

ACKNOWLEDGEMENT THAT
BANQUETE ATHLETIC HANDBOOK
HAS BEEN READ
AND
THAT THE ATHLETE AND HIS/HER PARENTS
UNDERSTAND ITS CONTENTS

I _____ and my parents have read the Banquete Athletic
Athlete's Name

Handbook and will follow all the rules therein.

Parent's signature

Date

RETURN THIS PAGE TO COACH HERMES

ATHLETIC DEPARTMENT POLICES

Athletics is a privilege, not a right. Therefore, an athlete must act according to these policies to retain that privilege. Discipline will be consistent with the philosophy of Banquete ISD. Any athlete who cannot abide by the rules will be dismissed from participation. The Athletic Director must approve the dismissal. Coaches may have additional rules and regulations for their sport, which will be approved by the Athletic Director.

1. Illegal Drugs – First offense will result in suspension or possible dismissal from athletics.
2. Criminal Conduct - First offense could result in suspension. Second offense will result in suspension and/or dismissal from athletics. Any athlete who is indicted for a felony will be suspended until his/her name is cleared.
3. Alcohol – First offense could result in suspension. Second offense will result in suspension and/or dismissal from athletics.
4. Tobacco – First offense could result in suspension. Second offense will result in suspension and/or dismissal from athletics.
5. Stealing – Taking things that does not belong to you, especially from your teammates, will not be tolerated. First offense could result in suspension. Second offense will result in suspension and/or dismissal from athletics.
6. Profanity – will not be tolerated. First offense will result in disciplinary action. Habitual offenses may result in suspension and/or dismissal from athletics.
7. Conduct – The Bulldogs will bring a great deal of class and pride to our program. We will be noted for our clean, tough, competitive play. Respect and praise you opponent and play beyond your ability. Conduct yourself as a gentleman/lady at all times. This means that you are to follow rules and procedures while attending classes at Banquete High School. You are expected to act properly in class, giving your teachers and administrators courtesy and respect. We know that each of you do not have the same abilities, but we expect each of you to perform at the best of your ability. Failure to adhere to the above code of conduct can result in a conference and possible disciplinary action based on severity of the conduct.

8A. School Attendance – Do not cut class. Do not be tardy. If you must be absent, call one of the coaches before third period. If you fail to call, you will be assigned to O.F.I. *(opportunity for improvement). You will be required to make up the work missed while you were absent. The number at the high school number is 387-2551(ext 129). An athlete must be in school at least half a day and/or have notified the principal/AD to participate in an athletic event for that day. Excessive absences/tardies could result in disciplinary actions or suspension. Athletes must be in attendance the day after a game to be eligible to start the next game. (Specific situations will be addressed by the Head Coach and the Athletic Director.)

8B. Practice Attendance - Absences from practice may result in less or no game participation based on the coaches decision. Athletes who must miss practice will be required to contact their coach prior to practice that day. Excused absences are absences in which the coaches were notified prior to practice that an athlete will not be at practice. Athletes who exceed 4 excused absences will be removed from the team. Unexcused absences are absences in which the coaches are not notified prior to practice that an athlete will not be able to attend practice. Athletes who exceed 2 unexcused absences will be removed from the team. If absent due to medical appointment, the athlete needs to bring a doctor's note to the coaches. Athletes will be required to make up the work they missed for missing practice as well as possible OFI's if unexcused. (Specific situations will be addressed by the Head Coach and the Athletic Director.)

9. Injury or illness – If you leave school because of illness, come by the field house and check with a coach. If you are ill or injured, we don't expect you to work out, but if you are at the field house, we expect you to wear the uniform of the day and accompany your group from station to station unless given special permission by the head coach. If you feel you have an injury, let a coach know so we can get you medical attention.

10. Respect for Coaches – Coaches should receive “Yes Sir”/”Yes Mam” or “No Sir”/”No Mam” responses from players when talking to them. Players in return will be treated with respect by their coaches. Whenever a coach is speaking with you, either individually or as a group, you will give him/her your undivided attention and always establish eye contact with him/her.

11. Promptness – Always be on time. On trips, the bus will not wait. You do not have time to waste; get directly to the field house. Tardiness will result in disciplinary action.

12. Dress – Should be very professional while in uniform and out. Everyone will wear his uniform in the same manner. Take care of your equipment. You have as good as money can buy. Do not wear jewelry during athletic period, practice or during the game. Your appearance away from the field house, especially at school, should reflect the same class and pride that you show in our program.

13. Appearance – Give an appearance of class. To attain a good team appearance, look sharp, be sharp. Earrings will not be allowed in the field house, on trips, etc. No facial hair. Hair must be neat (no tails, no hair below collar, no hair in eyes, no hair on ears).

Tatoos must be completely covered when representing Banquete ISD in an athletic event. The athletic department policies will supercede the High School Handbook if necessary.

