

LINDEN KILDARE  
STUDENT  
ATHLETIC POLICIES



Commitment to Excellence! 100% Effort

Every Play

Every Day

Every Way

## **Introduction**

This handbook communicates important information concerning athletic policies and procedures to our parents and students. After reviewing this information, we ask that the parents and student sign the signature page in the back of the handbook and turn it into his/her coach.

Anything not covered in this handbook will be left to the judgment of the Athletic Director and Administration.

This athletic handbook coexists with, but is not intended to supersede or overrule, the Linden-Kildare CISD Student Handbook and Student Code of Conduct. If, for any reason, the two documents conflict, the latter mentioned shall take precedence. Any inconsistencies will be directed to the Superintendent. Also, all Linden-Kildare Athletics is governed by the rules and policies of the University Interscholastic League.

Linden Kildare Tigers and Lady Tigers are expected to always conduct themselves in a way that will bring pride to our community and school district. This includes:

1. Play **hard**, clean competition at all times.
2. **Never** give up.
3. Accept the decision of officials without complaint.
4. Know and observe the rules of the game.
5. Be good sports at all times.
6. Play the game with **great enthusiasm**.
7. Be in **superior physical condition**.
8. **Participate in at least two Sports in a Year**.

## **Athletic Eligibility Requirements by UIL:**

1. You must pass all subjects.
2. In Junior High, you must pass the previous grade and be promoted.
3. In High School, you must have a certain number of credits:

Senior: 15 credits

Sophomore: 5 credits

Junior: 10 credits

Freshman: promoted from 8<sup>th</sup> grade

## **Parent Consent**

Every athlete must have the Acknowledgement of Rules Form and the Steroid Form signed by themselves and their parent or guardian.

### **Concussion Information Acknowledgement Form**

Every athlete and their parent must sign the concussion acknowledgment form that is provided by UIL, and used by our Concussion Oversight Team (C.O.T.).

### **Bullying/Cyberbullying**

Students will not bully teammates under any circumstances. Any bullying should be reported to your coach immediately. School district policy for dealing with bullying will be followed by all sports.

### **Student Athlete Expectations**

Each athlete will behave and be respectful in school, practice, games, and while traveling to and from sporting events. Participation in LK athletics is a privilege not a right. Your actions can result in you losing that privilege.

*Consequences-* a referral will result in a meeting with the coach, to be handled after regular practice. Behavior problems in practice will be handled by the coach and may result in loss of playing time or suspension from the team. Any insubordination or disrespect by a student directed to a coach, teacher, or administrator will not be tolerated and can result in immediate suspension from competition and possible removal from the team. Coaches may ask athletes to preform REMINDERS in practice to help you understand that there are consequences for poor behavior and poor performance in the classroom.

### **Expectations for Classroom Behavior**

If you are a winner in the classroom, you will very likely be a winner in athletics. Therefore, we intend to help your teachers see that you get a good education. We will sit near the front and not the back of class unless the teacher assigns you a seat at the back of class.

If you are doing well and behaving in the classroom, your coaches will know it and be very proud of you. If you misbehave or do poor work in the classroom, we will know that also. DTRT- Do The Right Thing.

### **Commitment**

Each student will be expected to have a commitment to the sport he/she is playing. Student athletes must learn, improve, listen and work at each sport without tearing down the system.

### School Suspension

Any athlete suspended from school (ISS, OSS, or AEP) for any reason will not be allowed to participate in or attend any extracurricular activity until they have been reinstated by the school administration and may be suspended from one game or competition if the suspension does not extend through a game.

The history of the student's discipline, the attitude of the student, and the nature of the offense will be taken into consideration by the administration, athletic director, and head coach in determining game suspensions.

### \*\*Non-School Participation (Select Teams, Club, etc.)

If an athlete chooses to participate on these types of teams while a member of a school team in season, he or she must abide by the following guidelines:

-No LK school games, competition, or practice time shall be missed for any reason due to an athlete's association or participation with a non-school team or club.

Violation of the above mentioned guidelines could result in loss of playing time, suspension from the school team affected, and/or removal from the LKCISD athletic program.

