

## **MISSION STATEMENT**

The ultimate goal of this program is to provide all possible avenues for the student athlete to achieve a well-rounded athletic and academic experience. We will also strive to provide wholesome activities and opportunities for students to develop favorable habits and attitudes that will help them to succeed in life.

The program should, at all times, conform to the rules and guidelines set forth by the administration of the **Argyle Independent School District** and the University Interscholastic League (**UIL**). At no time should the athletic program be given more emphasis than the total education curriculum. The program should function as a part of the whole curriculum and should strive for the development of well-rounded individuals capable of taking his/her place in society.

### **The purpose of the athletic program is:**

To provide opportunities for the student athlete to cope with problems and be placed in situations similar to those he/she may face upon graduation from high school. The program should provide opportunities for:

- a) Physical, mental, and emotional growth
- b) Development of life-long skills
- c) Development of the "TEAM" concept, with the emphasis on loyalty, fair play, and cooperation
- d) Directed leadership and supervision that stresses self-discipline, self-motivation, and competing with "class," which includes winning and losing with dignity
- e) Attaining knowledge of skills that will provide the basis for life-long leisure activities
- f) Participation by the highly skilled athlete, which could provide outlets for future athletic endeavors (i.e. college/professional)

Athletics in our society provides one of the finest ways for young people to develop into responsible, caring, and competitive men and women. The program should, however, assume its rightful place in the whole educational experience. This can continue to be accomplished with an enthusiastic, aggressive, and caring coaching staff.

## **STUDENT ATHLETIC POLICIES**

- ACADEMICS** Athletes are expected to work to their greatest potential in the classroom. Athletes failing classes are required to attend tutorials. Athletes failing to attend tutorials, who continue to fail, may be removed from the program.
- APPEARANCE** To attain a good TEAM appearance, look sharp. Give an appearance of class. No extremes in hairstyles or dress. No jewelry may be worn during any athletic competition or practice. Final decision concerning this matter will rest with the coaching staff.
- ATTENDANCE** Promptness and attendance are expected at all times. Missed practices or games due to unexcused reasons may result in dismissal from the team. If you must be absent, call and talk to one of your coaches before the athletic period. Coaches will have the option of establishing a reasonable make-up policy for absences from practice. This policy should be clearly stated at the beginning of the season and have prior approval by the Athletic Coordinator.
- CONDUCT** Composure during the course of a competition is critical. We expect you to conduct yourself with class at all times. This means you are to follow all rules of our school and community. You are expected to act properly in class, giving all adults full courtesy and respect. Failure to adhere to our expectations will result in a conference and possible dismissal from the program.

### **DRUG AND ALCOHOL USE**

Use of illegal drugs or alcohol by students will not be permitted. If the school is notified of any such charges upon a student involved in the athletic program, the student will receive the usual student punishment as stated in the Argyle High School Student Handbook, and, upon return to the regular classroom setting, begin the following extra conditioning training described below:

#### **AEP PLACEMENT (school offense):**

Student is placed in AEP for a time to be determined by the Principal, according to the Argyle Student Code of Conduct. Upon return to regular school setting, the Athletic program consequences will begin, in accordance with the following plan:

#### **1<sup>st</sup> Offense:**

15 miles of school supervised running, which must be completed over a (maximum) 5 school day period (3 miles per day). As stated in the Argyle Schools Student Code of Conduct, the possibility of district alcohol/drug abuse counseling may be

imposed. The athlete will receive a 10% suspension from interschool competition until this conditioning has been completed and the athletic coordinator has given approval of full return to normal activities. This conditioning assignment is to take place before or after the normal team practice, not during.

2<sup>nd</sup> Offense:

Appropriate drug/alcohol counseling must be initiated before athlete begins conditioning assignment. 30 miles of school supervised running, which must be completed over a (maximum) 10 school day period (3 miles per day). The athlete will receive a 20% suspension from interschool competition until this conditioning has been completed and the athletic coordinator has given approval of full return to normal activities. This conditioning assignment is to take place before or after the normal team practice, not during.

3<sup>rd</sup> Offense:

Removal from all athletic participation.

