

FREER ATHLETICS CODE OF CONDUCT



BUCKAROO STRONG

Introduction:

This handbook communicates important information concerning extra-curricular policies and procedures to our parents and students. After reviewing this information, we ask that the parents and students sign the receipt page at the back of the handbook and turn it into his/her head coach/ sponsor.

Philosophy of Extra-Curricular Participation:

Extra-curricular activities are a vital part of the physical, mental, social, and moral growth of our students. Participation in athletics/extra-curricular activities is about teaching the value of dedication, commitment, goal setting, hard work, sportsmanship, teamwork, and sacrifice.

The character and hard work of the student should carry over into the classroom. In addition to maintaining acceptable grades, participants should always show RESPECT for faculty and other students. ***Student participants will be monitored by the coaching staff/sponsors through grade checks.*** Failure to maintain acceptable standards for a Freer Student Athlete Participant can result in "Reminders" (extra running) to encourage better academic success and mandatory tutorial until the work is made or the student is passing.

Goals of the Freer ISD Athletic/Extracurricular Programs:

- Emphasize that academics must come first and foremost.
- Promote the development of the whole person - spirit, mind, and body.
- Student participants will compete with great effort and confidence.
- Develop sportsmanship in our students, coaches/sponsors, and fans/community.

Goals for Student Participants:

- Give great EFFORT!!
- Believe in yourself, your team, and your coaches/sponsors.
- Treat opponents with respect as fellow competitors.
- Respect the judgment and integrity of the officials.
- Maintain passing grades throughout the year.

Eligibility for all sports

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 6-12 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.

- Students beginning grades nine and below must have been promoted from the previous grade prior to the beginning of the current school year.
- At the beginning of the 10th grade year (second year), the student must have at least **five credits (5)** toward graduation.
- 6. At the beginning of the 11th grade year (third year), the student must have at least **ten credits (10)** toward graduation or have passed five credits during the past 12 months.
- At the beginning of the 12th grade year (fourth year), the student must have at least **fifteen credits (15)** toward graduation or have passed **five credits (5) 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 6-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 and every 9-week grading period afterward. If a student loses eligibility, they are still expected to practice. Student athletes can only gain eligibility at the 3-week reporting period and not lose their privilege of participation.

Athletic Paperwork for all sports and Rank One

In an effort to streamline athletic paperwork, Freer ISD is now offering online forms. At the beginning of each school year, it is mandatory that all student-athletes and parents fill out the appropriate Freer ISD and UIL paperwork before they will be allowed to practice or compete in athletics. You **MUST** have your athletes' school ID number available as it is required on each form.

Parents, you must fill out each form:

To access the online forms, click on the link below or type it in the address bar:

<https://freerisd.rankonesport.com/New/NewInstructionsPage.aspx>

Once you are on the rank one sports page, please follow the following instructions:

- To access the online forms, select "Proceed to Online Forms" below.
- You will then be prompted to create a Parent Account which is **REQUIRED** to complete the online forms.
- Click **HERE** for instructions on how to create a Parent Account.
- To complete the forms, you may be asked to provide your student's ID number and/or Date of Birth along with other demographic information.
- If you have any questions, please contact your student's school or Coach Soliz.
- If you already created an account this past year, please use the username and password you created.

Click on the form name and fill out all the information requested to sign the document then click inside the signature box and hold your mouse down, this will allow you to create an "Electronic

Signature”. If you make a mistake and need to start over, click on the refresh icon next to the signature box. Once you have filled out all the information on each page, you will have the opportunity to print the document.

The following forms need to be completed online:

Emergency Card, UIL Acknowledgement of Rules, UIL Steroid Form, UIL Cardiac Awareness Form, UIL Concussion Form, and Freer ISD Drug Testing Forms.

All drug testing forms must be **filled out and completed on or before July 24, 2023**. The scheduled date for drug testing is July 26, 2023, and you will not be able to test without the forms completed.

