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# INTRODUCTION

The Cumby Athletic department has designed this handbook as a means of communication with both students and parents as to the important information concerning athletic policies and procedures. The contents of this handbook are provided as a means of providing the most positive experience for the children of our district in a range of interscholastic athletic competition. The Cumby ISD Board of Trustees has approved the policies, procedures, and regulations in this handbook.

Although this handbook is designed as the foundation for all sports at Cumby ISD, the head coach of each sport may include additional rules and regulations that go beyond what is listed in this athletic handbook. In the event that such rules exist they must be submitted in writing to the athletic director for prior approval and presented to the athlete before their participation in the sport. **Coaches will always reserve the right to discipline or dismiss an athlete from his/her team if the athlete's behavior or attitude is deemed to be unfitting of the excellence a Cumby Trojan/Lady Trojan represents.**

## ATHLETIC PHILOSOPHY

Athletics is an integral part of our education system as a component of the enrichment curriculum. It holds value as an avenue for many of our students to engage in wholesome, exciting and valuable activities. It requires that our young men and women experience self-control, give forth tremendous effort, commitment, and show respect for themselves and others by adhering to the rules of each sport. It is an education that transfers those attributes into a regular classroom setting and into a workplace.

Athletics is an arena, which in many ways can be paralleled to life. As in life, athletes will be faced with adversity and opportunity to match skills, strength, wit, knowledge, poise, and determination against another. The athlete learns to problem-solve, cooperate, trust, and persevere in both victory and loss.

There is no better place to get fellowship than in competition—to share in a common experience, sacrifice, and determination to accomplish victory. There is no better place to develop the *Trojan Edge*.

The success of an athletic program will result from a consistent adherence to this philosophy by everyone involved. Athletics is more than the X's and O's, wins and losses; it must be a passion for excellence in all areas of life.

## **LEVELS OF COMPETITION**

At the **Junior High** level it is our belief that as many athletes should participate as is possible. Junior High teams have a no cut policy. Each player will have the opportunity to participate in each game. Playing time will be at each coach's discretion. Athletes will learn basic skills and introduction to game strategies, along with the importance of team play, commitment, and respect for fellow players, coaches, and officials.

At the **Sub Varsity** level each player will have the opportunity to participate in each game. Playing time will be at each coach's discretion. Athletes will continue to develop skills, commitment, good sportsmanship, and respect for fellow players, coaches, and officials.

At the **Varsity** level of competition, the most dedicated and skilled athletes will be the primary participants. Leadership and enthusiasm will also be factors in participation. This level of play is highly competitive, and rosters, as well as, playing time are left solely to the discretion of the coach. Varsity athletes will be expected to exhibit game knowledge, commitment, skill, sportsmanship, and respect for fellow players, coaches, and officials.

## **STUDENT-ATHLETE RESPONSIBILITIES**

### **In the classroom, an athlete:**

1. Must realize that academics will always come first. The student/athlete must give the appropriate time and energy to maintain eligibility as required by the University Interscholastic League and the Texas Education Agency.
2. Must maintain appropriate behavior for the learning process in the classroom including punctuality, respectful attention to the teacher and classroom activities, and timely completion of all work is expected.
3. Must be responsible for all class work missed, due to the attendance of an athletic event, the day before the missed class. All work shall be made up at the convenience of the teacher.

### **On campus, an athlete:**

1. Must maintain proper dress and appearance, good grooming and personal cleanliness, as in accordance with the school dress code policies. You are a leader and you have only one chance to make a good first impression.
2. Will refrain from fighting, scuffling, horseplay and juvenile behavior in and around the school building.
3. If suspended from school, the student athlete will not be permitted to work out with, travel with, or participate with the team. Eligibility for subsequent contests will be left to the discretion of the coach and or the administration. "Suspended" includes ISS assignments, as well as, suspensions assigned by administrative personnel.

