged, as it is important for each party to have a clear understanding of the other's position. When these conferences are necessary, the following procedure is suggested to help promote resolution to the issue.

E. If a parent has a concern to discuss with the coach, the following procedure should be followed:

1) Contact the coach to set up an appointment.
2) If the coach cannot be reached, call the athletic director and ask him or her to set up a meeting with the coach for you.
3) Think about what you expect to accomplish as a result of the meeting.
4) Stick to discussing the facts, as you understand them.
5) Do not confront the coach before, during or after a practice or contest. These can be emotional times for both the parent and coach. Meetings of this nature do not promote resolution of the situation, but often escalate it.

F. What should a parent do if the meeting with the coach didn't provide satisfactory resolution?

1) Contact the athletic director to set up a meeting with the athletic director, coach, and parent present.
2) At this meeting, an appropriate next step can be determined, if necessary.

3. Eligibility:

A. Academic Eligibility

(No Pass No Play) Eligibility for UIL Participants for the First Six Weeks

UIL participants are eligible to participate in contests during the first six weeks of the school year provided the following standards have been met:

• Students beginning in grades nine and below must have been promoted from the previous grade prior to the beginning of the current school year.

• Students beginning their second year of high school must have earned five credits, which count toward state high school graduation requirements.

• Students beginning their third year of high school either must have earned a total of ten credits which count toward state high school graduation credits or have earned a total of five credits which count toward state high school graduation requirements during the 12 months preceding the first day of the current school year.

• Students beginning their fourth year of high school either must have earned a total of 15 credits which count toward state high school graduation credits or have earned a total of five credits which count toward state high school graduation requirements during the 12 months preceding the first day of the current school year.

Exceptions:

(a) When a migrant student enrolls for the first time during a school year, all criteria cited above applies. All other students who enroll too late to earn a passing grade for a grading period are ineligible.

(b) High school students transferring from out-of-state may be eligible the first six weeks of school if they meet the criteria cited above or school officials are able to determine that they would have been eligible if they had remained in the out-of-state school from which they are transferring.

Students who are not in compliance with these provisions may request a hardship appeal of their academic eligibility through the UIL state office.

Local school boards may elect to adopt these standards for all activities in order to avoid having different standards for student participants (e.g., football, drill team, cheerleading, and all other extracurricular activities as defined by Commissioner of

Education rule [19 TAC Chapter §76]).

(No Pass No Play) Eligibility for All Extracurricular Participants after the First Six Weeks of the School Year

A student who receives, at the end of any grading period (after the first six weeks of the school year), a grade below 70 in any class (other than an identified class eligible for exemption) or a student with disabilities who fails to meet the standards in the Individual Education Plan (IEP) may not participate in extracurricular activities for three school weeks. An ineligible student may practice or rehearse, however. The student regains eligibility after the seven calendar day waiting period has ended following a grading period or the three school week evaluation period when the principal and teachers determine that he or she has earned a passing grade (70 or above) in all classes, other than those that are exempted.

All schools must check grades for all participants at the end of the first six weeks of the school year.

From that point, grades are checked at the end of the grading period whether it is six, nine, or twelve weeks in length. Students who pass remain eligible until the end of the next grading period. All activity coaches and directors are responsible for obtaining official grade reports from the individual the principal designates as the keeper of official grades before the student represents the school. This provision applies to all grading periods. It also applies to all three-school week evaluation periods for ineligible students.

• All students are academically eligible during a school holiday of a full calendar week or more. When the bell rings to dismiss students for the December holidays, all students are academically eligible until classes resume in January. The same is true for summer recess and fall and spring breaks provided those breaks consist of at least a full calendar week. (See example at the end of this document.)

• Students in year-round schools are academically eligible during inter-sessions.

• If a grading period or three school week evaluation period ends on the last class day prior to a school holiday of one calendar week or more (e.g. spring break, winter holidays), the seven calendar day grace period to lose eligibility and the seven calendar day waiting period to regain eligibility begin the first day that classes resume.

