

KRESS ISD ATHLETIC POLICY

VIEWS, GOALS & RESPONSIBILITIES of the SCHOOL

The Role of Athletics

Organized athletics offers the participants an opportunity to foster the physical, mental, emotional, social, and moral growth of the student. Through situations which arise during strenuous practice sessions and athletic contests, student athletes must not only learn how to react to their own capabilities and limitations, but how to appropriately react to the behavior of others. These reactions result in physical and mental growth, as well as change. Because of the competitive and emotional nature of athletic contests and the player's obvious interest in the outcome, they are more susceptible to change than in many educational settings. To ensure that these changes are positive, all phases of athletics should be expertly organized and conducted. We believe that students training their minds and bodies to respond effectively to the various athletic challenges will directly lead to effectively dealing with challenges later in life.

Our goal is to guide students towards social maturity by learning:

- Teamwork
- Overcoming difficulties
- Sacrifice and Goal Setting
- Controlling Emotions
- Self-Reliance

Kress ISD Athletic Philosophy

It is the belief of Kress ISD that athletics provide many opportunities to develop the mind and body of the participating students. To facilitate the pursuit of these opportunities, Kress ISD desires to facilitate an athletic program that gives all interested students a place and role in which to compete in a safe and healthy environment.

Objectives of the Kress I.S.D. Athletic Dept.

- Provide safe, organized, and productive ways for our students to compete in physical competition
- Develop work ethic through preparation for competition.
- Develop teamwork and social skills.
- Effectively teach the rules and strategies of each sport
- Teach students to respect the games, the opponents, and themselves by playing within the rules and showing exceptional sportsmanship
- Encourage students to grow physically, mentally, morally, and socially
- Help students develop an appreciation for optimum health and physical fitness
- Develop an overall athletic program, where the standards and values of each individual sport are cohesive with those of the entire program
- Instill in all athletes the desire to represent their school and community in a manner that will make school administrators, teachers, parents, and the community proud

Responsibilities of the Coaching Staff

- Create an environment where the students feel welcome, accepted, challenged, encouraged and are held accountable to a standard of excellence.
- Promote student safety through teaching proper techniques and monitoring student health
- Be examples of the characteristics we hope to teach the students
- Be teachers – on the fields and courts as well as in the classroom
- Treat students fairly
- Be open in communication
- Continually learn and develop their knowledge of the sports so that they can teach effectively
- Work with students and other coaches when a conflicting student activity arises
- Determine the playing time and strategies that they believe best serve the team

EXPECTATIONS & RESPONSIBILITIES of the STUDENT ATHLETES

Participation in the athletic program and/or University Interscholastic League contests is not a right but a privilege. No student is required to take part in the athletic programs. Therefore, it is imperative that all students taking part in the program understand the expectations and responsibilities of the athletic program. There will be measures of accountability for students who fail to meet these expectations and live up to these responsibilities.

- Academic Success
 - Athletes should be leaders in the classroom. Any issues with classroom behavior will have consequences in athletics as well.
- Compliance with coaches' expectations
 - Each coach will have certain ways they want things done, and it is the responsibility of the student to adhere to those expectations.
- Responsibility with School Equipment
 - The student should use school equipment in the manner it was intended to be used and take good care of it. Lost equipment or damage other than that resulting from reasonable or appropriate use of the equipment will be the financial responsibility of the student.
- Practice Responsibilities
 - Students are required to attend the practices of the sports they are committed to.
 - It is the responsibility of the student to let a coach know beforehand if they must miss a practice.
 - It is the responsibility of the student to accept any consequence required by the coach for failure to attend practices without permission or under special circumstances.
 - Coaches have the right to exercise discretion for special circumstances for missing practice such as a family member's death, illness, etc.
 - Each sport will have similar and comparable ways to deal with missed practices.
 - Habitual unexcused practices may lead to removal from the sport and/or the athletic program.

- Each student is expected to put forth exemplary effort in practice in whatever role asked by the coaching staff.
- Grooming and appearance
 - Students are expected to present themselves in a manner that reflects the values and expectations of our school and community in practice, competition, and travel as a team.
 - All grooming will conform to the school dress code.
 - The school dress code takes priority over a coach's policy.
 - Hair should be neatly groomed and a natural color.
 - No form of jewelry will be worn in practices, games, or in the dressing room. This will include earrings and necklaces.
 - Contacts must be clear or a natural color.
 - Tattoos must always be covered.
 - No inappropriate clothing
 - Students must be fully dressed while in the weight room.
 - Hats and other headwear must not draw attention to the individual.
 - Hats must be worn bill forward.
 - Bandannas are not allowed.
 - Other non-religious headwear must be approved by the head coach, or the athletic director.
 - In practice and competition, students will be dressed in appropriate uniforms.
 - Coaches have the right to set further restrictions on clothing deemed to be individualistic, including setting an additional dress code for travel to athletic events.
- Conduct and Behavior
 - Students are expected to show character in their conduct and behavior and represent Kress ISD in a way that is indicative of the following values and beliefs.
 - Play fairly and within the rules
 - Unsportsmanlike conduct will be addressed by the coach.
 - Ejection from a contest will result in further suspension.
 - Total, absolute respect for officials and their decisions
 - Players will need to control emotions and actions in the heat of competition.
 - Profanity – in practice or competition – will not be tolerated.
 - Interaction with fans or parents deemed inappropriate by the coach will not be tolerated.
- Punctuality
 - Students are expected to be on time for all travel, games, and practices.
- Travel
 - Students are expected to be mindful that they represent Kress ISD and our community. They are expected to show this with:
 - Respect of other school's facilities
 - Respect towards other school's officials and fans
 - Respect towards businesses they may come in contact with as we travel.
 - Students will turn in all cell phones as they get on the bus for all out-of-town trips and be able to have them back on the trip back home. We will use the time going to sporting events as FAMiLY time.

