



PRINCETON ISD ATHLETIC HANDBOOK

TABLE OF CONTENTS

- I. PHILOSOPHY**
- II. INTRODUCTION**
- III. PARTICIPATION**
- IV. AVAILABLE SPORTS**
- V. GENERAL POLICIES**
 - A. DURING COMPETITION**
 - B. IN THE CLASSROOM**
 - C. ON CAMPUS**
 - D. DURING ATHLETIC PERIODS**
 - E. DURING TEAM TRAVEL**
- VI. ELIGIBILITY AND REGULATIONS**
- VII. DISCIPLINARY PROCEDURES**
- VIII. ALCOHOL, & DRUGS**
- IX. TOBACCO**
- X. STEALING**
- XI. DROPPING A SPORT**
- XII. AWARDS AND LETTERING**
- XIII. ATHLETIC PASSES**
- XIV. MEDICAL AND INSURANCE REQUIREMENTS FOR ATHLETES**
- XV. PROCEDURES WHEN ILL OR INJURED**
- XVI. ATHLETIC TRAINING ROOM RULES**
- XVII. ATHLETIC CONTACTS / WEBSITES**

PRINCETON INDEPENDENT SCHOOL DISTRICT

I. PHILOSOPHY

We believe that an exemplary athletic program is an extension of the classroom. As such, athletics offer students an opportunity to develop and grow physically, intellectually, emotionally, and socially. The positive benefits that participation in athletics offers includes, but are not limited to self-esteem, self-discipline, self-confidence, and the development of team spirit. Further, participants learn the values associated with competition and benefit from the experience of both winning and losing. For the participating athletes, these experiences provide an integral part of the foundation needed to be a productive citizen capable of leading a full and enriching life.

Philip Anthony, Superintendent

II. INTRODUCTION

The athletic program is an integral part of the total school experience for both boys and girls. It offers a variety of sports and activities to all students who have potential skill and the desire to participate.

The policies, procedures and regulations in this handbook are in compliance with school board policies and administrative procedures. They are designed to provide for successful experiences for students and the efficient operation of the athletic program.

This handbook is an extension of the student handbook and shall be used by all principals, coaches, and players in grades 7-12.

You, the student athlete, are accountable and responsible for all policies contained within this handbook. Individual coaches within their sport may add additional rules as long as they adhere to school policy.

III. PARTICIPATION

It is the goal of this athletic program to offer the opportunity of participation to every student who has the ability and desire to do so. However, no student is obligated to take part in athletics, nor is participation in athletics required. It is also to be stressed that participation in the Princeton ISD athletic program is a privilege, not a right. Since it is a privilege, the coaching staff, in accordance with Princeton ISD policy and due process procedures, has the authority to suspend or revoke the privilege when the rules and standards of this athletic program are not followed.

IV. AVAILABLE SPORTS

The following sports are available for athletics grades 7-12:

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| Football: 7,8,9,JV and Varsity |
| Basketball: Boys and Girls 7,8,9,JV, and Varsity |
| Baseball: Boys JV and Varsity |
| Softball: Girls Varsity and JV |
| Track and Field: Boys and Girls 7,8,JV and Varsity |
| Soccer: Boys and Girls JV and Varsity |
| Tennis: Boys and Girls JV and Varsity |
| Volleyball: Girls 7,8,9,JV and Varsity |
| Cross Country: Boys and Girls Jr. High, JV and Varsity |
| Golf: High School Boys and Girls |

V. GENERAL POLICIES: Responsibilities of an Athlete

All athletes have responsibility to give their best, play to win, follow training guidelines, and exhibit good conduct and fair play at all times so as to be a credit to their school. Athletes, as well as coaches, are always on display. We are judged by the company we keep. Our actions in everyday life, both private and public, are a direct reflection on our athletic program, our school, and our community.

During competition, an athlete:

1. Learns that both winning and losing are part of the game and learns to accept both. Be modest in victory; be gracious in defeat.
2. Does not use illegal tactics in an attempt to defeat the opponent or to beat the rules of the game.
3. Has complete control of himself/herself at all times. Horseplay, displays of temper, use of profanity, and disrespect for coaches or officials will result in loss of respect for the athlete and in disciplinary action from the coach.
4. Will respect the decisions of officials. The breaks of the game may go against you, but the officiating is not to blame. Officials are human beings who are doing their best to see that a contest is being run smoothly and honestly and also being conducted in accordance with the established rules.