**Non-AEP PLACEMENT (non-school offense):**

In cases in which school officials have been notified by proper authorities of a ticketed offense outside the school setting by an athlete, the Athletic program consequences will begin immediately following a meeting between the athlete, parent(s), athletic coordinator, and head coach.

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Appropriate drug/alcohol counseling must be initiated before athlete begins conditioning assignment. 30 miles of school supervised running, which must be completed over a (maximum) 10 school day period (3 miles per day). The athlete will receive a 20% suspension from interschool competition until this conditioning has been completed and the athletic coordinator has given approval of full return to normal activities. This

conditioning assignment is to take place before or after the normal team practice, not during.

The Athletic Council (Athletic Coordinators, Principal, and Head Coaches) reserves the right to rule on each situation on a case by case basis. Severe infractions may lead to immediate dismissal.

**PROFANITY**

Use of profanity is not allowed. All offenses will result in disciplinary action.

**STEALING**

Taking things that do not belong to you will not be tolerated. An athlete caught stealing may be dismissed from the team.

**TOBACCO USE**

No tobacco use of any form will be permitted. First offense will result in disciplinary action. Continued offenses in this matter may result in removal from the athletic program.

**DISCIPLINARY ACTION** In the event an athlete violates athletic policies, the disciplinary action will include one or more of the following: extra conditioning, game suspension, and/or dismissal from the team.

**DRESS** Should be very professional in or out of uniform. Everyone will wear the uniform in the same manner. WE ARE A TEAM! Take care of your equipment. Do not wear jewelry in practice or during competition. Your appearance away from the dressing room, especially at school, should reflect the same class and pride that you show in our program.

**EQUIPMENT/FACILITIES** You are to keep your equipment within your locker as directed by your coach. You are to clean your equipment as needed and directed. Lost or misplaced items checked out to you by the athletic department must be paid for. Take the attitude of “owner” of school facilities and help to make sure they are well cared for. Set an example for the entire student body that we should all help in the upkeep of our facilities.

**INJURY OR ILLNESS** If you are ill or injured, we don't expect you to work out, we expect you to wear your uniform of the day and accompany your group from station to station unless given special permission by the head coach. Report all injuries to a coach and/or trainer.

**LETTERING  
POLICIES**

Each athlete is allowed one jacket during his/her high school career.  
**Lettering requirements:**

**FOOTBALL**

- A. Complete the season as a squad member in good standing (may include, but not limited to: academic eligibility, good attendance rate, good attitude, etc.); and
- B. Be a member of the varsity squad and suit up for at least 6 games.
- C. Injured players may be awarded a varsity letter if it is apparent to the coach that they would have earned it, if not for the injury.

**BASKETBALL (BOYS & GIRLS)**

- A. Complete the season as a squad member in good standing; and
- B. Be a member of the varsity squad and suit up for at least 60% of the games.
- C. Injured players may be awarded a varsity letter if it is apparent to the coach that they would have earned it, if not for the injury.

**VOLLEYBALL**

- A. Complete the season as a squad member in good standing; and
- B. Be a member of the varsity squad and suit up for at least 60% of the games.
- C. Injured players may be awarded a varsity letter if it is apparent to the coach that they would have earned it, if not for the injury.

**CROSS COUNTRY (BOYS & GIRLS)**

- A. Complete the season as a squad member in good standing; and
- B. Place in the top 15 at the district meet or qualify for the regional meet, or
- C. Place in the top 25 in half of the regular season meets.

**TRACK (BOYS & GIRLS)**

- A. Complete the season as a squad member in good standing; and
- B. Earn a total of 8 points in meets during the school year – 1 point will be given for each varsity meet the athlete competed in, whether he/she scores a point or not, or
- C. Score a point in the district meet.
- D. Seniors who have been in track for at least 2 years.

**WRESTLING**

- A. Complete the season as a squad member in good standing; and
- B. Be a member of the varsity squad for at least 60% of the meets or earn at least 25 points during the season (5 points to a pin, 3 or 4 points for a decision, 2 points for a draw); or
- C. Qualify for the regional tournament

**TENNIS**

- A. Complete the season as a squad member in good standing; and
- B. Be a member of the varsity squad for at least 50% of the season or compete in the District Tournament; or
- C. Injured players may be awarded a varsity letter if it is apparent to the coach that they would have earned it, if not for the injury; or
- D. Seniors who have competed in tennis for at least 2 years.

