

Henrietta – ISD

Athletic Handbook

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Helpful Phone Numbers

- High School- 720-7930
- Junior High- 720-7920
- Junior High Gym- 720-7920 Ext. 4012
- Field House- 720-7936
- High School Gym- 720-7930 Ext. 5014
- AD's Office- 720-7936

Why a Bearcat?

- 1. Be persistent and never quit.**
- 2. Have a positive attitude and never complain.**
- 3. Discipline yourself and never be lazy.**
- 4. Be dedicated to a purpose and stop being self-centered.**
- 5. Sacrifice for the betterment of themselves and stop being selfish.**
- 6. Be trustworthy and honest and learn to keep your word and fulfill your obligations.**
- 7. Have dignity and stop seeing yourself in a negative light.**
- 8. Be unselfish and stop being jealous.**
- 9. Be humble and stop being arrogant.**
- 10. Have faith in others and stop being critical of others.**
- 11. Be loyal and stop being rebellious.**
- 12. Have respect and stop behaviors that would bring disgrace and shame not only to the Bearcat community but also to your family.**
- 13. Cultivate a dream by creating goals of excellence.**
- 14. Create a massive work plan.**
- 15. Stay focused on your goals and destiny.**
- 16. Realize that you are important and you have a purpose.**
- 17. Help others reach their destiny physically, mentally, and emotionally.**
- 18. Relentlessly pursue excellence.**

Introduction

- Athletes are very special people. In order to be successful they must work hard and make sacrifices. Being an athlete requires a great deal of time, energy, discipline, and dedication. Consequently, athletes need to realize they are not just another student. Their actions and performance are a reflection upon their school and community. An athlete should not feel cheated, but take pride in the sacrifice to be a Henrietta Bearcat. Henrietta Bearcat Sports should take precedence over club sports. Henrietta athletes are special, important people. Believe in that and live by it....then we will be successful.
- Contained in this handbook is information important to athletes at Henrietta High School. Read it carefully. Be sure you understand what is expected of you. If you have a question, ask your coach. Please note that each head coach may set higher or more detailed standards for his/her particular sport. Best of luck with your career at Henrietta High School.

Interscholastic sports are an integral part of the overall school curriculum. They are not an end unto themselves. Athletics are inherently educational and conform to the goals, values, and stated purpose of the school district. As coaches we concern ourselves with motivating each athlete so that he/she will want to secure the finest possible education. We demand a commitment to excellence in athletics and help them to learn to transfer that commitment to real life. Athletes learn that dedication; sacrifice and hard work are necessary ingredients in performing any task leading to success.

Athletes in our program are in a unique position. They are part of a team and must learn to work and function effectively within a system composed of a diversity of personalities and an assortment of obstacles. Athletes also learn that they occupy a very visible role and must conduct themselves with character, poise, integrity, humility and honor at all times. There is no better “at risk” program available anywhere at any price.

Our goal is that the young people that have participated have become finer and more decent men and women for having done so.

Our program is built around the following objectives:

1. Contribute to the development and well-rounded maturity in the student athlete.
2. Train student athletes for leadership.
3. Encourage student athlete to achieve academic success.
4. Improve the student athletes’ awareness of the importance of self-discipline and commitment in all areas of his/her life.
5. Develop, refine and teach ethical values.
6. Teach the practice of excellence in competition.
7. Encourage the student athlete to be concerned about the importance of his attitude in every aspect of his life.

Athletic Code of Conduct:

1. Always put team success ahead of individual glory.
2. Always behave, dress and groom in a way that does not call attention to you as an individual.
3. Create, maintain and promote strong team morale.
4. Be worthy of the privilege and responsibility to represent your school in athletic contest.
5. Check schedules; be prompt, and ready to go.
6. Always be sincere and loyal to your team, school, teachers, and coaches.
7. Maintain the highest scholastic grades possible. Your eligibility to participate in the athletic programs depends on you passing each of your academic courses.
8. Realize that the example that you set at **home**, in the **community**, in the **classroom**, on the **playing field**, or **court** earns you respect and is a reflection upon your team and school.