In the classroom, an athlete:

1. Must realize that he/she is a student first, an athlete second. The student-athlete must give time and energy to classroom studies to insure good acceptable grades that meet the UIL requirements for participation.
2. Must maintain a satisfactory citizenship and behavior record by giving respectful attention to classroom activities and refraining from unacceptable behavior habits.

On campus, an athlete:

1. Must maintain proper dress and appearance, good grooming and personal cleanliness. You are a leader and you have only one chance to make a good first impression.
 - A. Male athletes will not wear earrings or have a body piercing of any kind.
 - B. Student's hair shall be clean, neat and well groomed in accordance with school dress code policies.
 - C. Male athletes will be clean-shaven (no facial hair).
2. Will refrain from fighting, scuffling, horseplay and juvenile behavior in and around the school building.
3. If suspended from school, the student athlete will not be permitted to work out with, travel with, or participate with the team. Eligibility for subsequent contests will be left to the discretion of the coach and of administration.
*"Suspended" includes: AEP assignments, as well as suspensions assigned by administrative personnel.

During the athletic period and during before or after school practices, an athlete will:

1. Notify the coach if he/she needs to miss a game or practice session that is scheduled after school hours. Absence from athletic period practices should be handled according to school guidelines. Contact numbers: Boys Athletic Director: 469-952-5400 x 2995; Girls Athletic Director 469-952-5400 x 2995.
2. Be prompt for roll call. Tardiness to our class period is as inexcusable as it is to any other class.

3. Maintain neat and clean locker space. Be proud of your dressing area and keep it neat.
4. Take a shower for hygiene purposes and for aiding the body in its temperature adjustment after workout. Rough housing, towel popping, or throwing objects is not allowed in the shower or dressing room.
5. Dress decently as he/she leaves the dressing room.

During team travel, an athlete will:

1. Travel to and from all out of town contests with the team. Exception may be made is the student's parent or guardian personally requests that the student be allowed to ride with the parent or presents a written request to the athletic director the day before the scheduled trip that the student be allowed to ride with an adult designated by the parent. Before leaving the contest, the parent, legal guardian, or adult designated by the parent must sign the student out with the coach. PISD shall not be liable for injuries that occur to students riding in vehicles that are not provided by the school.
2. Dress neatly and properly on all trips. Coaches will advise you regarding the proper attire.
3. Conduct himself/herself properly on the bus or in any school vehicle. He/she will follow the printed rules for bus riders that govern Princeton ISD bus riders.
4. Receive permission from the coach before bringing any radios, electronic games, etc. aboard the bus.
5. Be informed of departure and return times for each trip by a notice posted on the bulletin board or chalkboard. It is your responsibility to be on time for all departures and to inform your parents of the time to pick you up after the contest. Every effort will be made by the coaching staff to notify proper personnel as to unexpected changes in arrival time.
6. Not be allowed to bring parents, family members, or friends on the bus trips. The coach and athletic director will decide any exception to this rule.
7. Dress for all home contests according to the school and team dress policies. Your appearance before and after home games is as important as it is on out-of-town trips.

GUIDELINES FOR PRINCETON ATHLETES

- (1) ALL athletes are required by law to pass all classes every 6 weeks. (NO PASS-NO PLAY) Athletes that fail 2 consecutive 6-week periods may be removed from athletics for the next semester or until grades have improved.
- (2) ALL athletes will be dressed and ready to meet with coaches at the assigned athletic time. (POP, PR, lose playing time)
- (3) ALL athletes will dress out and wear school issued uniforms. Each athlete will lose 5 points off of 6 weeks grade for each day of not dressing out (unexcused). Athletes not working out or complaining may lose points off of their 6 weeks grade. The coach may allow athlete to make-up workouts or absentees.
- (4) ALL athletes will ride to and from contests in school vehicles unless written and verbal communication with parent has been completed. Parent or legal guardian must sign out athlete.
- (5) ALL athletes will dress in an appropriate manner as decided by the Head Coach within school policy. Male athletes may not wear earrings or have a body piercing of any kind.
- (6) Never question the coach openly. Meet after practice in private.
- (7) Never show temper in contest and draw a un-sportsman-like foul. (PR)
- (8) Never question the officials. Captains and the Head Coach will confer with officials.
- (9) When the coach is speaking, keep your eyes and ears open and your mouth closed.
- (10) ALL athletes will answer all coaches, teachers, and adults with "yes sir, no sir, yes ma'am, no ma'am."
- (11) All athletes will address coaches with the title "Coach" preceding his/her name, never by his/her name only.
- (12) Never criticize your teammates.

