



# ALPINE ISD

## HANDBOOK for EXTRACURRICULAR ACTIVITIES

## ATHLETICS

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### FOREWORD

Participation in Athletics means more than competition between two individuals or two teams representing different schools. It teaches fair play, sportsmanship, and an understanding and appreciation of teamwork. It gives the athlete an appreciation of the fact that quitting means failure, while hard work is the most necessary ingredient of success.

With these values in mind, the policies that follow have been formulated for the use of all concerned.

NO STUDENT IS OBLIGATED TO TAKE PART IN ATHLETICS, NOR IS IT REQUIRED FOR GRADUATION. It is stressed that ATHLETICS IS A PRIVILEGE, and the COACHES AND ADMINISTRATORS HAVE THE AUTHORITY TO REVOKE THIS PRIVILEGE WHEN THE STUDENT ATHLETE DOES NOT MEET REQUIREMENTS AND STANDARDS!

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As an athlete, lots of people observe and judge your conduct. Don't kid yourself – People keep a special eye on you. You're held to a higher standard than other students are. You may not always like it, but there is no way to change it. It just comes with the territory.

And the younger kids in our community look up to you as a hero and a model to emulate – Don't kid yourself about that either.

So it is very important that your behavior always be exemplary in those areas where people will be observing and judging you.

The payoffs that come with being an Alpine athlete – both in terms of the positive recognition you receive from youngsters, peers, parents, teachers, and community, and in terms of the personal fulfillment you get from being self-disciplined and achieving difficult goals – make the extra scrutiny you'll receive worthwhile in the long run.

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## POLICIES AND RULES

### I. ON THE FIELD OR FLOOR

When Alpine athletes take the field or floor, we will present a class act.

In the area of athletic competition, a true athlete does not exhibit poor sportsmanship or illegal tactics. We expect to win; yet we also expect that our athletes be modest in victory. Losing is also sometimes part of the game, and our athletes are expected to be gracious in defeat. Congratulate your opponent on a well-contested game after play has ended. False athletes often indulge in fits of temper, put on an emotional display, or clown around when things fail to go as desired or when they are replaced by a teammate. A true athlete exercises self-restraint and self-control at all times.

The purpose of officials is to insure that both teams will be held to the standards of fair play. We will respect officials for the difficult – and necessary – job they do, and we will communicate that respect in the way we treat officials. It is an Alpine tradition and rule that no one except the appointed captain talks to the officials, and then only in a tone of respect – Alpine athletes *always* address officials as “sir” or “ma’am”.

Any behaviors contrary to those stated will reflect negatively on you, your school, your team, and your coaches, so bad behavior simply will not be tolerated. Violations of a minor nature may result

in removal from the game, and integrity training during or after workouts. Those of a serious nature may result in suspension and possible expulsion from the team or even from the Athletics Program.

## II. YEAR-ROUND PARTICIPATION

ALL football, cross-country, volleyball, basketball, powerlifting, softball, baseball, track, golf and tennis athletes **MUST BE ENROLLED IN THE ATHLETICS CLASS**, and must remain in Athletics Class year-round, in order to gain the benefits of the structured speed, weights, agility, and endurance training provided there. Once you have commenced participation in Athletics, you are expected to remain in the program. \*

*\*There is one exception to this requirement: That is, if you are in your senior year and an unavoidable conflict in your academic schedule prevents you from enrolling in Athletics Class. If you face such a case of an irreconcilable conflict in your academic schedule in your senior year, you must secure the approval of the Athletic Director in order to participate in a sport.*

## III. UNIVERSITY INTERSCHOLASTIC LEAGUE (UIL) RULES

- A. Alpine ISD is a UIL sanctioned school district, so no one shall take part in any contest or UIL competition in violation of these rules.
- B. It shall be the duty of all persons concerned with the Athletics Program to inform student athletes of these rules and to comply completely with them.
- C. The general areas of concern are commonly known as
  - 1) Age rule
  - 2) Semester rule
  - 3) Scholarship rule
  - 4) Amateur rule
  - 5) Attendance
  - 6) Changing schools – Prior Participation rule
  - 7) Medical examination\* and parent consent form (MUST BE ON FILE)
  - 8) Awards rule