14. Care of Equipment and Facilities – You are to hang your equipment in you locker as shown. Do not track mud and dirt into our dressing rooms. Take off cleated shoes before entering the field house area. When you change into workout gear, your cloths are to be hung in your locker. Your locker must be locked at all times to insure protection of your personal items. Urinals and toilets are to be flushed, showers and faucets turned off so they don't drip, and all soda cans and tabs put into the trashcan. Clean up in and around your locker each day. Failure to adhere to these rules will result in O.F.I.

15. Phone Use – The use of the field house phone is a privilege. Do not abuse it, or the privilege will be taken away. Do not use the phone for social calls. There is a 2-minute limit on all calls.

16. Quitting – If at any time an athlete quits or is dismissed from athletics in or out of season, he gives up all rights to any honors that he/she has earned but has not received. The athlete must follow these guidelines:

A. He/She forfeits his/her rights to participate in that sport or any other sport until that current season is over.

B. He/She forfeits his/her rights to participate in sport they quit the next season. (Ex. Quit Football 2008 will not play football 2009.)

C. Underclassmen will be allowed to participate in the sport that they quit only one time with the understanding that they reenter the off-season program prior to the season, which must be approved by the Athletic Director. (Ex. Quit Football 2008 can reenter off-season the Spring of 2010.)

D. If an athlete is quitting the athletic period, or wishes to no longer participate, they will be out of athletics for one year before being allowed to reenter athletics.

E. Any other situations will be addressed by the Head Coach and the Athletic Director.

17. Appeal Process – Students have the right to appeal disciplinary action that result in dismissal from athletics. The appeal must be conducted with the parents or guardians of the athlete before the Appeals Committee. This committee will consist of the athletic director, principal, and head coach. If the appeal results in the reinstatement to the team, guidelines will be established for the athlete's return.

18. O.F.I's - Opportunity for Improvement: Drills to alert player's awareness of the importance and ramifications of team rules. Designed to be strong reminders of what we expect of our athletes and at the same time, build strength, endurance, and pride.

- Examples:
1. Laps around track.
 2. Sprints
 3. Running stadium steps
 4. Agility drills
 5. Reminders
 6. Paddling
 7. Combination of several above.

19. Athletic Period – Athletes must be present daily in the athletic period. Tutoring, make-up work, etc must be done before school or afterschool, not during athletic period.

All athletes are required to be enrolled in the athletic period prior to/during the season to be eligible to participate in team sports.

Ex. Football Season – Spring athletic period

- Exception:
1. Seniors who need to take classes in order to fulfill graduation Requirements.
 2. Other exceptions will be addressed by the Head Coach and the Athletic Director.

20. Detention/ISS/AEP assignment –

1. Athletes who are assigned school detention will be subject to OFI's as deemed by the A.D. and/or coach. If an athlete is a repeat offender the OFI's will increase and/or a possible suspension/removal will be assessed.
2. Athletes who are assigned ISS will be subject to OFI's as deemed by the A.D. If an athlete is assigned ISS they cannot represent BHS or travel with the team until the ISS assignment is completed. If in ISS on a game day the student will not participate in the game. Student paddling will be treated the same as a day of ISS. If an athlete is a repeat offender the OFI's will increase and/or a possible suspension/removal will be assessed.
3. Athletes who are assigned AEP will be subject to OFI's as deemed by the A.D. Suspension/Dismissal may also be assessed for the breaking of the athletic rules and policies.

Drug Testing

All athletes will be required to take one mandatory drug testing as set by Banquete ISD prior to participation in athletics. Every athlete will be subject to random testing throughout their athletic career at Banquete ISD. The consequences for positive drug testing is set by Banquete ISD board policy.

Grade Policy

Grades need to be every athlete's number one priority. Every athlete must leave BHS with an education that will help them achieve their goals in life. Therefore, the following policy will be followed to ensure each athlete gets a good education. The Athletic Director and coaching staff will monitor all athletes' grades throughout the school year. If an athlete is constantly failing every six weeks, he/she may be dismissed from athletics so he/she can have the time necessary to make their grades their number one priority. The athletic director will address each situation at the end of each semester. If it is decided that the athlete is to be dismissed, then the athlete will be dismissed for one semester provided that the athlete has maintained a passing status for each six weeks period that they were dismissed. If a passing status is not achieved then the athlete will not be admitted back into athletics until it is achieved. If an athlete is failing and will miss a majority of the remaining part of the season they may be removed from the team to focus on their academics.

Example – Dismissed end of Fall Semester 04 – Reenter Beginning of Fall 05 if passing status is regained.

Example – Dismissed end of Spring Semester 05 – Reenter Beginning of Spring 06 if passing status is regained.

Eligibility

Eligibility for all students must be checked according to U.I.L. rules, and eligibility list for all sports must be kept on file in the principal's office. Head coaches in all sports will be held responsible for checking these requirements and adhering to them. All sports must file an acceptance card from the U.I.L. This is done through the Superintendent.