### Attitude

Student athletes will be expected to come to practice and games with a positive attitude. A poor attitude will be confronted by coaches, administrators, and parents.

### Playing Time

Playing time is up to the coach of the sport. It is not up for discussion with exception in asking how you can become better and why you are not seeing the court or field more. Our goal is to become the best program we can while ensuring we conduct ourselves with class and have fun doing so. We will not discuss the playing time of other players.

### Missing Practices

All students are expected to be at every practice. IF for any reason you must miss practice, call or see your group coach or the head coach **IN Advance**. Each Coach will be given the charge of dealing with absences in their sport. Each sport will have consequences and a limit on the number of times a student can miss before being removed from the team. If you miss practice you will be asked to do some makeup work. It is no different from missing math class. Missing practice can result in you not playing in a game or loss of playing time.

The reason for the different systems per sport is due to the fact that some sports play twice a week, leaving less time between games.

\*Do not make appointments during practice time or during your athletic period. This includes off-season. Missing practice or games due to court ordered visitation can be taken into account depending on the regularity of it and the overall impact on the team.

If you need to make up class work, it will not be done during your athletic period or practice time unless cleared by the teacher and the coach. You will need to make use of tutorial times set up by our schools.

### **Spring Break / Holiday and Weekend Practices**

All Student athletes are expected to be at each holiday/weekend practice. Missing one of these days will count towards an athlete's absence days. Regular absence policy is still in effect. It is important that students make practices that coach's schedule during this time.

### **Practice Expectations**

1. Practice with enthusiasm. You will play like you practice. If you do not practice hard, do not expect to play.
2. Get to practice on time. This means be ready 10 min before workout.
3. Keep your equipment on unless instructed by a coach to take it off.
4. Do not ever sit down or walk in practice on the court or the field.
5. Being tardy to practice may result in reminders after practice.
6. Be Coachable! Listen and work hard.
7. Missing practice is like missing class. You may have makeup work.

### **Sport Changes/Quitting**

Quitting is an intolerable habit to acquire. Every athlete is encouraged to finish what has been started. Athletes that quit are also "giving up" on themselves and those that depend on them. Commitment to being a Tiger or Lady Tiger is one of the most valuable lessons learned in athletics. Concerns and frustrations can usually be worked out with proper communication between the athlete and coach.

We want all athletes to participate in as many school-sponsored sports as possible. If an athlete quits a sport in season, he/she will not be able to participate in another sport until the entire season of the sport dropped is complete. Being dismissed from the team for missing practices and games is considered the same as quitting a sport. Being

dismissed or quitting a sport outside the grace period may negatively affect your grade in the athletic period for the corresponding 9 weeks grading period.

If justifiable cause to return is determined through a conference with the coach and athletic director, the athlete may return to part of the program by completing agreed upon consequences.

**\*\*NOTE** If an athlete quits or is dismissed from two sports in one year he or she will be out of the athletic program and all sports for one calendar year starting the day the athlete quits the second sport in the year. There will be a short period of time before the first competitions where students may be permitted to see if any particular sport is for them or not without penalty of quitting. We want to encourage students to participate and try new things and not punish them for making a mistake. This grace period should be carefully considered while making any decision.

No Athlete can join a sport after that sport has already gone to its first competition. Exceptions would be made if a transfer student enrolls in the district and joins a sport immediately upon their arrival.

### Trips

1. All athletes will act like ladies and gentlemen at all times.
2. All athletes will be dressed in appropriate and neat attire. Each head coach will determine the attire of their athletes and be sure it's appropriate for attending school.
3. All athletes represent Linden Kildare Schools. If it is not represented well, there will be no trips.
4. All athletes will ride to and from all functions with the squad. Exceptions will only be made in special situations with the prearranged consent of the head coach. We believe the team should travel together.
5. There will be no horseplay or misbehaving on the bus.
6. When we eat in a restaurant, all athletes will behave in a refined manner.

### Grooming

Our athletes will be well-groomed and neat throughout the school year. Hair **should be kept neat. Our school grooming policy will be followed at all times. Athletes may not wear earrings or piercings of any kind during practices or competitions.** Please also refer to the Student Dress Code for grades 7-12 for what is and is not acceptable.