**During the athletic period and during before and after school practices, an athlete will:**

1. Notify the coach if he/she needs to miss a game or practice session that is scheduled after school hours. Absence from athletic period practices should be handled according to school guidelines. Students are expected to be in daily attendance at school before being allowed to practice or play in a contest on the same day. Exceptions will be made only for legitimate reasons with documentation (doctor or dental appointments, court appearances, death in the family, etc.) The principal or athletic director must approve all exceptions. Contact numbers: Fieldhouse 903-994-2260 ext. 1 and the Gym 903-994-2260 ext. 2241.
2. Be prompt for practice. Tardiness to our workout is as inexcusable as it is to any other class.
3. Maintain a neat and clean locker space. Be proud of your dressing area and keep it neat at all times.
4. Take a shower for hygiene purposes and for aiding the body in the temperature adjustment after workout. Rough housing, towel popping, or throwing objects is not allowed in the shower or dressing room.

**During team travel, an athlete will:**

1. Travel to and from all out of town contests will be done with the team. Exception may be made if the student's parent or guardian personally requests that the student be allowed to ride with the parent or presents a written request to the athletic director the day before the scheduled trip that the student is allowed to ride with an adult designated by the parent. Before leaving the contest, the parent, legal guardian, or adult designated by the parent must sign the student out with the coach. CISD will not be liable for injuries that occur to students riding in vehicles that are not provided by the school.
2. Dress neatly and properly on all trips. Coaches will advise you regarding attire.
3. Conduct himself/herself properly on all school vehicles, and follow all school policies as stated by the Cumby ISD Handbook.
4. Receive permission from the coach before bringing any cell phones, radios, electronic games, etc. aboard the bus. If any such item is allowed by the coach, Cumby ISD is not responsible for any damage, theft, or loss of any item.
5. Be on time for all departures and to inform your parents of the time to pick you up after the contest. Every effort will be made by the coaching staff to notify proper personnel as to unexpected changes in arrival time.

**During competition, an athlete will:**

1. Represent himself/herself in a manner evident of a true sportsman/sportswoman in regards to modesty in victory and graciousness in defeat.
2. Have complete control of himself/herself at all times. Horseplay, display of temper, use of profanity, illegal tactics, or disrespect for coaches or officials will result in the loss of respect for the athlete and result in disciplinary action from the coach.
3. As a representative of our athletic program, at any athletic event, conduct themselves in an appropriate manner in regards to being a spectator. He/she will respect the opponents, officials, and administration of any other school.

## **HAZING**

“Hazing” is against the law and will not be tolerated in the Cumby Athletic Department.

“Hazing” means any intentional, knowing, or reckless act occurring on or off school property directed against a student, by one person alone, or acting with others, that endangers the mental or physical health or the safety of a student for the purpose of pledging, being initiated into, affiliating with, holding office in, or maintaining membership in any organization whose members are to include other students. Under Education Code 37.152 a person commits an offense if the person commits any of the following:

1. Engages in hazing.
2. Solicits, encourages, directs, and aids, attempts to aid another in engaging in hazing.
3. Recklessly permits hazing to occur.
4. Has firsthand knowledge of the planning of a specific hazing incident involving a student, or first-hand knowledge that a specific hazing incident has occurred, and knowingly fails to report that knowledge in writing to the principal, athletic director, or designee.

## **THEFT**

Taking things that do not belong to you, especially from your teammates will not be tolerated. A player caught will be dismissed from the team and removed from athletics. As a preventative measure we ask that all athletes use their team issued lock and refrain from bringing valuables or large sums of money in the dressing room. **LOCK YOUR LOCKERS AT ALL TIMES!!!**

## **CRIMINAL ACTIVITY**

Any activity that brings disgrace or dishonor to the Cumby Trojan Athletic Program will not be tolerated. Such activity may result in the suspension, dismissal, or ban from the program.

# TOBACCO, ALCOHOL AND

## OTHER DRUGS

It is a violation of athletic policy for Cumby I.S.D. athletes to use or possess alcohol, illegal drugs, drug paraphernalia, or tobacco products. Violations of this nature reported by a coach, school administrator, or law enforcement will be investigated by the athletic director and/or coaching staff.

