

# 2013-2014

## Hall/Tison Athletics Expectations

### PHYSICALS/PAPER WORK:

All paper work (physical, emergency card, expectations packet) must be turned in by Friday, September 7<sup>th</sup> in order to stay in athletics. All athletes that do not turn in their paper work will have their schedule changed to PE. In order to try out for volleyball or play football, all paper work must be turned in before try-outs. *An athlete will not be allowed to participate without the physical and other papers required by WISD.*

### NON-SCHOOL EXTRACURRICULAR ACTIVITIES:

If an athlete misses practice or a game for a non-school extracurricular activity for instance: softball, soccer, rodeo, music, etc.... then that athlete will be suspended from the next scheduled game or tournament games. The athlete will still attend the scheduled event but will sit on the bench. The number of games suspended will depend on the number of games missed. School activities should have precedence over all other activities!! The only reason an athlete should miss a scheduled practice or game is due to illness, funeral, or other extracurricular school activities.

### JEWELRY:

You may not wear jewelry during class. Please get your ears pierced during the summer break. You are not allowed to compete in any sport with jewelry. A medical I.D. necklace is the only thing allowed.

### HAIR POLICY:

**Boys:** Hair must be off the ears and collar. Hair must be above the eyebrows and sideburns must be no lower than the bottom of the ears.

**Girls:** Hair must be pulled back and secured in a ponytail. Bangs and other hair must be out of the face and eyes during practice and games.

### TEAM INFORMATION:

There will be 3 teams for 7<sup>th</sup> and 8<sup>th</sup> grade volleyball, football, and basketball. If you do not make a team, you will be expected to work out daily in an offseason program. Track and cross-country athletes will qualify weekly for meets.

### CONDITIONING/STRENGTH TRAINING:

All athletic workouts require conditioning and strength training. If you have a physical problem and cannot complete the program, then you may need to consider physical education (P.E.) or dance. We will also be working towards meeting the standards for the Fitness Gram which is now required by the state.

### TRAVEL POLICY:

On out of town games, athletes will call and let their parents know what time to be picked up. You will be allowed to ride home from out of town games only with your parents. You MAY NOT ride home with friends or other parents. This is a DISTRICT RULE, not our rule. Please do not have your parents call or send a note because we will not make any exceptions.

### “NO PASS-NO PLAY”:

If an athlete fails a 6 weeks, he/she will be unable to compete in an athletic event for 3 weeks. At the end of the three week period, athletes must be passing all classes on his/her progress report to be able to continue competing in that sport. Even if an athlete fails a six weeks, he/she will still continue to practice, but will not be allowed to compete. They may be switched to a different team to allow someone else the opportunity to compete.

### IF YOU “QUIT” ATHLETICS:

If a 7<sup>th</sup> grade athlete quits during their 7<sup>th</sup> grade year, and wants to return to athletics as an 8<sup>th</sup> grader, then they will be **required** to run cross country to make-up for the conditioning lost during 7<sup>th</sup> grade.

### PARTICIPATION REQUIREMENTS:

All athletes are encouraged to participate in at least two sports. All athletes will run track during the class period. Off-season will consist of a conditioning/speed program during the period. It is highly encouraged that all athletes compete in all sports through their freshman year of high school before limiting themselves to a sport. Cross-Country and Tennis are after school sports ONLY! If you run cross-country or play tennis after school and attend the meets, then it will count as one of your two sports. You may run cross-country and play volleyball/football at the same time.

### GRADE:

Every athlete will receive a 100 if he/she has no deductions from his/her grade at the end of the grading cycle.

The following daily deductions include:

- 5 not wearing required attire
- 10 working out in any school clothes
- 3 note from parents (athletes are allowed **two** consecutive days of notes from your parents, and then must have a doctor or trainer's note).

Athletes must suit out during class *everyday regardless if they have a note or are sick!!*

If an athlete fails athletics, they will be removed from athletics and placed in a PE class.

### ATHLETIC CLOTHES:

You are required to purchase a set of workout clothes from the athletic department. A set of shirt and shorts are \$15.00. You can order as many sets as you wish. During colder months we will be going outside; you will need to order sweats so you can stay in athletics dress code. **We are not responsible for lost or stolen items.**

**Tison Athletes:** You will be provided with a locker with a lock; keep your combination to yourself.

**Hall Athletes:** You will need to provide a lock for your locker; you will not be issued a locker until you bring a lock.

### CLASS INFORMATION:

1. Must be dressed and in your roll call spot 3 minutes after the tardy bell rings for 8<sup>th</sup> graders and when the tardy bell rings for 7<sup>th</sup> graders.
2. Must be prepared for class with the following attire:  
Workout shorts and shirt, socks, athletic shoes (no keds), hair pulled back (Girls), and **NO** jewelry
3. Athletic clothes are not to be worn to class. You must have school appropriate clothes to wear to class.
4. Each student is issued a locker to keep all personal items locked up. Be sure to keep your locker locked at all times. **COACHES ARE NOT RESPONSIBLE FOR LOST PROPERTY!**

### PRACTICE:

We will have practice before school for 7<sup>th</sup> grade football, volleyball, and basketball, and 8<sup>th</sup> grade will practice after school for football, volleyball, and basketball. Track practice will be held during school as well as some events will practice after school. We ask that your parents pick you up promptly because we also have other obligations and responsibilities. **7<sup>th</sup> graders: You may not be dropped off more than fifteen minutes before practice. 8<sup>th</sup> graders: At the end of your practice you have fifteen minutes to be picked up. If you are picked up later than fifteen minutes after practice:**

- 1<sup>st</sup> time: warning
- 2<sup>nd</sup> time: suspension from next game
- 3<sup>rd</sup> time: removal from that sport.

