Nazareth Independent School District
Extracurricular & Training Rules

RATIONALE:
Each student who represents Nazareth Independent School District in an extracurricular activity, student organization, or student club is seen as a representative of the district; consequently, high expectations for good behavior have been established. Furthermore, each student is responsible for his/her conduct at all times during the school year as well as during those times when school is not in session, but the individual's activity is still engaged. This applies whether on or off school property.

The following extracurricular discipline management plan is designed to establish high expectations/standards for students who choose to participate in extracurricular activities and or student organizations. Our hope is that extracurricular activities:

• Improve the performance of each individual student: thus, contributing to the overall success of the team, and

• Allow the student to serve as a role model to his/her peers; whether they are the same age, younger or older.

Students who participate in such activities and organizations gain a better respect for self, others, and property, as well as self-discipline, trust and acceptance of responsibility for choices made. This management plan requires a commitment from students, parents and school personnel as well as a proactive approach to prevention and assistance. This plan includes conduct that occurs away from school, school functions, activities, and events. This plan applies 24 hours a day, 7 days a week, during the entire school year or until the activity/organization has ended for the year, (whichever is longer) for all NISD students participating or scheduled to participate in these activities.

The prohibitions and expectations provided in this manual are set as a baseline for expected behaviors and therefore a coach/sponsor may implement stricter rules for his/her participants; however, they may not be more lenient than what is described below.

For minor infractions or infractions that are not conducive to the development of a model student, the sponsor shall use his/her own discretion in disciplining behavior. The following violations may result in additional practice time and/or loss of playing time:

- *Out past curfew*
- *Disruptive behavior*
- *Excessive tardies*
- *Unacceptable conduct*

Any athlete who uses social media, including, but not limited to, Facebook, X (formerly Twitter), cell phones, texting or emails, to transmit words or images that are vulgar, obscene, threatening, lewd, or harassing, whether on or off school property, may be subject to disciplinary action by the coach. These disciplinary actions may include, but are not limited to, suspension for part or all of a game(s), and removal from the program for the rest of a season or permanently.

Curfew rules:

- Weekdays - be at your home by 10:00 p.m.
- Night before a game - be in bed by 10:00 p.m.
- Weekends - be at your home by 12:30 a.m.—*Exceptions (with prior approval)*
- Night of a school function - 1:00 a.m.
- You are working at a paying job.

Student violations may be transferred to the next program with the student's participation if at the end of the season/activity.

- *Use of alcohol or drugs will not be permitted.*
- *Use of tobacco products in any form will not be permitted.*
- *Use of a vape device.*
- *Athletes must make up all missed workouts as well as missed assignments.*
- *Rules apply to ANYONE while participating in athletics during the year.*

Use of Alcohol, Tobacco or Drugs Consequences:

First Offense: One game, meet or activity suspension; 1000 word essay on an assigned topic; and:

Athletic: Three miles a day for a total of **25** miles. If three miles are not completed each day, additional game suspensions will result.

Other: Ten (10) hours of approved and documented community service.

Second Offense: Two game, meet or activity suspension; 10 minute research supported speech presented to the team on an assigned topic; and

Athletic: Three miles a day for a total of **50** miles. If three miles are not completed each day, additional game suspensions will result.

Other: Twenty (20) hours of approved and documented community service.

Third Offense: Dismissed from all extracurricular activities for the remainder of the school year. **In order to participate the following year:**

Athletic: **Three** miles a day for a total of **100** miles; a **1000** word essay assigned by the sponsor or administrator; and 10 minute research supported speech presented to the team on an assigned topic.

Other: Forty (40) hours of approved and documented community service; a 1000 word essay assigned by the sponsor or administrator; and 10 minute research supported speech presented to the team on an assigned topic.

*Fourth Offense: Board/Superintendent Review; consequences established at the review.

** The student will continue to practice with their organization but will not be allowed to participate in any contest until after the suspension period has been completed.*

*** UIL Academics, FFA, 4-H, cheerleader or any other student participant, who is also an athlete, will defer to the consequences of the athletic department.*

**** All consequences must be done under the direct supervision of the coach or sponsor*

***** If a student quits mid-season, they must complete the first offense of a training rules violation before entering another sport*

******Unfinished consequences must be completed before eligibility is gained.*

Explanations: What if a student breaks two or more of the rules on the same night? Ex. TWO offenses have been committed - Discipline will be administered under the guidelines for a SECOND OFFENSE.

SPRING SPORTS AND FFA/4-H

General Guidelines

- All students may choose to participate in any of the active sports (Baseball, Track, Tennis) offered by Nazareth ISD:
    - Golf will not be practiced during the time allotted for track, tennis, or baseball if the student is also participating in one of these activities.
    - Golf will not be practiced during school hours or at the school. Students participating may practice any time that does not conflict with the other activities they are involved in.

- Nazareth athletes are not permitted to miss practice time or competitions for any outside event or instruction not affiliated with Nazareth ISD. If this occurs the absence will be counted as unexcused and handled by the coach(es) of the sport(s) affected.

