

WELLMAN-UNION
WILDCATS



ATHLETIC
CODE of CONDUCT

Foreword

Because the Board of Trustees and the Administration realize the importance of an excellent athletic program and the value it gives to our students, much careful thought is given to continually improving the athletic program in our school. This handbook has been written with this in mind. It will display our desire to have an overall program second to none. We further feel that such a program should be under constant evaluation, and when needed, changes and improvements implemented.

Athletic activities provide opportunities for teaching sportsmanship, leadership, responsibility, and citizenship. Proper attitudes and a competitive nature should result from participation in a good program. These traits will be invaluable to the individual student who must be able to live in our complex society and meet the challenges of the 21st century.

It must be remembered that a good athletic program must be an integral part of the total school curriculum. Academic achievement must remain the number one concern of the student, the parent, the coach, the teacher, and the administrator.

In proper perspective, participation in athletics develops the bodies and minds of students to greater levels of efficiency. In addition, it gives self-confidence and a sense of accomplishment. Leadership qualities are discovered and developed which are so necessary to the future welfare of our community and nation.

Sincere appreciation is extended to our board of trustees for their dedicated interest and support of athletics. It is our hope that this book will serve everyone who plays an active part in athletics and will be an instrument that answers questions on policy and procedures.

Athletic Program Objectives

1. Promote academic achievement, ethics, attitudes, and goals as integral parts of the athletic program.
2. Develop an overall program that is held up as a standard of quality in West Texas.
3. Provide for a variety of activities that will be attractive to all students who desire the opportunity to excel in competitive sports.
4. Provide the opportunity for all athletes to maximize their skills.
5. Develop athletes who are outstanding competitors in the arena.
6. Develop athletes who are ladies and gentlemen on and off the field of competition.
7. Develop, in all athletes, the desire to represent their school in a manner that will bring honor to themselves and our community.

Athletic Period

The purpose of the athletic period is to develop quicker, stronger, and better athletes. The following items are the components we will develop:

1. *Mental Attitude:* Attitude is the key to success. Therefore, it is most important to our overall program that we stress positive attitudes.
2. *Skills and Knowledge:* Teach proper fundamental techniques and strategies that enhance the overall knowledge of the sport.
3. *Quickness and Speed:* In our agility and plyometric program, we will increase the athlete's ability to move in all directions.
4. *Strength and Flexibility:* Through our strength, weight and flexibility program, we will give our athletes the opportunity to increase their strength and explosive power. Strength and flexibility reduce the risk of injury.

Participation Guidelines for the Athletic Period

- 1. Everyone will suit out daily in the designated uniform.**
- 2. Everyone will be suited out to be in the designated area by the tardy bell.**
- 3. When sick or injured, everyone will be expected to participate to the extent of his/her ability unless excused by a doctor.
(If the parent of guardian feels special consideration needs to be given, please call the head coach of that sport.)**

Athletic Code of Conduct

Every student who desires to be a member of an athletic team at Wellman-Union High School will follow the following rules, procedures and policies:

- 1. Grades:**
 - a. In order to be eligible to compete on an athletic team, a student must pass every subject, every six weeks. If a student is having trouble with a subject, he or she should ask a coach or the teacher of the class for help. Do not wait until it is too late.**
 - b. Athletes with marginal grades are required to attend special tutorials.**
- 2. Training Rules:**
 - a. No tobacco products.**
 - b. No drinking of alcoholic beverages.**
 - c. No drugs.**
- 3. Equipment:**
 - c. Each student is responsible for any and all equipment issued to him or her.**
 - d. All equipment must be returned to the athletic department at the end of the season.**
 - e. Reimbursement for lost equipment must be paid before final exams can be taken.**

