

Winning the right way

LISD

Athletics



Student Athlete Handbook

Whatever it Takes!

Welcome to the 2021 - 2022 school year.

We here at Livingston are looking forward to a wonderful year in our academic and athletic pursuits. We are excited about the opportunity to coach and mentor your sons and daughters. Thank you for allowing us to be a part of their lives during these formative High School years.

This handbook is to serve as our athletic guidelines for our athletes here in LISD. We want what everyone wants and that is, winning programs made up of disciplined young men and women on and off the field of play.

Here at Livingston we want all of our individuals to do “**WHATEVER IT TAKES**” to be a champion, all day, every day.

Student-Athletes should be the leaders of our school and community

LISD Athletes should:

1. Believe in themselves
2. Believe in each other
3. Believe in their program
4. Believe in their coaches

Sincerely,

Finis Vanover

Athletic Director

Mission Statement

In Livingston we want to equip our students with the ability to adapt and adjust to an ever changing work force.

The most important aspect of this foundation lies with building strong relationships with our student athletes.

This will be done in our academic pursuit of excellence in the classroom as well as the vehicle of sports.

We want to grow accountable, responsible and committed young adults who will excel in their communities and homes.

1. ATHLETIC CLASS PERIOD

All student athletes **MUST** be enrolled in Athletic Strength and Conditioning Class Period year round in order to participate.

2. ACADEMICS MUST BE STRESSED

We will not allow our athletes to fall behind in the classroom. Coaches will be assigned to specific athletes and we will check progress daily (if needed), weekly and year round. This will develop positive relationships between our coaches and our teachers and will keep us updated on any problems that may arise.

3. WE WANT MULTIPLE SPORT ATHLETES

We want our student-athletes to be multi-dimensional (not just football players, basketball players, etc.). This must be a coordinated effort among the head coaches of the various sports. We must all encourage our athletes to be involved in as many sports as possible. The in-season and off-season weight and conditioning programs must be coordinated as well. We will not excel to our fullest potential until the entire athletic program works together.

4. THERE IS NO SUBSTITUTE FOR HARD WORK

We have all been given various talents. Some are blessed more than others. We cannot control how much talent we or our opponent possess. The key to success is to learn to out-work our opponent (coaches as well as players). This is key to our professional success as well as our future success.

*We can have anything and everything we want in life,
if we are willing to work hard for it.*



EXPECT VICTORY!

Quitting:

We at LISD do not want anyone to quit, but if it happens there will be consequences before they can play their next sport to de-incentivize a student's failure to honor their commitment to a particular team.

1. If an athlete quits his/her sport:
 - They will not be allowed to participate in another sport until the sport they quit is completed.
 - The student will be required to complete certain consequences prior to being allowed to play the next sport. Such consequences will be sport-specific but may include:
 - o Running a specific number of miles (may be done in intervals over course of days/weeks as student's schedule allows).
 - o Completion of additional strength/condition activities for the sport they wish to play.

Absences:

We want our athletes to understand accountability and responsibility. All athletes will be expected to call in when they are sick. This rule is intended to prepare athletes for the workforce, in which adults are required to notify a supervisor in the event of an absence. We want to instill this type of responsibility in our student-athletes early.

2. An absence is an absence, excused or unexcused.
 - An excused absence means that the student has pre-arranged the absence with the coach and/or a parent or doctor's note is provided stating the reason for the absence.
 - o With an excused absence, the practice they missed will have to be made up by completion of distance running sufficient to account for the physical strength/conditioning completed by present students during that practice. The running will not be punishment running, but conditioning running that was missed during the excused absence.
 - IF AN ATHLETE KNOWS THAT THEY WILL MISS SCHOOL OR PRACTICE THEY MUST CONTACT THEIR COACH AND LET THEM KNOW.
 - o This will allow their coach to adjust practice accordingly.
 - If an athlete misses multiple practices, excused or unexcused it will be up to the head coach to decide how much playing time they will miss for that game.

**EARLY... IS ON TIME
ON TIME... IS LATE AND
LATE... IS UNACCEPTABLE**

Injuries:

3. All players must check in with the trainer if they are injured
 - All athletes must be present and dressed out at practice even when injured.
 - In the event of an outside injury that prevents practice or gameplay, parent notes will not be accepted; rather, an official note from a physician will be the only accepted documentation to relieve the athlete of his/her responsibility to practice or play with the team. This is athletics not PE.
 - If injured, the athlete will be assigned rehab work from the trainer and still able and expected to contribute to practice.
 - If during an injury period an athlete does not show up for 3 or more days the athlete is telling his/her coach and teammates that they no longer want to play, and the athlete's place on the team will be forfeited for the remainder of that sport's season.

