

HUGHES SPRINGS

MUSTANGS



ATHLETIC HANDBOOK



FORWARD

The Hughes Springs ISD Athletic Handbook is dedicated to the athletes of Hughes Springs Independent School District and is designed to be the guide to give you the basic information concerning our athletic department.

No such handbook can cover every situation that arises throughout the year. When situations arise that are not covered the athletic director will make the final decision for the well being of the overall athletic program and the student athletes.

MISSION

Change and develop the lives of student-athletes through meaningful and valued experiences, while equipping them with the skills necessary to compete and win in every aspect of their life.

TRADITION

GRIT

GUTS

RELENTLESS

INTEGRITY

TOUGH

THE BRAND

TEAM COMMITMENT OVER PERSONAL CONVENIENCE

PROUDLY REPRESENT

TOUGH AND COURAGEOUS

CHAMPIONSHIP APPROACH TO ALL THINGS

The Hughes Springs Athletic Program will strive to be one of the most competitive programs in the state of Texas. It is our desire and goal to consistently compete at the highest level in the state in every sport and compete for a Lone Star Cup. This can only be accomplished through the commitment, dedication, and hard work of the young women and men who make up our athletic program. Through our efforts we will continue to build upon the great tradition that has been established over time for Hughes Springs High School and Hughes Springs Junior High.

JOSHUA WILLIS
ATHLETIC DIRECTOR

Table of Contents

Explanation Of Athletics	4
Coaches Will	4
Student Athletes Will	4
Parent/guardian(s) will	4
Behavior Expectations of Spectators	5
Philosophy Of Athletics	5
Athletic Goals And Objectives	6
Eligibility To Participate	6
Attendance	7
Code Of Conduct	8
Drug And/Or Alcohol Violations	11
Other Serious Conduct Violations	12
Consequences for Other Serious Conduct Violations	12
General Conduct Violations	13
Dress Code And Appearance	13
Athletic Department Policies	14
Activity Conflicts	14
Athletic Period	14
Attendance	14
Care Of Equipment/Locker Room Expectations	14
Coaches Rules	14
College Recruitment	14
Club Activities	15
Disciplinary Removal	15
Illness Or Injury	15
Multiple Sports	15
Promptness	15
Quitting	15
Respect For Others	15
Squad Selection	15
Travel	15
Vacations	16
Weight Room Rules	16
Steroid Testing/Nutritional Supplement Use	16
Training Room Rules	17
Tips From The Trainer	17
Athletic Insurance	17
Athletic Photos	17
Athletic Awards	17
Exception	18
Lettering Policy	18
Jacket Policy	18

EXPLANATION OF ATHLETICS

UNDER LAW AND UIL RULES PARTICIPATION IN SCHOOL ATHLETICS IS A PRIVILEGE AND NOT A RIGHT

Students who volunteer to participate in athletics represent Hughes Springs ISD. For that reason, student athletes will be held to higher standards of conduct than for students not involved in athletics. Because only those students who abide by school and athletic rules will be allowed to represent Hughes Springs ISD, it is beneficial to coaches, student-athletes, and parent/guardian(s) to understand what is generally expected of each.

COACHES WILL

- Communicate to parents the times and locations of all practices and game schedules
- Ensure that any other team requirements - for example, physical examinations, parent consent forms, special equipment, out-of-season conditioning - are communicated to parent/guardian(s)
- Monitor the safety of student athletes
- Encourage and assist student athletes in their classwork
- Schedule contests and travel arrangements
- Discipline of student-athletes
- Maintain compliance with UIL rules
- Teach athletic skills in a professional manner
- Teach sportsmanship and respect for game officials
- Assist in the care of athletic equipment and facilities
- Act as a positive role model for student athletes

STUDENT ATHLETES WILL

- Be on time for practices and games
- Demonstrate discipline, teamwork, and effort at all athletic activities, including practices
- Exhibit sportsmanlike conduct at all times
- Practice and play to the best of your abilities
- Work hard in academic classes and maintain UIL eligibility
- Comply with the Hughes Springs ISD Student Code of Conduct and the rules in this handbook
- Properly care for athletic equipment, uniform, and facilities. This also means that athletic clothing provided by the district is not for students' personal use it and may not be worn away from practices or games (this includes shoes)
- Be role models on campus and in the community, and represent Hughes Springs ISD in a positive manner

PARENT/GUARDIAN(S) WILL

- Provide positive support to your child and his/her team(s)
- Demonstrate sportsmanlike conduct at your child's practices and games, as well as towards coaches
- Encourage your child to attend all practices and games
- Provide or arrange for your child's transportation home from practices, and to practices if needed
- Be sure your child has any necessary equipment not provided by the district
- Assist with booster club and/or fundraising efforts where possible
- Raise concerns directly with the coach so that the coach has an opportunity to address it first

If a conference between the coach and the parent/guardian(s) is necessary, the following procedures should be followed to help promote resolution:

- Call the coach to set up an appointment
- If the coach cannot be reached, call the school office and a meeting will be set up for you
- Please do not attempt to confront a coach before or after a contest or practice. Meetings of this nature do not promote resolution. If the meeting with the coach does not provide a satisfactory resolution, follow the proper chain of command

	1 ST CONTACT	2 ND CONTACT	3 RD CONTACT	4 TH CONTACT
ATHLETE	POSITION / TEAM COACH	SPORT HEAD COACH	ATHLETIC DIRECTOR	PRINCIPAL

BEHAVIOR EXPECTATIONS OF SPECTATORS

STATED DIRECTLY THROUGH UIL:

- Remember that you are at the contest to support and yell for your team, and to enjoy the skill and competition-not to intimidate the other team or its fans.
- Remember that school athletics are a learning experience for students and that mistakes are sometimes made. Praise student-athletes in their attempt to improve themselves as students, as athletes, and as people, just as you would praise a student working in the classroom.
- A ticket is a privilege to observe the contest, not a license to verbally assault others or be generally obnoxious.
- Learn the rules of the game of the game, so that you may understand and appreciate why certain situations take place.
- Show respect for the opposing players, coaches, spectators and support groups.
- Respect the integrity and judgement of game officials. Understand that they are doing their best to help promote the student-athlete, and admire their willingness to participate in full view of the public.
- Recognize and show appreciation for an outstanding play by either team.
- Refrain from the use of any controlled substances (alcohol, drugs, etc.) before, during, and after the game on or near the site of the event (i.e. tailgating).
- Use only cheers that support and uplift the teams involved.
- Be a positive role at events through your own actions and by censuring those around you whose behavior is unbecoming.
- Parent/guardian(s) and spectators should be aware that the school can (and should) remove them from the premises and can prohibit them from attending future contests due to undesirable behaviors.
- Game officials can ask that school administrators have unruly fans removed from a contest facility.
- There is no such thing as a "right" to attend interscholastic athletics. Interscholastic athletics are considered a "privilege" and the spectator who avails themselves of it is expected to conduct himself or herself accordingly.
- Keep in mind that you are a guest of the school, and that while winning is certainly an admirable goal, it is hollow if it comes at the expense of morals, ethics, and just plain common sense.
- The school is responsible for the behavior of their spectators. The school district can be and will be punished for actions of patrons in violation of UIL standards and rules.