Requirements

To be eligible for any University Interscholastic League Activity:

1. The athlete must be an undergraduate in high school. No college courses may be used as credit.
2. The athlete must pass ALL subjects at the end of each grading period in order to participate the following six weeks. (Under approved conditions, courses clarified advanced, honors, and/or gifted may receive a waiver for grades below 70 from the principal.) The principal's guidelines do not apply at the start of each school year.
3. Participation the first six weeks is determined by the number of credits earned the previous school year.

Grades 7,8,& 9: Student must have been promoted from the previous grade.

Grade 10: A student is classified as a sophomore after completing at least (5) accumulated credits.

Grade 11: A student is classified as a junior after completing at least (10) accumulated credits or five credits during the previous 12 months.

Grade 12: A student is classified as a senior after completing (15) accumulated credits of five credits during the previous 12 months.

**** All credits must count toward state graduation requirements.****

Locker room and Equipment

Since you will be spending a great deal of time in the locker room during the school year, we expect you to keep this facility as neat and sanitary as possible. We want you to take great pride in this facility. We expect each member of our team to adhere to the following locker room guidelines.

Locker Room Guidelines:

1. Hang all equipment (helmet, shoulder pads, shoes, etc.) in your locker in the proper place.
2. Keep all your valuables locked up. Your locker provides a lock for your convenience.
3. Do not throw tape on the floor. Trashcans are in our locker room for this purpose.

4. Do not spit on the floors. Keep the floors neat and clean.
5. Do not leave cups or bottles in the lockers or on the floor.
6. Do not leave towels on the floor or in lockers. Place dirty laundry in the proper place.
7. Absolutely no horseplay in the locker room.
8. Remove workout shoes before entering the locker room.
9. Do not bring visitors into the locker room without first clearing it with a coach.
10. We will provide you with the finest equipment that money can buy. We want you to always look sharp and it is up to you to take care of all equipment issued. It is extremely important that all equipment that is issued fit properly. This is important for safety reasons. If a piece of equipment does not fit, make sure that you see that equipment coach for a change.
11. Head phones will be allowed in the locker room and for team travel. However, head phones will not be allowed at the High School so they must be left in vehicles or in the locker room at all times.
12. Cell phones will be allowed only for use of contacting parents after an athletic event. They will not be allowed on the High School campus so they must be left in vehicles or in the locker room at all times. They also need to be kept in the off position when not in use.
13. We expect each member of our team to adhere to the following guidelines.

EQUIPMENT GUIDELINES:

1. Wear all equipment issued unless the practice schedule calls for less.
2. Wear only equipment issued unless approved.
3. Do not put tape on the outside of the game uniform.
4. Do not cut jerseys unless given permission.
5. Do not take any equipment from the locker room. Especially shoes. They are to be worn during the workouts and games only.
6. You are responsible for all equipment checked out in your name.

WEIGHT ROOM RULES

1. Shirt, shoes, and shorts are required in the weight room whenever you are using the equipment.
2. Have a spotter present when using free weights.
3. Do not move weight equipment from its designated area.
4. All weights have a rack where they are to be kept, put them back on this rack in the proper order.
5. Do not bring basketballs, footballs, etc. or other foreign objects into the weight room area.
6. You are in the weight room to lift, not to play tag or other games.
7. No food or drinks are allowed.
8. No horseplay of any kind.
9. Weight room equipment must stay in the weight room at all times.
10. No spitting on the floor.

Injuries

We must distinguish between pain and injury. If an injury occurs and you cannot practice, you will follow rehabilitation instructions so that you can return to playing condition.

1. Notify a coach if you feel you have an injury.
2. Notify a coach if you feel you need to see a physician due to an injury.
3. We will help you seek the proper medical help.
4. One should get treatment each day.

5. No one is expected to miss practice without permission.
6. Place tape in trash after you have removed it.
7. Wear all appropriate protective equipment.
8. During the early hot practices, anyone who becomes sick, nauseated, dizzy, and/or very hot should notify the coach immediately. A player knows best if he is becoming overheated.
9. If a coach feels that an athlete should seek medical attention for an injury or illness then a medical release must be provided before participation will be allowed. If a parent/guardian seeks medical attention for an athlete then a medical release must be provided before participation will be allowed.

Team Travel

On all our team travel, we will attempt to make it a memorable and an educational experience. We must constantly keep in mind that our primary purpose is to represent our team with and our community as a champion. We must get ourselves ready mentally to play as well as we possibly can.

Remember to follow whenever traveling:

1. Check and pack all you gear. You are responsible for being prepared to travel.
2. Be prompt. You will be held responsible for being on time.
3. Dress as coaches have instructed you. We represent all of Banquete.
4. No hats/bandanas unless team issued.
5. No loud or boisterous conduct on the trip. Remember why we are here. I like a quiet bus trip to the game.
6. Do not eat a lot of junk food before the game.
7. Everyone should return with the team. A note from the parent will be required for the athlete to leave with the parent. Athletes will only be allowed to leave with a parent; any other exceptions must be cleared through the A.D. one day prior to the athletic event.