Game Day:

4. Game Day Travel:

- a. All players will travel to and from each game on the bus in order to ensure that all athletes arrive in a timely fashion and to foster a sense of team spirit. There will be a travel form to fill out if you need to leave with your parents. Please have it filled out **prior to** the game and returned to the coaches. We will NOT have travel forms with us while traveling to an away game
- Before exiting the bus, athletes are expected to clear the bus of any trash and roll the window up.
- While on the bus to and from our destination we expect your best behavior, including respecting and listening to coaches and other staff members supervising the bus and not engaging in the following behaviors:
 - a. Profanity/cursing and/or inappropriate topics of conversation (sexual matters, drugs, alcohol, violence)
 - b. Possession/use of drugs (including illegal and prescription), alcohol, and tobacco
 - c. Viewing, distributing or watching inappropriate movies, videos or materials
 - d. Sexual activity
 - e. Hazing, violence against teammates of ANY kind, “wrestling” or other physical behavior
- We will post an itinerary before each game, so our players will know when we are leaving and what to expect.

Academics:

1. Remember we are here to get an education. We must do our best each day while we are in class. We will do periodic grade checks on our athletes to see their progress in class.
 - Ensure that you know what your current grades are in each course at all times. If you have missing work or need to makeup an assignment, quiz or test, do not wait until the last minute to complete these tasks.
 - If you start off strong and stay on top of your grades you will not have to worry about passing.
 - Your teachers are here to help you in your progress, help them help you. “Do the right thing” Utilize tutoring sessions, if available, and seek extra help from the teacher when you are struggling.
 - When entering into your classes we want you to sit up front and participate, this can and will make a huge difference. Be a leader.
 - Do your best and give great effort it will pay off.

Conduct/Behavior Outside of Athletic Activities:

Discipline is an essential piece of any athletic program. We expect our athletes to show strong character on and off the field, in the classroom, on school property and at school events. When a student-athlete violates behavior standards, whether during athletics or not, it is a reflection on the entire athletic program.

2. Remember athletics is a privilege not a right.
 - There will be consequences for any violation of the Student Code of Conduct that results in assignment of ISS, D-Hall and teacher emails.
 - Should an athlete be assigned to out-of-school suspension or DAEP, he or she will be removed from the team for the remainder of the season or until released from the disciplinary placement, subject to the discretion of the campus administrator and head coach of that sport.
 - CORPORAL PUNISHMENT will be used in our athletic programs in accordance with the Student Code of Conduct.

Hazing

Hazing, as defined by board policy and Texas state law (below) is strictly prohibited and will not be tolerated by any student-athlete or participant in an extracurricular activity at LISD.

“Hazing” means any intentional, knowing, or reckless act, occurring on or off the campus of an educational institution, by one person alone or acting with others, directed against a student for the purpose of pledging, being initiated into, affiliating with, holding office in, or maintaining membership in an organization if the act:

- Is any type of physical brutality, such as whipping, beating, striking, branding, electronic shocking, placing of a harmful substance on the body, or similar activity;
- Involves sleep deprivation, exposure to the elements, confinement in a small space, calisthenics, or other similar activity that subjects the student to an unreasonable risk of harm or that adversely affects the mental or physical health or safety of the student;
- Involves consumption of a food, liquid, alcoholic beverage, liquor, drug, or other substance that subjects that student to an unreasonable risk of harm or that adversely affects the mental or physical health or safety of the student;
- Any activity that induces, causes or requires the student to perform a duty or task that involves a violation of the Penal Code; or
- Involves coercing the student to consume a drug or an alcoholic beverage or liquor in an amount that would lead a reasonable person to believe that the student is intoxicated

If any student believes that he/she has been the victim of hazing or bullying in relation to any LISD athletic program, such report shall be brought to the attention the LISD Superintendent immediately. If any other student, employee or parent believes that a student has been the victim of hazing, such individual shall immediately report to the LISD Superintendent. If any student-athlete is found to have participated in, or failed to report, hazing activities related to an LISD athletic program, such student(s) is subject to immediate dismissal from the team and disciplinary consequences in accordance with the LISD Student Code of Conduct.