- (13) Never talk and visit with people in stands during contests.
- (14) Never make excuses for mistakes or cast blame on teammates or anyone but yourself.
- (15) Athletes will be disciplined for the use of profanity and it will not be tolerated. (POP, PR)
- (16) Athletes will be disciplined for smoking and dipping tobacco.
- (17) ANY athlete knowingly in possession of or using alcohol or drugs will be immediately suspended and the proper discipline action will occur. Athletes that have been convicted of a felony during the calendar year will be immediately suspended according to school policy.
- (18) ALL athletes will be enrolled in the "year-round" athletic class if they play one of the following sports: (volleyball, football, basketball, baseball, softball and track). The Athletic Director can approve exceptions.
- (19) ALL athletes are subject to every one of these rules and the disciplinary measures that we use in our department as set up by the Athletic Director, which includes, but is not limited to:
- Corporal punishment (POP – Piece of Pine)
 - Extra running (Panther Reminders) - Set up by Head coach of each sport
 - Grass drills (up-downs/hills/extra drills etc.)
 - Suspensions (Discretion of coach)
 - Removal from program

Being an athlete is special and requires extreme sacrifice. Young people in the community watch each Panther and Lady Panther. We must set a great example for our future athletes. These simple guidelines will help you become a better student /athlete. The coaches trust that each one of you will follow these GUIDELINES. Each of us will be treated the way we treat others. If we are respectful, positive and caring then we will be treated that way! Each incident will be recorded in a discipline log. Coaches will contact parents when the athlete is not following program guidelines.

VI. ELIGIBILITY AND REGULATIONS

Eligibility:

A student in grades 7-12 may participate in extracurricular activities on or off campus at the beginning of the school year only if the student has earned the cumulative number of credits in state approved courses indicated.

1. At the beginning of the 7th grade year, the student must have been promoted from 6th to 7th grade.
2. At the beginning of the 8th grade year, the student must have been promoted from 7th to 8th grade.
3. At the beginning of the 9th grade year, the student must have been promoted from the 8th to 9th grade.
4. At the beginning of the 10th grade year, the student must have at least five credits toward graduation.
5. At the beginning of the 11th grade year, the student must have at least ten credits toward graduation or have passed five credits during the past 12 months.
6. At the beginning of the 12th grade year, the student must have at least fifteen credits toward graduation or have passed five credits during the past 12 months.

VII. DISCIPLINARY PROCEDURES

Suspension:

The athletic director will have the authority to suspend or place on probation from athletics any student-athlete for major and minor infractions of the rules.

Any student suspended from athletics must be given:

1. The reason(s) for the suspension.
2. The time and provisions of the suspension.
3. The procedures for reentering the program.
4. Information on class schedule change or options, and
5. The opportunity to appeal.

Appeal:

The student and/or parent shall have the right to appeal any decision to suspend a student, expel a student, or place a student on probation from the athletic program. Appeal process: Followed in this order or appeal will be denied.

1. Personal conference with the coach.
2. Personal conference with the athletic director.
3. Personal conference with the superintendent.
4. Personal conference with the school board.

The appropriate school personnel, not on the basis of individual judgment(s), but on the basis of (see 1-3), shall consider an appeal by the student and/or parent of suspension, expulsion, or probation from athletics:

1. Variation from printed policy, administrative procedures, regulations or rules and standards for memberships and participation in athletics.
2. Failure to establish reasonable documentation that the student's conduct/behavior has violated the standards for suspension or expulsion from athletics, and
3. Failure to give the student/parent due process (notice of the facts being alleged) about the conduct/behavior and opportunity to refute the charges.

VIII. ALCHOL AND DRUGS

Exemplary behavior is expected of PISD athletes. There is no acceptable reason for alcohol or illegal substances to be used by any PISD student-athlete at any time, nor are there acceptable reasons for PISD student-athletes to be present where illegal or controlled substance activities occur at any time. Any athlete found to be involved with controlled or illegal substances, through confession or being caught by a law enforcement officer, administrator, or faculty member will adhere to the following consequence progression (in addition to disciplinary or legal consequences that may apply).

FIRST OFFENSE - Suspension from participation and/or punishment, as determined by the head coach and athletic director. The student will remain in the program, but may not participate in any contest during the suspension.

SECOND OFFENSE – Immediate dismissal from the athletic program for one calendar year from the time of removal.

