

WVUSD Athletic Policy

2023-2024

- I. All UIL requirements must be adhered to by all the athletes.
- II. On the Campus
 - A. Behavior and Appearance - on the campus this is of great importance. Athletes should be leaders since fellow students respect and follow them. There are certain marks that pertain to athletes. The athlete is:
 - 1. Neat and well groomed at all times.
 - 2. Never profane in his/her speech.
 - 3. Clean shaven with no mustache, beard, or goatee.
 - 4. No visible piercing except for earrings for females.
 - 5. Possess a neat haircut which is accepted by the coach.
 - 6. Respectful to all teachers, coaches, game officials and opponents.
 - 7. Athletes are students first. If they get in trouble at school, they will also be in trouble in athletics.
 - 8. Players must be prompt. Tardiness will not be tolerated!
 - 9. Violation of these rules and all other rules may result in several penalties including: extra running, athletic probation, suspension, and possible expulsion from athletics. These punishments may be issued separately or in combination such as: extra running and athletic probation.
 - B. Suspension
 - 1. If an athlete is suspended from school, he/she will be ineligible for at least one contest after his/her return. If an athlete is suspended from school, they will be ineligible to play or practice during the period of suspension. The head coach has the right to suspend or expel the athlete from the team depending on the reason for the suspension. **DO NOT LET YOUR TEAM DOWN!**
 - 2. Minimum penalty for in school suspension (ISS) / out of school suspension (OSS) during the season is 5 miles of running (per day) before the athlete is allowed to participate in contests or practice.
- III. Trips and Travel
 - A. All athletes in junior high and high school directly represent the community, school, and coaches. Therefore, it is expected that all concerned will dress in an acceptable manner when traveling and conduct themselves at all times in a manner in keeping with this policy. Violations in this area can result in suspension from the next contest.
 - B. All varsity athletes are required to travel with the team to and from all contests. We will allow very few exceptions to this policy.
- IV. Training Rules
 - A. Rules that apply to all athletes at all times.
 - 1. No tobacco. Athletes caught using tobacco of any form will be required to run 20 miles before they will be eligible to participate in any UIL athletic activity. This is in addition to the regular workout.
 - 2. No drinking of any alcoholic beverages. Athletes caught drinking alcohol will be required to run 20 miles before they will be eligible to participate in any UIL athletic activity. This is in addition to the regular workout.
 - 3. No illegal drugs. Anyone caught using drugs will be suspended from athletics for one calendar year.

4. Stealing in the locker room will not be tolerated. The athlete will be removed from athletics for one calendar year if caught.
- B. These four rules apply to all athletes and/or prospective athletes at all times during his/her career. After the athlete's punishment is served, he/she is on probation for one calendar year. If the same offense occurs during that time, the athlete is expelled from all athletics. At the end of one year, after the 1st violation, each case may be reviewed by all parties concerned.

V. Other Rules:

- A. Home by a reasonable hour on weeknights or any night prior to a contest. This includes Sundays. A coach will have the right to establish a curfew if deemed necessary.
- B. Obey the specific rules of the coaches. Violation of these rules will be handled by the individual coach of each sport.
- C. An athlete is judged by the company he/she keeps. In the eyes of the public, his actions in his everyday life, both public and private, are a direct reflection upon his team and his school.

VI. Miscellaneous Subjects

- A. Working athletes must comply with the code. An athlete who works must:
 1. Maintain academic standards.
 2. Maintain training rules (especially late hour rules).
 3. Not let work interfere with practice or games.
 4. Learn to put his/her team's welfare first.
- B. School Equipment
 1. An athlete is financially responsible for all equipment checked out to him/her.
 2. He/She will receive credit on items turned in only if they were checked out to him/her.
 3. He must treat all equipment as though it were his/her own personal property. It should not be abused. It should be kept in the proper place in the locker.
- C. Quitting - any athlete dropping the team after the first contest will:
 1. Forfeit his/her award.
 2. Will be required to run 20 miles prior to participating in another sport.
 3. Before going from one sport to another, the athlete must be clear with his/her previous coach.
 4. No athlete will be allowed to quit until their parents have been notified.
 5. A 24 hour grace period will be allowed for an athlete to rejoin their team, however any missed practices will be treated as an unexcused absence.
 6. No athlete will be removed from a team without parent notification and consent of the athletic director.
- D. Practice Regulations
 1. Obey the specific rules of the coach. These will include tardiness and detentions.
 2. A coach must be consulted if any athlete must miss a practice. An athlete missing a practice or game without good reason may be suspended from the team.
 - a) When Practice is Missed:
 - (1) EXCUSED
 - (a) Coach is notified
 - (b) Excused absence from school
 - (c) Extreme emergency

