

Ganado Athletic Guidelines 2016-2017

Goal: Athletics is designed to teach valuable life lessons while participating in athletics in both practices and games. Athletics is a higher standard of physical education that students and parents choose to participate. Therefore, athletes should abide by all the rules and standards of the sport at all times. Through sports, we aim to teach these young men and women accountability, hard work, dedication and that commitment to your team and school are things that will sustain them in the future. These guidelines are for both the boys and girls athletic programs.

Athletic Guidelines:

1. **Absences:** You are required to be at all practices. There will be two types of absences in athletics, excused and unexcused.
 - **Excused Absence:** An excused absence is constituted of either a doctor's note or a phone call from the parent to the athletic director/girls coordinator stating the nature of the absence. The athletic director/girls coordinator will not accept a note from the parent, a text message, or an email. Only a phone call before practice will be accepted. If the absence is considered excused, then the makeup work for the excused absence will be the conditioning the athlete missed during the absence.
 - **Unexcused Absence:** If a phone call is not received before practice or doctor's note is not given then the absence will be considered unexcused. If a practice is unexcused, then the athlete will have to do a different makeup than they would for an excused absence. Due to facilities and proximity to fields and gyms, the boys unexcused absence make up will be determined by Coach Wright, and the girls by Coach Price. **Upon the third unexcused absence, the athlete will be removed from the sport in which they are participating.** The athlete will remain in athletics and cannot participate in another sport for the remainder of the school year or until the athletic director has approved future participation in other sports.
 - Coach Wright Cell- 903-474-1760
 - Coach Price Cell- 940-867-7754
2. **UIL Rules:** All athletes must comply with all UIL rules in order to participate in any UIL activity.
3. **Holiday Practices (High School Only):** You are required to attend holiday practices. If you play volleyball, football or run cross-country, then you are required to attend two a days during August. If you play basketball, you will have workouts and games during the Christmas Break. If you play baseball, softball, run track, powerlift or play golf, you will have workouts and games during Spring Break. Attendance is required and you need to plan accordingly. This applies to varsity team members only. All absences during the holidays are unexcused.
4. **Participation:** To participate in football, volleyball, cross-country, basketball, track, powerlifting, baseball, softball or golf, a student must be in athletics for the entire year. You may not enroll in athletics at the beginning of the spring semester to play a spring sport. You must be enrolled in athletics at the beginning of the school year. If you move in from another school in the middle of the year then that is different. You may not join athletics at the semester because all you do is a spring sport.

5. **Quitting Athletics:** Once a student has decided to quit athletics or is removed from athletics for disciplinary reasons, then the student will not be allowed back into athletics until the following school year. This policy will go into effect once the student enters the 9th grade.
6. **Quitting a Sport:** There is a no quitting policy. You will sign up for sports when the coaches ask to see how many people are participating in a sport for that season. Once you have said that you are playing that sport, **the no quitting policy will go into effect.** If you decide to quit, you will not be allowed to participate in any sport for remainder of the school year. If you decide that disrespectful behavior, lack of effort, and an overall detriment to the team is your solution to getting out of the sport then you will be removed from athletics completely and play nothing for the remainder of the school year. Once you have decided to quit a sport, you will only be allowed to play the sport at coach's discretion if you change your mind and want to play in the future.
7. **Parent Notes:** NO NOTES FROM PARENTS WILL BE ACCEPTED EXCUSING THEM FROM PARTICIPATING IN ATHLETICS. If an athlete is sick, then she needs to notify their coach that they are not 100% but they will do the best they can. The coach will realize that the athlete is not 100% and will appreciate the effort for that day. Parents may not write notes excusing athletes from participating either due to illness or injury. If a trainer or doctor states that the athlete should be limited or not participate at all, we will accept that.
8. **Treatment of Injuries:** If you are injured, you must provide the coaches with the specific exercises that either the trainer or doctor has prescribed. If you are restricted from participating in athletics for any reason, then that same participation restriction applies to all other physical activities, including but not limited to cheerleading and outside club sports or activities.
9. **Seeing the Trainer:** In order to see the trainer, you must first have told a coach the nature of your injury. Once you have discussed the nature of your injury, the coach will then refer you to see the trainer, if the coach thinks the nature of your injury warrants seeing the trainer. A parent may request that an athlete see a trainer if the parent thinks that the coaches decision to refrain from seeing the trainer was incorrect. The parent will need to contact the coach by either phone or email to make the request. The goal of this is to limit the number of athletes going to the trainer for bumps and bruises so that the trainer may focus their time and efforts on the kids who do have major injuries that need monitoring and treatment.
10. **Seeing a Doctor:** We do ask that you request to see a trainer before you go to a doctor. The doctor will automatically hold you out for two weeks for any injury, whereas the trainer may be able to give you some exercises and treatments that allow you to still participate.
11. **Non- School Activities:** An athlete will not be allowed to miss any practice or game for a non-school related activity. If the student, misses a game or practice due to a non-school related activity, the absence will be considered unexcused. This will result in a loss of playing time as well as extra-conditioning. An athlete may not use one of her three absences to participate in a club activity over an in-school activity.