4. Practice:

- a. After school workouts will be handled like the athletic period.**
- b. Missing practice will fall into one of two categories; excused or unexcused. To be excused, the athlete or parent must inform the coaches of the absence before practice begins. Family emergencies will be dealt with case by case. Conditioning may be made up at the coaches' discretion. Unexcused misses will constitute not only conditioning, but corrective measures initiated by a coach. Habitual unexcused misses will result in removal from the athletic program.**
- c. School Suspension- We expect our athletes to be the best-behaved students in the school, so any athlete that misses an athletic workout because of ISS, detention, or any other punishment will receive additional discipline upon their return to athletics.**
- d. Purposely deceiving a coach in order to miss a workout could be grounds for immediate dismissal from the team.**

5. Vacations:

- a. Teams cannot be developed to their fullest potential when all members are not present.**
- b. All athletes are required to attend practices scheduled during vacations.**
- c. If an athlete is going to miss a workout for any reason, it is the parent or guardian's responsibility to contact the head coach in advance of the missed workout. Failure to do so will result in disciplinary action. (Disciplinary action may include, but not be limited to, extra conditioning, lost playing time, or game suspension.)**

6. Athletic Trips:

- a. Each athlete is expected to ride to and from the game on the bus. This is an extremely important part of team building and unity. Only extreme circumstances will allow an athlete to ride home anywhere except on the bus. If the athlete is allowed to ride home from the game with a parent or guardian, one of the two following criteria must be met:
 - 1. The parent or guardian personally hands the head coach a note that releases the athlete to him or her.****

2. In the event the parent or guardian is not going to be at the game, then he or she must call the principal or athletic director the day before the game and tell the administrator to whom the athlete is to be released. In addition, the athlete must bring a note the day of the game from that adult stating the same thing in writing. (These rules are designed for the safety of the athlete.)

- b. Athletes are expected to follow the dress code as set forth by the head coach of the sport they are participating in. Remember you are not only representing your team but your school and community as well. Inappropriate attire will result in not traveling with the team.**
- c. The bus will be kept clean at all times. Failure to keep the bus clean will result in disciplinary action.**

7. Discipline Standards for Individual Sports:

- a. High School Sports: The head coach of each individual sport will set additional standards with approval of the Athletic Director**
- b. Junior High Sports: The coach will confer with the high school coach in that particular sport for additional standards.**

8. Alcohol, Tobacco, and Drug Policy:

Participation in athletics requires certain standards that must be upheld and certain sacrifices that must be endured in order to be successful. Athletes must be willing to set themselves apart from activities that will be harmful to themselves or the team. The use of tobacco, alcohol, or drugs will not be tolerated. It is against the law for minors to consume or possess these products and it goes against the athletic program's standards for any athlete to violate this policy.

The following policy will be adhered to concerning the use of these products while a member of the athletic department. This includes the school year and summer vacation. School Punishment will always be first if the incident occurs at school or at a school sponsored activity.

Alcohol/Illegal Drugs/Drug Testing

- 1. First Offense: 25 miles to be run in no more than 30 minute increments until the miles are completed. The student will remain ineligible from competition until the miles are completed.**
 - a. If the athlete breaks this policy the last week of the year, then it will carry over into the next sport season of that year.**
 - b. If the athlete breaks this policy at the end of school year or during the summer months, the suspension period will begin during the first season he or she participates during the following school year.**
- 2. Second Offense: 50 miles to be run in no more than 30 minute increments until the miles are completed and a 60-calendar day suspension from competition.**
- 3. Third Offense: suspension from athletic program for one calendar year and seek help at a treatment center.**
- 4. Fourth Offense: Automatic removal from the athletic program**

Tobacco

- 1. First Offense: 10 miles to be run in no more than 30 minute increments until the miles are completed. The student will remain ineligible from competition until the miles are completed.**
- 2. Second Offense: 20 miles to be run in no more than 30 minute increments until the miles are completed. The student will remain ineligible from competition until the miles are completed.**
- 3. Third or more Offense: 10 miles will be added to each offense and student will seek counseling**

9. Dress Code

All athletes will abide by the dress and grooming code outlined in the student handbook. Each coach may also have a more specific dress code for their individual sport.

a. Hair- No hair that brings undue attention

Boys: Mid-ear, off-collar, out of eyes when straight

b. Piercing- Males- no earrings or body piercing

Females- no body piercing of any kind

This includes participation at any school function, home or away, and while representing WUISD during summer leagues.