- Students will travel with the team to all out of town events.
 - Coaches may make exceptions to this at their discretion, due to unexpected circumstances or other school activities.
 - Students will return home with the team or may return with their parents or an authorized family member, provided the parents or guardians have given written notice to the head coach beforehand,
- Students will sign out all school uniforms and workout gear before the gear or uniform is distributed. It is the student's responsibility to return all distributed gear back to that coach and sign that it was returned. If the gear is not returned or lost, the student is responsible for paying for the said gear at the purchasing price.

EXPECTATIONS & RESPONSIBILITIES of the PARENTS

Parents are a crucial part of the Athletic Program. We want parents to be involved in all the activities at the school, including Athletics. Here are some of the best ways to be involved:

- Attend the games and cheer, even those that your child isn't playing in.
- Cheer for the entire team, not just your child.
- Join and support the Athletic Booster Club.

Open lines of communication between parents and coaches are a priority in our athletic program. We will communicate new information primarily with the students; we feel this helps them develop ownership and responsibility. If you are unsure of information your child brings you, feel free to contact the coach or the school.

If you are unhappy with a situation, please consider these guidelines for communicating with your child's coach.

- Try to leave your child out of the communication loop. By being supportive of the coach in your home, you help maintain a positive relationship among coaches, student athletes, and their families.
- Speak to the coach at the right time. Speaking to the coach immediately after an event is discouraged. Please set up a time the next day to visit with the coach.
- Speak directly to the coach. Avoid trying to contact them by social media (Facebook, Twitter, etc..) or by text.
- Follow a chain of command. Speak first to the coach that you have an issue with. If you still have an issue after that, talk to the head coach of that sport. If you still have an issue after that, talk with the athletic director. If your issue still exists, talk to the school administration. Skipping any part of this chain of authority and communication damages our ability to handle issues and generally creates more problems.
- Appropriate Concerns to be Discussed Between Coaches and Parents
 1. Treatment of athlete, mentally and physically
 2. Ways to help athlete improve
 3. Concerns of athlete's behavior
- Issues Not Appropriate to be Discussed Between Coaches and Parents
 1. Playing time of other students
 2. Team strategy

3. Play calling
4. Other student-athletes

INJURY PROTOCOL

Unfortunately, participation in athletics carries a potential for injuries. How we deal with those injuries is important. All injuries must be reported to the proper individual as soon as they occur/or are noticed. Injuries need to be reported so that:

1. They can be properly cared for. This may include minor treatment, possible rehabilitation, or physician referrals if needed.
2. All parties involved can be notified. This may include but not be limited to parent(s), guardian(s), coach, & administrator(s).

The coaching staff, in conjunction with our athletic trainer, can facilitate referral to doctors who specialize in sports medicine. These doctors are sensitive to the injuries and needs of athletes and structure their care with the athlete and their quickest, safe return to activities in mind. You have the right to choose your own doctor. In any case, if the athlete is referred to a physician, or chooses to visit a physician on their own, documentation must be provided to the proper people.

The documentation is to include the following:

- Diagnosis
- Status – Not only what you can't do, but also what you can do.
- Treatment Options
- Next appointment date

This documentation is necessary to ensure that the athlete is medically able and cleared to participate. Doctor's notes must be legally followed, so we will follow them until we have different instructions from the doctor.

Injured players are required to attend practices, unless prohibited by physician or at the coaches' discretion.

MULTIPLE SPORT ATHLETES

Athletes involved in multiple sports at the same time must meet each sport coach's requirements for practice, games, workouts, etc. Failure to meet these requirements will lead to being removed from a sport by the head coach with athletic director approval. The Athletic Director will have the final decision on conflicts that arise between coaches keeping in mind that athletes will not be punished in one sport for participating in another sport.

Athletic Review Committee

In order to maintain consistency in our programs, an athletic review committee will convene if necessary. The committee shall consist of the head coach of the sport involved, a coach not directly involved, and the Athletic Director. In the event that committee convenes to determine infractions and an athlete's status, a parent of the athlete shall be contacted. If the committee cannot come to an adequate decision, the problem will be taken to the next level: principal,

superintendent, etc. The Athletic Review Committee may handle consequences for serious offenses, as well as handle appeals by the parent/legal guardian regarding a suspension or removal from a sport or the athletic program. If a parent or legal guardian chooses to appeal a suspension or removal from the athletic department, it must be submitted in writing to the athletic director.