12. Lettering in a Sport(High School Only): In order to obtain a letter jacket for varsity participation in a sport will vary from sport to sport. Here is how you letter in each sport.

Football, Volleyball, Basketball, Baseball, and Softball- Play meaningful minutes during a district game. Meaningful is to be determined by the coach. If a JV player is moved up for the playoffs and do not play in the game then they do not letter.

Track- You must score one point at the district track meet.

Powerlifting: You must have advanced to the regional or state meet as an individual.

Golf: You must advance to the regional golf meet.

One Team: If the sport only has one team, then you do not automatically get a letter jacket. You must meet the requirements listed above.

13. Chain of Command: If you or the athlete has an issue that you would like to discuss, we ask that you follow the following procedures. If playing time is the issue, then we ask that you encourage your athlete to practice more and get better. Playing time is totally up to the coach. Coaches will play the players they think give them the best chance to win. However, for anything else, please follow the following chain of command.

- I. Contact the coach either by phone or email to discuss concern. We ask that you do not confront the coach or set up the meeting immediately after a game. Please wait until the next day, when cooler heads can prevail. If you are not satisfied with your meeting please follow the following chain of command.
- II. Athletic Director
- III. Superintendent

14. Unforeseen Circumstances: There are many situations and scenarios that may arise in the school year. The coaches will have final discretion when enforcing his or her rules. Just because we don't have it written down doesn't mean we cannot enforce unforeseen circumstances. If you have a problem with the rule or enforcement of the rule you must follow the chain of command as stated previously. There will be unexpected situations in which a coach may use his or her judgment in enforcing the rule. Every circumstance is different. Therefore, every case may not be treated in the same manner.

15. Respect of Coaching Staff and Athletes: Posting negative comments on social media outlets about athletes or coaches will not be tolerated. We also ask that you refrain from making negative comments about coaches and players in public, including the stands. Please remember that the people playing are 14 to 18 year old kids who will mess up. Please remember that the people coaching have put in a lot of hours and hard work to do the best they can to put your son or daughter in a position of success. Please remember that the kids you make negative comments about have family members in the stands that may not appreciate you saying negative comments about their son or daughter. Please remember that the coaches are people, not robots, and they would prefer not have to explain to their own personal kids why you are saying such terrible things about their mother or father. If you don't like what we do, please schedule a meeting. We would be more than happy to explain what we do and why we do it.

We as coaches hope that we never have to enforce any of these rules and guidelines, but realize we will. All we basically ask of our athletes is that they attend practices, give 100% effort, pass their classes, and conduct yourselves in a manner that is becoming of respectable young men and women. We represent the community of Ganado and our school wherever we go. We want other towns to comment on the positive behaviors of Ganado athletes rather than the negatives.

Ganado Athletics Guidelines Acknowledgement Form

In signing this document, you are stating that you have read and understand the rules and guidelines for athletics. This document must be turned in before the athlete can participate in athletics.

Student Signature

Date

Parent Signature

Date

Keith Wright- Boys/Girls Athletic Director

Date

Lee Price- Girls Athletic Coordinator

Date