• Students lose eligibility for a three school week period. For purposes of the law, “three school weeks” is defined as 15 class days. Exception: One, but only one of the three school weeks may consist of only three or four class days, provided school has been dismissed for a scheduled holiday period. Two class days does not constitute a “school week” for purposes of this law except Thanksgiving week if schools are on holiday Wednesday, Thursday and Friday. A school district may request an exception from UIL

officials to the two-day school week in the event of a disaster, flood, extreme weather condition or other calamity as listed in TEC §42.005. In the event two of three school weeks are shortened, one of the shortened weeks may be counted as five days with ten other actual class days making up the fifteen class days. After the first six weeks of the school year, academically ineligible students in schools with six week grading periods have one opportunity to regain eligibility after the first three school weeks of the grading period; students in a nine week grading period have two opportunities, one at the end of the first three school weeks and one at the end of the first six school weeks. Students who fail to regain eligibility at the evaluation periods remain ineligible until seven calendar days after passing a grading period.

• Note: When computing eligibility calendars, it is helpful to remember that the seven-day grace period after the grading period also contains school week one of the three-school week evaluation period. Also, a seven-calendar day grace and waiting period is always applicable after grading periods and evaluation periods.

Example: School weekends on Friday - Students who are losing eligibility have a seven-calendar day grace period, and students who are regaining eligibility have a seven-calendar day waiting period. Eligibility is lost or regained the following Friday at the time the regular school day ends or would end if that day is a holiday.

Section 5 (b) of the UIL Constitution and Contest Rules defines calendar week as 12:01 am on Sunday through midnight on Saturday.

19 TAC §76.1001 (b) states: The school week is defined as beginning at 12:01 am on the first instructional day of the calendar week and ending at the close of instruction on the last instructional day of the calendar week, excluding holidays.

Four-Year Rule

- Students have four consecutive years of eligibility once they enter the ninth grade, or three consecutive years once they enter the 10th grade.
  Example: A student may not compete as a freshman and sophomore, drop out for a year, return to school and compete as a junior and senior. Upon return, the student would have one year of UIL eligibility remaining. A student who missed a year due to inadvertent circumstances may apply for a waiver. See Section 463 of the UIL Constitution and Contest Rules.

Credits

Students must have the required number of credits for eligibility during the first six weeks of school (5 entering 10th; 10 entering 11th; 15 entering 12th). Grades are not applicable at the end of the school year because all students are academically eligible during the summer recess. The number of credits earned or academic promotion from the previous grade level in grades nine and below determines UIL eligibility for the first six weeks of the next school year.

Extra credits: Extra credit or work turned in after the grading period or evaluation has ended may not be considered when determining a student's eligibility except in the case of an "incomplete."

A student participating in UIL activities will be suspended from participation in games after a grading period in which the student received a grade lower than a 70 on a scale of 100 in any academic class (other than an identified honors, dual credit, or advanced class). This suspension continues for three weeks. The grades will be reviewed at the end of each three-week period; the suspension will be removed if the student is passing all classes with a grade equal to or greater than a 70.

****Removal from the athletic program will occur if an athlete is deemed academically ineligible during any *three* grading periods in any school year.**

B. Athletic Age Eligibility

To participate in athletics, at the high school level, an athlete cannot have reached his/her 19th birthday before September 1.

To be eligible to participate in athletics on the junior high level, the following local and district rules shall be followed:

1. 8th grade – A student cannot have reached their 15th birthday before September 1.
2. 7th grade – A student cannot have reached their 14th birthday before September 1.

4. Absences and Make-ups:

A. If an athlete is going to be absent from the athletic period or practice, they must call or let their coach know prior to their absence.

B. If an athlete notifies ahead of time, this will be deemed as an excused absence. An in-season athlete will have make up work based on that sport's policy. An off-season athlete's make-up will be appropriately decided by the off-season coach. An excused absence - An issue that cannot be avoided. (emergency; sick with fever; funeral; death or illness in the family; or deemed acceptable by the coach)

C. If an athlete does not notify ahead of time, this will be deemed as an unexcused absence. An in-season athlete will have make up work based on that sport's policy. An off-season athlete's make-up will be appropriately decided by the off-season coach. If an athlete has (3) unexcused absences from Athletics (including off-season) or a sport for a school year, they can be removed from the Athletic Program.

D. Any athlete who has excessive absences (coach's discretion) may be dismissed from the athletic program.

E. School attendance is required to participate in practice. (The only exception allowed is a valid doctor's note).

F. If a Doctor's appointment is scheduled on a contest day, a doctor's note must be presented to the coach in order to compete in that day's contest.

5. Athletic Equipment Policy:

A. No school equipment will be taken home without a coach's permission.

B. An athlete is responsible for all equipment checked out to him\her, and it must not be abused.

C. Athletes will face punishment or be charged for lost or stolen equipment.

D. Students are not eligible for any end-of-year athletic awards and graduation exercises may be prohibited if equipment and uniforms are not returned to NCCISD.