### Dressing Room Behavior

1. Stealing from anyone can result in removal from Athletics.
2. No horseplay.
3. Keep the equipment in your locker, never on the floor.
4. You will be instructed on how to store your equipment in your locker.
5. Be especially careful in and around the showers.
6. Hazing of a student for any reason is prohibited.

### Equipment

Team uniforms, warm-ups, and equipment are the property of Linden-Kildare CISD and must be treated with care. Athletes are responsible for keeping their school-issued equipment clean and secure. Take pride in your equipment and facilities.

1. If you lose equipment, you pay for it.
2. If you have equipment problems, see your group coach immediately after practice and get it fixed. Do not wait until the next day.
3. All equipment that is issued **may not** be worn outside of the game or practice situation, unless the head coach has approved it (especially court shoes).
4. Student's parents will be contacted if there is suspicion that a student athlete has school equipment/ uniform in their possession.
5. Suiting out and having your equipment every day is very important. Not having the required workout gear or equipment can result failing grades and loss of playing time

### Training Rules

Tigers and Lady Tigers do not smoke, drink alcohol, or use any tobacco products. If you are caught, the discipline will range from probation to suspension from the squad. Should the student-athlete be caught while on school property or at a school-related event on or off school property with alcohol, will be placed in D.A.E.P. for an amount of time to be determined by the principal per the Student Code of Conduct.

### Awards

During your high school career, you have the opportunity to be awarded one letterman jacket. To be eligible for a jacket, you must contribute to the team in other ways than just being on the varsity squad. Regardless of classification you may earn a letter jacket. Meaningful contribution to the team is up to the coaches of that sport and Athletic Director. Meaningful contribution standards are not up to the athlete or parents.

### **Conflicting team sports**

Coaches work together with conflicting team sports to ensure practice time for student athletes as well as attempting to schedule games that will not conflict. If the student has a chance to advance in competition out of district, that sport takes precedence. If you are playing two sports at the same time we expect you to equally commit to each. If you can't do that then only choose one sport.

NOTE\*\* There is to be no absence counted when a student misses practice due to competing in another sport, and representing our school. However make up the conditioning missed by the student may be required by the coach.

### **Gym/Field House/Turf**

- Students are to contact a coach to get into the gym or field house.
- Proper shoes are to be worn in both buildings.
- Never enter gym or tiled areas with cleats.
- No food allowed inside the field house. Gatorade and water bottles are acceptable.
- Food is only allowed in the gym during basketball and volleyball games. There is to be no food in the stands during practice or during tutorial times when students are waiting for practice to begin. During practice, athletes may have their own Gatorade to drink in the gym but coaches will be responsible for immediate clean up following all practices.

## **HEALTH ISSUES**

### **Athletic Physical Examinations**

No student/athlete shall be eligible to practice or play a school sport until they have passed an adequate physical examination and have it on file with the head coach. The UIL physical form must be completed and signed by a licensed physician, a parent or legal guardian, and the student. Students may use their own physician or attend the sports physical day offered by our local clinic. Specific dates and times of these physicals will be announced and posted.

### **Injury**

The potential for injury is inherent in all interscholastic sports. Even with the best coaching, the most advanced protective equipment, and a strict observance of rules, injuries can happen. Although serious injuries are not common in supervised school athletic programs, it is impossible to eliminate the risk. Parents and students must be willing to accept the risks associated with school sports.

Athletes should report all injuries to the coach immediately and to the athletes' parents. We ask that you see the school district's athletic trainer as soon as you become aware of

an injury and let the coaches know. If a player is injured, they are still expected to suit out and participate in some form of rehabilitating activity depending on the nature of the injury.

### **Insurance**

Linden-Kildare CISD offers parents the opportunity to purchase “at school” and “athletic” insurance policies for their children. Forms will be available for rather inexpensive policies at registration for interested families.

A supplementary insurance plan is provided by the school district for high school and middle school athletes. It insures the athletes while participating in school athletic activities. It most often will NOT cover the total cost of a doctor’s bill. Athletes are advised to have other insurance.