**Tobacco:** Any athlete caught in possession of or using tobacco products will be written up and taken to the principal's office for administrative action. The athlete will then be counseled and disciplined by the head coach.

**Alcohol and Other Drugs:** Any athlete caught in possession of, using or under the influence of alcohol or other drugs will be subject to the following consequence progression: (in addition to disciplinary or legal consequences that may apply).

**1<sup>st</sup> Offense:** Student-athletes will be disciplined by running 15 miles within 5 days, and be suspended from the next athletic contest. The student-athlete will be allowed to remain in the program.

**2<sup>nd</sup> Offense:** Student-athletes that commit a second offense will be suspended for 25% of the total number of contests or competitions of the sport he/she is participating. If the infraction occurs during a time in which the athlete is out of season, the suspension will be served at the start of the season of the next sport in which the athlete participates. The student must also complete 30 miles of running within 10 days for reinstatement to any activity.

**3<sup>rd</sup> Offense:** Student-athletes will be removed from athletic competition for one calendar year. At the end of the suspension period, an athlete may regain participation privileges by requesting to complete the athletic re-entry program and 30 miles of running within 10 days for reinstatement.

**4<sup>th</sup> Offense:** Student-athletes will be dismissed from the Cumby athletic program for the remainder of their high school career.

## CONFLICT IN ACTIVITIES

An individual student who attempts to participate in several extracurricular activities will, undoubtedly, be in a position of a conflict of obligations. The Athletic Department recognizes that each student should have the opportunity for a broad range of experiences in the area of extracurricular activities, and to this end, will attempt to schedule events in a manner to minimize conflicts. Students have a responsibility to do everything they can to avoid continuous conflicts. This would include being cautious about participation in too many activities where conflicts are bound to happen. It also means immediately notifying the faculty sponsors and coaches involved when a conflict does arise.

**When a conflict arises, the sponsors and coaches will work out a solution so the student does not feel caught in the middle.** If a solution cannot be found, the athletic director will make the decision based on the following:

1. The relative importance of each event.
2. The importance of each event to the student.
3. The relative contribution the student can make to each event.
4. How long each event has been scheduled.
5. A conference with the athlete's parents.

**Once a decision has been made and the student has followed the decision, he/she will not be penalized in any way by either faculty sponsor or coach.** If it becomes obvious that a student cannot fulfill the obligation of a school activity, he/she should withdraw from that activity in a timely fashion so as not to place an unreasonable burden on the team, coach, or sponsor.

## VACATIONS

Vacations by athletic team members during a sport season are discouraged and while family values will always take precedence over program requirements, parents and athletes in conflict between vacations and program requirements may wish to reassess their commitment to being involved in athletics. We urge parents not to plan their vacations during times when there will be conflicts.

**In the event of an absence due to a vacation that is unavoidable, an athlete must:**

1. Contact the head coach prior to the vacation.
2. Practice one day for each practice or contest day missed prior to resuming competition (contest day will count as a practice day).
3. Be willing to assume the consequences related to their status on the team as a starter, 2<sup>nd</sup> string, etc. for time missed.

# **ELIGIBILITY**

Athletes are required to maintain the academic standard, as set forth by the University Interscholastic League (UIL) and Texas Education Agency (TEA), of a passing grade of 70 in all classes. If an athlete has repeated academic suspensions, it may result in dismissal from the athletic program. An athlete in grades 7-12 may participate in extracurricular activities at the beginning of the school year only if the student has earned the cumulative number of credits in state approved courses indicated.