6. Sharing of Athletes:

A. An athlete may participate in any sport they wish, as long as they have met the standard set forth in this code concerning behavior and conduct. Skills tests may have to be performed in order for athletes to compete from week to week.

B. Coaches will not try to persuade anyone to specialize.

C. U.I.L. activities will take precedence over any practice or contest that is not U.I.L.

D. U.I.L. contests will take precedence over practices.

E. District contests will take precedence over non-district contests.

F. Play-off contests will take precedence over non-play-off contests.

G. The AD will have the final decision where an athlete will compete if there is a standing conflict between sports.

7. Injuries:

NCCISD does not employ a full time athletic trainer. Trainers are present at some athletic events and may help with injuries when available. In the absence of a trainer, coaches are well versed in first aid, and can give valuable advice before going to the doctor. Please keep coaches well informed regarding athletic injuries and medical care.

8. Travel:

A. 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 can result in suspension from the next contest.

B. All athletes must travel to and from contests in transportation that is provided by the school. Parents must sign their child out with provided sign-out sheet if they are taking their child from the contest. The only exceptions are:
   1. Injury or illness to a participant which would require alternate transportation.
   2. Prior arrangement between the coach and parent/guardian to ride with the parent only. Students will not be allowed to ride with someone who is not their parent or guardian, unless they get prior approval from the coach and the principal.

C. At times, athletic opportunities provide for teams to take overnight, extended trips. The experience of travel, and the opportunity to compete, makes these events valuable to the overall, high school experience. Student athletes are representatives of Nueces Canyon High School, and as such, carry a great deal of responsibility when teams travel. Best behavior is mandatory. Curfews and room assignments will be enforced. All school and team rules apply when traveling, and violations of these rules carry disciplinary consequences. Parents may be required to retrieve violators during overnight stays. Athletes who violate this policy may not be allowed to participate or travel as part of the consequences. Students will be held financially responsible for any damages they cause.

9. Dress Code:

A. All athletes must be groomed and dressed appropriately.

*Hair must be in compliance with the Student Code of Conduct. Hair color must be that of a natural hair color. No mohawks, fohawks, designs, rat tails, or any other hair style that would draw attention away from the rest of the team.
*No body piercings. Boys are not allowed to wear earrings at any time. Girls should remove earrings for competition.
*Boys must be cleanly shaven at all times.

*All athletes will be dressed appropriately at all times, including during travel.
* Distracting and/or inappropriate tattoos may not be visible while in uniform.

10. General Policies:

A. Athletes are never profane in their speech.
B. Athletes are respectful to all teachers, coaches, and game officials, and never insubordinate.
C. Athletes are always prompt.
D. Athletes are students first. If they get in trouble in school, they will be in trouble in athletics.

11. ISS Policy:

Any athlete earning ISS will be suspended from participating in contests while they are in ISS, or for one (1) contest following the completion of ISS. Any athlete earning three (3) ISS placements in a school year may be dismissed from the athletic program.

The athlete may remain in athletics (without participating in sports the remainder of the year) if they run 10 miles in 5 school days either before or after school, and receive no more ISS placements for the remainder of the year. This must be supervised by a coach.

12. Removal and Non-Completion of Sports:

A. No athlete will be allowed to quit a sport and begin another sport without mutual consent of both coaches involved.

B. A 48-hour grace period will be allowed for an athlete to rejoin a sport upon quitting to give the athlete time for reflection. However, any missed practices will be treated as an unexcused absence.

C. Athletes can try a sport on a two-week trial basis at the beginning of the season. If during that time, they choose to quit a sport, they can quit without penalty. However, athletes cannot enter a sport late without completing the make-up regimen for "Re-entry Athletes "on page 10.

D. Completion of the sport's season is required in order for the student to be eligible for a letter or other individual or team awards. Students must compete in a sport and finish a season to remain in athletics. If a student presents a doctor's note that prohibits competition for an extended period of time, a student may be dismissed from athletics and travel may be restricted.

E. Any athlete competing in any sport must participate in off-season the semester prior to their sport, unless they are newly enrolled.

F. If an athlete is not newly enrolled, but new to NCCISD Athletics, they must complete a semester of off-season.

G. All athletes competing in the sports programs must be enrolled and attending the in-school Athletic period. Students in athletics must compete in a sport.