**GOLF**

- A. Complete the season as a squad member in good standing; and
- B. Earn as many points as there are varsity tournaments – one point for playing in tournament and one point for finishing in the top three as a team; or
- C. Qualify for regional tournament.

**BASEBALL**

- A. Complete the season as a squad member in good standing; and
- B. Be a member of the varsity squad and suit up for at least 60% of the games.
- C. Injured players may be awarded a varsity letter if it is apparent to the coach that they would have earned it, if not for the injury.

**SOFTBALL**

- A. Complete the season as a squad member in good standing; and
- B. Be a member of the varsity squad and suit up for at least 60% of the games.
- C. Injured players may be awarded a varsity letter if it is apparent to the coach that they would have earned it, if not for the injury.

**SOCCER (BOYS & GIRLS)**

- A. Complete the season as a squad member in good standing; and
- B. Be a member of the varsity squad for at least 60% of the games.
- C. Injured players may be awarded a varsity letter if it is apparent to the coach that they would have earned it, if not for the injury.

**SWIMMING**

- A. Complete the season as a squad member in good standing; and
- B. Qualify for the regional meet

**STUDENT TRAINER OR MANAGER**

- A. Complete the season as a squad member in good standing; and
- B. Work varsity sports for 2 consecutive yea

**PARTICIPATION** Students participating in volleyball, football, basketball, baseball, Track, wrestling, powerlifting, and softball must be in athletic period Semester 1 and Semester 2. Fall sport athletes (VB, FB, PL, and WR) may be exempted from the participation requirement the spring of their senior year. Students participating in golf or tennis must be in athletic period, external physical education, or waiver Semester 2. Junior and Senior athletes who have earned 1.5 P.E. credits or waiver are not required to be in athletic period in order to participate in golf or tennis. Case by case situations may be reviewed by the Athletic Council.

**NOT FINISHING A SPORT** Any athlete who quits or is dropped from a team after District play begins, may not be permitted to work out with another sport until the immediate season has been completed.

**RESPECT FOR ADULTS** Adults should receive "Yes Sir"/"Yes Ma'am" and "No Sir"/"No Ma'am" responses from athletes. Whenever an adult is speaking to you, either individually, or as a group, you will give them your undivided attention and always establish eye contact.

**STRENGTH & CONDITIONING** Conditioning is the period of time during the school calendar year when athletes from any sport are not competing against other schools in a U.I.L. sanctioned event in their chosen sport. It is the philosophy of the Argyle Athletic Department that all athletes will

participate in strength and conditioning activities. An athlete who participates in only one sport will be required to participate in that sport's conditioning program. Players who participate in two or more sports will participate in their non-spring sport conditioning activity. For example, a basketball player will go through a conditioning program before he/she participates in his/her spring sport practice (i.e. track). Conditioning activities will be in compliance with U.I.L. guidelines in regard to game day activities.

When a two sport athlete reaches the varsity level of competition, the conditioning requirement will be waived according to the discretion of the Athletic Coordinator, and in regard to any arrangement that may be made between the Head Coach of a sport and the Athletic Coordinator.

### **Strength and Conditioning Program**

A well-organized and properly coordinated strength and conditioning program is vital to the success of an athletic program. Regardless of the sport(s) an athlete participates in there cannot be too much effort spent on strength training and conditioning in the off -season. There will also be an in-season strength training and conditioning program that will allow each athlete to remain in peak physical condition during the season until returning to the off season program.

With the dramatic changes that high school athletics is going through and athletes becoming faster, stronger, and more talented each year it is absolutely necessary to implement a quality strength training and conditioning program. The days of strength training being only for off-season football players has past.

As part of our athletic program we will offer the most complete strength training and conditioning program that utilizes the most modern strength training principles available to all athletes. Both off-season and in-season programs will be implemented incorporating the most up to date programs available to us from physical fitness experts and major university programs.