PHILOSOPHY OF ATHLETICS

Naturally, all student-athletes want as much playing time as possible. Parent/guardian(s) and student-athletes are reminded that all decisions about playing time, playing position, and team strategy position will be made by the coaching staff, using their professional judgment. Any concerns about these issues should be addressed by making an appointment and following the chain of command, please do not confront a coach before, after, or during practice or a game.

Players are constantly being evaluated and depth charts are fluid documents. Decisions about playing time and position will be based on:

- **KNOWLEDGE OF THE ASSIGNED POSITION** - Coaches cannot and will not play student-athletes who do not demonstrate knowledge of their assignment. Coaching staff will devote extra time to student-athletes who ask for assistance in learning their position.
- **EFFORT** - Student-athletes are expected to show full effort at all times. Effort wins' games and effort is in the complete control of the athlete.
- **FOCUS AND MENTAL TOUGHNESS** - Through practice, coaches are able to determine who is demonstrating the necessary focus and mental toughness needed to successfully compete.
- **CONTRIBUTION TO THE OVERALL TEAM** - Players who motivate their teammates to do better, are always enthusiastic, prepared, and respectful will make a greater contribution to the team than those who do not demonstrate these qualities.
- **SKILL** - Assuming the characteristics above are equal, and they should be, then the student-athlete who has the most skills will likely earn playing time.
- Sub-Varsity, 7th grade through JV, coaches will make their best attempt to get everyone into the contest.
- Varsity level coaches will play the athletes that give the team the best chance to win. No playing guarantees will occur at the varsity level.

Ultimately, a student athlete's playing time or level of athleticism is no reflection of his/her value or self-worth.

ATHLETIC GOALS AND OBJECTIVES

GOAL - The student athlete shall become a more effective citizen and productive member of society.

OBJECTIVES – The student athlete shall learn:

- **TO WORK WITH OTHERS** - In a democratic society, a person must develop self-discipline, respect for authority, and the spirit of hard work and sacrifice. The team and its objectives must be placed higher than personal desires.
- **TO BE SUCCESSFUL** - Our society is very competitive. We do not always win, but we succeed when we continuously strive to do so. You can learn to accept defeat only by striving to win with earnest dedication. A successful person has a desire to excel and a “never quit” attitude.
- **TO DEVELOP SPORTSMANSHIP** - To accept any defeat or victory like a true sportsman and to know that one has done his/her best are the signs of a good sportsman. We expect student-athletes to have positive desirable social traits, including emotional control, honesty, cooperation, and dependability. We expect student-athletes to respect opposing players, coaches, officials, spectators, and support groups. Treat them as you would want to be treated. Who better than they can understand all the hard work and team effort that is required?
- **TO IMPROVE** - Continual improvement is essential. As a student-athlete, you must establish a goal and you must constantly try to reach that goal. A student-athlete should better himself/herself in the skills and characteristics set forth as being desirable.
- **TO ENJOY ATHLETICS** - It is necessary for student-athletes to enjoy participation, to acknowledge all of the personal rewards to be derived from athletics, and to give sufficiently of themselves in order to preserve and improve the program.
- **TO STRIVE FOR EXCELLENCE IN ALL THEY DO** - To be an active, contributing citizen, it is important for a person to strive to be the very best at what they are doing. When a person has a commitment to excellence, they will never settle for not doing their very best.

ELIGIBILITY TO PARTICIPATE

PHYSICAL EXAMINATION

A physical examination is required for incoming 7th, 9th and 11th grade student-athletes or if the student-athlete was injured the previous year. The physical examination form is available from the athletic trainer or the coaches. Use only the approved UIL form to record physical examinations. Club or organization forms will not be accepted. The physical examination covers all sports for the year. A group physical will be scheduled by the athletic trainer during the month of May of the preceding school year for all student-athletes.

ATHLETIC DEPARTMENT FORMS PACKET

This packet must be filled out completely and includes (1) Pre-participation Physical Evaluation-Medical Form (2) Acknowledgement of Rules (3) UIL Parent and Student Agreement/Acknowledgement Form-Anabolic Steroid Use and Random Steroid Testing (4) Concussion Acknowledgement Form (5) Sudden Cardiac Arrest Awareness Form (6) Emergency Card Information (7) Consent to Participate and Information Form; (8) Medical History and Consent to Medical Treatment; (9) Physical; (10) Drug Testing Consent Form.

ACKNOWLEDGMENT OF HUGHES SPRINGS ISD ATHLETIC HANDBOOK

The last page of this handbook should be signed by the student-athlete and the parent/guardian. It should then be returned to the Athletic Department. This shows receipt of the Athletic Handbook and acknowledges that the student-athlete and parent/guardian will comply with the rules and policies contained in the Athletic Handbook.

ACADEMIC ELIGIBILITY

A student-athlete in grades 9-12 may participate in extracurricular activities on or off campus at the beginning of the school year only if the student-athlete meets the following requirements:

FRESHMAN - must have been promoted from the eighth grade to ninth grade.

SOPHOMORE - must have at least 5 credits toward state graduation requirements.

JUNIOR - must have at least 10 credits toward state graduation requirements or, during the preceding 12 months, have earned 5 credits toward state graduation requirements.

SENIOR - must have at least 15 credits toward state graduation requirements or during the preceding 12 months, must have earned 5 credits toward state graduation requirements.

Generally, a student who receives a grade below 70 at the end of a grading period in any academic class may not participate in extracurricular activities for at least three school weeks.

However, if a student receives a grade below 70 at the end of a grading period in an Advanced Placement (AP) or International Baccalaureate (IB) course, or an honors or dual credit course in English language arts, mathematics, science, social studies, economics, or languages other than English, the student remains eligible for participation in all extracurricular activities.

If a student is enrolled in a state-approved course that requires demonstration of the mastery of an essential knowledge and skills in public performance and the student receives a grade below 70 in any course at the end of the grading period, the student may participate in a performance so long as the public is invited.

If a student is enrolled in a state-approved music course that participates in UIL Concert and Sight-reading Evaluation, and the student receives a grade below 70 in any course at the end of a grading period, the student may perform with the ensemble during the UIL evaluation performance but is ineligible for other extracurricular activities for at least three weeks.

In addition, the following provisions apply to all extracurricular activities:

- A student who receives special education services and who fails to meet the standards in the individualized education program (IEP) may not participate for at least three school weeks.
- An ineligible student may practice or rehearse but may not participate in any competitive activity.
- A student is allowed in a school year up to several absences not related to post-district competition, and absences for post-district competition prior to state, and absences for state competition. All extracurricular activities and public performances, whether UIL activities or other activities approved by the board, are subject to these restrictions.
- An absence for participation in an activity that has not been approved will receive an unexcused absence

**** THE STUDENT MUST ATTEND AND PARTICIPATE IN ALL PRACTICES AND/OR TRAINING SESSIONS. FAILURE TO COMPLY WITH THIS REQUIREMENT MAY RESULT IN REMOVAL FROM THE ATHLETIC PROGRAM.**

AGE

To participate in athletics, at any level, a student-athlete cannot have reached his/her 19th birthday before September 1st of the applicable school year. In addition, no ninth grade student is eligible to play if he/she has reached his or her 16th birthday before September 1st.