If you do not have a scheduled practice then you will be required to go home after school.

### **MISSED PRACTICE:**

In case of a missed practice, call or email before practice to notify the coach. Any practice without notifying the coach will be considered unexcused. If an athlete can't participate due to an illness or injury, coaches will require a note from parents specifying the nature of the problem. The coaching staff understands legitimate injuries or health problems, but please make sure they are legitimate. For example, "Please excuse him from working out today because he does not feel well." is not a valid parent note. Parent notes will be accepted for two days before a note from a doctor or athletic trainer will be required.

### **IN SCHOOL SUSPENSION (ISS):**

Being a part of athletics is a privilege, and you will be expected to behave above and beyond regular expectations on the court and in the classroom. You are responsible for your actions to yourself, your teammates and your coach. If you are assigned ISS for any reason, it will be considered an unexcused absence from practice and you will be suspended from the following game. You will also be expected to attend after school practice and you will have to complete a work out to make up for missed practice time during the period.

### **EXCUSED OR UNEXCUSED PRACTICE POLICY:**

#### **Excused absence defined:**

1. Personal illness/accident
2. Funeral or death of family/friend
3. Participation in another school activity
4. An absence that has prior approval/permission from a coach
5. Doctor's appointment (must bring a note from the doctor's office or it is unexcused)

#### **Some examples of past-unexcused absences include**

1. Shopping
2. Watch my brother/sister play. They will not miss their practice to come and watch you play. Your practice is just as important as their game.
3. Grounded, parents would not let you be at practice.

#### **Consequences – Unexcused absences: (NOTE: D-Hall and ISS are unexcused absences)**

- 1<sup>st</sup>- 1 game suspension
- 2<sup>nd</sup>-2 game suspension
- 3<sup>rd</sup>- Probation from sport

Three parent notes during a season will result in a 1 game suspension.

### **TRAINER:**

All athletes have access to the High School training facilities. If an injury occurs, athletes are encouraged, but not required, to go see our trainers before going to see a doctor. The training facilities are open every morning by 7:30am or after school until 5:00pm with prior notification/appointment. If you choose to go see a doctor then we MUST abide by their recommendations and you will NOT be able to participate until released by them. All doctor's notes must have a release date.

### **STEALING:**

If a student is caught stealing from another school or from a teammate then:

- 1<sup>st</sup> offense- office referral and suspension from 1 game/meet
- 2<sup>nd</sup> offense- office referral and removal from athletic program

**Athlete's Name (Last, First):** \_\_\_\_\_

**Grade :** \_\_\_\_\_

I have reviewed and agree to the 7<sup>th</sup> and 8<sup>th</sup> grade Hall/Tison Athletic Policies and Rules.

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## **Weatherford Independent School District Extracurricular Activities**

**Participation in extracurricular activities is a privilege, not a right.** Extracurricular activities are offered as extensions of a student's educational, social and emotional needs. Extracurricular activities are important in teaching the basic essentials of teamwork, a spirit of cohesiveness, pride in school, positive self-image, responsibility, and quality character building.

A student who violates the law, or the Student Code of Conduct, by possessing, using, or delivering alcohol or illegal drugs at any time during the calendar year will be subject to disciplinary actions on the first offense. Any additional occurrences during the calendar year will result in the immediate dismissal from all extracurricular activities for the remainder of the school year or season, whichever is later. The removal from extracurricular activities applies whether the illegal action occurred at a school event or an event outside the school campus boundaries or facilities. No individual exception will be made.

Students who wish to register an objection to the suspension must follow the procedures out-lined in Board Policy FNG (LOCAL).

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

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## I agree to the 7<sup>th</sup> and 8<sup>th</sup> grade Hall/Tison Athletic Policies and Rules

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### Weatherford Independent School District Extracurricular Activities

**Participation in extracurricular activities is a privilege, not a right.** Extracurricular activities are offered as extensions of a student's educational, social, and emotional needs. Extracurricular activities are important in teaching the basic essentials of teamwork, a spirit of cohesiveness, pride in school, positive, self-image, responsibility, and quality character building.

A student who violates the law, or the Student Code of Conduct, by possessing, using, or delivering alcohol or illegal drugs at any time during the calendar year will be subject to disciplinary actions on the first offense. Any additional occurrences during the calendar year will result in the immediate dismissal from all extracurricular activities for the remainder of the school year or season, whichever is later. The removal from extracurricular activities applies whether the illegal action occurred at a school event or an event outside the school campus boundaries or facilities. No individual exception will be made.

Students who wish to register an objection to the suspension must follow the procedures outlined in Board Policy FNG (LOCAL).

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

Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_