The actual hard copy of the Pre-Participation Physical must still be turned in to the head coach, athletic director, or Ms. Debbie before the first practice.

For any help or questions, please call Coach Soliz at 361-394-6025 ext. 241 or 361-460-1785 to set up an appointment to come in and get help filling out the forms.

Attendance:

COMPULSORY SCHOOL ATTENDANCE

In an effort to decrease absences from academic classes, an athlete must be in attendance on the day of competition by the 1st period (8:05) of that school day in order to participate. The only exception to this rule is if the absence is due to a medical emergency or appointment that is documented from a medical facility or doctor.

In addition, student athletes will be expected to be in class, and on time the day following an athletic contest, or they will be assigned extra running and it could possibly lead to the athlete not being allowed to start in their next competition. Excessive absences will result in loss of playing time or suspension from the team. The only exception to this rule is if the absence is due to a medical emergency, appointment or injury that is documented from a medical facility, doctor, or our athletic trainer.

Lastly, student-athletes shall not be checked out or miss an athletics period in order to attend another athletic event in which they do not participate without it being counted as an unexcused absence. The only exception to this rule if you are attending the competition to support a sibling at which time this will be deemed an excused absence and the appropriate disciplinary action will be taken.

Attendance for College Classes

COLLEGE CLASSES, MEDICAL ACADEMY, WELDING ACADEMY

Head Coaches need to check and see when their athletes are in these classes. Athletes may not miss classes for tournaments, Track Meets, Cross Country Meet. Exception: State tournament, state meets, Regional/ Area Meets ect.

Days for college classes:

Monday- Wednesday, or Tuesday- Thursday.

Athletic Period

All student athletes wishing to be a part of the Freer ISD athletic programs must be enrolled in the school's athletic period and go through the strength and conditioning program.

Exceptions will be made by the administration when a student needs academic requirements required for graduation. In addition, seniors who are finished with their sports participation may be required to change schedules by the Athletic Director.

All Athletes are expected to be in attendance and on time for the Athletic Period. All athletic programs around the state have one thing in common and that is **TIME**. The programs that utilize their TIME the best increase their chances for success. Athletes should avoid using the Athletic Period for other activities. You cannot work on your sport or work on becoming a better athlete if you are not there.

You do not have to be in the athletic period to play Golf only.

Practice and Game/Competition Attendance:

It is the responsibility of the student participant to attend ALL practices and games/competitions. We as a staff do understand at times that there are extenuating circumstances. If a student participant **MUST** miss a practice or game/competition, it is up to the student participant to inform the coach of that sport/event prior to the absence. Making up of a missed practice or game/competition will be left up to the discretion of the coach/sponsor in his/her sport/event. Please notify the coach of the sport that you will be missing a practice/game/competition before you actually miss. Here are the number to the **athletic office 361-394-6025 EXT: 241, LAJH 361-394-6025 EXT: 301 FHS 361-394-6025 EXT: 212.**

Absences shall be reviewed by the head coach of the sport and the athletic director. Disciplinary action will then be determined.

Attitude/ Behavior

All students/athletes are still subject to dispensary action under the Freer ISD student code of conduct.

Competition Behavior

- Represent himself/herself in a manner evident of a true sportsman/sportswoman in regard to modesty in victory and graciousness in defeat.
- Always have complete control of himself/herself. 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. **Profanity towards coaches, game officials or spectators will result in immediate disciplinary action up to and including suspension or expulsion from the team.**
- As a representative of our athletic program, at any athletic event, conduct themselves in an appropriate manner regarding being a spectator. He/she will respect the opponents, officials, and administration of any other school.

Attitude/Behavior Detrimental to the Team/Program:**All students/athletes are still subject to dispensary action under the Freer ISD student code of conduct.**

An athlete/student participant may be suspended for all or part of a season for demonstrating behavior that is detrimental to the team/school. Suspension will be dealt with on an individual basis.