THIRD OFFENSE – Immediate dismissal from the athletic program for the remainder of the students PISD athletic career. After two years, the student-athlete may seek reinstatement by approval of the athletic director and the head coach of the sport(s).

IX. TOBACCO

No smoking or use of any tobacco products. The athlete who violates the rule on tobacco products shall be subject to the following:

1. Discipline will be as designated and decided upon by the Head Coach and the Athletic Director.

X. STEALING

Taking things that do not belong to you, especially from your teammates will not be tolerated. We ask that you do not bring valuables or large sums of money to the dressing room. **LOCK YOUR LOCKERS AT ALL TIMES.** An athlete caught stealing may be suspended and/or punished at the discretion of the coach and athletic director. Depending on the seriousness of the offense, an athlete may also be prosecuted by the law. This also involves school equipment not returned after the season is complete.

XI. QUITTING A SPORT

There will be some times when some athletes find it necessary to quit playing a sport before, during, or after the season. Whatever the reason, an athlete must follow the steps listed below.

1. The athlete should think the whole situation through before reaching a final decision.
2. The athlete should talk to the coach to see if a solution can be reached without having to quit. A conference between the parents, athlete, and coach or any combination thereof, may be required and is highly recommended before an athlete will be permitted to quit.
3. If an athlete decides to quit, he/she must check out of the sport just as he/she would check out of any academic class.
4. All equipment must be turned in clean. Also, an athlete must pay for any equipment not returned.
5. If an athlete wants to return to a sport, he/she must consult the appropriate coach. The decision as to whether the athlete will be allowed to return to that sport shall be the decision of the individual coach.
6. Any athlete who quits is not allowed to participate in another sport until the completion of the sport he/she quits. This includes participation in practice or games. Exceptions will be allowed by mutual consent of the athletic director and coaches involved.
7. No athlete will be permitted to quit more than once during a school year. Any attempt to do so will result in the athlete being dismissed from the athletic program.

XII. AWARDS AND LETTERING

The school letter is among the highest awards the school bestows; the highest, of course, is the diploma. Athletes may receive from the school only one major award (a jacket) during their high school career. In order to letter, you must be on a varsity team and satisfy the requirements stated below. Sub- varsity athletes will receive certificates provided they are recommended for the award by their coach as a result of having shown good citizenship and character, attitude and attendance, in addition to having adhered to the policies contained with this handbook.

Sub Varsity Awards:

All qualifying athletes will receive a participation certificate for each sport they participate in. In middle school, athletes will receive a certificate with the

names of the sports they participated in.

Varsity Teams:

Awards for the varsity teams will consist of letter jackets. The school will furnish these major awards to each athlete who meets the qualifications for lettering.

Guidelines to be followed:

1. UIL rules will be followed in regard to cost of jacket.
2. No participant will receive more than one letter jacket during their high school career.
3. Athletes will receive a jacket in the sport in which they letter first.
4. The jacket will have no markings or patches on it except the letter. All other patches will be the responsibility of the athlete.
5. Letter jackets will be the same for all sports.

Qualifications to Letter:

Each coach will keep records of student participation in each sport. Such records will be used as a basis for determining whether a student qualifies for a letter. The athlete must complete the sport in order to letter or receive any post district awards. Below are the Criteria to letter in each sport offered at Princeton High School:

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| Football must play in 20 quarters to letter. |
| Basketball must play in 60 quarters to letter. |
| Volleyball must play in 15 matches to letter. |
| Softball must play in 30 innings to letter. |
| Baseball must play in 30 innings to letter. |
| Track must score a point in a major meet as well as attend 4 meets or qualify for the regional meet. |
| Cross Country must run in four varsity meets. |
| Power Lifting must lift in three varsity meets or be a regional qualifier. |
| Tennis must play in five varsity matches including district |
| Golf must play in five varsity meets including district. |
| Soccer must play in 25 halves. |
| Managers/Trainers must work at least two sports a year to letter. |

Exceptions to lettering qualifications:

A participant may letter at the coach's discretion if the participant is considered to have been of exceptional value to the team. Exceptions may include playing on a team for four years and never lettering, a letterman who is injured and is unable to complete the season, or a specialist of some type.

NOTE: Any student who has qualified for an award but has quit or been dismissed from the squad for disciplinary reasons will not receive an award.

XIII. ATHLETIC PASSES

It shall be the policy of the Princeton ISD Athletic Program to issue Player Passes to those athletes participating in each sport, which requires admission charge. The following stipulations shall apply to the passes.