10. Theft

Theft will not be tolerated, if you are caught stealing you will be suspended from athletics indefinitely.

11. Criminal Activity- Each situation will be handled case by case depending on the seriousness of the case (ex. Misdemeanor, felony, etc.).

12. Detrimental Behavior

Players who in the coach's judgment have done something that brings embarrassment or humiliation to the program (cursing, punching, fighting, flagrant technical or personal fouls, etc.).

Discipline from this type of behavior will be the following:

First Offense- Removal from remainder of game and suspended for 1 quarter or 2 innings of the next game. If the offense happens within an individual sport the suspension will be upheld accordingly. The athlete will also run 50 bleachers for 3 days.

Second Offense- Removal from remainder of game and suspended for 2 quarters or 4 innings of the next game. If the offense happens within an individual sport the suspension will be upheld accordingly. The athlete will also run 50 bleachers for 6 days.

Third Offense- Removal from remainder of game and suspended for the next game. If the offense happens within an individual sport the suspension will be upheld

accordingly. The athlete will also run 50 bleachers for 10 days.

If another incident occurs the athlete will be removed from athletics for the remainder of the season.

Hazing

There will be no form of hazing tolerated within the athletic program of Wellman-Union High School. Hazing offenses will be dealt with according to the *Student Handbook, Student Code of Conduct, and Board Adopted Policy*.

Procedures for Selecting and Dismissal from Athletic Teams

- 1. Selection of team members:** It is the sole prerogative of the head coach in each sport to select the representatives or members of the team as well as managers and trainers. All members trying out for the team will know the criteria used for the selection process. In all cases the coach must be careful in the selection process, and every effort must be made to keep all interested participants in the program as long as possible. The head coach is required to talk with each participant if and when he or she is not selected for team membership. This conference will be handled in a professional manner and the athlete will be given specific reason why he or she is not selected.

- 2. Dismissal of a Team Member:** After a student has been selected as a member of an athletic team, membership will continue at the discretion of the head coach. If it is necessary to dismiss an athlete who is a member of an athletic team, the following procedures will be followed:
 - a. The coach and the athlete will have a conference and the reason for dismissal will be explained to the student. The**

- student will be given an opportunity to present his or her side of the case at this time.
- b. The coach will then notify the parent by phone, letter, or in person, explaining the situation in detail along with the action taken.
 - c. The parents and student may request a conference with the head coach and the Athletic Director; this conference must be granted within three school days.
 - d. Appeals beyond the Athletic Department must be directed to the Superintendent of School, in writing.
3. **Athletic Privilege:** The rights, which guarantee every child a free education in our public schools, are not the same rights that govern the opportunity for students to participate in an extra-curricular activity such as athletics. The students must earn these rights, due to limitations of funds, facilities, and personnel. Extra-curricular activities are rights earned through the process of try-outs, and the rights of a coach must be protected in the selection of team members. Being a member of an athletic team is a privilege, not a right.

Procedure for Quitting a Sport

We encourage as many students as possible to participate in athletics. However, the world is made up of all kinds of people. Some of these people love sports; some do not have any interest; and some are just not sure. For those who want to give athletics a try but find it is not to their liking, they must understand that there is a correct way and an incorrect way to quit a sport.

1. *The Correct Way* to discontinue participation in a sport is handled in a mature and honest manner. A student must do the following:
 - a. Request a meeting with the coach of his or her particular sport in a private place.