*\*Texas law states that the examination cannot be done by a chiropractor.*

## IV. IN THE CLASSROOM

- A. We operate within the requirements of a “no pass – no play” regimen. Remaining academically eligible to participate in your sport is your *first* responsibility to your team. ***You control how you perform in the classroom!*** If you do not attend properly to your grades and consequently become ineligible to play, you have failed in your most basic responsibility to your teammates and coaches. Through your academic failure you have chosen to break the commitment you have made to your teammates and coaches to be trustworthy – to be there for the team. If your teammates and coaches cannot rely on you as a player to be there when they need you because you neglected to take care of your business in the classroom, then you have broken their trust. They cannot count on you. You have violated the most important ingredients of team unity – accountability and trust.
- B. As an athlete, you must hold yourself to a higher standard of behavior in the classroom (*for reasons why, see Section “A” above*). Regardless of your personal feelings toward them, as an athlete you should treat all teachers and classmates with respect and self-restraint. Disruptive behavior or disrespect in the *classroom* will be regarded as a violation of your commitment to your *team* (*again, see Section “A”*), and will have commensurate consequences on the field or floor.
- C. A healthy athlete should have a good attendance record. Truancy is never acceptable.

## V. BEHAVIOR, GROOMING, AND APPEARANCE STANDARDS

Appearance on campus and on Athletics trips is of great importance, because as an athlete, you are a representative of your school and community. You are expected to maintain the following standards:

- A. Keep a neat and well-groomed appearance.
- B. Don’t be profane in speech or manner.
- C. Hair and facial grooming will meet the standards of school board policies.

- D. Tattoos and/or icons are not acceptable. The restrictions designated under “General Guidelines of the Dress Code” shall apply to any icon or representation visible on the person. This includes, but is not limited to, tattoos, drawings, and/or markings on the body or designs cut into the hair. In addition, any such markings on the body that cannot be removed shall be covered at all times in an unobtrusive manner. A student who has such markings on his/her body and who wishes to participate in extracurricular activities shall ensure that the markings are covered by the standard uniform for the activity, in compliance with the guidelines set forth above.
- E. The principal, in cooperation with the sponsor, coach, or other person in charge of the extracurricular activity, shall regulate and enforce these guidelines.

**VI. TEAM TRAVEL**

On trips out of town, athletes directly represent their community, their school, their coaches, and their families. Therefore, all participants will dress in an acceptable manner when traveling and conduct themselves at all times in a manner in keeping with this code.

- A. You will remain with your squad and under supervision of your coach when attending out-of-town contests.
- B. You must travel to and from out-of-town Athletic contests in transportation provided by the school. \*

\*You may travel home with parents or legal guardians **with written permission from parents or guardians and with consent from your coach. YOU MUST SECURE PREAPPROVED WRITTEN PERMISSION FROM THE ATHLETIC DIRECTOR IN ORDER TO LEAVE THE EVENT WITH SOMEONE OTHER THAN YOUR PARENT.**

**VII. TRAINING RULES AND TEAM RULES**

*Athletics is a privilege, not a right.* Behavior that compromises your fitness and ability to perform, or that embarrasses the school, Athletics Program, or community, will result in the loss of this privilege. Consequently, the athlete who violates rules of training and honorable behavior established within the program will invite disciplinary consequences and may forfeit the privilege of participation for a specified period, up to and including permanent dismissal from the program.

Coaches can initiate removal of a participant in the Athletics Program if the participant fails to meet the program’s standards of behavior, and the Athletic Director reserves the authority to decide if or when the student becomes eligible to participate again.

As a student athlete, you are expected to place yourself on the “Honor System” and report yourself when a mistake or infraction occurs. You shall accept your coach’s judgment regarding the handling of any case.

**A. CAUSES FOR DISCIPLINARY ACTION, OR SUSPENSION OR DISMISSAL FROM A SPORT OR FROM THE ATHLETICS PROGRAM:**

1) **USE OF RESTRICTED SUBSTANCES**

When you commit to being an athlete, you commit to maintaining a higher standard of fitness, both physical and mental. Thus, the use of substances that impair your ability to perform is forbidden. Tobacco, alcohol, and illicit drugs are all restricted by school district policy, and they all in varying degrees have a damaging affect on your ability to perform as an athlete. Any use of those substances in violation of district policy and good athletic training standards will not be tolerated. The severity of disciplinary consequences within the Athletics Program will be determined accordingly.

