

# **Farwell ISD Athletic Department Handbook**



**2019 – 2020**

# Farwell ISD Athletic Department

Farwell ISD  
PO Box F  
Farwell, TX 79325

Telephone 806-481-3351  
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## Mission Statement

The Farwell Independent School District provides an athletic program for the benefit of our students. We believe participation in a competitive athletic program can provide students an opportunity for growth outside the classroom.

The expectations for the student-athletes conduct are higher than the general student's conduct. Student-athletes are expected to accept and follow the established rules. Violation of the rules will result in corrective and/or disciplinary action with the possibility of dismissal from the athletic program.

According to UIL rules, being in athletics is a privilege and not a right. No student is required to take part in athletics, nor is it required for graduation. It is stressed that this is a privilege, and the coaches and administrators have the authority to revoke this privilege when requirements are not met by the student-athlete.

This handbook will provide policy for the following items.

- Alcohol, Illegal Drugs, and Related Substances
- Athletic Forms
- Athletic Participation
- Athletic Period Enrollment – High School
- Athletic Period Enrollment – Junior High
- Attendance
- Bullying / Hazing
- Criminal Activity & Felony Crimes
- Dress & Grooming
- Eligibility / Grades
- Expectations of Behavior
- ISS / OSS / DAEP Placement
- Letter Jackets
- Lettering Requirements
- Multiple Sport Athletes
- Parent / Coach Conference Procedures
- Social Media
- Summer Strength & Conditioning Program
- Travel
- Use of Facilities
- Quitting

## Mandatory High School Parent Meeting

Parents of high school athletes must attend a mandatory meeting with the athletic director and coaching staff. The meeting will be held before the beginning of each school year. If a parent cannot be present, arrangements must be made for a rescheduled meeting before the child can participate in an athletic contest.

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## **Alcohol, Illegal Drugs, and Related Substances**

The Farwell ISD Athletic Department does not support the use of alcohol, illegal drugs, and related substances by our student-athletes. We encourage them to make the right choices and avoid doing things that could be harmful to their bodies. Student-athletes caught in possession or using these items will follow the consequences outlined in the Farwell ISD Student Code of Conduct and Student Handbook. This also is against the athletic department's expectations of behavior for student-athletes.

The Farwell ISD requires drug testing of any student in grades 9-12 who chooses to participate in school-sponsored extracurricular activities or requests to park a vehicle on school property. The purposes of the drug-testing program are to prevent illegal drug and alcohol use; alert students with possible substance abuse problems to the potential harms of illegal drug and alcohol abuse; strive for an environment within the district free of illegal drug and alcohol use and abuse; prevent injury, illness, and harm resulting from the use of illegal and performance-enhancing drugs or alcohol; and educate students regarding the harm caused by the use of illegal and performance-enhancing drugs or alcohol by giving students a valid reason to resist peer pressure.

Consequences of positive test results shall be cumulative through the student's enrollment in the district. The following are abbreviated consequences for a positive test result.

- 1<sup>st</sup> Offense – The student shall complete a drug awareness program approved by the school district within 10 school days. If not completed within this time period, the student will not be allowed to participate in a contest until the program is completed.
- 2<sup>nd</sup> Offense – The student will be suspended for 30 consecutive school days and shall complete a district-approved drug awareness program.
- 3<sup>rd</sup> Offense – The student will be suspended for 60 consecutive school days and shall complete a district-approved drug awareness program.
- 4<sup>th</sup> Offense – The student will be suspended for 90 consecutive school days and shall complete a district-approved drug awareness program.
- 5<sup>th</sup> Offense and Thereafter – The student will be suspended under the 4<sup>th</sup> Offense consequence for the remainder of his or her enrollment in the school district.

For more information, please check the Farwell ISD Student Handbook or refer to Board Policy FNF regarding the Farwell ISD's drug testing program.

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## Athletic Forms

UIL rules require all student-athletes to have the following forms on file with the athletic department before participating in an extracurricular event.

- Acknowledgement of Rules
- Concussion Acknowledgement
- General Eligibility
- Medical History
- Parent/Student Steroid Agreement
- Pre-Participation Physical Evaluation
- Sudden Cardiac Arrest Awareness

The pre-participation physical evaluation is required for all student-athletes in the 7<sup>th</sup>, 9<sup>th</sup>, and 11<sup>th</sup> grades. This evaluation will last for 2 years. The other forms must be filled out each year.

Student-athletes also must have the signed Athletic Handbook Parent/Student Acknowledgement Form on file.

## Athletic Participation

While not required to participate in one school sport as a prerequisite for participation in another school sport, student-athletes will be encouraged to participate in any sport in which they have an interest and are eligible for.

## Athletic Period Enrollment – High School

Student-athletes will participate in one of the following sports in order to be enrolled in the athletic period.

