



KARNES CITY I.S.D.

ATHLETIC HANDBOOK

2019-2020

KCISD Athletic Handbook

The Karnes City I.S.D. athletic handbook will serve as guidance to questions that could possibly occur throughout the course of the year. I emphasize that all situations may not be covered in the handbook; however, appropriate actions will be administered throughout athletic policies, school policies, and U.I.L. policies. At any time, the Athletic Director has the authority to make final decisions and determinations based on factual information gathered from investigations, meetings, etc.

The U.I.L. is the governing body for the athletic programs in Texas public schools. The Karnes City I.S.D. Board of Education, administrators, coaches and teacher fully support the U.I.L. and its enforcement of the rules.

It should be stressed that being a member of an athletic team is a PRIVILEGE, not a right. Therefore, not ALL students are capable of competing in the program. With it being a privilege, any coach has the authority to revoke that privilege when rules are not followed.

Explanation of Athletics

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

Communication you should expect from your child's coach:

1. Philosophy of the coach
2. Locations and times of practices and contests
3. Team requirements, such as practices, special equipment, out of season conditioning

Communication coaches expect from parents:

1. Concerns expressed directly to the coach
2. Notification of any schedule conflicts well in advance

As your child becomes involved in the programs at Karnes City, they will experience some of the most rewarding moments of their lives. It is important to understand that there may be times when things do not go the way your child wishes. At these times, discussion with the coach is encouraged. Examples of this situation include the treatment of your child, ways to help your child improve, concerns about your child's attitude and academic support.

It is very difficult to accept your child not playing as much, when or where you may desire. It will be the coach's discretion to make all decisions about playing time or position for the individual student-athletes, regardless the score of the game or the personal feelings of the student athlete's parents.

Coaches are professionals. They make judgments based on what they believe to be the best for all students involved. As you have seen from the list above, certain things can be and should be discussed with your coach. Examples include team strategy, attitude/grade problems, or treatment of your child.

These are situations that may require a conference between the coach and the parent. These are encouraged. It is important that both parties involved have a clear understanding of the other's position. **There will NOT be a conference about playing time without the student-athlete and coach present.**

When these conferences are necessary, the following procedures should be followed to help promote resolution:

1. Call or email the coach to set up an appointment.
2. If the coach cannot be reached, call the Athletic Director. A meeting will be set up for you.
3. **DO NOT attempt to confront a coach before, after, or during a contest/practice. These can be emotional times for both the parent and the coach. Meetings of this nature do not prompt resolution.**

If the meeting with the coach does not provide a satisfactory resolution, the next step is to set up an appointment with the Athletic Director. Since research indicates that a student involved in extracurricular activities has greater success during adulthood, these athletic programs have been established. Any of the character traits required to be successful participants are exactly those that will promote a successful life after high school.

BADGER and LADY BADGER ATHLETICS

According to the U.I.L. rules, being in athletics is a privilege and not a right. Only those students who abide by school and athletic policies will be allowed to represent Karnes City I.S.D.

When young men and women sign up for athletics and become a member of a team, they make a commitment. They are not forced to participate. It is voluntary; therefore, they are expected to follow rules of order.

Parents should strive to help their son or daughter to achieve success in athletics. Success is defined as participation at 100% of the individual's ability. We can never expect athletes to do more than they are capable; however, we do want them to obtain their fullest potential. Supportive parents can install this desire in student athletes long after their playing days are over by seeing that the student is on time, attends practices and games, and follows the rules and regulations.

ATHLETIC PERIOD

ALL BOYS: 9th-12th—If you are going to participate in football, basketball, baseball, or track, you **MUST** be in the athletic period, unless special circumstances are approved by the Athletic Director.

ALL GIRLS: 9th-12th—If you are going to participate in volleyball, basketball, softball, or track, you **MUST** be in the athletic period, unless special circumstances are approved by the Athletic Director.

-----Students participating in any other sport may be in the athletic period with the approval of the Athletic Director and Head Coach of that sport.

WHAT WE EXPECT FROM THE ATHLETE

1. To get an education
2. To give total effort
3. To respect your teammates and coaches
4. To be totally honest in all your dealings
5. To be loyal to your school, administrators, teachers, coaches, team, and family
6. To be on time
7. To be courteous
8. To be enthusiastic
9. To set goals and work to achieve both personal and team goals
10. To *Get Better Everyday!*

WHAT THE ATHLETE CAN EXPECT FROM THE COACHING STAFF

1. To be loyal
2. To be totally honest
3. To provide leadership and training necessary to achieve our goals
4. To work hard
5. To push you harder than you have ever been pushed before
6. To treat you with respect
7. To make decisions predicated on what is best for the team
8. To be a role model
9. To help you reach your personal goals
10. To help you *Get Better Everyday!*