**1.1 DISCIPLINARY CONSEQUENCES PURSUANT TO VIOLATION OF THE RESTRICTED SUBSTANCES RULE:**

a. Alcohol / Unauthorized Prescription Drugs

- 1<sup>st</sup> Offense: Suspension from contests in sport for 10 school days, plus 5 x 100 yds. Sled Pulls for each school day of suspension
- 2<sup>nd</sup> Offense: Suspension from contests in sport for 15 school days, plus 5 x 100 yds. Sled Pulls for each school day of suspension
- 3<sup>rd</sup> Offense: Suspension from sport for the remainder of the season. If the athlete is not in a sport at the time of the infraction, then the

suspension will be imposed during the next sport that the athlete normally participates in, plus  
5 x 100 yds. Sled Pulls for 20 school days

- 4<sup>th</sup> Offense: Suspension from Athletics Program

b. Illegal Substances

- 1<sup>st</sup> Offense: Suspension from contests in sport for 15 school days, plus 5 x 100 yds. Sled Pulls for each school day of suspension
- 2<sup>nd</sup> Offense: Suspension from sport for the remainder of the season. If the athlete is not in a sport at the time of the infraction, then the suspension will be imposed during the next sport that the athlete normally participates in, plus 5 x 100 yds. Sled Pulls for 20 school days
- 3<sup>rd</sup> Offense: Suspension from Athletics Program

1.2 VIOLATION OF RESTRICTED SUBSTANCES RULE WHILE ON SCHOOL PROPERTY, WHILE ON AN ATHLETICS TRIP, OR WHILE AT AN ATHLETICS EVENT:

- 1<sup>st</sup> Offense: Suspension from Athletics Program for one Athletic Year\*  
5 x 100 yds. Sled Pulls for 20 school days
- 2<sup>nd</sup> Offense: Suspension from the Athletics Program

*\* An "Athletic Year" shall be defined as follows: A period that will include the remainder of the in-sport season, and that will last until the beginning date for that same sport's season in the next school year.*

1.3 COUNSELING REQUIREMENT PURSUANT TO VIOLATION OF THE RESTRICTED SUBSTANCES RULE:

All offenses of this nature will require that the athlete undergo substance abuse counseling, which shall be obtained at the expense of the athlete's parents, prior to the athlete being re-admitted to participation in any in-sport contests.

2) OTHER OFFENSES

Any other types of behavior that violate training standards established by each head coach, or that bring discredit on Alpine Athletics, will be dealt with on an individual basis by the athlete's head coach and the Athletic Director. Such violations may incur disciplinary consequences determined by the coach or Athletic Director.

2.1 TRUANCY FROM THE ATHLETICS PERIOD

Skipping Athletics period will be treated as both a violation of normal schoolday attendance rules, as well as a violation of team training standards. The following consequences shall apply:

- 1<sup>st</sup> Offense: Office referral, plus 5 x 100 yds. Sled Pulls for 2 school days
- 2<sup>nd</sup> Offense: Office referral, plus 5 x 100 yds. Sled Pulls for 5 school days
- 3<sup>rd</sup> Offense: Suspension from Athletics Program for one Athletic Year

3) PARTICIPATION IN ATHLETICS DURING A PERIOD OF DISCIPLINARY SUSPENSION FROM CONTESTS

The athlete who is in disciplinary suspension from contests will continue to attend practices and workouts as usual, until the required disciplinary action and the prescribed period of suspension from contests has been satisfied.

This provision does NOT apply to any athlete who has been completely suspended from participation in a sport or in the Athletics Program.

**B. NOTICE REGARDING ANABOLIC STEROIDS AND HUMAN GROWTH HORMONE**

Anabolic steroids are for medical use only. State law prohibits the possession, dispensing, delivery, or administering of an anabolic steroid in any manner not specifically allowed by state law. Texas law DOES NOT recognize bodybuilding, muscle enhancement, or increasing muscle bulk or strength through the use of anabolic steroids or human growth hormone as a valid medical purpose.

Only a medical doctor may prescribe anabolic steroids or human growth hormone for legal use. A violation of state law regarding the use of anabolic steroids or human growth hormone is a criminal offense punishable by confinement in jail or imprisonment under the Texas Department of Corrections.