The combination of parental and school insurance plans has been very effective in covering the reasonable and customary costs of athletic medical expenses. All Linden-Kildare CISD athletes are covered by the school’s supplemental policy. However, all claims must first be submitted to the individual’s personal insurance carrier. Once the parent’s primary carrier has assigned its benefits, the school’s supplemental plan will review the claim and pay only the usual and customary portion of the balance of the medical expenses not provided or reimbursed by the parent’s insurance.

In order to expedite payment of claims, parents of students who have sustained an injury as a result of athletics should obtain a claim form from the head coach or athletic director as soon as possible. Remember, filing claims is the parent’s, not the school’s responsibility.

## **LKCISD ATHLETIC DISCIPLINE PROCEDURES**

Our discipline policy is very simple: We are going to treat you as student-athletes in every way. You need to think that being in athletics is like having a job. **It is a privilege and not a right.** We expect you to show up every day, on time, and eager to work. If you break our rules, we are going to document your offense and you will be disciplined. If you build a record of breaking rules, you will be suspended from the program. If you are a continual discipline problem, you will be permanently removed from the athletic program. Discipline will be administered to athletes for breaking rules, such as, but not limited to:

1. cussing,
2. showing disrespect towards anyone,
3. failing to call a coach before being absent,
4. horseplay on a bus, on a trip, or at any time,
5. late to practice or game,
6. destructive actions, etc.

7. misbehaving in the classroom
8. participating on a non-school team while in season without approval
9. bullying/cyberbullying, Facebook, snap-chat etc.
10. failure to keep locker space clean
11. refusing to work in off season workouts ( POOR EFFORT )

## **ATHLETIC LINES OF COMMUNICATION**

### **Parent/Coach Relationship**

Both parenting and coaching are difficult vocations. By establishing lines of communication and understanding each position, we are better able to accept the actions of the others and provide greater benefit to children. As parents, when your children become involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

### **Communication parents should expect from coaches:**

- Expectations the coach has for your child as well as all the players on the team.
- Locations and times of all practices and contests.
- Team requirements (fees, special equipment, off-season participation, etc.)
- Procedure should your child be injured during athletic participation.
- Discipline that would result in the denial of your child's participation.

### **Communication Coaches Expect from Players:**

- Notification of any schedule conflict well in advance.
- Communicate specific concerns in regard to a coach's philosophy and/or expectations. (It is important to understand that there may be times when things do not go the way the athlete wishes. At these times, a discussion with the coach is encouraged.)

### **Appropriate Issues to Discuss with Coaches:**

- Treatment of your child.
- Ways to help your child improve.
- Concerns about your child's behavior.

### **Issues Not Appropriate to Discuss with Coaches:**

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

### Parent/Coach Conference Procedure

If you have a concern to discuss with a coach, please follow this procedure below:

- Please do not attempt to confront a coach before, during, or after a contest or practice. **(This can be an emotional time for both the parent and the coach. Meetings of this nature do not promote resolution. Productive meetings require calm, rational attitudes in a private setting.)**
- Call the school (903-756-5314) to set up an appointment with the head coach during his/her conference period the next school day. The Junior High number is (903-756-5381).
- If you are not satisfied with your conference with the head coach, you may then call to set up an appointment with the Athletic Director.
- After discussing the issue with the head coach and the Athletic Director, you may then contact the Superintendent if you feel the situation has not been justly attended to.

An Athletic Department must have rules to be effective. These rules will apply to every athlete because each and every one will be treated exactly the same in similar situations. Coaches are an extension of your family. As an extension of your family, the coaching staff will expect and demand appropriate behavior and respect from our athletes at all times. We will display class and respect, and the community will be proud to call us their own. Also, we will be proud to be known as Tigers and Lady Tigers -DTRT!

# Acknowledgment

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I have read the Athletic Policy of LKCISD Athletic Department and agree to follow this policy. I am aware that athletics is a voluntary program and no student has an entitlement to participate. I further acknowledge that a digital copy of this handbook is available on our districts website at [www.lkcisd.net](http://www.lkcisd.net) or, a hard copy is available upon request.

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Printed Name of Student-Athlete

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Student-Athlete Signature

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Date

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Parent Signature

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Date