1. At the beginning of the 7<sup>th</sup> grade year, the student must have been promoted from 6<sup>th</sup> grade to 7<sup>th</sup> grade.
2. At the beginning of the 8<sup>th</sup> grade year, the student must have been promoted from 7<sup>th</sup> grade to 8<sup>th</sup> grade.
3. At the beginning of the 9<sup>th</sup> grade year, the student must have been promoted from 8<sup>th</sup> grade to 9<sup>th</sup> grade.
4. At the beginning of the 10<sup>th</sup> grade year, the student must have at least five credits toward graduation.
5. At the beginning of the 11<sup>th</sup> grade year, the student must have at least ten credits toward graduation, or have passed five credits during the past 12 months.
6. At the beginning of the 12<sup>th</sup> grade year, the student must have at least fifteen credits toward graduation, or have passed five credits during the past 12 months.

If students do not meet these requirements they can re-establish their eligibility if they pass all classes after the first 3-week grading period.

All eligible athletes can lose eligibility if they do not maintain a grade of 70 in each class after the first 6-week grading period. Thereafter, student athletes can only gain eligibility at the 3-week reporting period and not lose their privilege of participation. The following calendar is provided as a quick reference for parents and athletes as to important dates concerning eligibility.

## ELIGIBILITY CALENDAR

- **Sept. 16<sup>th</sup>:** Athletes not eligible at the beginning of the year can regain eligibility at 3:30 p.m. on Friday if passing all classes at 3-week reporting time.
- **Sept 30<sup>th</sup>:** Any athlete not passing first six weeks will be ineligible beginning at 3:30 p.m. Friday.
- **Oct.21<sup>st</sup>:**Athlete can regain eligibility at 3:30 p.m. on Friday if passing all classes at 3-week reporting time.
- **Nov. 4<sup>th</sup>:** Any athlete not passing second six weeks will be ineligible beginning at 3:30 p.m. Friday. Athlete can regain eligibility at 3:30 p.m. on Friday if passing all classes at 6-week reporting time.
- **Nov. 25<sup>th</sup>:** Athlete can regain eligibility at 3:30 p.m. on Friday if passing all classes at 3-week reporting time.
- **Dec. 17<sup>th</sup>-Jan. 1<sup>st</sup>:** All athletes eligible for these weeks.
- **Jan. 6<sup>th</sup>:** Any athlete not passing third six weeks will be ineligible beginning at 3:30 p.m. Friday. Athlete can regain eligibility at 3:30 p.m. on Friday if passing all classes at 6-week reporting time.
- **Jan. 27<sup>th</sup>:** Athlete can regain eligibility at 3:30 p.m. on Friday if passing all classes at 3-week reporting time.
- **Feb. 24<sup>th</sup>:** Any athlete not passing fourth six weeks will be ineligible beginning at 3:30 p.m. Friday. Athlete can regain eligibility at 3:30 p.m. on Friday if passing all classes at 6-week reporting time.
- **Mar. 14<sup>th</sup>-18<sup>th</sup>:** All athletes eligible for the week. Athlete can regain eligibility at 3:30 p.m. on Friday if passing all classes at 3-week reporting time.
- **Apr. 20<sup>th</sup>:** Any athlete not passing fifth six weeks will be ineligible beginning at 3:30 p.m. Friday. Athlete can regain eligibility at 3:30 p.m. on Friday if passing all classes at 6-week reporting time.
- **May 11<sup>th</sup>:** Athlete can regain eligibility at 3:30 p.m. on Friday if passing all classes at 3-week reporting time.
- **May 31<sup>st</sup>:** Athlete can regain eligibility at 3:30 p.m. on Friday if passing all classes at 6-week reporting time.

## DISMISSAL FROM A SPORT

On some occasions, an athlete will need to be dismissed from a sport due to unacceptable behavior or violations of the athletic handbook. The following guidelines will be in effect for any athlete that is dismissed from a sport or from athletics.

1. An athlete dismissed from a sport may be dismissed from the athletic program if the violation is deemed to justify such action. Dismissal from the athletic program will be subject to a minimum of 90 days, where upon the athlete may be considered eligible for the Re-Entry program based on current student behavior, academic progress, and approval by the Athletic Director. Allowance into Re-Entry program can be denied based on severity of the initial incident leading to dismissal.
2. An athlete dismissed from a sport will not be allowed to start another sport until the first sport is completed.
3. An athlete dismissed from a sport, may regain participation privileges in that sport the following season by requesting to complete the Athletic Re-Entry Program.
4. An athlete dismissed from a sport a second time (same sport or different sport) will not be allowed to use the Re-Entry Program to regain participation privileges in athletics.