Corrective measures initiated by either a coach or the Athletic Review Committee may include, but are not limited to:

1. Additional conditioning exercises
2. Suspension from contests
3. Removal from the sport
4. Removal from the athletic department

Criminal Activities

If a student athlete is arrested and charged with a felony crime, he/she will automatically be suspended from athletic activities until guilt or innocence is determined. If the student is found guilty, they will be suspended from all athletic activities for one calendar year. A misdemeanor offense will be dealt with on a case by case basis by the Athletic Review Committee and could result in suspension from the team or athletic program.

Drugs Tobacco and Alcohol

The use of illegal drugs, tobacco, or alcohol is not allowed. Tobacco products include but are not limited to vaping, cigarettes, and chewing tobacco. Any issues involving these substances will be handled in accordance with Kress I.S.D. policy.

Fighting

Student athletes are expected to exercise self-control. Fighting will not be tolerated.

Hazing

The National Federation of High School Sports Associations defines hazing as any humiliating or dangerous activity expected of a student to belong to a group, regardless of their willingness to participate. Hazing will not be allowed, condoned, or accepted by any group in the athletic program.

Quitting a team

Being a part of an athletic team requires hard work, time commitment, and dedication to the group. As each individual member of a team is vital to the success of a team; it follows that someone who quits a team hurts that team as a whole. All students have a one-week window after the season begins to get out of the sport with no penalty. A student will also have 24-hour cooling off period in order to reconsider a decision to quit the team. A student who quits a team after the one-week window faces the following consequences:

1. Student and parent will have a meeting with the head coach, the student, the parent, and the AD to discuss reasoning behind said quitting.
2. Before the student is eligible to participate in another sport at Kress ISD, the student will have to complete sport- specific conditioning of the AD and Head coaches' discretion as well as said student will be subject to missing the first two district games of the next sport they play.

Detention

The first and second behavioral detention referral will result in corrective measures at the discretion of the head coach.

The third behavioral detention referral will result in a one quarter suspension for the next game.

Attendance detentions will be handled at the coaches' discretion.

Suspension from School

If an athlete is suspended from school for any reason, they will be ineligible during the period of suspension. They will also be suspended for one game for out of school suspensions, and one game for in school suspensions. If given both out of school and in school suspension for the same offense, it will result in a 2-game suspension. A second out of school suspension in the same school year will result in review and may result in total expulsion from the athletic program for the remainder of the school year. A third in school suspension will result in review and may result in total expulsion from the athletic program for the remainder of the school year.

Theft

Taking things from other players, students, schools, etc. will not be tolerated. Punishment will be handled individually by the review committee and may result in expulsion from all athletic activities for up to one calendar year from the date of the incident. At the end of one calendar year from the date of the incident, all parties concerned may review the case and his/her behavior during the previous year to determine reinstatement into the athletic program.

Direct Insubordination

The first offense will result in corrective measure at the head coach's discretion. Subsequent offenses will be handled by the athletic director and may result in consequences up to removal from the sport and/or the athletic program.

Other Issues

The athletic department reserves the right to deal with other athletic issues deemed important, but not listed with these potential issues, in a manner it deems necessary.

Letter Jacket Policy

Earning a letter jacket is one of the highest honors that can be bestowed upon a Kress High School athlete. This is not only a symbol of dedication to the overall athletic program, but it is also a testimony to the hard work these student athletes have put in during their time at KHS. As per UIL, an athlete may only receive one letter jacket during their high school career. Jackets awarded become the property of the student athlete. Each head coach will turn in a list of athletes who are eligible to receive a letter jacket. Approval from the athletic director will be required.

The following procedures will be followed for athletes to earn their respected jacket:

1. All letter jackets will be awarded based on a points system.
2. High school boys will need 8 points to become eligible to earn a jacket.
3. High School girls will need 8 points to become eligible to earn a jacket.
4. All student athletes can begin earning points their freshman year in high school.
5. The following point system will be used to calculate student's points to receive a jacket:
 - a. 1 point for every athlete who competes in and completes a varsity level sport.
 - b. 1 additional point will be awarded to any athlete who competes in and completes a varsity level sport, and he/she qualifies and advances to the post-season playoffs.
 - o This includes, but is not limited to advancing to Bi-District in a team sport or Area (when not combined with a District meet) or Regional in an individual sport
 - c. If a student athlete qualifies for and advances to the state championships in either a team or individual sport, they will receive an additional 6 points towards their letter jacket.
6. If a student does not meet all the point system requirements, then he or she will be eligible to receive their letter jacket beginning their senior year provided they have competed and completed sports in each of the previous 3 years. (this includes JV)

It must be noted that each student athlete must complete said sport completely without quitting for that sport season to count towards their points. Being injured will not count against a student's eligibility to earn points. Time spent on JV will not count towards earning points. Players that split a season between JV and Varsity will be awarded points at the discretion of the athletic director and the head coach). Special circumstances for earning a letter jacket, such as managers or video crew will be at the discretion of the head coach and athletic director.

Any athlete who has qualified for a letter jacket but has been dismissed from the team for disciplinary reasons will not receive an award. These points will not be awarded.