1) **UIL ANABOLIC STEROID TESTING PROGRAM INFORMATION**

Information pertaining to the UIL Anabolic Steroid Testing Program can be found at [www.uil.utexas.edu/athletics/health/steroid\\_information.html](http://www.uil.utexas.edu/athletics/health/steroid_information.html).

The UIL Anabolic Steroid Testing Program was mandated by Senate Bill 8, and passed by the 80th Texas Legislature. This statewide random testing program will affect student-athletes in grades 9-12, regardless of sport, gender or participation level.

2) **DISCIPLINARY CONSEQUENCES PRESCRIBED BY THE UIL FOR INFRACTIONS OF STEROID USE RESTRICTIONS**

The following provisions are included in the **University Interscholastic League (UIL) Anabolic Steroid Testing Program Protocol, 2008-2009**, which may be found at [http://www.uil.utexas.edu/ATHLETICS/health/pdf/steroid\\_protocol\\_08\\_09.pdf](http://www.uil.utexas.edu/ATHLETICS/health/pdf/steroid_protocol_08_09.pdf)

3.2. Positive Anabolic Steroid Test Results

3.2.1. First Positive Test Result. Upon a report of confirmation of a first positive Specimen B Anabolic Steroid test result during his/her high school participation, or upon a refusal to submit to testing after random selection, a Student-athlete shall be suspended for thirty (30) school days of competition in all UIL athletic activities. Prior to eligibility restoration, a Student-athlete must undergo an Exit Test and receive a negative result.

3.2.2. Second Positive Test Result. Upon a report of confirmation of a second positive Specimen B Anabolic Steroid test result during his/her high school participation, or upon a refusal to submit to testing after random selection of a Student-athlete who has previously been subjected to the first positive test penalty, a Student-athlete shall be suspended from all UIL athletic contests for one (1) calendar year. Prior to eligibility restoration, a Student-athlete must undergo an Exit Test and receive a negative result.

3.2.3. Third Positive Test Result. Upon a report of confirmation of a third positive Specimen B Anabolic Steroid test result during his/her high school participation, or upon a refusal to submit to testing after random selection of a Student-athlete who has previously been subjected to the first and second positive test penalties, a Student-athlete shall be suspended from all UIL athletic contests for the remainder of his/her high school career at any UIL member school.

3) **ALPINE ISD COMPLIANCE**

Alpine ISD will comply fully with the UIL policies regarding anabolic steroid use. Any Alpine athlete who violates UIL steroid policy will also incur the disciplinary measures prescribed by Alpine Athletics for "Use of Restricted Substances" that are described above in VII, A, 1, as appropriate.

**C. NOTE REGARDING OTHER BREACHES OF TRAINING STANDARDS AND OTHER DISCIPLINARY MEASURES**

The listing of infractions and disciplinary measures above shall not be construed to mean that the coaches and the Athletic Director may not at their discretion employ other disciplinary measures for breaches of training standards that have not been included in this list.

### VIII. ENFORCING AND FOLLOWING POLICIES

All coaches will administer Athletics policies evenhandedly. Each coach, with the assistance of the Athletic Director, is responsible for enforcement these policies within his or her squad, team, or program during its particular season. When the athlete changes from one sport's season to the next, the new coach will take over policy enforcement.

Once an athlete has been instructed to conform to given standards, no other action should be necessary. **Athletes not wishing to comply with these guidelines are demonstrating that they no longer wish to participate in the Athletics Program and, therefore, are subject to dismissal.**

As an athlete, you are obligated to not only follow Athletics policies, but to also adhere to all the more general policies and rules that apply schoolwide to the entire student body. Understand that if you violate a schoolwide policy or rule, you may be disciplined not only under school policies, but may be subject also to discipline or dismissal from the Athletics Program.

### IX. MISCELLANEOUS SUBJECTS

#### A. INJURIES AND INSURANCE

If you incur an injury while participating in an Alpine Athletics activity, note the following:

- 1) Alpine ISD carries athletic insurance that may help to defray the costs of treatment for your injury.
- 2) In order to properly file a claim on your injury using Alpine ISD's athletic insurance, the necessary procedures and paperwork must first be completed. **YOU MUST NOTIFY THE ALPINE ATHLETIC TRAINER PRIOR TO SEEKING OUTSIDE MEDICAL TREATMENT FOR YOUR INJURY** in order to initiate that process (except in cases of emergency).