H. If an athlete is removed from Athletics due to three (3) academic failures, they must remain out of Athletics the remainder of the semester and perform the "Re-entry Regimen". Upon completion of the regimen and all passing grades, they may re-enter Athletics.

I. If a student voluntarily removes themselves from the Athletic Program (quits Athletics), the student's parents/guardians must be notified, and the Athletic Director must notify the office of a schedule change. If a student wants to get back into the Athletic Program after quitting, he/she must go through a semester of off-season without playing sports, and complete the "Re-entry Regimen".

13. Re-Entry to Athletics:

Any student who was in Athletics, got out of Athletics, and wants to get back in Athletics, will have a set of rules to follow upon admittance.

"Re-Entry Regimen" -

A. Run 10 miles in 5 school days either before or after school. This must be supervised by a coach.
B. No participation in contests for 1 semester.
C. Be in good standing with the school (Academic & Athletic) for 1 semester.

14. Social Media Policy:

Playing and competing for Nueces Canyon CISD is a privilege. Student-athletes at Nueces Canyon are held in the highest regard and are seen as role models in the community. As leaders you have the responsibility to portray your team, your school and yourselves in a positive manner at all times. Sometimes this means doing things that are an inconvenience to you, but benefit the whole team.

Social Media sites have increased in popularity globally, and are used by the majority of student-athletes here at Nueces Canyon in one form or another. Student-athletes should be aware that third parties including parents, faculty, future employers and school officials could easily access your profiles and view all personal information. This includes all pictures, videos, comments and posts. Inappropriate material found by third parties affects the perception of the student-athlete, the athletic department and Nueces

Canyon CISD. This can also be detrimental to a student-athletes future employment and college options.

Examples of inappropriate and offensive behaviors concerning participation in online communities may include depictions or presentations of the following:

- Photos, videos, comments or posts showing the personal use of alcohol, drugs and tobacco.
- Use of explicit language.
- Photos, videos, and comments that are of a sexual nature. This includes links to websites of a pornographic nature and other inappropriate material.
- Pictures, videos, comments or posters that condone drug-related activity. This includes but is not limited to images that portray the personal use of marijuana and drug paraphernalia.
- Content online that is unsportsmanlike, derogatory, demeaning or threatening toward any other individual or entity.
- Derogatory comments against race and/or gender

Unacceptable, violent or illegal activities (examples: hazing, sexual harassment/assault, gambling, discrimination, fighting, vandalism, academic dishonesty, underage drinking, illegal drug use).

(See minor and major offenses in this handbook for consequences)

Social Media roles apply to student athletes as well as parents / guardians of student athletes. Students and parents will be made aware of the Social Media Policy within this code at the beginning of the school year or when their child enrolls in athletics. Inappropriate social media posts will result in the following consequences:

1st offense:	Student / Parent Conference and a two (2) week OR two (2) contest suspension
2nd offense:	Removal from the current sports / Spirit season
3rd offense:	Removal from athletics for a calendar year

15. <u>Student Hazing:</u>

The Nueces Canyon Board of Education will not tolerate hazing by any individual or group associated with the school system. Hazing includes, but is not limited to, subjecting another student to physical injury or assault as a part of membership to any organized athletic team or group or playing abusive or ridiculous tricks upon a student to frighten, scold, beat or harass him/her as part of an initiation for an organized athletic team or school group.

It is the policy of Nueces Canyon Board of Education that hazing activities of any type either on or off school property, by any student, staff member, group or organization affiliated with this school unit shall be prohibited at all times. No administrator, faculty member, coach, volunteer or other individual associated with the school system shall encourage, permit, condone, or engage in hazing activities. This policy applies to any student who is on school property, in attendance at school or at any school sponsored activity, including summer camps, or to any student whose conduct at any time or place has a direct and immediate effect on maintaining order and discipline in the schools.

Violation of this section may result in discipline including, but not limited to, suspension or removal from the athletic team or school organization, short term or long term suspension, or expulsion, as allowed by law. Placement in an alternative educational setting may be made instead of suspension.
(See minor and major offenses in this handbook for consequences)

16. Steroids:

The Nueces Canon CISD athletic Department does not condone the use of prohibited substances such as steroids, not support the use of other over-the-counter supplements which contain artificial or naturally occurring substances that increase heart rate, blood pressure, or promote unhealthy muscle tissue growth.