In addition, at the middle school level, the following local and district age rules shall be followed:

- 8th grade - A student cannot have reached his or her 15th birthday before September 1st. Anyone repeating the 8th grade is not eligible to play on the 8th grade team.
- 7th grade - A student cannot have reached his or her 14th birthday before September 1st.

UIL INFORMATION

Eligibility for many of these activities is governed by state law and the rules of the University Interscholastic League (UIL), a statewide association overseeing inter-district competition. If a student is involved in an academic, athletic, or music activity governed by UIL, the student and parent are expected to know and follow all rules of the UIL organization. Students and parents can access the UIL Parent Information Manual at UIL Parent Information Manual (<https://www.uiltexas.org/athletics/manuals>). A hard copy can be provided by the coach or sponsor of the activity on request.

To report alleged noncompliance with required safety training or an alleged violation of safety rules required by law and the UIL, please contact the curriculum division of TEA at (512) 463- 9581 or curriculum@tea.texas.gov. [See UIL Texas (<https://www.uiltexas.org/>) for additional information on all UIL-governed activities.]

ELIGIBILITY DATES

Yearly eligibility dates and calendars will be posted on the school and athletic websites

ATTENDANCE

Always attend athletic practice - There are only three reasons to miss practices:

- Being sick in bed. In case you are so sick and you cannot attend school or practices, it is essential that you contact the coach by phone at school or home and let him/her know. NOTE: If you are well enough to come to school you are expected to be at practice and go as hard as you can.

- Having a serious injury and under the care of our athletic trainer or a doctor. (If you go to the doctor you must bring a doctor's note back to your coach.)
- An extenuating circumstance approved by the coach (example: death in the family or school related activity).

NOTE: In the case where a player misses a practice for any other reason than outlined above, disciplinary action will be taken by the coaching staff. An athlete who walks off the field or court during practice will face disciplinary action. The consequences will be determined by the coaching staff.

It is the responsibility of the athlete to communicate with his/her coach prior to missing practice.

ATHLETIC DIRECTOR - 903.639.3862

HIGH SCHOOL - 903.639.3841

JUNIOR HIGH - 903.639.3812

The student-athlete will be required to make-up the conditioning work out, as set by their coach, before they will be able to participate in the next game or meet. Each sport has its own set of make-ups. Make-ups are not punishment.

*You are expected to attend all classes regularly unless you have an excused absence. **On the day of a game/contest a student athlete must be in attendance at least half the school day (230 minutes) to participate including the athletic period.** (Exception: School business or special circumstances which should be cleared with the athletic director and head coach **in advance**.)

Be on time for all athletic related functions, including practice, meetings, trips, tutorials and games.

Players are expected to be on the field/court and ready at the time practice is scheduled.

CODE OF CONDUCT

Students who participate in Hughes Springs ISD athletics are expected to abide by the district's Student Code of Conduct **AND** the Athletic Code of Conduct below. A student may be disciplined for violations of either or both the Hughes Springs ISD and Athletic Code of Conduct. The coaching staff will determine whether a violation of the Athletic Code of Conduct has occurred and will assess the appropriate consequence. **In addition, coaches retain the discretion to discipline, suspend, or remove a player for misconduct not specifically addressed in this handbook.** As used in this Code, suspension means the student will remain in the program, but may not participate in any contest during the suspension period. Suspension from participation and/or consequences are to be determined by the head coach and the athletic director.

Extracurricular Code of Conduct Participation According to Student Handbook

In the regular curriculum is a right afforded to each student, while participation in extracurricular programs is a privilege. These activities teach responsibility, sportsmanship, teamwork, that hard work often equates to success, and many more invaluable life lessons. Students participating in extracurricular activities shall not be a part of any activity or behavior, on or off campus, which will diminish or tarnish the reputation of Hughes Springs ISD. This Code of Conduct has been established for the good of all members of the school community.

This Code of Conduct includes off-campus activities, school-related trips, and on-campus activities and does not supersede other Board of Education policies or disciplinary rules. Some organizations and activities may apply a more stringent code of conduct.

A. In the Classroom

- (1) A grade of 70 or above must be maintained during each grading period as specified by UIL rules. Students that continually fail consecutive nine weeks, may be taken out of extra-curricular activities.
- (2) Students must be in attendance of school, a half day (230 minutes), to participate in practice and games.
- (3) Respect and cooperation must always be accorded to all teachers and staff members.
- (4) Students should be in the classroom and ready to participate in classroom activities before the tardy bell rings.
- (5) Students should always conduct themselves as ladies or gentlemen.

B. On Campus

- (1) Be neat and well-groomed always. Set a positive example for other students.
- (2) Refrain from using vulgar language.
- (3) Be in good standing with teachers and staff members always.
- (4) Realize that other students will follow your example.

C. In Extracurricular Activities

- (1) When meetings and practices are scheduled, all members of the organization must report on time.

- (2) Anytime a student participating in extracurricular activities is going to be absent from school, the sponsor should be notified.
- (3) Keep your composure whether winning or losing.
- (4) Be respectful to game or contest officials.
- (5) Show respect to other students and participants.
- (6) All participants must realize that participation in extracurricular activities is a privilege and not a right.
- (7) Students attending extracurricular activities will abide by the school dress code.

D. Special Situations

- (1) Students who possess, deliver, ingest, or sell alcoholic beverages off campus and because of such activity face legal action by law enforcement officials, shall suffer the following consequences:
 - (a) First offense – Disciplinary action as deemed necessary by the sponsor.
 - (b) Second and subsequent offenses – Subject to administration and sponsor review, possible expulsion from participation in extracurricular activities up to one calendar year
- (2) Students who possess, deliver, ingest, or sell any controlled substance, aerosol paint, glue, drug, or paraphernalia, shall be prohibited from participation for one calendar year.
- (3) Students who are under indictment or charged with a felony offense or who are charged with a misdemeanor offense punishable by confinement in jail, shall be suspended from participation in extracurricular activities until such time as the charges are dropped by the proper authorities.
- (4) Students who are under indictment or charged with a Class B or higher misdemeanor offense or who are placed on misdemeanor probation, whether adjudicated, or on TYC parole, shall be prohibited from participation in extracurricular activities until the probation or parole ends. Reinstatement will be at the discretion of the school administration.
- (5) Students who are on felony probation, whether adjudicated, shall be prohibited from participation in extracurricular activities until the probation ends. Reinstatement will be at the discretion of the school administration.
- (6) The rules and penalties described in this Item D, Numbers (1) through (5) above, shall apply similarly in all respects to those students who are juveniles at the time the conduct giving rise to law enforcement or judicial proceedings occurred. Thus, students who are charged with or are convicted of conduct, which would, but for the students' ages, be considered criminal in nature, shall be subject to the rules and penalties as described above.
- (7) Overnight trips- Luggage and hotel rooms are subject to inspection. No one other than members of the designated Hughes Springs group will at any time be permitted in hotel rooms acquired by Hughes Springs ISD. Disciplinary Action –Coaches/ sponsors will review all the facts and circumstances surrounding violations and impose appropriate disciplinary action. Coaches/sponsors will strive for consistency in punishment for Extracurricular Code of Conduct violations but will also exercise sound professional discretion. Final determination shall be the responsibility of the activity coach/sponsor and administration. Extracurricular organizations may have their own handbook.