Athlete Discipline

The use of physical conditioning as a disciplinary technique will be, at all times, consistent with the general conditioning techniques utilized for that sport and will be assigned in addition to the general conditioning activities required of other team members. Additional conditioning will be assigned in response to violations of these policies, poor attitude or focus and/or missed practices or games. The amount of additional conditioning will remain at the coach's discretion; however, such conditioning will be sport-specific and reasonable in light of relevant circumstances. Such techniques will not be utilized to intentionally inflict significant pain or discomfort on student-athletes as a form of discipline; rather, such techniques are utilized to improve student athletic performance in the particular sport while de-incentivizing violation of this policy and applicable rules.

Student Release Information:

3. As an athlete representing LISD coaches may release information about the student-athlete to newspapers, colleges/universities, college scouts, college scouting services, etc. to help the athlete receive recognition for their performance. This information is considered directory information and more information can be found in the LISD student handbook.

- Students Name
- Address
- Telephone listing
- E-mail address
- Photograph
- Date and place of birth
- Major field of study
- Degrees, honors and awards received
- Dates of attendance
- Grade level/year of graduation
- Most recent school previously attended
- Participation in officially recognized activities and sports
- Height and Weight
- SAT/ACT scores
- Transcripts

Letter Jacket Policy:

LISD will purchase letterman jackets for 9th-12th grade athletes who have lettered in a VARSITY sport. To be eligible to receive a jacket, an athlete must have participated in the sport that they are receiving the jacket in. Participation is defined as entering the game, contest or meet. It is the coach's discretion to award a jacket to an athlete who has been loyal to the program. All athletes must end the season in GOOD STANDING, in that sport, to be eligible to receive a jacket.

As per UIL, an athlete may only receive one letter jacket during their HS 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 AD will be required. A list will be compiled and turned in to the Athletic Department Secretary, who will then place the order for the letter jackets.

We will use Texas Letter Jackets as our vendor.

Baseball

General criteria for lettering and receiving a jacket for baseball athletes will be participating in a minimum of 60% of ALL varsity games.

Basketball

General criteria for lettering and receiving a jacket for basketball athletes will be participating in a minimum of 60% of all varsity games.

Cheer

General criteria for lettering and receiving a jacket for Cheer athletes must be on the varsity squad and compete in the Stat Spirit Competition.

Cross Country

General criteria for lettering and receiving a jacket for Cross-Country athletes will be participating in a minimum of 60% of all varsity meets and the district meet.

Football

General criteria for lettering and receiving a jacket for football athletes will be participating in 6 or more varsity games.

Golf

General criteria for lettering and receiving a jacket for golf athletes will be participating in 4 Varsity golf tournaments plus the district varsity golf tournament

Soccer

General criteria for lettering and receiving a jacket for soccer athletes will be participating in a minimum of 60% of all varsity games.

Softball

General criteria for lettering and receiving a jacket for softball athletes will be participating in a minimum of 60% of all varsity games.

Tennis

General criteria for lettering and receiving a jacket for tennis athletes will be participating in a minimum of 60% of all tournaments and half of all matches during the school year plus the district tournament

Track and Field

General criteria for lettering and receiving a jacket for track and field will be to earn at least 10 points during the season or 1 point at the district track meet.

Volleyball

General criteria for lettering and receiving a jacket for volleyball athletes will be participating in a minimum of 60% of all varsity matches

Powerlifting

General criteria for lettering and receiving a jacket for powerlifting athletes will need to earn 8 points during the season or qualify for the Regional meet.

Trainers

General criteria for lettering and receiving a jacket for student athletic trainers will be working a minimum of 2 years in Athletic training. Trainer must work 1 year of varsity football and 1 year of a varsity girls sport.

Managers/Filmers

General criteria for lettering and receiving a jacket for team managers/filmers would be serving as a team manager for 2 seasons in a particular sport, one year must be as a manager for a varsity sport.



Expect to Win

Prepare to Win

Play to Win

Whatever it Takes!



Participation in athletics is a privilege not a right. To be an athlete and participate in any sport in Livingston ISD, the rules and regulations of the Athletic Department and the regulations and policies of the district will be followed.

I, _____ have read the rules and regulations in this handbook and hereby abide by these rules. I realize that failure to follow these rules may result in my dismissal from a team and or may result in my being denied the opportunity to participate in any other sport.

Athlete's Signature

Date

As a parent/guardian of the above athlete, I have read the Athletic handbook and understand the rules and regulations that have been set forth.

Parent/Guardian Signature

Date