- Football
- Cross Country
- Basketball
- Track and Field

Student-athletes who desire to participate in only golf and/or tennis will not be enrolled in the athletic period; however, athletic policy will still be enforced.

At a coach's discretion, a student can be allowed to be enrolled in the athletic period to serve as a manager for a particular sport.

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## **Athletic Period Enrollment – Junior High**

The Farwell ISD Athletic Department believes that junior high students should be exposed to multiple activities to better prepare them to make decisions in the future. Therefore, student-athletes who are enrolled in the 7<sup>th</sup> and 8<sup>th</sup> grade athletic periods will participate in a sport during each competitive season.

- Fall – Football and/or Cross Country
- Winter – Basketball or Offseason Strength and Conditioning
- Spring – Track

Like the high school, student-athletes who only want to participate in golf or tennis will not be allowed in the junior high athletic periods. Also, a student can be allowed to be enrolled in the athletic period to serve as a manager for a particular sport at a coach's discretion.

## **Attendance**

A student-athlete's attendance during practice is important to not only him or her, but also to that of their team. If the athlete cannot attend a practice, effort should be made to alert the coach beforehand of the absence. Failure to do so can result in an unexcused absence, which can result in a suspension or dismissal from the team. It is the coach's discretion if there is a make-up workout for an unexcused absence from practice. If a student-athlete's absence was caused by participation in another school-sponsored activity, he or she will not have to make-up the workout.

## **Bullying/Hazing**

Bullying and/or hazing will not be allowed in the Farwell ISD Athletic Department in any form, whether it is physical, emotional, or verbal. These things occur when a student or a group of students engages in written or verbal expression, electronic method expression, or physical conduct against another student. This behavior can lead to one or more of the following actions.

- Results in harm to the student or the student's property
- Places a student in reasonable fear of physical harm or of damage to the student's property
- Is so severe, persistent, and persuasive that it creates an intimidating, threatening, or abusive environment

If a student-athlete believes that he or she is experiencing bullying and/or hazing, it is important for a coach to be notified as soon as possible to obtain assistance and intervention.

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## **Criminal Activity & Felony Crimes**

Any student-athlete charged with a criminal activity and/or felony crime will suffer the consequences outlined in the Farwell ISD Student Code of Conduct and Student Handbook. After reviewing the facts of the case, he or she could be removed from the athletic program. Since these activities are against the athletic department's expectations of behavior, the student-athlete could receive additional consequences if he or she remains in the athletic program.

## **Dress & Grooming**

Our student-athletes represent our school and town when they are performing in a contest. Because of this, all student-athletes will follow and abide by the dress and grooming policy outlined in the Farwell ISD Student Handbook. Any dress or grooming not perceived acceptable by the coach will be corrected immediately.

## **Eligibility / Grades**

According to UIL rules, high school student-athletes must have the following number of credits in order to be eligible the first six weeks of a school year. Failure to have the correct number will result in the student being ineligible for the first six weeks of school.

- 9<sup>th</sup> Graders – Automatically Eligible
- 10<sup>th</sup> Graders – 5 Credits
- 11<sup>th</sup> Graders – 10 Credits
- 12<sup>th</sup> Graders – 15 Credits

Also, according to UIL rules, a student-athlete must pass all of their classes at the end of a six-week grading period with at least a 70 in order to be eligible for the next six weeks. Failure to do so will require the student-athlete to become ineligible under this no pass/no play policy. An ineligible student can regain eligibility if he or she is passing all classes after the 3-week grading period.

Grade checks will be made to help ensure that all student-athletes are passing their classes. It is the coach's discretion as to what means are needed to remind the students of the importance of being eligible for the team.

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## Expectations of Behavior

Participation by students in non-extracurricular activities is a right afforded to each student; however, participation in extracurricular activities is a privilege that carries additional expectations for acceptable conduct. Student-athletes who engage in extracurricular activities represent not only themselves, but also their teammates, their school, and their town when performing, competing, or participating in a contest. This also includes the student-athlete wearing clothing that identifies him or her as an athlete to the community at all times.

“Never embarrass your team, your school, your town, or your coach by your actions.”

It is possible that a student-athlete who violates the Farwell ISD Student Code of Conduct and Student Handbook will receive consequences from the campus principal and from his or her coach for the same violation. It is also possible that a student-athlete may violate the expectations of being an athlete and be disciplined by a coach without having violated the Farwell ISD Student Code of Conduct and Student Handbook. A coach has the authority to impose reasonable sanctions for student-athletes who violate behavior expectations.

Student-athletes who represent Farwell ISD are expected to behave properly. If one receives a personal or technical foul during a sporting event, the coach of that sport will administer the consequences for the non-expected behavior. If one is ejected from a sporting event, the consequences will be administered by the coach and athletic director. These may include, but are not limited to, running, not starting, suspension, or dismissal from the team. Also, more than one of these modifications may be used depending on the situation that occurred in the event.