17. Drug Testing:

To ensure the health and safety of our student athletes and others who participate in extracurricular activities, we have implemented a random drug testing program. At the time your child expresses an interest in participation in an activity subject to the drug-testing program, you and your child will receive complete information about the program, which is a requirement for participation in affected activities. Please contact the high school principal if you would like more information about this program or see policy FNF (LOCAL).

Any trained certified school employee who has reasonable suspicion, based upon personal observation, that a student has used or is under the influence of a prohibited substance while at school or a school-related activity will complete a referral form and discuss his or her suspicions with the principal. Any non-certified school employee who has reasonable suspicion, based upon personal observation, that a student has used or is under the influence of a prohibited substance while at school or a school-related activity will bring this observation to the attention of a trained certified school employee who will then decide if

he or she agrees with the initial assessment. If so, the employees will proceed with the referral to the principal.
The principal will review the evidence supporting the reasonable suspicion referral and decide if it is sufficient to proceed. If so, the principal will observe or question the student to determine if a drug test is warranted.

If a test is warranted, he or she will contact the student's parent or guardian and take the student to a designated collection person where the student will be asked to provide a urine sample under chain-of-custody for testing. If steroid use is suspected, the principal will make arrangements for the student to be examined, at district expense, by a physician familiar with steroid use.

If the student or parent refuses the test or examination, the principal will consider the refusal to be the same as a positive test and will proceed with disciplinary measures in accordance with the Code of Conduct.

If the student produces a urine sample for testing, the principal will, based upon the evidence and circumstances, return the student to class or assign the student to in-school suspension, pending the results of the drug test.

A. Rationale for Student Drug Testing:

The Board encourages students to participate in school-sponsored extracurricular activities, but believes the opportunity is a privilege offered to eligible students on an equal opportunity basis. The use of alcohol or other drugs by students participating in these activities presents a hazard to the health, safety, and welfare of the student participant.

B. Definition:

"School-sponsored extracurricular activity" means, without limitation, all interscholastic athletics, cheerleading, drill team, academic clubs, special interest clubs, musical performances, dramatic productions, student government and any other activity or group that participates in contests, competitions, or community service projects on behalf of or as a representative of the District.

C. Required Testing:

To be eligible to participate in any school-sponsored extracurricular activity, students in grades 7-12 must agree to participate in a drug-testing program that includes a mandatory test of all participants at the beginning of each semester and random testing during the school year.

D. Use of Results:

The results of any drug test administered under this policy will be used only to determine eligibility for the participation in school-sponsored extracurricular activities. No actions will be taken by the school against the student other than suspension from participating in extracurricular activities and substance abuse counseling as outlined below.

E. Confidentiality:

Results must be kept confidential and disclosed only to the student, his or her parents/guardians and school officials designated by the Superintendent. Results will not be kept in student files.

F. Prohibited Conduct:

Student participants in school-sponsored extracurricular activities must not at any time during the school year use, possess, sell, distribute,
or be under the influence of any illegal drug, anabolic steroid, alcohol or abuse prescription drugs in any manner such as obtaining without a prescription, used in an amount that exceeds the medically recommended therapeutic dose.

G. Consent Form:

Student participants must sign a consent form agreeing to participate in the drug-testing program. The consent form must be signed by the student's parent or guardian before the beginning of the school year, semester or specific activity. Consent forms are valid for the current school year only and must be renewed annually in order for the student to continue participating in school-sponsored extracurricular activities.

If the student or parent/guardian refuses to sign the consent form, the student will not be permitted to participate in school-sponsored extracurricular activities.

H. Testing Procedures:

A licensed medical facility or third party administrator selected by the Superintendent and approved by the Board will conduct all testing for the presence of drugs in student urine samples. Hair sample testing may be substituted under conditions determined by the Superintendent with the advice of the third party administrator personnel. The Superintendent is the program manager who will administer the program with the selected drug testing provider.

Substances specifically tested for will include substances that are illegal to buy, possess, use sell or distribute under state / federal laws and alcohol. Prescription drugs will be tested for also. The substances included are marijuana, cocaine, methaqualone, benzodiazepines,

phencyclidine (PCP), methadone, barbiturates, propoxyphene, amphetamines, opiates (metabolites of any of these substances), and performance enhancing substances.

Samples will be taken under conditions that are no more intrusive to students than the conditions experienced in a public restroom. The Superintendent, in cooperation with the selected drug testing provider, will develop administrative regulations for collection and testing.

Any student who refuses to be tested or tampers with or assists others in tampering with any sample will be treated as though they had tested positive.

