BMS GIRLS ATHLETICS PROCEDURES AND GUIDELINES 2026-2027

PLAYER RESPONSIBILITIES

1. Always be on time or early.
2. Follow all GISD and Benold Middle School's rules and Code of Conduct.
3. Take care of your belongings. Lock your lockers and keep the locker room clean. The school and coaches are not responsible for any personal items not secured.
4. Wear the proper athletic uniform daily, no jewelry, hair tied back. Wash your uniform!
5. Set **high behavior standards** for yourself. Athletes should not be given lunch detention, ISS or OSS, and may receive extra conditioning if you do. Be a role model to others. Poor behavior or lack of effort in athletics will also be documented and could result in removal from the program.

*****IMPORTANT*****

**Please read and follow the Georgetown ISD Athletic Handbook (found online at www.georgetownisd.org under Departments>Athletics>Student-Athlete Code of Conduct Handbook

SPORT PARTICIPATION

If a student chooses to be in athletics, then that student needs to contribute to the athletic program through participation in a sport. Cross country and track do not require tryouts. Seventh graders who do not participate in any sport may not be approved to be in athletics in 8th grade. Athletes must see the season through from beginning to end. Seventh and eighth graders are expected to participate in *at least* one sport.

UNIFORMS

Athletes must wear their school issued workout uniform daily for athletics. Personal jackets, hoodies, leggings, or other clothes not issued by Benold will not be permissible, with the exception of leggings worn under shorts during cold weather. Hoodies and pants are not to be worn during warm/hot weather. Not following our athletic dress code may result in extra conditioning. School issued competition uniforms must be worn for competitions. Athletes will be fined for loss of items that were not purchased by the athlete.

CELL PHONE/ PERSONAL DEVICE POLICY

Cell phones:

1. Are **NOT** to be used at competitions. Athletes are expected to watch the games, cheer and support their teammates. This includes when A and B teams watch each other.
2. Should be turned **OFF** and secured in the athlete's locker during the athletic period and during practices.

IT IS NEVER OK TO USE CELL PHONES/PERSONAL DEVICES IN THE LOCKER ROOM

ELIGIBILITY

Students must be academically eligible to participate in athletic competitions. Students can lose eligibility at the first 6 weeks grading period and every 9 week grading period thereafter. Students can regain eligibility every 3 week grading period.

LADY BEAR TRAVEL PROCEDURES

1. Transportation will be provided to and from athletic contests. Athletes are encouraged to ride the bus after a contest. Transportation will not be provided back to Benold when competition is in Georgetown.
2. If an athlete must ride home with another athlete's parent, please provide written or emailed documentation to her coach **in advance, and the athlete must get signed out after the competition**.
3. Any athlete who rides home with her parent from an out of town game must be signed out by her parent.
4. Roll will be taken before departure and return from contests. Failure to follow correct checkout rules can result in disciplinary action.

STUDENT-ATHLETE CONDUCT STATEMENT

Members of the Benold Lady Bear Athletic Program need to conduct themselves in a manner that will bring pride and honor to Benold Middle School, the athletic program, self, and the Georgetown community. No athlete has the right to do or say anything that might hurt, embarrass, or degrade herself, her peers, her teachers, her teammates, her coaches and the opposing teams. Detrimental conduct will be handled with the appropriate disciplinary action.

POSSIBLE PENALTIES FOR INAPPROPRIATE PLAYER CONDUCT

- Physical conditioning (before or after school)
- Behavior contract
- Game or games suspension
- Dismissal from team or athletics class

PENALTIES FOR MAJOR INFRACTIONS TO THE ATHLETIC HANDBOOK:

See GISD Athletic Code of Conduct

CONFLICTS WITH PROCEDURES OR PERSONNEL

This section is included for conflict resolution purposes between player and coach or parent and coach. Any conflict should be addressed in accordance to the following protocol:

1. Student meeting with coaches.
2. Student and parent meeting with coaches at a mutually appointed time **(not after a game or practice)**
3. Meet with a campus athletic coordinator, GISD athletic director or principal at a mutually appointed time.
4. Meet with the campus athletic coordinator and coach at a mutually appointed time.