General Rules

1. Education comes first: if an athlete fails any course at any grading period, he/she will be ineligible to participate in game, but will be expected to be at practice. “You Must Pass In Order To Play”.
2. Don't miss school, don't miss practice. You must be there to get BETTER.
3. If a player is aware he/she is going to miss practice, he/she must notify the coach of the circumstance. Absences will not be excused unless prior arrangements have been made.
4. An athlete must understand that when he/she misses practice, he/she misses a great deal of conditioning. This time must be made up and extra work will be assigned by the coach of the sport involved.
5. Practice clothing issued to each student shall be worn at all practices.
6. No jewelry or facial hair at practice or contests. Male athletes may not wear earrings at practice, contests, or any athletic facility. All hair styles should be conservative and not distracting. We will follow off the eyebrow, off the earlobe, off the collar Policy.

7. Practice clothes will be kept in your assigned locker, washed and worn only at school. NEVER to leave the school campus, unless otherwise directed by your coach.
8. Any athlete placed in The Alternative Education Program (AEP) will be suspended for the time they are in AEP. For each day the student/athlete is in AEP, there will be required conditioning for what they have missed. The athlete may make-up the running Monday through Friday during a one hour time slot after they have been released from AEP. He/she will still be suspended until all make-up work is completed. Athletes assigned to ISS are subject to extra duty.
9. If you lose anything that belongs to the school, you will be required to reimburse the school for the replacement cost of the item.
10. Students who participate in school-sponsored trips shall be required to ride in transportation provided by the school to and from the event. Exception may be made if the student's parent or guardian personally requests that the student be allowed to ride home with the parent and arrangements are made with the head coach prior to the event. A note prior to boarding the bus with the Coach's clearance will be allowed. The district shall not be liable for any injuries that occur to students riding in vehicles that are not provided by the school.

11. When going out of town, the bus will leave promptly at the designated time. The bus will not wait on anyone. BE ON TIME!!!

12. Any athlete found using tobacco/vaping products will receive extra duty. (see p.19)

13. Students who participate in UIL athletic activities will be subject to random testing for presence of illegal steroids as required by UIL rules and regulations.

Correct Chain of Command with an Issue

Athlete  Coach

The athlete needs to discuss their concern with the coach first. If the athlete does not feel the issue has been resolved, then on to the next step.

Parent  Coach

The parent needs to discuss their concern with the coach of that sport in which they have concerns. If the parent does not feel the issue has been resolved, then on to the next step.

Parent  Coach and Athletic Director

All members of the party will have a meeting to discuss the concerns.

CLASSROOM CONDUCT

Athletes will observe all disciplinary rules established for regulating the conduct of students in the Henrietta Independent School District as published in the student handbook. These rules not only apply at school, but at school sponsored activities as well. Classroom misconduct by an athlete may also result in additional consequences from the coach.

EVENT CONDUCT

Athletes will obey all instructions given to them by the coaches. Insubordination on the practice field or in a game will not be tolerated. Good sportsmanship is the essence of any athletic program. Fighting and public displays of temper constitute unsportsmanlike conduct and appropriate disciplinary action will follow any such conduct at the discretion of the coach. (see p.18)

- Extra Duty and Possible Suspension

DISCIPLINE

No athlete can be his/her best without self-discipline. A great deal of self-sacrifice is involved. At times, it becomes necessary for discipline to come from the coach. It is the coaches' responsibility to maintain team discipline. There are three levels of discipline to be used in our program, depending upon the nature, severity or reoccurrence of the problem. It is our intent to be extremely fair and consistent with our athletes. If you have a question, contact the coach or the athletic director.

TYPES OF DISCIPLINARY ACTION

1. Extra Duty or Temporary Suspension
2. Suspension from the sport for the season.
3. Expulsion from the athletic program.

Every effort will be made to head off any problem before it becomes serious enough for suspension. However, serious misconduct, reoccurring attitude problems, *use* of illicit drugs or alcohol will result in immediate action. The head coach and the athletic director will work together in severe cases to determine the proper consequences.