Extracurricular Attendance

A student shall not participate in a contest or activity unless that student is in attendance half of the school day (230 minutes), which is not unexcused. Exceptions to the attendance requirement include students who have seen a doctor and have a verified note from that doctor, and students who attend the funeral of an immediate family member. Any deviation from these guidelines shall be determined by agreement of the sponsor and the principal.

Any student involved in any extracurricular activities, CATE certifications, work programs, or drives a vehicle on campus, must maintain a 90% attendance rate throughout each week of the year. If it drops below 90% percent, the student, that is not in compliance, will not be allowed to perform in any extracurricular activities, contests, games, practices, CATE duties, work programs, or drive on campus until the attendance is back above 90%. (Exceptions: Those stated in the Exemptions for Compulsory Attendance, doctor's note – which student Hughes Springs High School Student Handbook Page 70 of 125 must be in attendance part of the school day, school related, extenuating circumstance for medical reasons – with a medical note, or death of a family member.)

Consequences for athletic conduct violations are described below, and they may also include:

- Oral correction or reprimand
- Assigning cooling-off time or "time-out"
- Counseling by coaches
- Parent-coach conference

- Behavioral contracts
- Formal written apology letters
- Suspension of athletic participation privileges
- Dismissal from team and/or program
- Other techniques or penalties relevant to the sport, as identified by the coach
-

*** All consequences will be administered by the sport head coach, athletic director, or a designee. All consequences will be similar, but will not be exactly the same from sport to sport.

No student who is expelled, placed in DAEP, or receives an out-of-school suspension may participate in athletics during the term of his/her discipline. While parents may appeal the disciplinary placement, the student will continue to be suspended from athletics during the period of any appeal. Students may also be suspended during the pendency of any investigations of misconduct.

If a student-athlete is placed in **SAC**, the student

- will attend any athletic practices during their;
- will receive an unexcused absence for all missed athletic activities;
- may be given additional physical consequences by the sport head coach, if the placement happens when the athlete is not in season it may be given by the athletic director or a designated girls coach

While serving a SAC placement the student athlete is ineligible to participate in or attend any athletic contest. Once the SAC placement is complete they may participate as long as they are cleared through their sport head coach. Should a student be placed in **SAC** multiple times, consequences will increase and could result in removal from athletics.

Parents will also be notified of all Athletic Code of Conduct violations that result in suspension from participation in athletic activities. The coach will contact the student and the student's parent via telephone or face-to-face conference within 5 school days from the time the coach learns of such a violation. At this time, the coach will inform the parent and student that a violation of the Code of Conduct has occurred, discuss with them the applicable consequences, and give the student an opportunity to respond to the allegations.

In order to apply consistent discipline standards, the system below will be applied. When a coach determines that one or more violations have occurred, the coach will notify the student and parents, either verbally or in writing, and offer the student-athlete an opportunity to respond verbally prior to issuing the discipline. Typically, each school year, participants in athletics will begin with a clean disciplinary slate. However, any consequences that were assessed during the prior school year and for which the student owes additional suspension or behavior contract time must still be completed. For example, a student who was suspended from participation for 4 school weeks during the last week of school may have an additional 3 weeks of suspension to complete beginning with the next school year even though he/she will have no disciplinary violations at the beginning of that school year.

DAEP PLACEMENT

While serving a DAEP placement the student athlete is ineligible to participate in any athletic event, attend any athletic event, or be present on any school athletic facility, home or away. Any DAEP placement may result in the removal of the student from athletic participation.

Students placed into DAEP should expect

- A meeting with the parent, student, and an athletic representative as the term at DAEP begins and as the term ends. The athletic discipline meeting will take place immediately following the discipline meeting with the campus principal, and will be used to clearly communicate additional athletic consequences and expectations moving forward.
 - *****Before the student leaves the school campus they need to secure any personal items or valuables from their locker. They are encouraged to turn in all athletic items so they do not get lost or stolen.**
- **In Season DAEP Placement**
 1. If the term of placement is 30 days or longer the athlete will not be allowed to finish the season.
 2. If the term is less than 30 days the athlete may be allowed to continue to participate after all missed practices and games are made up through the coach depending on the following.
 - a. Time of the season the offense occurred. (Will the athlete be able to make up all missed activities, and integrate back into the team before the end of the season.)
 - b. The nature of the offense
 - c. Cumulative students discipline record

*The conditioning make up for all practices and games missed along with games missed during placement will exempt them from the step consequences off season placement requires. This will be considered a major offense and will count as a step on any future offense.

3. If the athlete does not finish the season because of a DAEP placement they could be considered as not finishing the season in good standing and could possibly
 - a. Not be nominated for post season awards
 - b. Not be eligible for an athletic letter or letter jacketIn the event the student is placed in DAEP at the conclusion of district play and/or post district, this decision will be made at the coach's discretion considering the offense.

- **Off Season DAEP Placement**

1. Upon return from DAEP the student will follow the step level for major offences, described in detail in this policy manual, before being considered in good standing.
 2. If an athlete is placed in DAEP during the offseason and their sport begins while they are still serving the term participation will be discussed in detail during the meetings before and after the term.
- Multiple DAEP placements shows a pattern of behavior not conducive to our athletic purpose and may result in removal from athletics. Coaches and the Athletic Director may consider previous years DAEP placements as well

DRUG AND/OR ALCOHOL VIOLATIONS

Exemplary behavior is expected of student-athletes under the jurisdiction and sponsorship of Hughes Springs ISD schools and the Hughes Springs ISD athletic department.

There is no acceptable reason for alcohol or illegal substances to be used by any student-athlete in our athletic programs at any time during the calendar year, nor are there acceptable reasons for Hughes Springs ISD student-athletes to be present where illegal or controlled substance activities occur at any time during the calendar year.

Any student-athlete found to have sold, used, possessed, distributed or been under the influence of controlled or illegal substances, will adhere to the following consequence progression (in addition to any legal or district disciplinary consequences that may apply). In addition, any student-athlete who is alleged to be in violation of the drug or alcohol policy shall be suspended immediately pending an investigation. 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. The student-athlete may be allowed to remain in the activity as a suspended member but will not be allowed to represent his/her school in any public manner while under this suspension

DISTRICT DRUG TESTING POLICY

The District requires drug testing of any student in grades 7–12 who chooses to participate in school-sponsored extracurricular activities or drives or parks a vehicle on campus. Drug testing information and collection procedures are outlined in policy FNF (LOCAL). Consequences of positive test results shall be cumulative through the student's enrollment in the District.

A student who refuses to be tested when selected or who is determined to have tampered with a sample shall be deemed to have a positive test result and shall be subject to the appropriate consequences depending on previous positive test results, if any.

An initial positive test shall be confirmed by a second, more definitive test of the same specimen before it is reported to the district as a positive. Upon receiving results of a positive drug test, the Superintendent or their designee, shall schedule a meeting with the student and the student's parent(s) to review the test results and discuss consequences.

The student or parent shall have 48 hours following the meeting to provide a medical explanation of the positive result. If the test results are in question, the parent can request another test of the same (original) specimen from a certified lab. If the second lab test is negative, the district will cover the cost. If the second lab test is still positive, the parent shall reimburse the district for the cost of the second lab test.

If a student wishes to return to participation in extra-curricular activities or drive/park on campus after any applicable consequences, the student shall be retested at the end of the period of suspension and have a negative test result. Following that, the student shall be retested on the next random test date.