PRACTICE/GAME ATTENDANCE POLICY

1. **Excused Absence:** an excused absence is one where the player has given prior notification **to their coach** that she will not be able to attend practice. The player must make up the previous day's conditioning upon her return, using our pre-determined make-up workout that includes conditioning and sport specific drills, at a time agreed upon by a coach. An athlete that misses five or more consecutive days of practice will be required to complete five make-up workouts. There are very few reasons to miss a practice, such as illness or major family events (such as a wedding).
2. **Unexcused Absence:** an unexcused absence is one where a player misses practice and has NOT given notification concerning the missed workout. Unexcused absences will result in the player doing conditioning drills in addition to any makeup conditioning.
3. An athlete may be required to sit out of competition if practices are not made up in a timely manner. Habitual absences will cause a loss in playing opportunities and possible dismissal from the team.
4. Morning make-ups should begin at the time of 7th grade practices and afternoon make-ups should start as soon as possible after school is out. You will attend a make-up practice at a time opposite of your normally scheduled practice (i.e. if you normally practice in the morning, your make-up will be after school).
5. Members of any Lady Bear team will attend all competitions. School sport commitments must come before outside activity commitments. If a district game is missed for an outside of school activity, a player will be charged one game suspension for the first game missed and 2 make-up practices for every additional game missed. Playing time will also be affected. If a tournament game is missed for an outside of school activity, a player will need to complete two make-up practices per game.

GEORGETOWN ISD MIDDLE SCHOOL ATHLETIC INJURY POLICY

If a student-athlete is injured and cannot participate in athletics, she may bring a note from a parent or guardian that will be valid **for one day only** or until cleared by our middle school trainer (whichever comes first). After

such time, she must resume participation unless a doctor's note or a note from the athletic trainer is provided. If a student-athlete is recovering from illness, only a doctor's note will excuse a student from participation in class. The note for doctors to fill out can be found on our athletics website. A doctor's note or a visit to the trainer is required for any injury or illness that limits participation in Athletics, which also includes follow up visits. Head injuries must be reported to our Benold athletic trainer and coaches promptly. Injured players are still required to attend team practices and games.

If a student-athlete brings a note from the doctor stating that she may not participate for a certain number of days, she will not be allowed to participate until those days expire or until she has a new note provided from the doctor. A parent or guardian **may not** override a doctor's note. Depending on the injury and at the doctor's discretion, the student-athlete may be asked to participate in activities that do not interfere with the injury and/or seek treatment/therapy from our athletic training room..

Any restrictions placed on the student-athlete for school sponsored sports are also to be followed while that student-athlete participates with their club team (Ex: If you are not allowed to work out with your school team, you must not work out with your club team).

Middle School Training Room:
Lizzy Builta is our middle school trainer and splits time between Benold and Forbes. She will be at Benold daily, *either* in the morning or afternoon. The coaches will have her schedule for athletes who need to visit her.

Please return the Lady Bear parent and athletic acknowledgement below or the one that was sent home with the athlete. We are looking forward to an amazing year in athletics!

Coach Elizabeth Graham, Girls' Coordinator
Coach Caitlin Denison
Coach Kylie Ellsworth
Coach Lauren Sikes

BENOLD LADY BEAR PARENTAL ACKNOWLEDGEMENT

To view the handbook, use the following QR code or visit benold.georgetownisd.org, go to Student Activities > Girls Athletics > Procedures

I/we have read and understand the procedures governing the Benold Lady Bear athletic program. I/we will adhere to the rules and regulations as stated in this document.

_____

Parent/Guardian Name (Printed)

_____ _____

Parent/Guardian Signature Date

_____ Grade ____

Athlete Name (Printed)

_____ _____

Athlete Signature Date