U.I.L.GENERAL ELIGIBILITY RULES

Eligibility rules are found in **Section 400 of the Constitution and Contest Rules**. Any question regarding a student's eligibility, should be addressed to the school principal and/or superintendent. Residence requirements according to **Sections 400 (d) 440, and 442** should be thoroughly investigated for any student new to school.

Students are eligible to represent their school in varsity interscholastic activities if they:

- Are not 19 years of age or older on or before September 1 of the current scholastic year. (See 504 handicapped exception.)
- Have not graduated from high school.
- Are enrolled by the sixth class day of the current school year or have been in attendance for fifteen calendar days immediately preceding a varsity contest.
- Are full-time day students in a participant high school.
- Initially enrolled in the ninth grade not more than four calendar years ago.
- Are meeting academic standards required by state law.
- Have observed all provisions of the Awards Rule.
- Have not represented a college in a contest.
- Have not been recruited. (Does not apply to college recruiting as permitted by rule.)
- Did not change schools for athletic purposes.

Cont.

- Have not violated any provision of the summer camp rule. Incoming 10-12 grade students shall not attend a baseball, basketball, football, soccer, or volleyball camp in which a seventh through twelfth grade coach from their school district attendance zone. Works with, instructs, transports or registers that student in the camp. Students who will be in grades 7, 8, and 9 may attend one baseball, one basketball, one football, one soccer, one softball, and one volleyball camp in which a coach from their school district attendance zone is employed for no more than six consecutive days each summer in each type of sports camp. Baseball, Basketball, Football, Soccer, Softball, and Volleyball camps where school personnel work with their own students may be held in May, after the last day of school, June, July and August prior to the second Monday in August. If such camps are sponsored by school district personnel, they must be held within the boundaries of the school district and the superintendent or his designee shall approve the schedule of fees.

- Have observed all provisions of the Athletic Amateur Rule. Students may not accept money or other valuable consideration (items which are wearable, salable or usable) for participating in any athletic sport during any part of the year. Athletes shall not allow their names to be used for the promotion of any product, plan or service. Students who inadvertently violate the amateur rule by accepting valuable consideration may regain athletic eligibility by returning the valuable consideration. If individuals return the valuable consideration within 30 days after they are informed of the rule violation, they regain their athletic eligibility when they return it. If they fail to return it within 30 days after they are informed of the rule violation, they remain ineligible for one year from when they accepted it. During the period of time from when students receive valuable consideration until they return it, they are ineligible for all varsity athletic competition. Minimum penalty for participating in a contest while ineligible is forfeiture of the contest.

Seniors Participation

Seniors shall play at the Varsity level only.

Exception: A Foreign Exchange student that has come to HHS for a cultural experience. If the foreign exchange student is at a competitive disadvantage, risking injury if he or she participates at the varsity level, then it will be considered for the student in question to participate at the JV level.

(Seniors) College Trips and/or Recruitment to College

- A student in basketball may take a paid visit for purpose of recruiting prior to November 1 and then after the end of that season for that student.
 - Self-financed trips/tickets. There is no limit to self-financed college trips (all expenses paid by student/parents). Students may accept admission (through a pass gate-no tickets being given) to collegiate athletic events during self-financed trips.
 - Scholarships. Letter of intent (including agreement and scholarship guarantee) may be signed any time during the school year by seniors providing no valuable consideration is received until the student enters the school. Note: Colleges may be restricted as to “signing dates” for players by NCAA, NAIA, NJCAA or other college/university rules.
 - Have not enrolled in or audited an athletic or physical education college tour.
 - UIL member school facilities shall not be used.
 - Schools or coaches shall not provide transportation, equipment or defray expenses for seniors attending college tryouts.
 - Seniors may tryout on the campus of the college that is offering the scholarship, and the tryout must be supervised by institution.
 - Seniors may tryout for an athletic scholarship at a location other than a college campus provided the tryout is open to any senior who wishes to apply and provided there is no charge for services or products to the student.
- Penalty: Loss of varsity eligibility in all high school sports for one year.