Signing the Parent/Student Acknowledgement Form verifies your agreement with our expectations of behavior.

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## ISS / OSS / DAEP Placement

The following will cover if a student-athlete is placed in one of these behavioral programs.

- ISS – In School Suspension  
A student-athlete placed in this will be allowed to practice after school with their team. He or she will not be allowed to participate in a contest, traveling with the team, or dressing out with the team while serving this type of suspension. Additional reasonable consequences can be administered by the coach at his or her discretion.
- OSS – Out of School Suspension  
A student-athlete placed in this will not be allowed to practice after school with their team. He or she will be not allowed to participate in a contest while serving this type of suspension. Additional reasonable consequences can be administered by the coach at his or her discretion.
- DAEP – District Alternative Education Program  
A student-athlete placed in the DAEP program will need to refer to the FISD Student Code of Conduct Handbook, and he or she will no longer be a part of the athletic program. After being released from the DAEP program, he or she may be allowed to become a part of the athletic department again. This will be decided on a case by case basis. The student-athlete and parent/guardian will have to attend a meeting with the athletic director and/or school administrators before being reinstated into the program.

## Letter Jackets

Upon meeting the requirements to letter in a sport and the head coach's recommendation, student-athletes will receive a letter jacket after their first varsity year in a particular sport. They can receive only one jacket with one varsity letter during their high school career. If they have already received a letter jacket for a non-athletic activity (band, UIL academic events, etc.), they will not receive a jacket for athletics. The school will not provide additional varsity letters, patches, or jackets. The student-athlete can purchase these things themselves if desired.



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## Lettering Requirements

The head coach of each sport must recommend the student-athlete to the athletic director in order for him or her to letter. The following must be taken into consideration in order for a student-athlete to letter.

- Lettering standards for each sport
- Conduct
- Attendance of practices and contests
- Finishing the season eligible and in good standing
- Coach's discretion

The following are the standards for lettering for each sport.

- Boys Basketball  
The student-athlete must participate in at least one-half of the scheduled contests or make a significant contribution in district play.
- Boys Track  
The student-athlete must participate in at least half the meets on varsity and/or the district track meet.
- Cross Country  
The student-athlete must make a significant contribution at the varsity level.
- Football  
The student-athlete must make a significant contribution during district play. The amount of playing time in district is not a consideration.
- Girls Basketball  
The student-athlete must participate in at least one-half of the scheduled contests or make a significant contribution in district play.
- Girls Track  
The student-athlete must score a point at the district track meet. (Since the girls do not have a JV team, their requirements are different than the boy's. Without this difference, every girl would letter because they are automatically on varsity.)
- Golf  
The student athlete must participate in at least half the tournaments on varsity and/or the district tournament. He or she must also score less than a 100 at least once in a tournament. Regional qualifiers automatically letter.
- Tennis  
The student athlete must participate in at least half the tournaments on varsity and/or the district tournament.

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## Multiple Sport Athletes

Student-athletes involved in multiple sports at the same time must meet each sport coach's requirements for practice, games, etc. The coaches involved with the student-athlete will work together for the betterment of the student, and the coaches will not pressure him or her to pick one sport over the other. The game involving one sport has precedent over the other sport's practice. Also, a district contest has precedent over a non-district contest for the other sport. If a conflict does arise between coaches of both sports, the athletic director will have the final decision.

## Parent/Coach Conference Procedures

Both parenting and coaching can be difficult vocations. By establishing lines of communication and understanding of each position, we can all provide greater benefits to the student-athlete. Please do not confront a coach before or after a contest or practice. This can be an emotional time for both parties, and meetings of this nature are rarely productive. Meetings should be scheduled during a coach's conference period. The following chain of command needs to be followed for parent conferences. If the parental complaint cannot be resolved satisfactorily at the first level, the parent can request a conference at the next level in the chain. If possible, the athletic director will be present for the meeting. If the athletic director is not present for the meeting, the parent can schedule a meeting with him afterwards. The student-athlete will be present for the initial meeting with the coach and athletic director unless the coach agrees to not have him or her present.

1. Coach (Either the coach or the parent may request the athletic director to be present at the meeting.)
2. Athletic Director
3. Campus Principal
4. Superintendent
5. Board of Trustees

The following items are examples of appropriate concerns that can be discussed between a coach and a parent.

- Treatment of the student-athlete both mentally and physically
- Ways to help the student-athlete improve
- Concerns of the student-athlete's behavior

The following items are examples of inappropriate concerns that should not be discussed between a coach and a parent.