EXPECTATIONS FROM PARENTS, FANS, and SPECTATORS

1. Remember that you are at the contest to support and yell for your team, and to enjoy the skill and competition not to intimidate or ridicule the other team or its fans.
2. Remember that school athletics are a learning experience for students and that mistakes are sometimes made.
3. Praise student-athletes in their attempt to improve themselves as students, as athletes, and as people, just as you would praise a student working in the classroom.
4. A ticket is a privilege to observe the contest, not a license to verbally assault others or be generally obnoxious.
5. Learn the rules of the game, so that you may understand and appreciate why certain situations take place.
6. Show respect for the opposing players, coaches, spectators and support groups. Respect the integrity and judgement of game officials.
7. Understand that they are doing their best to help promote the student-athlete, and admire their willingness to participate in full view of the public.
8. Recognize and show appreciation for an outstanding play by either team.
9. Refrain from the use of any controlled substances (alcohol, drugs, etc.) before, during, and after the game on or near the site of the event (i.e. tailgating).
10. Use only cheers that support and uplift the teams involved.
11. Be a positive role model at events through your own actions and by censuring those around you whose behavior is unbecoming.
12. Parents and spectators should be aware that the school can (and should) remove them from the premises and can prohibit them from attending future contests due to undesirable behaviors.
13. Game officials can ask that school administrators have unruly fans removed from a contest facility
14. Game officials can ask that school administrators have unruly fans removed from a contest facility.
15. There is no such thing as a “right” to attend interscholastic athletics. Interscholastic athletics are considered a “privilege” and the spectator who avails themselves of it is expected to conduct himself or herself accordingly.
16. Keep in mind that you are a guest of the school, and that while winning is certainly an admirable goal, it is hollow if it comes at the expense of morals, ethics, and just plain common sense. The school is responsible for the behavior of their spectators.
17. The school district can be and will be punished for actions of patrons in violation of UIL standards and rules.

DISCIPLINE MANAGEMENT POLICY

The following is a discipline program we will follow in our athletic program here at Karnes City Independent School District. These rules are in addition to the school policies on our campuses. They are in no way to supersede any existing school policy dealing with any situation that may occur, but they enhance the learning environment of our student athletes.

Athletics is a privilege and it takes a very special person to participate. The practices and games are time away from family and friends, which at times can be tedious and monotonous. However, the rewards and gratifications that are derived from the athlete's efforts will last a lifetime.

We expect a certain code of behavior from the young people who will be representing our school and community. The discipline management plan is one that will be followed by all sports and by all athletes.

PHYSICAL EXAM: KCISD requires a physical exam every year for students to participate in athletics.

Disrespect towards a Teacher, Administrator, Coach, Peer, or Official

Disrespect towards anybody will not be tolerated. We will demonstrate the proper demeanor for the appropriate situation. An athlete must realize that they are constantly in the eyes of the public at all times, whether in school or on the playing field. They are most assuredly in the eyes of our youth.

If an athlete is guilty of disrespect, they will be assigned extra physical activity from the coach of their sport. If this does not deter the problem then a subsequent infraction could lead to suspension or dismissal from the team and/or the athletic program. If an athlete is assigned to the I.S.S., the athlete must run two miles for each day in the I.S.S. If the first offense is severe enough, in the opinion of the Athletic Director, it could lead to suspension or dismissal from the team and/or the athletic program.

Late to Practice

Athletics teaches young people lessons that reinforce the values that they receive at home. One of these is to be on time and prepared to begin an activity. When you make a commitment to a team or a group of people then you are expected to abide by it. If you are late, it only punishes the team and delays their ability to practice and prepare themselves to be the best.

If an athlete is late to practice, they will be assigned extra physical activity from the coach of their sport. If an athlete is habitually late to practices, it could lead to suspension or dismissal from the team and/or the athletic program.

Missing Practice

Practice is a time in which an individual and team prepares themselves to be the best they can be. It is a time in which the athlete develops the skills and work ethic that

is necessary to be successful. Practice is never a punishment. It will always have a purpose.

Our motto is ***Get Better Everyday***. Whether the athlete is preparing for a game, academic test, job interview, or etc. they should commit themselves to be successful through practice daily.

Attendance at all practices is mandatory and expected. If an athlete cannot attend then they must call the coach and leave a message at the following numbers.

Karnes City Athletic Director	(830) 780-2321 ext. 223
High School Boy's Office	(830) 780-2321 ext. 325
High School Girl's Office	(830) 780-2321 ext. 326
Junior High School Boy's Office	(830) 780-2321 ext. 420
Junior High School Girl's Office	(830) 780-2321 ext. 419

We realize that in extreme cases attendance may not be possible. In these situations we will excuse the absence and only the conditioning segment of the practice will be made up at the coaches' discretion. The types of excused absences that fall in this category are:

1. Death in the family or immediate friends of the family.
2. An illness that places the individual under direct care of a physician.
3. A planned family outing that cannot be changed, As long as the coach is informed in advance.