Examples of unacceptable behavior include, but are not limited to:

- **Poor effort or lazy attitude**
- **Disrespect to the coaching/teaching staff**
- **Disrespect to teammates/fellow athletes or student participants, hurting/harming morale.**
- **Stealing from other athletes/student participants or coaches/sponsors**
- **Vandalizing school property, teacher's property and other students' property.**
- **Unsportsmanlike conduct in games, meets and tournaments.**

An athlete/student participant can be removed from their extra-curricular program for 1 calendar year if necessary

Classroom Behavior All students/athletes are still subject to dispensary action under the Freer ISD student code of conduct.

- 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.
- 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.
- Must be responsible for all class work missed, due to attendance of an athletic event, the day before the missed class. All work shall be made up at the convenience of the teacher.
- Will refrain from fighting, scuffling, horseplay, and juvenile behavior in and around the school building. Any athlete caught vandalizing the school building, school restrooms, lockers, locker rooms, vehicles on school grounds, buses, gyms and fields will be under the student code of conduct for vandalizing and subject to removal from the athletic program (s)or team.

Personal Appearance and Conduct:

Student athletes/participants are quite often the only contact that many people in other communities have with our school.

It is expected that Freer ISD student/athletes' participants will:

- Be respectful to teammates, coaches/sponsors, faculty, opponents, and officials.
- Be well-groomed and dressed appropriately at all games and contests.
- No jewelry will be worn during any athletic activity or during the athletic period/practices.

- No hats worn backwards at Freer ISD extracurricular activities at school / in the gym or out of town.
- No FACIAL HAIR
- **Follow all dress code guidelines as presented in the Freer ISD Student Handbook.**
- Coaches of each sport may have team shirts for their teams to wear on game days.

ISS & Competition:

Freer ISD prohibits students in grades 7-12 assigned to ISS from participating in extra-curricular contests while currently assigned to ISS. ISS is defined as a suspension from the classroom into another setting. Student athletes/participants may not attend regularly scheduled practices on the day or days they have ISS and they will not be allowed to participate in competitions while assigned ISS. A student is considered assigned ISS once he or she enters the ISS classroom until the end of the school day of his or her last assigned day of ISS.

DAEP Placement:

Freer ISD Athletic/Extra-Curricular policy prohibits students in grades 7 – 12 assigned to DAEP from participating in extracurricular activities including but not limited to (practices, contests, meetings, or ceremonies) while currently assigned DAEP.

Athletic Team Travel:

- 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 and present the appropriate travel release form. Freer ISD will not be liable for injuries that occur to students riding in vehicles that are not provided by the school.
- Dress neatly and properly on all trips. Coaches will advise you regarding attire.
- Conduct himself/herself properly on all school vehicles and follow all school policies as stated by the Freer ISD Handbook.
- Music boxes should not be played on the bus, if they are played in the dressing room, appropriate music should be played. Do not allow the sound to be so loud everyone can hear at field or gym.

Overnight Athletic Trips

HOTEL RULES

All students/athletes are still subject to dispensary action under the Freer ISD student code of conduct.

- Students (and their parents/guardians) shall be held liable for any damage or loss of property while on the trip.
- Rooms should always be kept locked, and windows are not to be opened.
- Strangers shall not be admitted to any room including other students from other schools.
- Money or valuables should not be left unattended in rooms.
- There are to be NO MIXED GROUPS in hotel rooms; that is, no boys in girls' rooms or vice versa, unless supervised by a chaperone before curfew.
- Students shall be in their rooms by curfew, which will be announced each night. No exceptions will be made unless there is an emergency. Students may not leave their rooms after bed check.
- Students must turn in their phones at curfew.
- Students are not allowed to leave the hotel grounds without permission from Coaches. Hotel rooms are rented by and in the name of Freer ISD, not individual students. Therefore, Freer ISD, through the coaches, retains the right to enter and inspect hotel rooms.