The off-season program will include a combination of strength training, conditioning, flexibility, plyometrics, and skills training. There will also be a summer program available that will be designed to prepare athletes to peak in August and to maintain this peak during the fall sports season. This will be available to athletes who want to continue their training for the summer.

Regardless of whether an athlete competes in just one sport or several, they will benefit from the effort put into the program by the coaches.

#### Purpose of the Off-Season Program

1. To mold athletes into TEAM players
2. To improve strength, speed and agility
3. To reduce the risk of injury
4. To teach technical skills
5. To maintain supervision over the academic progress of all athletes

### Goals and Objectives

1. To increase size, strength, speed, and quickness
2. To improve overall athletic ability
3. To mold a good, tough and persistent mental attitude
4. To learn self control and socially accepted ways to vent emotions
5. To develop a positive attitude

### Safety Measures

1. Participants will be given verbal instructions and demonstrations of the proper techniques used to safely execute designated lifts in the weight room
2. Each lift station will consist of one lifter and at least one spotter
3. Coaches will supervise all activities included in the off-season program

## **PHYSICAL EXAMINATIONS**

Students will not be permitted to participate in athletics until appropriate documents (Physical Examination Medical History/UIIL Acknowledgment of Rules/General Emergency Release) are on file in the Athletic Office.

As a minimum requirement, the athletic physical exam must be completed at the beginning of athletic competition prior to middle school athletics, again prior to high school athletics, and again, prior to the eleventh grade year. **Argyle Schools require annual physicals of all athletes.**

The Medical Athletic History must be completed annually by parent (or guardian) and student in order for a student to participate in athletic events. The medical history may indicate/discover the need for a current physical exam to be completed.

The UIL Acknowledgment of Rules and General Emergency Release are also to be completed annually.

## **BOOSTER CLUB GUIDELINES**

Booster clubs are organized to assist and support school activities. The Athletic Director will oversee the athletic booster club.

To operate within the UIL rules and within state laws, booster clubs should recognize the following:

1. The Superintendent or principal of a public school has approval authority over booster clubs. The Superintendent or his designated representative should be an ex-officio member of all booster organizations.

2. To avoid violation of the UIL's Amateur Rule, money given to the school cannot be earmarked for any particular request. Booster clubs can suggest or recommend how they would like the money spent, but a club cannot require the Superintendent to spend the money in any specific way. The gift of cash or other valuable consideration must be to the school, to use at its discretion. Use of items purchased is subject to school board policies.
3. Booster clubs have no authority to direct the duties of a coach. The schedule of contests, the rules for participation, the method of earning letters and all other criteria dealing with the athletic programs are under the jurisdiction of the local school administration.
4. The booster club cannot give a coach a petty cash fund or miscellaneous fund to use at his or her discretion. This would allow money to be spent without approval of the local school board or the Superintendent.
5. A coach's salary shall be fixed at the beginning of the year, with no provisions for bonus. It is contrary to UIL rules for a booster club or any other organization to give a coach more than \$300 per year as any type of gift. The Superintendent must approve any amount given. It is also contrary to UIL rules for a school to use locally raised funds to employ an additional coach to supplement those positions established by the school board.
6. Fund raising projects are subject to state law and must meet legal requirements. Non profit status may be obtained from the IRS.
7. All funds should be deposited in the designated account and disbursed according to TEA regulations.
8. Financial statements itemizing all receipts and expenditures should be made to the general club membership. An end of year financial statement should be turned in to the Athletic Director by June 1.
9. Minutes should be taken at each meeting, and kept on file in a place provided by or approved by the school board.
10. All booster club meetings should be open to the public.
11. School administrators should keep booster clubs up to date with information concerning current activities.
12. Money making activities should support the educational goals and philosophy of the school and not become a means for exploiting students.

**ARGYLE INDEPENDENT SCHOOL DISTRICT  
ACKNOWLEDGEMENT OF ATHLETIC RULES**

I have read and understand the requirements of this athletic handbook. I understand that I am expected to perform according to this handbook, and that there may be sanctions or penalties if I do not.

Student/Athlete Signature: \_\_\_\_\_ Date \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Date \_\_\_\_\_