Violations that result in athletes being dismissed from junior high athletics will be cumulative for their junior high career. Violations that result in athletes being dismissed from high school athletics will be cumulative for their high school career.

## QUITTING A SPORT

Quitting is an intolerable habit to acquire. Athletes that quit are also “giving up” on themselves and those that depend on them. Commitment to being a Trojan team member is one of the most valuable lessons learned in athletics. Concerns and frustrations can often be worked out with proper communication between the athlete and the coach.

1. Any athlete wishing to quit a sport must notify the head coach. The athlete will be encouraged to wait 24 hours before making his/her decision final.
2. If an athlete quits a sport after a trial period, usually after the first contest or 10 practice sessions, he/she will not be allowed to participate in another sport until the season of the sport quit is completed or unless the head coaches of both sports agree that the student would be better off in the other sport. The athletic director may, at his discretion, make an exception to this rule when an event *outside the control of the athlete* or his/her family causes the athlete to drop a sport. **ANYONE WALKING OFF THE FIELD OR GYM FLOOR DURING PRACTICE OR DURING A GAME WILL BE CONSIDERED BY THE COACH TO HAVE QUIT THAT TEAM.**

3. Athletes removing themselves from the athletic period for the semester will be sent to the counselor's office for a schedule change. This will be considered as a quitting violation.
4. If an athlete quits a sport, he/she may regain participation privileges in that sport the following season by requesting to complete the Athletic Re-Entry Program.
5. An athlete quitting a sport and not wishing to participate in another sport will be removed from the athletic program and athletic class period. The schedule change will be made as soon as possible. In some cases this change may not be possible until the end of the semester.
6. An athlete who quits a second time (same sport or different sport) will not be allowed to use the Re-Entry Program to regain participation privileges in athletics.

Quitting violations for junior high athletes will be cumulative for their junior high career.  
Quitting violations for high school athletes will be cumulative for their high school career.

## **ATHLETIC RE-ENTRY PROGRAM**

The purpose of the athletic re-entry program is to allow an athlete an opportunity to show his/her commitment to return to the athletic program or sport. Any athlete who quits a sport or is dismissed from a sport will be required to complete the re-entry program before they are allowed to participate in that particular sport. If an athlete is suspended from the program or competition for a period of a semester or longer, will have to complete the re-entry program before he/she may return to participate in any sport. At the discretion of the athletic director or head coach, an athlete may be denied the privilege of using the re-entry program.

Requirements of the Re-Entry Program:

1. Complete the request form to re-enter a sport or athletics.
2. Successfully complete 15 miles of running over a five-day period. The running will be in addition to the regular daily workout. A coach will supervise the running and the coach will determine the pace.
3. Write a two-page essay on a topic deemed appropriate by the head coach.
4. Must have passed all classes in at least two of the three six weeks the previous semester.
5. Must have demonstrated good citizenship and good behavior in the school and community the previous semester. Detentions, ISS assignments, A School placements and criminal activities will be considered detrimental to a student requesting to complete the re-entry program.
6. Requests to re-enter basketball must be made at the beginning of the fall semester or earlier. Request to re-enter football, baseball, or track must be made at the beginning of the spring semester or earlier. Request to re-enter cross-country, volleyball, or golf must be made at the beginning of workouts for these sports.

Athletes will only be allowed to use the Re-Entry Program one time during their junior high career and two times during their high school career.

## **AWARDS & LETTERING**

### General Requirements for Receiving a Jacket:

Athletes must have participated for a period of at least two years in the same sport, lettering at least once. Seniors who are participating for the first time may earn a jacket by lettering in one sport and participating in one other sport.