Consequences of positive test results shall be cumulative through the student's enrollment in the district. The consequences are as follows:

First Offense

Upon a first offense of receiving a confirmed positive drug test, a student shall be suspended from participating in any extracurricular activity or driving on campus for 30 calendar days following the date the student and parent are notified of the test results. During the period of suspension, the student shall be permitted to attend practice but may not actively participate in practices.

Second Offense

Upon a second offense of receiving a confirmed positive drug test, a student shall be suspended from participating in any extracurricular activity or driving on campus for one calendar year. The suspension shall begin on the date the student and parent are notified of the test results. During the period of suspension, the student shall not be permitted to participate in practices.

Third Offense

Upon a third offense of receiving a confirmed positive drug test, a student shall be suspended from participating in any extracurricular activity or driving on campus for the remainder of the student's enrollment in the District. The suspension shall begin on the date the student and parent are notified of the test results. During the period of suspension, the student shall not be permitted to participate in practices.

End of Semester Suspensions

If a student's suspension from participation is not completed by the end of the semester, the student shall complete the assigned period of suspension during the following semester or during the first semester of the following school year.

A student or parent may appeal a decision made under this policy in accordance with FNG(LOCAL). The student shall be ineligible for participation in extracurricular activities while the appeal is pending.

OTHER SERIOUS CONDUCT VIOLATIONS

- Any arrest.
- Engaging in theft, destruction, or misuse of school district property.
- Engaging in hazing, harassment or bullying of others as defined by the Hughes Springs ISD Student Code of Conduct.
- Maintaining or being identified on a website, social media site, or blog that depicts or promotes behavior that is illegal or is sexual in nature, *at any time and regardless of whether the conduct is on school property or at a school-related activity.*
- Engaging in conduct prohibited by the Hughes Springs ISD's Student Code of Conduct that is punishable by suspension or expulsion.

CONSEQUENCES FOR OTHER SERIOUS CONDUCT VIOLATIONS

FIRST OFFENSE

The first-time offender will complete a Hard Yard for 5 consecutive days. A coach must watch the Hard 5 for that day to count. If a day is missed 2 days are added to the remaining days. The student-athlete will also be denied participation in all athletic events for one full calendar week from the date of violation during competition and until all running is completed.

SECOND OFFENSE

A second offense during the student's middle school/high school career will result in a completion of 2 Hard Yards for 20 consecutive days. A coach must watch the 2 Hard Yards for that day to count. If a day is missed 2 days are added to the remaining days. If a student-athlete chooses to complete multiple days he/she must complete the laps in groups of 10 laps. The student-athlete will also be denied participation in all athletic events for 30 calendar days from the date of violation during competition and until all running is completed.

THIRD OFFENSE

A third offense during the student's middle school/high school career will result in the expulsion of that student-athlete from the athletic program for a calendar year. After the calendar year the Athletic Director and Campus Administrators will grant or deny the student-athlete's reinstatement.

FOURTH OFFENSE

The student-athlete's participation in all athletic activities will be revoked for the remainder of the time the student-athlete attends that campus, or any other Hughes Springs ISD campus

NOTE: If a student-athlete is subsequently cleared of charges and no action (disciplinary or legal) results, the student-athlete may be reinstated immediately into the athletic program if the Hughes Springs ISD administration determines there was no violation of rules.

GENERAL CONDUCT VIOLATIONS

- Engaging in general misconduct prohibited by the District's Student Code of Conduct.
- Violating the District's standards for dress and grooming or the standards set for the specific extracurricular activity; and
- Poor classroom / school behavior
- Being late to or absent from games, meetings, practices, performances, camps, and/or other events without permission from the coach.
- Engaging in acts of poor sportsmanship, such as cheating, using profane language, or taunting other participants.
- Being insubordinate or disrespectful to a referee, coach, or sponsor.
- Being disruptive during a game meeting, practice, performance, camp, and/or other event.
- Failing to return school district property.
- Violating the established rules or guidelines of a specific extracurricular activity in which the student-athlete participates.

CONSEQUENCES GENERAL CONDUCT VIOLATIONS**

The student will be subject to one or more of the following consequences, at the coach's discretion

- Additional conditioning
 - Do Rights, Get Rights, Hard Yards etc.
- Verbal warning
- Reprimand
- Removal from one or more games
- Behavior contracts
- Suspension from participation
- Placement on a behavior contract
- Formal Written Apology Letter
- Removal from the team
- Revocation of participation in athletics for the remainder of the student's time at that campus

** Definitions: Unless otherwise stated, for the purposes of this Athletic Code of Conduct

DAYS - means school days, but also includes any non-school days in which a competition or event occurs, such as camps during the summer or on school holidays;

SUSPENSION - means that the student-athlete will not be permitted to participate in any competition, contest, scrimmage. The student-athlete must continue to participate in practices.

IN GAME CONDUCT VIOLATIONS

During athletic contests our athletes represent themselves, this athletic program, this school, and community. We expect our athletes to be highly competitive, but maintain poise and class at all times. Any of the following will receive a conditioning consequence administered by the head coach. Such incidents will be reviewed and discussed and may receive further consequence at the discretion of the head coach and athletic director.

- Ejected from a contest
- 15-yard post snap penalty in football
- Technical Foul in basketball

DRESS CODE AND APPEARANCE

The Hughes Springs ISD student dress code is enforced in athletics as well. Student-Athletes are expected to look professional at all times, both in uniform and out. Your appearance away from the field house or gym, especially at school, should demonstrate pride in our program. Everyone will wear his/her uniform in the identical manner, as directed by the head coach.

THE FOLLOWING RULES ALSO APPLY TO ALL STUDENT-ATHLETES

- Student athletes must remove all piercings during athletic contest, practices, and workouts.

- Any dress code guidelines given by sports specific head coaches or athletic director.

ATHLETIC DEPARTMENT POLICIES

ACTIVITY CONFLICTS

We will encourage and promote well rounded student athletes and multi-sport participation. A student-athlete who participates in several extracurricular activities will, undoubtedly, be in a position of conflicting obligations. The Athletic Department recognizes this and will attempt to minimize schedule conflicts and will work with athletes when conflicts do arise. This requires cooperation from all parties involved. Student-athletes have a responsibility to do everything they can to work through conflicts. Student-athletes must immediately notify the appropriate faculty sponsors and coaches when a conflict does arise.

If a conflict arises, the decision of the athletic director will be made based on the following, and in this order:

- Varsity competition will supersede Sub-Varsity.
- District competition will supersede non-district.
- Team sport competition will supersede individual competition.

Once the decision has been made and the student-athlete has followed the decision, he/she will not be penalized by either the faculty sponsor or coach. If it becomes obvious that a student-athlete cannot fulfill the obligation of a school activity, he/she should withdraw from that activity.

ATHLETIC PERIOD

Every team sport student-athlete shall be in an athletic period. Student-athletes who do not go through an off-season strength and conditioning program will not be allowed to participate.

Exception

- A student who moves into the district and does not have the opportunity to be in the athletic period
- When there is a conflict in the scheduling of academic classes as determined by the counselors and coaches. Not participating in the athletic period, may limit the students playing time.
- Student who only participate in XC, Golf, or Tennis will participate in their sport before and after school, and will not be in the athletic period.
- Any athlete who quits or is dismissed for athletics will be removed from the athletic period

ATTENDANCE

Be in class. Be on time. If you must miss an athletic period or practice, call and talk to one of the coaches **before** the athletic period or practice. You may be required to make up time missed. Coaches can require a “make-up for missing practice or the athletic period. Repeated absences may result in dismissal from the team.