- (d) School related
 - (e) Injury (must still attend practice)
 - (2) UNEXCUSED
 - (a) Excused conditions are not meet
 - (b) Coaches discretion
- b) CONSEQUENCES
 - (1) EXCUSED
 - (a) Makeup conditioning (timed)
 - (b) Extra running or drills specific to the sport
 - (2) UNEXCUSED
 - (a) 1st offense - severe conditioning specified by the head coach.(ex. Football - 1000 yards of bear crawls)
 - (b) 2nd offense - considerably more severe conditioning, possible suspension or expulsion from the team (ex. Football - 5000 yards of bear crawls)
 - (c) 3rd offense - removal from team, regardless of sport.
 - (3) Failing to make up extra conditioning will cause you to double your load the next day.
 - (4) This is your job. No excuses! All missed practices must be made up.

E. Communication

1. We are all in this together, coaches, players, and parents. Our coaching staff will always uphold an open door policy with players and parents.
2. All of our practices will be open and we will do everything in our power to communicate expectations with parents and athletes.
3. If there are issues that need to be addressed, we want to deal with it immediately and work toward a solution to the problem. Please follow the proper chain of command so that we can correct any issues by working together. Please seek the help of the Athletic Director and/or the Principal. If a solution cannot be found at this point, we can then take concerns to a higher level.

VII. The Athletics Class

- A. Will be comprised of those students who participate in all of the school's team sports.
- B. This is a participation class and a student will not be allowed to enroll unless he/she is a member of one of the team sports.
- C. When their sport is not in season, he/she will be involved in our strength and conditioning program that will help them prepare for their sport. Students will only be able to enter and exit this class between semesters, unless removed with principal approval.
- D. All athletes must be enrolled in our athletics class at the beginning of the semester prior to the semester their sport is played in order to be eligible for these. (Ex. if your sport begins in the fall, then you must be enrolled in the spring semester the previous year unless transferring from another school.)
- E. Good Locker room procedures. Obey all posted rules in the dressing room.

VIII. School Spirit

- A. An athlete should think of his school rather than his personal interest.
- B. Each athlete should support the school's team even if he is not a participant of that team.

- C. Unless permission is granted by the head coach and athletic director, no athlete will be allowed to miss or alter practices or games due to the demands of a non-school team or a private coach.

IX. Attendance, grades, and DAEP

- A. Any athlete having an unexcused absence will be disciplined. Three or more unexcused absences will result in expulsion of athletics.
- B. Excused absences will also be made up at the coaches' discretion.
- C. All varsity athletes are expected to attend and participate in all scheduled practices and games during holidays (Christmas, Spring Break, etc.)
- D. Athletes must attend school in order to participate in a contest (minimum ½ day)
- E. Any athlete who fails 3 consecutive six weeks will be dropped from athletics until the next semester and the student has demonstrated academic improvement.
- F. Any athlete who is assigned DAEP upon return will serve a 20 day off-season workout before his or her return to any team or individual athletic competition. The Athletic Director will determine when the athlete is in good standing and able to return to the team or individual sport.

X. INSUBORDINATION: WILL NOT BE TOLERATED IN ANY FORM AND WILL RESULT IN THE FOLLOWING:

- A. FIRST TIME: SEVERE CONDITIONING
- B. SECOND TIME: SUSPENSION
- C. THIRD TIME: EXPULSION FROM ATHLETICS

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I have read the Athletic Policy and will adhere to the conditions that have been established.ATHLETE

NAME:_____ PARENT NAME:_____

ATHLETE SIGNATURE:_____ PARENT SIGNATURE:_____

DATE:_____ DATE:_____