1. Only the player whose name appears on the pass may use it. Free admission is allowed only when the pass is presented. Failure to furnish a pass means the athlete must pay the standard student admission charge.
2. Identification may be required.
3. Use of the pass may be revoked if an unauthorized person uses the pass or the holder of the pass displays un-sportsman-like conduct at any contest.
4. Passes will be issued to admit athletes to Princeton ISD athletic events only.
5. If any athlete drops from a sport or fails a grading period the coach of that athlete must take up the player pass as a part of the issued equipment.

XIV. MEDICAL AND INSURANCE REQUIREMENTS FOR ATHLETES

Princeton ISD provides athletic insurance. It is the intention and purpose of this policy to provide secondary or "excess" coverage in the event of an athletic injury. Primary coverage is the responsibility of the athlete's family. In the event no primary insurance exists, the insurance provided by Princeton ISD becomes primary. This coverage is only available while the student is participating in an athletic practice, event or travel.

In the event of an athletic injury, the student should immediately report the injury to his/her supervising coach for proper procedure and documentation. The coach will make notation of time and date of the injury for the injury for the insurance claim. If medical attention is necessary, it is the responsibility of the parents or guardian of the student to obtain a claim form from the district. The

head athletic trainer will have the form available in his office once the supervising coach has notified them. At that time, the proper procedure for filing a claim will be reviewed with the parent or guardian. Please note that the insurance policy explicitly states that medical care must be sought within 60 days of the initial injury for consideration for payment.

XV. PROCEDURES WHEN ILL OR INJURED

Your health is of utmost concern to your team and coaches. Without healthy athletes, the whole team will suffer. It is imperative that the student athlete takes care of his/her body at all times and seeks medical attention when necessary. Great care and expense have been taken to help accommodate health concerns for the student athlete, and it is imperative that proper procedure be followed. In the event that you begin to feel ill, seek medical attention at school from the school nurse immediately. If the condition is not remedied, becomes worse, or is prolonged, seek the advise of a physician for further diagnosis/care. Make sure you bring a note from the doctor about your condition and status of participation.

An injury could hamper your ability to participate in athletics. All injuries should be immediately reported to your supervising coach. If severe enough, you will be referred to the nurse or a doctor. If it is an emergency, proper first aid will be provided for you and professional care will be summoned in accordance with the Campus Emergency Plan of Princeton ISD. Most injuries will be minor in nature and can be taken care of at practice and will allow you to continue to participate. You will receive specific instructions on how to care for your injury by school personnel upon evaluation and /or treatment.

If you feel that you need to seek the consultation of a physician about an injury, please go through the proper channels first (supervising coach and head athletic trainer). Many times, seeing the supervising coach and trainer first can save significant time and money.

When ill or injured, make sure you call the head coach of your sport. If you call, there will be makeup work to be done, just as if you missed a day in an academic class. If you do not call, you will be considered skipping practice and disciplinary action could be taken.

XVI. ATHLETIC TRAINING ROOM RULES

1. Athletes will report at the time prescribed by the Athletic trainer.
2. Cleats, spikes, pads and other equipment are not permitted in the training room.
3. After practice, shower, dry off, and dress appropriately before coming into the training room.
4. Do not dress, undress or change clothes in the training room.
5. All athletes must be clothed in gym shorts and T-shirts for treatment.
6. The training room is not a "lounge."
7. ASK!!!! Nothing is to be taken without permission.
8. "Horseplay" and foul language will not be tolerated.
9. Drinks, food and gum are not permitted in the training room.
10. Help keep the training room clean.
11. Return all wraps, braces and pads.
12. Do not bring in shoes, books, purses, coats and other items.

XVII. RESOURCES

Parents are encouraged to contact the appropriate school personnel when questions and concerns arise regarding athletics. Please feel free to contact them during the school day. Listed below are athletic personnel and their area of responsibility. District Website: <http://www.princeton.isd.net/>

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| Stacey Dillard – Boys Athletic Director |
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| Dexter Ivy – Girls Athletic Director |
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| Lana Howell – Athletic Secretary |
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Princeton ISD acknowledgement of Athletic Policy signature page.

Athlete's and Parent's: Make sure you read and understand the Athletic Policy Handbook. Retain the Handbook for your reference, Sign and date the signature page and return it to the proper coach. No athlete will be allowed to participate without the Signature Page on file.

I have read and understand the Athletic Policy Handbook.

| | | |
|------------------------|-------|------|
| Student Name (Printed) | Grade | Date |
|------------------------|-------|------|

Student Signature

Parent or Legal Guardian Signature