CARE OF EQUIPMENT/LOCKER ROOM EXPECTATIONS

Players are issued equipment purchased by the school district. This equipment should be turned in at the end of the school year. If an athlete does not turn equipment back in they will be charged for lost equipment. Players must hang up equipment in their assigned locker and clean it. Do not track mud and dirt into the dressing rooms; take off cleated shoes before entering the dressing rooms. When changing into workout gear, hang up clothes in assigned locker and lock up all of valuables. It is the responsibility of the athlete to secure all valuables. Latrines and toilets are to be flushed and showers and faucets turned off completely. All trash should be thrown in a trash can, including soda cans. Clean up in and around your locker each day. No cell phones are allowed in the locker room.

Student safety in extracurricular activities is a priority of the district. The equipment used in football is no exception. As a parent, you are entitled to review the district’s records regarding the age of each football helmet used by the campus, including when a helmet has been reconditioned.

COACHES RULES

Coaches may establish additional rules and regulations for their respective sports with the approval of the Athletic Director. These rules pertaining to a particular sport must be explained to the parents and the student-athletes in writing, by the coach at the start of the season. Penalties for violation of team rules shall be administered by the coach.

COLLEGE RECRUITMENT

In the event a student-athlete should be contacted personally by a college recruiter, he/she should work through his/her coach and the athletic department. Inform your coach of such a contact as soon as possible. NCAA standards are available in the athletic department office or counseling center.

CLUB ACTIVITIES

A club is a sports program outside of the school that is not affiliated with UIL athletics. While student-athletes may participate in club sports, Hughes Springs ISD athletes' obligations are to their school team first. Absences for a club event will not be excused and further action, even removal from the program, may be taken.

DISCIPLINARY REMOVAL

If it becomes necessary to consider removing a student-athlete from a team or the athletic program, the coach of that team will notify the athletic director. The student-athlete will have an opportunity to confer with the coach and the athletic director. Parents will receive notification and be invited to attend the conference.

ILLNESS OR INJURY

Hughes Springs ISD provides a professional, certified trainer to student athletes. If you have an injury, see our trainer first. They will either treat you or refer you to a physician. If you must leave school because of an illness, contact or come by the coaches' office or training room. If you are ill or injured, you are not expected to work out, but if you are at school you are expected to wear the uniform of the day and accompany your group or team unless given special permission by your head coach or the trainer.

MULTIPLE SPORTS

Student-athletes are encouraged to participate in more than one sport; however, eligibility to participate in a particular sport will not be based upon participation in a second sport. Student-athletes who attempt to participate in multiple sports whose seasons overlap may encounter schedule conflicts. When and if conflicts arise, the coaches of the sports will work out a solution. If a solution cannot be found, then the athletic director will make a decision.

PROMPTNESS

Always be on time. After the final bell rings, you do not have time to waste; go directly to the field house. Tardiness will result in a disciplinary action. On trips, the bus will not wait.

QUITTING

Anyone quitting a sport after a trial period (usually after the first contest) will not be allowed to participate in another sport until the season of the sport quit is completed or unless the head coaches of both sports and the athletic director agree that the student-athlete would be better served in the other sport. The Athletic Director may, at his discretion, make an exception to this rule when an event outside the control of the athlete or his/her family causes the student-athlete to drop a sport. Anyone walking off the field or gym floor during a practice or game will be considered to have quit that team.

RESPECT FOR OTHERS

Coaches should receive "Yes Sir/Ma'am responses from players. Players in return will be treated with respect by their coaches. Show respect for the opposing players, coaches, officials, spectators and support groups. Treat others as you would want to be treated. A student-athlete who fails to demonstrate respect will have consequences at the discretion of the coach or the athletic director. Depending on the severity of the offense or continued infractions may result in suspension.

SOCIAL MEDIA

Athletes are responsible for their posts on social media. This policy will apply for any post contradictory to the Hughes Springs ISD Student Code of Conduct or the Hughes Springs ISD Athletic Handbook.

SQUAD SELECTION

In accordance with our philosophy of athletics and our desire to see as many students as possible participate in our athletic program, we encourage coaches to keep as many students as they can without disrupting the integrity of their sport. Time, space, facilities, equipment, personal preference, and other factors will dictate the most effective squad size for any particular sport.

TRAVEL

All student-athletes represent the community, school and coaches. Therefore, it is expected that all will dress and conduct themselves in an acceptable manner on trips. When missing classes is necessary because of an athletic event, it is the responsibility of the student-athlete to see his/her teacher the day before the missed classes. All work shall be made up as assigned by the teacher. All athletes making a trip on the bus will return on the bus unless in an emergency situation or when parents are present and there is good reason for returning with them. This must be cleared with the head coach

prior to the trip and in writing. Student-athletes may not return from trips in any other manner except on the bus or with their own parents. Any other travel arrangement must be cleared with the Athletic Director prior to the event.

VACATIONS

Vacations by athletic team members during a sport season are discouraged and while family obligations will always take precedence over program requirements, parents and student-athletes who expect conflicts between vacations and program requirements may wish to reassess their decision to be involved in athletics. We urge parents not to plan family vacations during times that will present conflicts.

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

- Contact the head coach prior to the vacation.
- Be willing to accept any consequences related to their status on the squad as a starter, 2nd string, 3rd string, etc.

WEIGHT ROOM RULES

- Proper workout clothes are required.
- Have a **spotter** present when doing heavy free bar exercises.
- Do not move weight equipment from its designated area.
- No weights on the floor at any time. All weights have a rack. Put them back on the proper rack after each lift.
- Do not bring footballs, basketballs, soccer balls, book bags, or other foreign objects into the weight room area.
- Absolutely **NO** food or drink of any kind allowed in the weight room area. **This includes gum!!**
- No horseplay of any kind.
- Weight room equipment must stay in weight room at all times.
- No spitting on the floor.
- For safety reasons, no jewelry may be worn while in the weight room area.

STEROID TESTING/NUTRITIONAL SUPPLEMENT USE

No person may use, possess, dispense, deliver or administer a steroid in the state of Texas unless legally permitted to do so by a medical doctor's prescription. Any use, possession, dispensing, delivery or administration of steroids is subject to athletic consequences and possible criminal sanctions since a violation of the steroids laws is criminal offense punishable by confinement in jail or imprisonment.

Consistent with UIL rules, students who participate in athletics will be subject to random steroid testing. Students and parents must be aware that dietary or nutritional supplements can also contain, or be contaminated with, steroid-like chemicals that can cause a 'positive' test result. A positive test will result in loss of eligibility for a minimum of 30 days. Contact the University Interscholastic League at (512) 471-5883 or online at www.uil.utexas.edu with questions or to obtain additional information.

Student-athletes are responsible for everything they eat, drink and put into their body. Ignorance and/or lack of intent are not acceptable excuses for a positive steroid test result.