If an athlete's absence is unexcused, they will be assigned extra physical activity from the coach of their sport. If an athlete is habitually absent from practices (**3 or more**), it could lead to suspension or dismissal from the team and/or the athletic program.

Abuse of Equipment

All the equipment and facilities that the athletic department uses are funded through the school district. The athlete will take care of all equipment and facilities while they are participants in our programs. There should never be a situation in which the athlete has equipment at home or off campus, unless their coach has given permission.

If an athlete loses a piece of equipment, the athlete will be responsible for paying for this equipment. If the athlete refuses to pay for the equipment, they will be removed from the athletic program.

Substance Abuse Policy

The use of any chemical substance not prescribed by a licensed physician is dangerous and self-destroying course of life. KCISD will randomly drug test student athletes and other groups/organizations. Students wishing to participate in athletics will need to participate in the drug testing program. Please see KCISD Student Handbook to review the student drug-testing program.

Illegal Drugs and Steroids– The use of illegal substances without the consent of a doctor will lead to the suspension or automatic dismissal from our program. The use of any chemical substance or illegal drug without the proper consent of a doctor are a deterrent to the health and training of an athlete. They are also against the law to consume and or have in your possession. If an athlete is arrested for being in possession of or under the influence of an illegal drug or given a citation the following disciplinary actions will be taken.

1st Offense – Suspension from the Athletic Program for a period of time to be determined by the Athletic Director and Head Coach of the sport

2nd Offense – Total removal from the Athletic Program

Please see inserts at the end of this hand book that pertain to steroid use.

Tobacco and Alcohol – The use of these chemicals are a deterrent to the health and training of an athlete. They are also against the law to consume, but also to have in your possession. If an athlete is found guilty of being in possession, under the influence, or operating a vehicle under the influence the following actions will occur:

1st Offense – The athlete will run 10 miles before the next competition.

2nd Offense – The athlete will be suspended for two contests.

3rd Offense – The athlete will be removed from the athletic program.

Dietary Supplements and Muscle Performance Enhancers:

If students are using products sold through GNC Stores or any other supplemental stores, they are not allowed to bring on campus or to any school related event. Even though these products are sold legally, some of these items are banned by University Interscholastic League. Many of these products are not regulated by the Food & Drug Administration (FDA) and they may contain substances that could be detrimental to your child's health.

Please be advised the school is recommending that these products not be on campus or at any extracurricular events in order to keep students from sharing these products with one another. Many of these products are restricted for adult usage only.

If your child is using dietary supplements and/or muscle performance enhancers, please advise your child not to bring these items to school or to any of their extracurricular events.

1st Offense – The athlete will run 10 miles before the next competition.

2nd Offense – The athlete will be suspended for two contests.

3rd Offense – The athlete will be removed from the athletic program.

Theft

Any athlete who is guilty of stealing from his or her teammates, school, and/or community will be dismissed from the athletic program. The student will be re-evaluated after one calendar year by the Athletic Director.

Social Networking Websites and Electronic Communication:

Athletes will be responsible for ensuring that all personal electronic communication is appropriate. Any communication including, but not limited to, Snapchat, Twitter, Facebook, Instagram, and inappropriate texting that is published or appearing on the internet is public domain even if it is marked private, is included. Areas of appropriateness include, but are not limited to, language, pictures, suggestive poses, clothing, and reference to alcohol, drugs, and tobacco. Disciplinary action will be taken if an athlete is found to be involved in inappropriate, disruptive, lewd, or obscene pictures, comments, or statuses on any social networks and/or electronic communication, which may include suspension or dismissal from the athletic program.

Quitting or Removal from a Team and/or the Athletic Period

Any student that quits a sport will not be able to start another sport until the first sport is completely over. Also, that student will be required to run 20 miles supervised by a coach before they can start practice for the next sport.

Any student that is removed from a team or the athletic program for any reason will need to run 20 miles before they are allowed back into the program. This student will also need to be in good standing with office referrals, grades, and attendance. The final decision will be decided by the head coach of the sport(s) and the Athletic Director for reinstatement to the team or athletic program.

Academic Dishonesty- Refer to the High School or Junior High Handbook Policy. Coaches and/or Athletic Director may also add consequences per their sport's guidelines.

Disrespect towards a Teacher, Administrator, Coach, Peer, or Official

Disrespect towards anybody will not be tolerated. We will demonstrate the proper demeanor for the appropriate situation. An athlete must realize that they are constantly in the eyes of the public at all times, whether in school or on the playing field. They are most assuredly in the eyes of our youth.