Sportsmanship

We expect our athletes to display sportsmanship at all times. If a student athlete receives a technical foul or unsportsmanlike conduct penalty, the student/athlete will do extra conditioning, left up to the discretion of the head coach of that program.

Any student/athlete ejected from an athletic contest:

1st Offense- (CCR Policy) Football ejections will set out current game and 1st half of next, all other sports will sit out current game and next entire game. Run a total of 5 miles, before returning to a contest.

2nd Offense- Football suspended for the current game and the entire next contest, (CCR Policy) still remains for all other sports & run a total of 10 miles, before returning to a contest.

3rd Offense- Suspended from Athletics for the remainder of the season. Possible suspension from the Athletic program.

Alcohol, Drugs, Tobacco and Vaping

Alcohol

1st Offense- 1 game suspension and run the equivalent of 10 miles. All the running must be on the Athletes own time, and supervised.

2nd Offense- 2 game suspension and the equivalent of 20 miles running.

3rd Offense- Suspended for one calendar year

Drugs

1st Offense- Suspended from Athletics until the student can pass a drug test. The Student Athlete must pay for the test. When the Athlete returns to Athletics, he/she must run equivalent to 10 miles.

2nd Offense- Suspended for one calendar year. Upon the End of the suspension, the Student must pass a drug test and run equivalent of 20 miles.

3rd Offense- the student will be removed from Athletics, and will not be able to return to athletics while they attend school here.

Tobacco/ Vaping

1st Offense- Run the equivalent of 10 miles

2nd Offense- 1 game suspension, run the equivalent of 10 miles

3rd Offense- 2 game suspension run the equivalent of 20 miles

4th Offense- Suspended from Athletics for one calendar year.

GRADES

- The primary objective of all students is to gain an education. Academic progress and conduct in the classroom are very important and will be checked periodically. Athletes who fall behind in their class work or receive misconduct marks will receive extra attention. (usually tutoring first)
- We will follow the Guidelines for the Eligibility Calendar each year.
- We follow the NO PASS, NO PLAY UIL Standards.

WHAT YOUR COACHES EXPECT OF YOU:

We expect you to do something worth while with your life. We want you to have high expectations. Anticipate having a great day, a great practice, a great season, a great life.

1. To get an education.
2. To give your total effort, to make the most of what you've got.
3. To give unselfishly towards your teammates.
4. To practice to the best of your ability.
5. To be totally honest in all your dealings.
6. To be extremely loyal to your school, administration, teachers, coaches, teammates, families and friends.
7. To be prompt.
8. To be courteous.
9. To always encourage and be enthusiastic.
10. To be able to be coached.
11. NEVER say "CAN'T".

WHAT YOU CAN EXPECT FROM YOUR COACHES:

1. To be loyal to you in all areas.
2. To be totally honest.
3. To provide the leadership and training necessary to achieve our goals.
4. To work you harder than you have ever worked before.
5. To assist you in any way possible now and after you graduate.
6. To treat you as an adult and respect you.
7. To make all decisions based on what is best for the team first, then the individual.
8. To do everything within our power to improve our facilities and make this the best place in Texas to go to school and be an athlete.
9. To help you mature and grow.
10. To help you reach your goals.
11. To NEVER say "CAN'T".

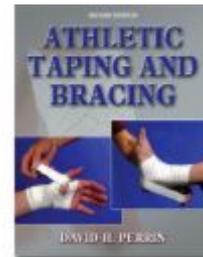
Lettering for the Henrietta Bearcats

We, as a coaching staff, consider it an honor and a privilege to earn a letter from the Henrietta ISD Athletic Department. We ask that each athlete follow some prescribed guidelines to be considered for a letter. We want to challenge and motivate the athletes to be the very best she/he can in order to receive a letter. We ask that each athlete follow these guidelines:

1. Attend every practice – preseason included unless there is illness or a family crisis (death in family).
2. Compete in a prescribed number of games, matches, meets or tournaments. The number will be set by the head coach of each sport.
3. Be an active participant in each practice session, excluding those that she/he is injured.
4. Each athlete will be in complete compliance with this athletic policy prescribed in this handbook.
5. Jackets will be ordered in November and May for those who have successfully completed the requirements.
6. Complete the season in good standing.
7. A head coach may use his/her own discretion if there are extenuating circumstances.