- b. Discuss the reason or reasons for your decision in a mature, respectful manner. Make sure it is not a decision that is made in the “heat” of the moment.**
- c. A second meeting will take place the next day (24 hours) between the coach and student.**
- d. If the decision is final after the second meeting, the parent or guardian will be notified as to their child’s decision.**
- e. If the student and parent are in agreement, then the student’s schedule will be changed or the student may continue in the athletic period if he or she wants to participate in a different sport.**
- f. The coach must contact the Athletic Director and inform him as to what has transpired.**
- g. The athlete will not work out for the next sport until the sport he or she quit is completed. If a student is participating in more than one sport simultaneously, he or she may continue participation in the other sport upon agreement of the coaches of both sports.**

- 2. *The Incorrect Way* to quit a sport is to not follow the guidelines spelled out above. If the coach of your particular sport is not contacted and a meeting is not requested, the following will apply:**
- a. The coach will contact the parent within 48 hours;**
 - b. The student will not be allowed to participate in any athletic sport for a one year period from the date of quitting that sport.**
 - c. After the one year period expires, the student may resume participation for any sport he or she wishes;**
 - d. An athlete cannot quit one sport to join another sport unless the coach of the sport the student is quitting, the coach of the sport the student is joining and the Athletic Director all agree.**

Lettering Requirements

Immediately upon the close of a sport season, the coach shall recommend to the Athletic Director, those members of the team who have met the requirements for lettering in that sport.

Under U.I.L. regulations a student is permitted to receive only one jacket award during his/her high school enrollment in the same high school. A student who letters during his/her freshman or sophomore year may wait until his/her junior year before accepting the award jacket.

1. *Football and Basketball:* The athlete must end the year in good standing, and compete in at least fifty percent of the total number of quarters the varsity team plays. A fraction of the quarter will count as an entire quarter.
2. *Track:* The athlete must end the year in good standing and do one of the following:
 - a. Win any event in any track meet;
 - b. Score a minimum of 10 points in the invitational meets;
 - c. Score a fractional point or more in the district meet;
3. *Golf:* The athlete must end the year in good standing and do one of the following:
 - a. Shoot 90 or below in the district tournament;
 - b. Place first in a major invitational tournament;
 - c. Place 2nd or 3rd in two major invitationals;
 - d. Be a playing member of a regional qualifying team;
4. *Tennis:* The athlete must end the year in good standing and do one of the following:
 - a. Reach the semifinals in the district meet
 - b. Place first in a major invitational meet;
 - c. Reach the semifinals in two or more invitational meets;
 - d. "Team tennis" – be a playing member of a team, which qualifies for regionals.

- 5. Cross Country:** The athlete must end the year in good standing and do one of the following:
- a. Be a member of the varsity team and compete at the varsity level in at least fifty percent of the invitational meets and the district meet.**
 - b. Be a member of the varsity team that qualifies for the regional meet.**
- 8. Special Circumstances:**
- a. Athletes injured during the course of the season and not physically capable of earning an award, may still receive an award upon the recommendation of the head coach of that sport and/or from the Athletic Director.**
 - b. Managers will receive the same award as the team members they represent during the course of the year. All managers must follow the same rules and regulations as set up for the team.**
 - c. A varsity award will automatically be awarded any senior who was a part of the particular sport for at least three years regardless of the amount of playing time that he or she might have had, as long as he or she completes the final season in good standing.**

The Appeal Process

Athletes disciplined for attendance infractions may appeal their penalty to the Athletic Director within two school days. Parents of athletes disciplined for substance abuse or other unacceptable behavior may appeal the penalty to the school principal within two school days. The suspended athlete may also initiate the appeal.

In the event of extenuating circumstances, the athletic department and administration reserves the right to hear individual cases on their own merit.

Scheduling Conflicts

All Scheduling Conflicts between programs will be resolved in a cooperative manner.

We Are Winners

The first characteristic a winner must have is a tremendous desire to excel. He must have the belief and desire to do something better than anyone else...to be the best who ever lived. A good competitor never underestimates his opponent.

Give the game the best you have and the best will come back to you. Play hard, play tough, play rough, but play clean. Keep on your toes and you won't get caught flat-footed. If a break goes against you, do not complain, but work through it. Breaks generally go to those who play hard and are thoroughly prepared.

Don't forget, "Big-Shots are those people who were once Little-Shots who kept on shooting." The super pro is the one who can dig until he is dead tired. Then he digs some more. When you are through improving, you are through. Never, never stop trying to be the best you can be, because there is always more in you than you ever thought possible. Always strive to be a winner...Don't get beat...It's an awful feeling.