Nutritional or dietary supplements include but are not limited to:

- supplements marketed as 'pro-hormones' of testosterone (e.g.; andro, DHEA, etc.)
- herbal extracts (e.g. cypripedium, saw palmetto, tribulus terrestris, etc.)
- protein powders, amino acids supplements and Creatine
- vitamin supplements and mineral supplements

Health consequences associated with steroid use include but are not limited to:

- In males, reduced sperm production, shrinking of the testicles, impotence, difficulty or pain in urinating, baldness, and irreversible breast enlargement.
- In females, development of more masculine characteristics, such as decreased breast size, deepening of the voice, excessive growth of body hair, and loss of scalp hair.
- In adolescents of both sexes, premature termination of the adolescent growth spurt, resulting in permanently shorter stature than without the steroid use.
- In males and females of all ages, potentially fatal liver cysts and liver cancer; acne; blood clotting, cholesterol changes, and hypertension, all of which can promote heart attack and stroke.
- In injectors of steroids, infections may result from the use of shared needles or non-sterile equipment, including HIV/AIDS, hepatitis B and C, and infective endocarditis, a potentially fatal inflammation of the inner lining of the heart. Bacterial infections can develop at the injection site, causing pain and abscess.

TRAINING ROOM RULES

- If you are not injured, **STAY OUT!** Only those needing treatment or rehabilitation are allowed in the Training Room.
- Clean up after practice before seeing the trainer. Wear shorts and shirt into the Training Room.
- Cleated or muddy shoes are not allowed. Leave them in your locker or the front room.
- All equipment must stay outside the Training Room unless it is already worn prior to entering.
- After getting taped, leave the Training Room. Finish suiting up outside.
- Don't waste time in the field house after leaving the Training Room. Be at practice on time!
- Ice is for injuries only!
- Loud talking, excessive noise, horseplay, visitation or loitering will not be allowed.
- Absolutely no food or drink of any kind is allowed in the Training Room.
- Stay off the tables and equipment unless receiving treatment or rehabilitation.
- Do not handle any equipment on your own.
- Treatment times will be offered before school when designated by the trainer, during the athletic period with the consent of the trainer and coach, and after school when the trainer is available.
- No student-athlete should be allowed to leave another class to receive treatment from the trainer.

TIPS FROM THE TRAINER

Your son/daughter may periodically come home after practice or a game complaining of aches or pains. This is normal as the level of training and competition increases throughout his/her development in the athletic program. The district employs an athletic trainer who is trained to manage and treat injuries that occur during athletic practices and competitions. If you have any questions about the health of your son/daughter, please contact the trainer.

Basic tips to keep in mind when your son/daughter may complain of an ache or pain:

- Never apply heat to a suspected injury. Always apply ice for 15-20 minutes to help reduce swelling and pain.
- Bumps and bruises are normal and should be treated with the RICE method. RICE stands for Rest (get off of the injured limb), Ice (apply ice 3-4 times a day for 15-20 minutes each), Compression (apply an Ace wrap snugly to reduce swelling), and Elevation (rest the limb even or above the level of the heart).
- It is recommended that student-athletes see the trainer before going to the doctor.
- The trainer is in the Training Room every morning at 7 a.m. to evaluate and treat any athlete who may have an ache or pain.
- Anyone who does go to the doctor should bring a note from that doctor to the trainer which states their practice or game status, recommended treatments, or special instructions to the trainer.

ATHLETIC INSURANCE

Hughes Springs Independent School District is committed to the well-being of the students and families of those participating in our athletic programs. For that reason, Hughes Springs ISD provides at no cost your son/daughter with a supplemental accident insurance policy while he or she is participating in any regularly scheduled and supervised practices and games governed by the UIL.

This supplemental insurance covers only medical expenses incurred due to accidents during those scheduled and supervised practices. This supplemental policy requires that all medical bills be first submitted to your family insurance. Then, any uncovered medical expenses, can be submitted to the supplemental policy. If you do not have any insurance on your child then and only then does our insurance pay for eligible medical costs.

This supplemental insurance is governed by its own rules and may not pay all medical costs. Any remaining balances will be the responsibility of the parents.

ATHLETIC PHOTOS

We are athletic program, and no one individual is bigger than the program. When taking team and individual photos we must represent Hughes Springs ISD in a positive manner. The only individual photos that we will take and use on an official capacity will be those taken by Shutter Snapper, who we have a contract with. Each sport can schedule their own media day, and at this time we will take team, group, and individual photos. Players and coaches will be dressed within the guidelines of our school and athletic policy for these photos. Each player can take individual photos with poses in front of a green screen to use on our social media as long as they are again dressed according to guidelines and expectations. A few of the guidelines to follow are listed below, others will be made at the discretion of the head coach or athletic director.

- No earrings or facial jewelry
- Necklaces need to be tucked in for the photos
- Male athletes need to be clean shaven for photos
- No sunglasses, mask, headbands, or other head wear other than official team issued hats
- No gang related or suggestive hand signals
- All props used must be game related (ie. Helmet, bat, ball, racquet, baton)

If an athlete wants to take photos elsewhere in their jersey or uniform, such as senior pictures, they are free to do so. But these are not school related and can not be used on any school or athletic related platform (ie: yearbook, social media, banners).

ATHLETIC AWARDS

Athletic awards are awarded by the coaches, subject to final approval by the athletic director. A student-athlete may qualify for an award in a sport only if he/she has met all of the following criteria:

- The student-athlete must complete the entire season in good standing.
- The student-athlete must participate in all workouts, excluding illness, emergencies, or participation in another school-sponsored function. All missed workouts may be made up.
- For varsity letter awards, the student-athlete must meet the specific guideline for the sport as listed below.
- A letter jacket will be awarded to a student-athlete once in their high school years of competition. The athletic jacket is given for competition on the varsity level.
- Any senior not meeting the criteria for receiving a letter jacket who has participated for at least two years will receive a letter jacket.

EXCEPTION

At his/her discretion, the coach of any sport may recommend for an award, an athlete who has not met the guidelines above. There are times when an athlete contributes greatly to the team through personal effort, loyalty, attitude, etc., or has suffered an injury which prevented him/her from competing, but he/she continued to contribute to the team. Therefore, at the coaches' discretion and with the approval of the athletic director, such athletes may receive an award.

LETTER OF INTENT SIGNING ASSEMBLY

The following rules apply:

- Athletic Director needs to have a copy of the letter of intent five days before signing and notification by the college
- All assemblies will be held at 3:00 pm (multiple signees will adjust time)
- Area needs to be cleaned by 3:45
- Parties will have 30 minutes before to get decorated

LETTERING POLICY

Students at Hughes Springs High School may letter and receive jackets through their participation in extracurricular activities. By UIL guidelines the district can purchase one jacket for a student during the student's high school enrollment. The guidelines for earning a jacket are below that apply to all activities listed.

JACKET POLICY

A jacket is earned after lettering in 2 varsity sports. The lettering requirements for each extracurricular activity are listed below.

- A student must be in grades 9-12 in order to earn a jacket.
- Jackets will be ordered once in the fall semester and once in the spring semester.
- The district will provide payment for the jacket and the letter patch. All other patches or decoration will be at the cost of the athlete.
- **COMPLETION OF THE SEASON REQUIRED FOR LETTERING:** Any student failing to complete a season due to his/her choice or due to disciplinary actions will not letter in that sport for the year. In non-athletic UIL activities, the director/sponsor will determine guidelines for successful completion of the activity and inform the students about the guidelines.