I. Initial Tests:

ALL students desiring to participate in school-sponsored extracurricular activities will be tested prior to being allowed to start any activities or practices provided students have received a notice that drug testing is an integral part of our student safety program Specific times that testing will be done are: at the beginning of the school year, semester or specific activity. Testing will occur at a time, place and date scheduled by the Superintendent in cooperation with the testing agency and without prior announcement.

J. Random Tests:

Random tests will be conducted from time to time during the school year or semester. At least 5 percent and not more than 40 percent of the students participating in school-sponsored extracurricular activities will be randomly selected for each test period and each school year will have up to 18 test periods.

Students will be divided into two pools, one for students whose sport or activity is “in-season” and one for students whose activity is “off-season.” Students who participate in more than one sport or activity at the same time will be in only one pool for random drug-testing purposes. The principal, coaches, sponsors of activities and superintendent will determine the percentage of students in each pool to be tested at each testing period.

The drug testing provider, using random selection methods, will generate a list of numbers for each testing period. Students selected to be tested at one testing period will be eligible for future testing periods.

Students will not be notified in advance of any drug test. When selected for testing, students will be escorted to the school’s test site by a school employee and remain under supervision until a sample is provided. If a student is in school and fails to report for testing at the appointed time, he or she will be removed from school-sponsored extracurricular activities. The student can only be reinstated after they have resigned a drug testing consent form and passed an initial drug test.

K. Admission by Students:

Students who make an admission of the use of any illegal substance to District employees will be treated as a positive drug test. The District employee is required to submit a written report of the admission to the Superintendent immediately. The Superintendent will investigate the admission and if warranted proceed with the sanctions listed in this policy.

L. Positive Test Results:

1. All positive results will be confirmed by a second, more definitive screening to confirm the results. This will be completed before it is reported as a positive test. When a sample is reported as a positive test result, the following steps will be taken:
2. The superintendent will notify the principal of the results.
3. The principal will notify the student's parents / guardians, the student, and the activity sponsors of the activity affected. The principal will inform the parents of their opportunity to respond to the positive test and schedule a conference.
4. At the conference, the principal will give the student and parent a copy of the test results and provide them the opportunity to explain the results. Parents will be informed of the fact that they have 48 hours to request, in writing, a retest of the original specimen to confirm the results. The remaining specimen will be forwarded to a SAMHSA certified laboratory of the parent's choosing, using NCCISD chain of custody procedures. The results of the retest shall be considered definitive.

M. Sanctions– After the First (1st) Confirmed Positive Test Are:

1. The student and parents/guardians shall participate in a mandatory meeting required with the campus principal.
2. The student shall be suspended from participation in activities for three weeks or three scheduled competitions.
3. The student shall retest during the next three random testing periods.
4. The principal shall recommend that the student enroll in substance abuse counseling.

N. Sanctions – After the Second (2nd) Confirmed Positive Test Are:

1. The student shall be suspended from all activities for a calendar year and his or her name shall remain in the random drug testing pool.
2. The student must successfully complete, at the parent's / guardian's expense, an approved drug education/counseling program.
3. The student, at the end of the calendar year, shall be subject to a minimum of 3 monthly drug tests administered by the NCCISD drug testing facility only, and must

test negative on each one. The first of these three tests shall be at the District's expense. The other two tests shall be at the parent's guardian's or student's expense, which shall be prepaid. After three consecutive negative drug tests, the student shall be reinstated into the random pool, and shall be subject to further testing under the terms of the random program.

O. <u>Sanctions – After the Third (3rd) Confirmed Positive Test Are:</u>

For a third offense, the student shall no longer be eligible to participate in extra-curricular activities.

APPEAL: A student may appeal the permanent removal from participation under this policy to the Board by filing a written notice with the Superintendent within five school days of the notification of permanent removal. The student shall remain ineligible pending the appeal.

18. <u>Minor Offenses:</u>

The offenses below will be dealt with on an individual basis by the Athletic Director and/or in-season coach. Repeated violations of these rules may lead to the suspension or dismissal of the participant at the Athletic Director and coach's discretion.

A. Excessive absences from workout or school
B. Unexcused absence from workout or school
C. Tardiness to work-out or school
D. Profanity
E. Misconduct in class
F. Inappropriate dress, hair, or jewelry
G. Inappropriate conduct at a school sponsored activity
H. Equipment damage, misuse, or lost equipment
I. Unsportsmanlike conduct
J. Conduct unbecoming of a team player

19. Major Offenses:

The following offenses will result in a two (2) week suspension of contests for the first offense, dismissal from the current or next sport season for the second offense, and dismissal from the program for the third offense. The two week period will begin upon notification to the student from the school. The dismissal will be for the rest of the school year. Any attempted readmission into the program must be approved by the Superintendent, Principal, and Athletic Director.