#### B. PRACTICE REGULATIONS

- 1) Your coach must be contacted and consulted if you must miss a practice. If you are in school and become sick during the day, you must report to the office (unless it is during Athletics period), and then you must report to or call the fieldhouse or gym to inform your coach that you are leaving and will miss practice. Failure to inform your coach could result in extra workouts or a one game suspension.
- 2) You must obey the practice rules specifically established by your supervising coach.
- 3) Neither jobs nor detentions constitute reasons for missing a practice or a contest. Consult the coach if special arrangements, due to extenuating circumstances, must be made.
- 4) Practices or games that must be missed due to schedule conflicts with other school-related activities, such as Band, Academic UIL, FFA, Cheerleading, and so on, must be worked out ahead of time on a case-by-case basis between you and your coach. Because we are a small school, we understand that it is mutually beneficial for all programs to seek ways to equitably share our good students. While it may be necessary to make up practice in specific skills you miss in your sport due to a conflict with another school program, it is not the policy of the Athletic Department to permit disciplinary punishment for such conflicts. It is the philosophy of the Athletic Department that we will seek to accommodate within reasonable bounds other school-related activities that our student-athletes participate in, and we expect other activities to reciprocate.

#### C. QUITTING AND MISSING PRACTICES

- 1) If you quit the team after the first game of the season, or miss a game without legitimate reason, you will forfeit claim to any awards or letters.
- 2) If you quit a sport after the first game of the season, you will not be allowed to participate in any type of contests in any other sport until the season of the first sport is completed.

#### D. SCHOOL EQUIPMENT

- 1) You are financially responsible for all equipment checked out to you.
- 2) All equipment will be treated with care. It will not be abused. It will be stored and cared for in the manner prescribed by your coach.
- 3) Theft from teammates or coaches is one of the lowest and most despicable betrayals of trust an athlete can commit. Acts of thievery within a team can utterly shatter all team unity, and we will treat such acts accordingly. Neither will stealing of equipment be tolerated. Thievery and stealing may result in suspension from Athletics for up to one Athletic Year (*see "Training Rules and Team Rules – Other Offenses" above*).

#### E. LOCKER ROOM RULES

- 1) Lockers should be kept in a neat and orderly state. Don't stuff your locker with extraneous items, or leave it in an unsightly condition.
- 2) Roughhousing, throwing objects, etc. will not be allowed in the shower or dressing room.
- 3) All showers must be turned off after use. If you are the last person using a shower, turn it off.
- 4) Soap and used tape must be put in its proper place, not on the shower or dressing room floor.
- 5) No first aid supplies will be taken from the training room without permission from the trainer or coach.
- 6) No first aid will be prescribed by anyone other than the trainer and/or coach.

#### F. TEAM SPIRIT AND SPORTS PARTICIPATION

- 1) Your personal goals and aspirations – for recognitions, honors, and so forth – are important. They'll drive you to work harder. But understand: for you to receive recognition, your *team* must be successful. You may have all the talent of a superstar, but if you're not a team player, and your team suffers because of your selfishness, then who is going to be paying attention to your wondrous talent? Players on lousy teams don't get recognized for much. On the other hand, players on great teams get lots of recognition. So in order to gain recognition for yourself, you have to **take care of your team first!** Be a *team* player, help your *team* succeed, and personal recognition for you will follow.
- 2) Think of yourself as an *Alpine athlete*. Be willing to participate in *any* Alpine sport where you can make a positive contribution.
- 3) Alpine athletes should support other Alpine athletes in *every* sport, whether as a participant or a spectator.

#### G. CONDUCT OF PARENTS, FANS, STUDENTS, AND OTHER COMMUNITY MEMBERS AT ALPINE ATHLETIC CONTESTS

- 1) Encourage spectators to always remember good sportsmanship when Alpine competes against other teams and schools. Consistently let our supporters know it's important to us that  
**"Alpine always presents a class act."**
- 2) **Any spectator who is ejected from a contest by an Alpine ISD Administrator, a Sport Official, or a Police Officer, MUST meet with the Alpine ISD Administration before attending any other Alpine contest or event.**  
Coaches, sponsors, or directors who are involved in a contest or event in which the ejection of a spectator occurs will be present at that meeting. Administrative concerns

will be reviewed at this meeting. Alpine ISD administrators shall reserve the option to restrict attendance at future Alpine contests or events.