Weight Room Rules

Training hard is a privilege. Yes, a privilege. At some point in your life, you will not be able to push your body like you can now. Some people have never been able to push their bodies. Enjoy this opportunity while you can. Having the ability to lift, condition, and play hard is a gift that can easily be taken for granted. This is a great place to build teamwork, team enthusiasm and leadership.

All athletes will always follow the rules for weight room. If an athlete refuses to follow the weight rules, he/she will face disciplinary action.

- No Horseplay at any time
- No Food or Gum in the Weight Room
- Do Not Sit on the Various Lifting Apparatus during your Rest Interval
- Wear Proper Lifting Clothes
- Shoes Must Be Worn at All Times (No Sandals, Dudes, crocs, (No Open Toe Shoes)
- Do Not Slam the Weights on the Weight Machines
- A Spotter Must Be Used on all Free Lifting Stations. Example: Bench Press, Incline Press, Squats, Power Cleans, etc..
- Use a Weight Belt on all Over Head Lifts and Squats

- Return all Free Weights to their Correct Weight Racks and or Weight Trees
- Report any Injury to the Supervisor Immediately
- Never Lift Weights Without a Supervisor Present in the Rooms.

Social Media Policy:

Freer ISD recognizes and supports the student athletes'/participants' rights to freedom of speech, expression, and association, including the use of social networks. In the education extra-curricular context, each student athlete/participant must remember that playing and competing for the Freer Independent School District is a privilege. As a student athlete/participant, he/she represents the school district and is expected to portray themselves, the team, the school and the school district in a positive manner both on and off campus. This extends beyond and outside of the competitive season, as well as during season and summertime.

The following guidelines will be the standard for social media / networking use by all student athletes/participants grades 7 -12 within the Freer ISD. Consequences for noncompliance will vary based on severity and frequency of violation.

All student athletes/participants will refrain from posting, submitting, sending, or publishing inappropriate, slanderous, derogatory, sexually suggestive, sexually explicit, or any form of negative comments, photos, texts, etc. to any electronic, public or private entity which includes, but is not limited to: Snachat, Instagram, Facebook, Twitter, YouTube, personal email accounts, personal web pages, personal or private chat rooms, personal texting/cell phone accounts, etc. Sending any form of inappropriate (as determined by Freer ISD) photos, comments, etc. will not be tolerated regardless of who the intended recipient may be. Once sent, consequences designated by the AD and Head Coach/Sponsor in conjunction with district administration will occur. Punishment will be determined by the AD and Head Coach/ Sponsor and could be extra work, suspension from contests, or removal from athletics/ the extra-curricular program.

HAZING / BULLYING – CYBER BULLING

All students/athletes are still subject to dispensary action under the Freer ISD student code of conduct.

“Hazing” is against the law and will not be tolerated in the Freer ISD 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:

- Engages in hazing.
- Solicits, encourages, directs, and aids, attempts to aid another in engaging in hazing.
- Recklessly permits hazing to occur.
- 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.

- Bullying/ Cyber Bullying of teammates will not be tolerated in the Freer ISD Athletic Department.
- Any bullying should be reported immediately to the coaching staff. Freer ISD policy on bullying will be followed in all cases. Athletes could face suspension or dismissal from the athletic program.

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!!!**

MANAGEMENT OF FELONY CRIMES

Student-Athletes who are charged with and/or Student-Athletes who are under indictment for a felony crime are not eligible to participate in team functions. This action should not be considered a presumption of guilt, but rather it affords the accused Student-Athlete the time and opportunity to clear his/her name. Student-Athletes will be allowed to remain on his/her team as a "suspended" member; however, they will not be permitted to represent Freer ISD in any team function while under "Suspension".

ASSAULT ON A SPORT OFFICIAL BY A STUDENT

Section 33.081 of the Texas Education Code will now require a high school/Jr High student who "intentionally, knowingly, or recklessly causes bodily injury" to a contest official or judge to be suspended from all UIL activities for a minimum of two years.