- Use or possession of tobacco, vapes, alcohol, or drugs. (Drugs may warrant a referral for further testing) This includes but is not limited to MIP and DWI charges reported to the school by authorities.
- Theft or malicious destruction of any school or individual's equipment or property.
- Any athlete charged with a felony crime will be suspended until after their trial is over and then will be allowed back into the program if it is deemed to be in the best interest of the program.
- Misuse or abuse of electronic devices, including inappropriate social media posts.

Minor and Major offenses will be expunged after each school year. This is separate and not a part of the district drug testing policy.

DISCLAIMER:

This policy handbook serves as a *guide* to answer questions that may come up during the school year. Each situation will be handled on an individual basis, keeping in mind the best interest of the student and athletic program.

NCCISD Athletic Injury Policy

It is the athlete's responsibility to report to the coach all injuries and illnesses as soon as possible.

If an illness / injury occurs that is non-life threatening, the athlete shall report immediately to the coach. If the injury is not reported to the coach and a physician is consulted, a note from the physician is required for return to competition. If the athlete needs to see a physician, the parent will make necessary arrangements.

In the event of a serious medical emergency during school sponsored athletics, the coach or administrator on duty will contact EMS.

Emergency Medical Services will be contacted during games or practices in the event of a serious injury.

If a student withdraws himself or herself from practice and / or competition without consulting a doctor, a physician's release may be required. Parents may also withdraw a student from practice and / or competition with a signed note for a reasonable amount of time (to be determined by coach).

A physician's protocol must be communicated to the Athletic Director and Coach in writing.

All coaching staff will follow the physician's protocol for as long as required. A student with a prolonged or recurring injury or illness will be required to meet with the coach and Athletic Director to determine future status in athletics.

NCCISD provides ONLY supplemental insurance for all athletes. The family's primary insurance will be used first with NC insurance being secondary. Forms will be provided by the athletic director as soon as possible after the injury.

Athletes are still required to suit out and participate and compete as much as possible, staying in compliance with their physician's care.

Upon completion of the physician's regimen, a doctor's release is required, or the next level of care instructions are required.

A designated coach will maintain frequent contact with parents regarding any athletic injury.

Local EMS will be provided at all home football contests. Prior to travelling to a competition away from NCCISD, the athletic director will call to make sure that Emergency Medical Services will be provided. If emergency medical services are not available, NCCISD and the opposing school will contact an athletic trainer. If necessary, the Athletic Director will develop an emergency plan noting contact information for the nearest medical professionals and facilities, to include the transportation process.

A parent is not able to release a student while under a physician's care. Release must be provided by a physician.

Under no circumstances shall the Coach allow a student athlete to practice / compete when a no-play decision has been made by a physician.

The number one priority of the NCCISD athletic staff is the health of the athlete. If it is unsafe for the athlete to participate, or it is deemed further play will result in further injury, an athlete will not be allowed to play.
In the instance of a concussion, NCCISD athletes and coaches must follow the University Interscholastic League Concussion Protocol.

NCCISD SPIRIT CODICIL

JUNIOR HIGH / HIGH SCHOOL MEMBERSHIP:

A. A. One varsity squad consisting of a maximum of eight (8) freshman, sophomore, junior, or senior students. If there are eight or less qualified for tryouts, the squad will be made up of those eligible and tryouts will not be held;

B. One junior high squad consisting of six (6) members selected from the seventh and eighth grade. If there are six or less qualified for tryouts, the squad will be made up of those eligible and tryouts will not be held;

C. One varsity panther mascot- either a freshman, sophomore, junior or senior student;

D. All Cheerleading squad members and mascot will be selected through an equitable election process consisting of the following: an unbiased professional judge only. The top eight scores will be the squad members.

E. One head cheerleader for the varsity squad chosen from the eight (8) squad and mascot individuals. The sponsor will designate head cheerleader.

F. Additional members may be admitted and allowed to fill regular squad positions as they reach performing proficiency, vacancies occur, or temporary positions in the event a regular cheerleader is unable to perform his/her cheerleader duties. The addition of members will be at the sole discretion of the Cheerleader Review Board.