- Playing time
- Team strategy
- Play calling
- Other student-athletes

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## Social Media

Any student-athlete who engages in the various forms of social media will be held responsible for their involvement if he or she violates the Farwell ISD Student Code of Conduct, Student Handbook, or the expectations of behavior for being in the athletic program. Failure to meet these expectations can result in reasonable consequences from the athletic department.

## Summer Strength & Conditioning Program & Sport Specific Skill Instruction

The following is copied from the UIL website.

The UIL allows schools and school coaches to conduct strength and conditioning programs for students in grades 7-12 from their attendance zone under the following conditions:

**Limitations:** Sessions for both strength & conditioning and sport specific skill instruction may be conducted by school coaches from the Monday of the week following the last day of school until a date set forth by the UIL calendar for students in grades 7-12 from that schools attendance zone. A strength and conditioning session shall be no more than two consecutive hours per day, Monday through Thursday. A student shall attend no more than one session of supervised instruction per day. Sport specific skill instruction may be conducted in addition to the strength and conditioning session(s), and a student shall attend no more than two hours per week of sport specific skill instruction, Monday through Thursday, with a one hour maximum in any one given day.

**Activities Allowed:** Strength and conditioning sessions shall include only strength and conditioning instruction and exercises. No specific sports skills shall be taught and no specific sports equipment, such as balls, dummies, sleds, contact equipment, etc., shall be used. Sport specific skill sessions may include specific sports equipment, but contact equipment (restricted equipment) is not allowed. School shorts, shirts and shoes may be provided by the school (local school option).

**Attendance:** Attendance shall be voluntary and not required in order to try out for or participate in any UIL activity. Attendance records shall be kept, however, students shall not be required to make up missed days or workouts.

The Farwell ISD Athletic Department provides a summer strength and conditioning and sport specific skill instruction programs for their student-athletes. Attendance is strictly voluntary and is not a criterion to participate in a sport during the following school year. The Farwell ISD Athletic Department suggests that student-athletes participate in the summer strength and conditioning program as much as possible for their physical improvement and their safety. Research has shown that year-round physical fitness can prevent heat exhaustion and other injuries.

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## Travel

Student-athletes are encouraged to travel with the team to and from their respective contests. Extenuating circumstances with prior approval can allow a student-athlete to travel with his or her parents to a contest. Parents can sign their child out in order for him or her to travel with them after a contest. A coach must be present to witness the signing. Student-athletes are not allowed to travel with someone else's parents unless approval has been granted.

## Use of Facilities

Any student group that wishes to use school athletic facilities must get permission from the Athletic Director before any practices can begin. The following criteria for the use of school athletic facilities include the following:

1. Permission from the Athletic Director before beginning practice
2. The football game field and basketball main game gym are off limits during their respective seasons.
3. Any team that wishes to practice on school facilities must have a roster of students of which, over 50% of the students are enrolled and in attendance at Farwell ISD.
4. A roster must be provided to the Athletic Director upon request stating where each student attends school.
5. No practice can begin until the Farwell ISD teams are finished with the facilities for the day.

These rules are for all school athletic facilities including all gyms and both game and practice football fields.

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## Quitting

Commitment is the backbone to any successful organization. Because of this, the coaching staff will strongly encourage student-athletes to finish a sport when they start one and not quit it. Perseverance can lead to success in life while quitting can become a bad habit in one's life.

After a student-athlete makes a decision to quit a sport, he or she will be given a 48-hour grace period to reconsider the decision and return to the team. Prior to returning to the team, the student-athlete will have to complete a workout which will be of the coach's discretion.

If the student-athlete decides to not rejoin the team after the 48-hour grace period but wants to remain in the athletic program, he or she will not be allowed to begin another sport until the sport that was quit has ended. This includes the sport's duration in the playoffs. The student-athlete will be allowed to work out in the offseason program.

It is the coach's discretion if the student-athlete will be able to return to the sport that he or she has quit for the following season.

If there is a compromise on good terms between the coach and the student-athlete about leaving the team and it is best for all parties involved, the sitting out period can be waived with approval of the athletic director.

All student-athletes will have a two-week trial period at the beginning of each season to encourage them to participate in all sports. If they quit the sport during this two-week period, this policy does not apply.

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## Athletic Handbook Parent / Student Acknowledgement Form

Date \_\_\_\_\_

I have read the Farwell ISD Athletic Handbook and agree to adhere to these rules as a condition for my voluntary participation in the Farwell ISD athletic program. I understand that failure to do so will result in disciplinary measures related to my extracurricular participation.

Student Name \_\_\_\_\_

Student Signature \_\_\_\_\_

I have read the Farwell ISD Athletic Handbook and understand the requirements for my child's voluntary participation in the Farwell ISD athletic program. I understand the consequences that my child will face if he or she fails to adhere to these rules and agree to such terms.

Parent Name \_\_\_\_\_

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