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 extracurricular activities, and to this end, will attempt to schedule events in a manner to minimize conflicts.

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 and campus administrator will make the decision based on the following:

- The relative importance of each event.
- The importance of each event to the student.
- The relative contribution the student can make to each event.
- How long each event has been scheduled.
- 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.

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.

- 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 calendar days, where 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.
- An athlete dismissed from a sport will not be allowed to start another sport until the first sport is completed.
- 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 Sports:

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 Buckaroo/Lady Buckaroo 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.

- 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.
- If an athlete quits a sport, they will give up all rights to any honors that they may have earned but have not received. They also forfeit their right to participate in that or any other sport until that current season is over. **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.**
- 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.
- 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. The Head Coach of that sport and the Athletic Director will review the Re-Entry for approval.
- Athletes quitting a sport will not be allowed to start a new sport until the regular season of the sport he quite is over. (last district game)

- 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.
- 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 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:

- Complete the request form to re-enter sport or athletics.
- Successfully complete 10 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.
- Must have passed all classes in the last nine-week grading period and have the appropriate number of credits required for eligibility.
- Must have demonstrated good citizenship and good behavior in the school and community the previous semester. Detentions, ISS assignments, DAEP placements and criminal activities will be considered detrimental to a student requesting to complete the re-entry program.
- Requests to re-enter basketball must be made at the beginning of the fall semester or earlier. Request to re-enter baseball, or track must be made at the beginning of the spring semester or earlier. Request to re-enter football, or volleyball 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 on varsity and they must finish the season(s) in good standing, both in disciplinary and academic standards to be eligible for a letter jacket.
- Seniors who are participating for the first time may earn a jacket by lettering in one sport and participating in one other sport.

- The athlete qualifies for a regional meet in Cross County and Track.
- First year Powerlifter who qualifies for the state meet, will receive a jacket.
- An athlete that has participated four years in the same sport shall receive a jacket as a senior on the Varsity team. **(Football, Volleyball, Basketball, Powerlifting, Cross Country, Track, Baseball, Softball, Golf).**

PARENT & SPECTATOR BEHAVIOR

Athletic events can be an exciting and emotional time. Freer ISD would like to make it a positive and safe environment for all those involved. All parents and spectators must understand that any negative behavior toward coaches, game officials, visiting spectators or players will be addressed by the administration. Any negative behavior can and will result in your loss of privileges to attend any or all district extracurricular events.

UIL Constitution & Contest Rules Subchapter C Section 1201, 1208H state that, "Conduct that berates, intimidates, or threatens competitors, coaches, officials, and fans has no place in interscholastic activities. Such behavior will not be tolerated. Your misconduct may result in ejection and / or suspension."

ASSAULT ON SPORTS OFFICIAL

A parent or spectator who "intentionally, knowingly, or recklessly causes bodily injury" to a contest official or judge will be suspended from attending all UIL activities for a minimum of two years.

Understand that a ticket is a privilege to observe the contest, not a license to verbally assault others or be generally obnoxious. There is no such thing as a "right" to attend interscholastic or district athletic events. Interscholastic athletics are considered a "privilege" and the spectator who avail themselves of it is expected to conduct himself or herself accordingly.

Understand that the school is responsible for the behavior of their spectators. The school district can and will be punished for actions of patrons in violation of UIL standards and rules.

It is not our intention to suspend or ban anyone from being a spectator or fan, but the district will act in accordance with UIL standards and rules to ensure a positive and safe co-curricular environment for our student athletes.