ATHLETIC MANAGER/TRAINER

To letter the student must participate and be in good standing for two years.

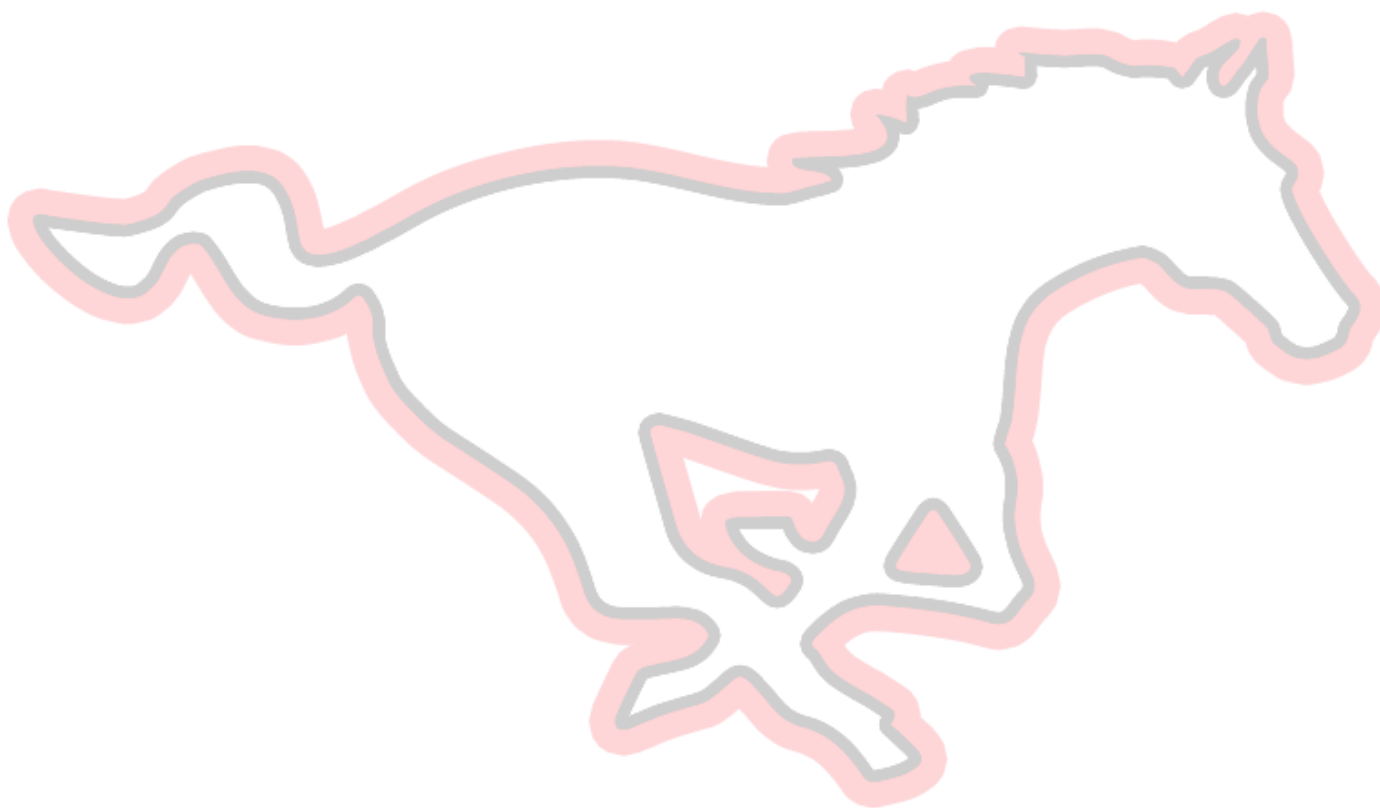
BASEBALL, BASKETBALL, FOOTBALL, SOFTBALL, AND VOLLEYBALL

A student can earn a letter through any of the following.

- Any senior finishing the year in good standing that has participated for at least two years
- Actively participate in ½ or more of the games played throughout the year.
- Be in good standing at the end of the season, at the varsity level.

CROSS-COUNTRY, POWERLIFTING, TRACK, GOLF, AND TENNIS

- A student can earn a letter through any of the following.
- Any senior finishing the year in good standing that has participated for at least two years
- Actively participating in ½ or more of the contests played throughout the year.
- Individually participate in a contest beyond district play. (area, regionals or state)
- Be in good standing at the end of the season at the varsity level.



PERMISSION TO PARTICIPATE IN ATHLETICS

ACKNOWLEDGEMENT OF RECEIPT OF ATHLETIC CODE OF CONDUCT

Student Name: _____

Grade: _____

I/we have received a copy of the 2023-2024 Hughes Springs I.S.D. Athletic Handbook and Code of Conduct and I/we agree to follow it as it is written. We have read it and understand the information, rules, and regulations in the handbook which is required for extracurricular participation.

I have read the Illegal Steroid Use information contained in this Handbook and acknowledge that a prerequisite of my student's participation in UIL activities is that they refrain from illegal steroid use and agree that, if selected for participation in athletics, he or she will submit to testing for the presence of illegal anabolic steroids in their body. I consent to any such testing conducted. I understand that prescription drugs may cause positive test results and that it is my responsibility to supply proof that any such drugs were legally prescribed. I further acknowledge that I have been given the opportunity to ask questions about the drug testing policy.

I am aware that web address for the UIL Parent Information Manual regarding health and safety issues and my responsibilities as a parent/guardian can be found at <http://www.uiltexas.org/files/athletics/manuals/parent-information-manual.pdf>. I understand that failure to provide accurate and truthful information on any UIL forms may subject my student to penalties, as determined by the UIL.

Your signature below gives authorization that is necessary for the school district, its' athletic trainers, coaches, associated physicians and student insurance personnel to share information concerning medical diagnosis and treatment for your student.

If there are any questions regarding our extracurricular rules and regulations, please contact the Athletic Director.

This is not a contract and confers no contractual rights, and if anything in this constitution conflicts with board policy then board policy applies.

Student Certification

I have read the Illegal Steroid Use information and agree that a prerequisite of my participation in UIL athletic activities is that I will, if selected, submit to testing for the presence of anabolic steroids in my body. As a prerequisite to participation, I agree that I will not use illegal anabolic steroids. I understand that failure to provide accurate and truthful information could subject me to penalties as determined by UIL.

Student's Signature: _____ Date: _____

Parent/Guardian's Signature(s): _____ Date: _____

Parent/Guardian's Signature(s): _____ Date: _____

Hughes Springs ISD prohibits discrimination on the basis of age, race, religion, color, national origin, sex, gender, and/or disability in its programs, services or activities in compliance with Title VI of the Civil Rights Act of 1964, as amended; Title IX of the Education Amendments of 1972; and Section 504 of the Rehabilitation Act of 1973, as amended.

Hughes Springs ISD prohíbe la discriminación con base en edad, raza, religión, color, nacionalidad, sexo, y/o discapacidades en sus programas, servicios, o actividades, de conformidad con el Título VI del Acta de Derechos Civiles de 1964, enmendado; el Título IX de las Enmiendas de Educación de 1972; y la Sección 504 del Acto de Rehabilitación de 1973, enmendado.