Any athlete that has participated four years in the same sport shall receive a jacket as a senior on the Varsity team.

Athletes must complete the season in good standing, both in disciplinary and academic standards.

### Specific Requirements for Receiving a Varsity Sports Letter:

- Football
  - Participation in one-half of the games during the season.
- Basketball
  - Participation in one-half of the district games during the season.
- Track/Cross Country
  - Participation in one-half of the meets and the district meet.
- Baseball/Softball
  - Participation in one-half of the district games.
- Volleyball
  - Participation in one-half of the district matches.
- Golf
  - Participation in one-half of the meets and the district meet.
- Powerlifting
  - Participation in all of the meets.

\*\*\*The athletic director has the prerogative to eliminate the requirements when he perceives that it is in the best interest of the student and the district.\*\*\*

## **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 to accept the action 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:**

1. Expectations the coach has for your child, as well as the players on the team.
2. Locations and times of all practices and contest.
3. Team requirements (fees, special equipment, etc.)
4. Procedure should your child be injured during athletic participation.
5. Any disciplinary action that results in the denial of your child's participation.

## **COMMUNICATION COACHES EXPECT FROM PLAYERS:**

1. Notification of any schedule conflict well in advance.
2. 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:**

1. Treatment of your child.
2. Ways to help your child improve.
3. Concerns about your child's behavior.

## **ISSUES NOT APPROPRIATE TO DISCUSS WITH COACHES:**

1. Team strategy.
2. Play calling.
3. Other student-athletes.

## **PARENT/COACH CONFERENCE PROCEDURE:**

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

1. **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 a resolution. Productive meetings require calm, rational attitudes in a private setting.)*
2. Call the athletic department to set up an appointment with the head coach during his/her conference period the next school day. Contact numbers: Field house 903-994-2260 ext. 1 and the Gym 903-994-2260 ext. 2241.
3. If you are not satisfied with your conference with the head coach, you may then contact the superintendent if you feel the situation has not been justly attended to at the following number; 903-994-2260 ext. 4.

4. Any decision of the superintendent may then be appealed to the Board of Trustees.

## **DISCIPLINE TECHNIQUES**

ALL athletes are subject to every one of these rules, responsibilities, and procedures. Disciplinary measures used by the athletic department are designed to bring about the positive behavior we want each and every athlete at Cumby ISD to exhibit. The following techniques listed below may be used alone or in conjunction with the Student Code of Conduct for any violations. This list is not intended to be a list of progressive sanctions yet a resource for coaches to use to serve each individual case.

- Oral Correction
- Counseling by coaches
- Home visits by head coach.
- Parent-coach conference with athletic director.
- Behavioral contracts
- Suspension of privileges such as participation
- Techniques or penalties identified by individual coaches of sports
- Dismissal from team or program

## **MEDICAL AND INSURANCE REQUIREMENTS FOR ATHLETES**

Cumby ISD **will no longer** provide secondary insurance for athletic participants. All student-athletes and parents must understand that there is always an inherent risk of injury when involved in competitive athletics. In the case of an injury the parent/guardian will be solely responsible for the cost of any medical treatment(s) sought for injuries that occur during participation. Cumby ISD will however provide coverage for any injuries categorized as catastrophic by our insurance carrier. There will also be an opportunity for parent(s)/guardian(s) to purchase supplemental insurance through **Health Special Risk, Inc.**

# **CUMBY ISD ACKNOWLEDGEMENT** **OF ATHLETIC POLICY**

Athlete's and Parent's: Make sure you read and understand the Athletic Policy Handbook. Retain the handbook for your reference. Sign and date the signature page and return it to the proper coach. No athlete will be allowed to participate without the signature page on file.

**I have read and understand the Athletic Policy Handbook.**

\_\_\_\_\_  
**Print Student Name**

\_\_\_\_\_  
**Grade**

\_\_\_\_\_  
**Date**

\_\_\_\_\_  
**Student Signature**

\_\_\_\_\_  
**Parent or Legal Guardian Signature**