ATHLETIC LINES OF COMMUNICATION

PARENT/COACH RELATIONSHIP

Both parenting and coaching are difficult vocations. By establishing lines of communication and understanding each position, we are better able to accept the 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 contests.
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:

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

APPROPRIATE ISSUES TO DISCUSS WITH COACHES:

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

ISSUES NOT APPROPRIATE TO DISCUSS WITH COACHES:

- Playing Time
- Team Strategy/Play calling.
- Other student-athletes

PARENT/COACH CONFERENCE PROCEDURE:

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

- **Please do not attempt to confront a coach before, during, or after a contest or practice.** *(This can be an emotional time for both the parent and the coach. Meetings of this nature do not promote a resolution. Productive meetings require calm, rational attitudes in a private setting.)*
- 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 361-394-6025 ext. 241, High School 361-394-6025 ext. 212, JH 361-394-6025 ext. 301
- If you are not satisfied with your conference with the head coach, you may then contact the athletic director if you feel the situation has not been justly attended to at the following number: 361-394-6025 ext. 241
- Any decision of the athletic director may then be appealed to the campus administrator followed by the superintendent and finally the Board of Trustees

Freer ISD RANDOM DRUG TESTING PROGRAM

It is a violation of athletic policy for Freer ISD 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. In conjunction with Freer ISD random drug testing program, the following consequences of positive test results shall be cumulative through the student's enrollment in middle school and shall begin anew for high school.

Please read careful the below information:

If a student is present on the day of testing, they must remain at school for the duration of the drug testing. Otherwise, the student will have 24 hours to provide a urine sample at the district approved testing site.

(If a student that has not been called to testing leaves during drug testing time, they will be required to test within 24 hours.)

Failed Drug Test

- **1st Offense:** Student-athletes will be disciplined by running 20 miles within 10 days before reinstatement and be suspended from any extracurricular activity for 30 school days following the date of the conference with the student. The student-athlete will be allowed to remain in the program.
- **2nd Offense:** Student-athletes that commit a second offense will be suspended from any extracurricular activity for 90 school days following the date of the conference with the student. The student must also complete 30 miles of running within 15 days before reinstatement to any activity.
- **3rd Offense:** Student-athletes will be dismissed from the Freer ISD athletic program for the remainder of their high school/junior high career.

Return to Play:

Students wishing to resume participation in extracurricular activities must retest at the end of the suspension period and have a negative test result, have completed 3 meetings with the school nurse for drug information. Have met once a week with the cheerleading/dance sponsor. The sponsor must keep documentation of each meeting. If the student meets all equipments, the student shall be retested.

Alcohol

Any student caught in possession BY A LAW ENFORCEMENT OFFICIAL or BY A SCHOOL ADMINISTRATION, WILL BE SUBJECT TO THE FOLLOWING CONSEQUENCES:

- **First Offense-** Athlete will be suspended for 1 game in addition to consequences at the discretion of the head coach.
- **Second Offense-** Athlete will be suspended for 2 games in addition to consequences at the discretion of the head coach.
- **Third Offense—** Athlete will be suspended for 3 games in addition to consequences at the discretion of the head coach.

Training Rules

Student athletes are discouraged from taking any dietary supplements during or after training periods. Some supplements have been known to cause a false positive test result

for performance enhancing drugs. Any athlete that tests positive will be subject to the failed drug policies regardless of whether the results were the results of supplement use.

TOBACCO PRODUCTS

Athletes are prohibited from possessing or using tobacco products on campus, school activities or having possession in locker rooms, lockers, backpacks, or bags.

Any student is caught with any tobacco products, or vapes, **The Student will be assigned to DAEP under the Freer ISD Student code of conduct.**

FREER ISD ACKNOWLEDGEMENT OF ATHLETIC POLICY

Parent's & Students

After reading the handbook, please login to your Rank One account and sign the Acknowledgement of Athletic Policy, if you don't have a account with rank one, please create an account for Rank One using the link below.

To access the online forms, please type it in the address bar:

<https://freerisd.rankonesport.com/New/NewInstructionsPage.aspx>

This handbook will become effective July 31, 2023- May 24, 2024. (Updated 6/20/2023)