- In order to help students be successful, the coaches are committed to working together to develop weightlifting and practice schedules where student athletes are allowed appropriate practice time for their activities.

High School and Junior High Off-Season

When not participating in a sport/activity that is in season, and after all competitions are completed, students will take part in the Off-Season program as designed by the coaches, which will include a combination of strength training, agility, conditioning, and skills development for specific sports.

NAZARETH ISD ATHLETIC EXPECTATIONS

Practices and Games

- Practices and games are important to each team's success and are mandatory for an athlete to participate in the athletic program.

- Except in the case of illness or injury, a player should not be tardy or absent from a practice without prior communication with his/her coach.

- The individual coach will handle excused & unexcused absences from a practice. Each coach will have a written policy stating how this will be handled for all athletes in their respective program.

- A student-athlete who has been injured and is under a physician's care must bring a statement from the physician that the student-athlete is ready to return to practice and/or game participation. Any limiting condition must be clearly stated in the letter. This is for the protection of the student athlete.

- A student must be at school for at least four periods to be able to participate in an extracurricular activity that day. Prior approval from the coach and principal is required for extenuating circumstances such as a documented medical appointment (with proper documentation upon return) if a student leaves school and will miss more than four periods, or in the case of a family emergency.

Sportsmanship

- Nazareth School athletes are expected to exhibit the highest level of sportsmanship at all athletic events; home and away, accepting wins and losses with humility. Nazareth School athletes & coaches do not curse, "trash talk" or use profane language. A player who is guilty of breaking this rule will be benched for a period of time or may be suspended from the team.

- Any athlete who is ejected from a game due to unsportsmanlike conduct will serve a one game suspension. If at the time the player is removed from a game, he/she outwardly displays a negative response toward the officials or coaches for the action taken, he/she will meet with the coach and the Athletic Director.

- If at the discretion of the Athletic Director, the Administration, or head coach, an athlete's play or attitude displays a direction which is contrary to the mission of the athletic program, the parents will be contacted for a conference. If the behavior continues, he/she will be removed from the team.

In-School Suspension, Out-of-School Suspension, and DAEP

Students who receive ISS, OSS, or DAEP cannot resume practice/competition until he or she has been back in regular classes for one day.

Students who are involved in Athletics, FFA, and/or Robotics will miss the next scheduled meet, game, or competitive event.

The Role of Parents

Interscholastic athletics offers an opportunity for increased school spirit, improved pride in institutional association, and an occasion for family involvement. With full recognition of and respect for parental responsibility it must be kept in

mind that for athletic participation, parents have delegated the responsibility and authority for the young person to the coach. It is reasonable to expect that any parent who has permitted his/her young person to come out for a team should be supportive of the coach. In order for parents to teach respect for authority, the parents must model that respect themselves. The following guidelines are given to encourage parental support of the coach and the athletic program.

- Parents need to respect the rules and decisions made by those in charge, staying positive about every aspect of the team and coaches. Parents are welcome to ask a coach for a meeting or to ask a question, but simply airing negative opinions to others (including one's children) should not be done. Parents should never approach the coach or their child on the bench during the game, at half- time or immediately after a game prior to the post-game team meeting. Parents should never enter the locker room. Proper deference should be shown toward the coach by scheduling an appointment with him/her to discuss concerns in private when he/she can offer his/her undivided attention.

- Parents shall respect other fans, coaches and players. It is not appropriate for Nazareth School fans to confront officials, fans, coaches, or players. Nazareth ISD will have a school official at all home games to handle any inappropriate actions or comments. Parents can be removed from UIL athletic events for a game or a season for inappropriate behavior.

- Parental coaching "from the stands" can only be detrimental to the progress of the athlete or team. A coach needs the full attention and concentration of his players. Uninvited parental intervention during these times is a serious distraction and is detrimental to the program.

How do parents get their questions answered or give input?

Those parents desiring to have input or have questions answered should use the proper sequence of communication. Whenever possible, the first line of communication needs to be between the athlete and coach. A large part of the educational experience of participating in athletics is the teaching of responsibility. It is important for parents to encourage their child to assume the responsibility of communicating concerns with their coach.

The second line of communication needs to be between the parent and the coach. Conferences will not be scheduled on a game day. Conferences need to be scheduled, and the conversation needs to stay about the individual child (not other team members) and the concern at hand. Playing time for individual players and coaching strategies will not be discussed.

The third line of communication should be with the Athletic Director. This meeting may involve the athlete, the coach, and the parents.

If you understand the expectations, we have set forth for our student athletes and parents, please sign on the next page. We thank you in advance for your support.

Nazareth Independent School District
Extracurricular & Training Rules
Student & Parent Acknowledgements

I hereby acknowledge the receipt of the rules and policy outlining extracurricular participation, training rules and expectations. I have read and agree to abide by the standards, policies, and procedures defined or referenced in the extracurricular training rules.

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Student Signature *Date*

As a parent of a Nazareth School participant, I agree to help my child abide by the above rules by cooperating with the Nazareth ISD staff.

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Parent's Signature *Date*