Tryout Qualifications:

A. Any candidate who has been ineligible three six-weeks of the school year will be disqualified from cheerleader try-outs;

B. Beginning September 1, 2006, any candidate who has failed one semester in any course of the school year will be disqualified from cheerleader tryouts.

C. Have written permission from parents to compete in tryouts and to perform the duties of Cheerleader/Mascot, if elected;

D. Cheerleader/Mascot candidates must attend all workshops, practices, etc. unless excused in advance by the sponsor;

E. Cheerleader/Mascot candidates must commit to attend cheerleader summer camp or similar type facility as designated by the Cheer Sponsor;

F. Cheerleader/Mascot candidates Students with excessive absences (10 or more per semester), as deemed by Attendance Committee, may be disqualified;

G. Any or all financial responsibilities with NCCISD shall be paid in full prior to try-outs.

H. Cheerleader/Mascot candidates must maintain passing grades as required by U.I.L. eligibility rules in order to perform or participate in Cheerleading activities.

I. Beginning September 1, 2006, any student who has been selected or elected previously as Cheerleader/Mascot, but has either voluntarily resigned or been dismissed from the squad will be ineligible for tryouts unless the resignation was due to circumstances beyond the candidate's control.

Cheerleader Qualifications:

A. Cheerleaders/Mascot must maintain passing grades as required by U.I.L. eligibility rules in order to perform or participate in Cheerleading activities.

B. Elected Cheerleaders/Mascot must attend cheerleader summer camp with their squad as designated by the Cheer Sponsor. This includes camp with their designated squad, mini cheer camp, and junior high cheer camp. Any elected squad member failing to meet this requirement may be permanently dismissed from the squad.

C. Cheerleaders/Mascot must abide by all rules and guidelines in this document.

Head Cheerleader Duties

A. To ensure that the agenda and theme of each pep rally is given to the sponsor Tuesday before the pep rally;

B. To coordinate outfits, props, etc. that are needed for pep rallies and/or games;

C. To be sure of game times and to ensure that all cheerleaders are present and on time;

D. To call a meeting of the cheerleaders, with sponsor approval, when necessary;

E. To see that all areas, supplies, etc. are in order after practices, sign painting, or any other group activities;

F. To arrange necessary hospitality to all visiting teams.

Uniform and Equipment Regulations:

A. Uniforms are to be purchased by the individual cheerleader with the approval of the sponsor;

B. Uniforms should receive excellent care for satisfactory public appearance;

C. Cheerleader/Mascot should arrive at games dressed in complete and proper uniform;

D. Each Cheerleader/Mascot is responsible for the uniform that is worn on game days and other authorized occasions. If the cheerleader is dismissed, he/she is not allowed to wear the uniforms to school at any time. Also, if the cheerleader/mascot is dismissed, he/she will not be allowed to take pictures in any cheerleading/mascot uniform. Dismissed cheerleader/mascot will not appear in any group pictures in the current school yearbook;

E. Expenses for uniforms, camp and other incidentals will exceed $1,000.

Practices:

A. After School Practices Cheerleader practices will be called for, as deemed necessary, by the cheerleader sponsor, and the head cheerleader. Ample notice will be given so that the cheerleaders can make the necessary arrangements.

B. Summer Practices: The sponsor and the head cheerleader, prior to the dismissal of school, will set up specific dates for summer practices. This summer practice schedule will entail the cheerleader spending part of the summer involved in various cheerleader activities. Absences during the practices will be excused for the following reasons:

1) Death in the family
2) Illness

If the squad member fails to notify the cheer sponsor prior to their absence, it will automatically be counted as an unexcused absence, unless there are circumstances beyond the control of the cheerleader/mascot. If a cheerleader has two or more

unexcused absences from practice, he/she will not cheer during the game or take part in any pre-game preparations (pep rallies, skits. Etc.)

FOR ADDITIONAL INFORMATION ON ATTENDANCE, please see the “Absences and Make-ups” section on page 10.

Acknowledgement of NCCISD Policy

I have received and read the 2026-2027 Nueces Canyon Athletic / Spirit Code of Honor. I understand that in order to participate in athletics in the Nueces Canyon CISD I must comply with the policies stated in the code of honor.

Parent Signature:_____ Date:_____

Athlete Signature:_____ Date:_____

General Information: (Please Print)

Student Name:_____

Parent Name:_____

Address:_____

City:_____State:_____Zip:_____

Phone Number: (Home)_____(Cell)_____

E-Mail Address:_____