Manager/Trainer

Student must be an active manager/trainer in a sport for 2 or more years and conform to all rules and regulations as set forth by the athletic department.



EXCEPTIONS TO LETTERING POLICY

The head coach of each sport will be given the right at her/his own discretion to letter an athlete or athletes even though they might not meet all the requirements needed for receiving a letter. These situations would include injury, the attitude of the athlete or athletes involved, work habits, level of competition, classification in school and contribution said athlete or athletes have made to that particular sport.

ATHLETES WHO QUIT A SPORT

Any athlete who quits or has been removed will not be allowed to participate in another sport *until the completion of the sport he/she quit*. Re-entry into a sport he/she quit will be at the discretion of the Athletic Director and the head coach of that sport.

Injuries

It is the student/athletes responsibility to inform their coaches when injuries occur. When possible, the coach will try to have an athletic trainer assess the injury and prescribe the treatment. HISD has a paid OSTC trainer to assist us. If an athletic trainer is not available, the coach will do their best to correctly assess the injury.

We recommend that the student/athlete talk to the coach before seeing a Doctor in a non-emergency situation.

If a medical doctor restricts an athlete from participation, the student athlete will not return to participation until there is written documentation from that doctor releasing that student/athlete.

The decision on whether a student/athlete can participate in a game will be made by the coach, trainer (if available) or doctor.

Injuries do not excuse a player from being at practice. Communication between the injured player and the coach is a must.

INFORMATION ON STAPHYLOCOCCAL INFECTIONS

INSTRUCTIONS FOR THE ATHLETE :

This information is provided to assist you in the control and prevention of staphylococcal (commonly called staph) infections. These infections usually are easy to treat with inexpensive, well-tolerated antibiotics. However, some staph bacteria have developed resistance; that is; the antibiotics can no longer kill the bacteria. Although antibiotic-resistant infections pose a significant health threat, the following measures are effective against many other infectious diseases.

WHAT IS A STAPHYLOCOCCAL INFECTION?

Staphylococcus aureus commonly causes boils and soft-tissue infections as well as more serious conditions such as pneumonia or bloodstream infections. According to the Centers for Disease Control and Prevention (CDC), twenty to thirty-five percent of adults and children in the United States are “colonized” with staph “the bacteria are present but do not cause illness. Staphylococcus aureus colonization usually occurs in the armpit, groin, genital area, and, most frequently, the inside of the nose. Most infections occur through direct physical contact of the staph bacteria with a break in the skin (cut or scrape) or during contact with inanimate objects:

(such as clothing, bed linens, or furniture) soiled with wound drainage. Your hands must be clean before you touch your eyes, nose, mouth, or any cuts or scrapes on the skin. The bacterium is not carried through the air and is not found in dirt or mud.

Methicillin resistant Staphylococcus aureus (MRSA) A MRSA (often pronounced mer-sa) infection, unlike a common Staphylococcus aureus infection, cannot be treated with methicillin-related antibiotics (such as penicillin). The treatment may be longer, expensive, more complicated, and infections can reappear frequently. Originally, MRSA was limited to hospitals and long-term care facilities. In the past few years, sporadic reports of MRSA not associated with the medical environment have been confirmed. Since the summer of 2002, MRSA outbreaks associated with sports teams have been reported. These outbreaks have included wrestling, volleyball, and most frequently, football teams.

STRATEGIES TO PREVENT STAPHYLOCOCCAL INFECTIONS

HAND WASHING IS THE SINGLE MOST IMPROTANT BEHAVIOR IN PREVENTING INFECTIOUS DISEASE.

The proper way to wash your hands:

1. Use warm water
2. Wet your hands and wrists.
3. Using a bar or liquid soap.
4. Work soap into a lather and wash between fingers, up to wrists, and under fingernails for at least 15 seconds.
5. Dry, using a clean cloth towel or paper towel.
6. Use alcohol-based hand sanitizers to wash hands immediately if they come in contact with any body fluid at the playing field or other places where hand-washing facilities are not available.