If an athlete is guilty of disrespect, they will be assigned extra physical activity from the coach of their sport. If this does not deter the problem then a subsequent infraction could lead to suspension or dismissal from the team and/or the athletic program.

In School Suspension

If an athlete is assigned to I.S.S., the athlete must run two miles for each day or half day assigned in I.S.S. If the first offense is severe enough, in the opinion of the Athletic Director, it could lead to suspension or dismissal from the team and/or the athletic program. If a student is in I.S.S. they are not allowed to compete in a contest, unless their time in I.S.S. is up. Students must attend practice while in I.S.S.

Alternative School or Suspension from School----

Any student placed in Alternative Education for more than 10 days will sit out of athletics for 60 calendar days after they get back on campus. If a student is sent to Alternative School for 10 days or less, that student will be out of athletics for 20 days. The Athletic Director will then look at grades, referrals, and attendance before that student is allowed back in the athletic program. The student will also run 20 miles prior to their 1st game. The student is not allowed to participate in any athletic events while they are suspended or in Alternative School. No practices, contests, or athletic functions.

Suspension from school—any student suspended from school will sit out of athletics for 5 days for every day they are suspended.

1 day = 5 days suspended from all Athletic events

2 days = 10 days suspended from all Athletic events

Disruption in the Classroom or On Campus

Athletics is a privilege, but not a right. With this in mind, we will expect the athletes to conduct themselves in a proper manner in the school and community. They must realize that they represent the athletic program in everything they do.

When an athlete is disruptive to the point they are a negative influence to the learning environment, they have to be punished by either the regular classroom teacher or the principal, then that situation will be addressed in the athletic department. The coaches will not decide the discipline for the classroom teacher nor will they administer their punishment. We will reinforce our expectations to the athlete by increased physical activity, or if the situation warrants the athlete will be suspended or dismissed from the program.

Athletic Injuries and Insurance

When an athlete is injured in an athletic activity it is the responsibility of the athlete to inform the coach and/or trainer. Our athletic trainer will develop a plan of action for each injury. Every injury needs to be reported to the trainer prior to leaving a practice, game, or athletic period workout. Our trainer is a professional athletic trainer and is trained to handle medical situations. It is ultimately the parent and guardian's decision to seek medical treatment or opinions.

The school district is not financially responsible for costs incurred by medical treatment. The school district carries a supplemental insurance policy that pays a particular amount after all requirements have been met. It does not pay in full, it is only a supplement.

Forms and Paperwork

From time to time, it will be necessary for athletes to fill out various U.I.L. and district forms. It is very important that all paper work is returned in a timely matter. Failure to return these forms may lead to the athlete being unable to participate in a contest.

FIGHTING

*******Any student ejected for fighting at a game will be suspended for 5 games and have to run 50 miles before they compete in a game. Games will carry on from sport to sport and year to year. Any student ejected for leaving the bench, sideline, dugout, etc. will be suspended for 3 games and have to run 30 miles before they compete in a game. Possible removal and/or suspension from the athletic program will also be considered by the Athletic Director.**

Dress Code and Grooming

All athletes will follow the Karnes City I.S.D. dress code at all athletic events and during travel to and from competitions with the exception of facial hair and earrings for male athletes. Athletes will not be allowed to have facial hair or earrings at school, any school sponsored programs, and/or during athletic events. Hair will not exceed 3 inches in length, cover the eye brows, or the collar. Consequences will be handled by the coaching staff or Athletic Director during athletics. Failure to follow these guidelines will result in the removal from the athletic program. The athletic department has very high expectations for all athletes that are involved in the program. The athletic department recognizes that each athlete represents Karnes City I.S.D. and this representation will be excellent during travel, competition, and at all other times.

*******Athletes will only be excused from athletics with a parent note for 2 days. This will be an excused absence and conditioning will still need to be made up once the athlete returns. After the 2 days, the athlete will need to have a doctor's note. If no doctor's note is provided after the 2 days, the missed workouts will be unexcused. All make-up running will be assigned and observed by the coaches. Any failure to comply with this rule will result in removal from the athletic program.**

******* Athletes who miss 5 days (excused or unexcused) or more of off-season workouts due to an injury which does not require surgery will be required to make up conditioning before he/she can participate in a contest. The conditioning will be determined by the coach and/or Athletic Director. This rule will carry from year to year.**

KARNES CITY ATHLETIC HANDBOOK

The Karnes City ISD Athletic Handbook has been made available to parents on the KCISD website and hard copies are available upon request.

I have read the 2019-2020 Athletic Handbook and agree with the guidelines.

PRINT PARENT NAME: _____

PARENT SIGNATURE: _____ Date: _____

PRINT STUDENT NAME: _____

STUDENT SIGNATURE: _____ Date: _____

This page must be returned to the coaches!