Wash your hands as described above:

1. After sneezing, blowing, or touching your nose
2. Before and after close contact or using the toilet.
3. Before leaving the athletic area.

OTHER PRECAUTIONS:

1. Keep your hands away from your nose and groin.
2. Do not share towels, soap, lotion or other personal care items, even on the sidelines at games.
3. Shower with soap and water as soon as possible after direct contact sports.
4. Dry using a clean, dry towel.
5. Use a moisturizing lotion to prevent dry, cracked skin.
6. Prewash or rinse with plain water items that have been grossly contaminated with body fluids.
7. Wash your towels, uniforms, scrimmage shirts, and any other laundry in hot water and ordinary detergent and dry on the hottest possible cycle.
8. Inform your parents of these precautions if laundry is sent home.
9. More specific directions may be provided by your athletic trainer or coach.

WITH YOUR PHYSICIAN:

A physician or advanced practitioner should examine the wound. A culture and susceptibility test should be performed to determine what bacteria you have and what antibiotic would be the most effective with the fewest side effects. If the practitioner determines you do not have a bacterial infection, you will not receive an antibiotic. Antibiotics are not effective against non-bacterial infections.

1. Take all medication even after the infection seems to have healed.
2. If a topical ointment is prescribed, apply as directed.
3. Follow all other directions the physician/practitioner gives you.
4. Inform the physician/practitioner if you are not responding to treatment.

Dear Student-Athletes,

As you begin participation in another athletic season, the Athletic Department wants to make sure you are aware of the revised social networking guidelines. The Athletic Department recognizes and supports the student-athletes' rights to freedom of speech, expression, and association, including the use of social networks.

In this context, however, each student-athlete must remember that playing and competing is a privilege. As a student-athlete, you are a representative and are expected to portray yourself, your team, and the community in a positive manner at all times.

Below you will find our social networking guidelines which provide the following guidelines for site usage:

Social Networking

-Everything you post is public information – any text or photo placed online is completely out of your control the moment it is placed online – even if you limit Access to your site. Information (including pictures, videos, and comments) may be accessible even after you remove it. Once you post a photo or comment on a social networking site, that photo or comment becomes the property of the site and may be searchable even after you remove it.

-Carefully consider how you want people to perceive you before you give them a chance to misinterpret your information (including pictures, videos, comments, and posters).

-Similar to comments made in person, we will not tolerate disrespectful comments and behavior online, such as: but not limited to

- Derogatory language or remarks that may harm teammates or coaches; or other student athletes, teachers, or coaches; or representatives of other schools, including comments that may disrespect our opponent

- Incriminating photos or statements depicting violence; hazing; sexual harassment; full or partial nudity; inappropriate gestures; vandalism, stalking, underage drinking, usage of tobacco, selling, possessing, or using controlled substances; or any other inappropriate behaviors.
- Creating a serious danger to the safety of another person or making a credible threat of serious physical or emotional injury to another person.
- Indicating knowledge of an unreported school or team violation—regardless if the violation was unintentional or intentional.

The on-line social network sites are NOT a place where you can say and do whatever you want without repercussions. The information you post on a social networking site is considered public information.

There may be consequences because of the issues discussed about Social Media. There has to be a change in the perception that Social Media is a do anything, say anything place. We all have to be accountable.

ACKNOWLEDGEMENT

A condition to participate in any extracurricular athletic activity is to sign the following acknowledgement that the student and the parents have read and understand this document.

Date _____

I have read the Henrietta I.S.D. Athletic Handbook and agree to adhere to these rules as a condition of my voluntary participation in Henrietta I.S.D. Athletics. I understand that failure to do so will result in disciplinary measures related to my athletic participation.

Student Name _____

Student Signature _____

I have read the Henrietta I.S.D. Athletic Handbook and understand these rules as a condition of my child's voluntary participation in Henrietta I.S.D. Athletics. I also understand that failure to comply will result in disciplinary measures related to my child's athletic participation.

Parent Name _____

Parents Signature _____