

2025-2026

Athletic

Handbook

# ATHLETIC HANDBOOK

## ATHLETIC GOALS AND OBJECTIVES

The school's goal – The student athlete shall become a more effective citizen in a democratic society.

The specific objectives of the Athletic Department are:

1. To promote the concept of teamwork and an understanding of its value.
2. To promote the concept of good sportsmanship.
3. To promote self improvement, goal setting skills, and pride in accomplishment.
4. To promote athletics as an enjoyable outlet for self-development.
5. To promote wholesome lifetime health habits.

## RESPONSIBILITIES OF AN ATHLETE

To participate in Eula Athletics is the fulfillment of an early ambition for many students. The attainment of this goal carries with it certain traditions and responsibilities that must be maintained. A great athletic tradition is not built overnight, it takes hard work by many people over many years. As a member of an interscholastic squad of Eula ISD, you have inherited a wonderful tradition, a tradition you are challenged to uphold and carry forward.

We want to win with honor. We desire to win, but only with honor to our athletes, our school and our community. Such a goal is worthy of the best efforts of all concerned.

It will not be easy to contribute to such a great goal. To compete for your school may mean that you will have to say "NO" to activities an athlete cannot pursue. When you wear the uniform of your school, we assume you are not only proud of it but are willing to assume the responsibilities which go with wearing it.

## RESPONSIBILITIES TO YOURSELF

The most important of your responsibilities is to broaden yourself and develop strength of character. You owe it to yourself to get the greatest possible good from your high school experiences.

## RESPONSIBILITIES TO YOUR SCHOOL

Another responsibility you assume as a squad member is to your school. Eula cannot maintain its position as having an outstanding school unless you do your best in whatever activity you wish to engage. By participating in athletics to the maximum of your ability, you are contributing to the reputation of your school.

You assume a leadership role when you are on an athletic squad. The student body and citizens of the community know you. You are on stage with the spotlight on you. The student body, community, and other communities judge our school by your conduct and attitudes, both in and out of the athletic arena. Because of this role you can contribute greatly to school spirit and pride.

## **RESPONSIBILITIES TO OTHERS**

As a squad member, you also bear heavy responsibility to your home. When you know in your heart that you have lived up to all of the training rules, that you have practiced to the best of your ability, and that you have competed in an “all out” manner, you can have self respect, and your family can be proud of you.

## **REQUIREMENTS FOR PARTICIPATION**

The following requirements must be met prior to being able to participate in any inter-scholastic contests.

1. Have a current medical examination on file with the school.
2. Have a current handbook acknowledgement form signed by your parents or guardian on file with the school.
3. Have a current UIL Rule Acknowledgement Form signed by you and your parent(s) or guardian on file with the school.
4. Meet all eligibility requirements as set for by the UIL and local board of Trustees.

This includes residence requirements, and the requirement that you are passing all subjects currently being taken, and that you have completed enough prior scholarship requirements.

## **CONDUCT OF AN ATHLETE**

The conduct of an athlete is closely observed in many areas of life. It is important that your behavior be above reproach in all of the following areas.

1. In competition—In the area of athletic competition, a real athlete does not use profanity or illegal tactics, and learns fast that losing is also a part of the game. You should be gracious in victory and defeat.
2. In the classroom—In the academic arena, a good athlete becomes a good student. A person cannot be lazy in the classroom and think he/she is a great athlete. If you are lazy in class, you will be lazy in competition or practice.
3. In addition to maintaining good scholarship, an athlete should give respectful attention to classroom activities and show respect for other students and faculty at all times. Disruptive classroom behavior is not acceptable.
4. A healthy athlete should have a good attendance record.
5. On the campus and in the community—The way we act and look on campus and away from school is of great importance. The quality of our school is judged by your actions.
6. Poor representation on social media by an athlete could result in disciplinary action.

## **GRADES**

Student athletes are students first. ALL students are expected to pass all of their classes. However, consequences must be in place for any student athlete that does not pass all of his/her classes.

1. Any student athlete who has a failing grade on their report card for two six weeks in a row will be assigned to a study skills class in place of athletics, until they are passing all subjects (3 weeks report or next 6 weeks report).
2. Any student athlete that has a failing grade on their report card for three six weeks in a row will be removed from athletics until he/she demonstrates the ability to pass all subjects for a full six weeks grading period.

## **ATTENDANCE**

Athletes must meet the 90% attendance rule to be eligible to miss school time for athletic events. Exceptions must have prior approval by school principal.

## **GROOMING AND DRESS POLICY**

A member of an athletic team is expected to be well groomed. "He shows up best who shows off least." Appearance, expression, and actions always influence people's opinions of athletes, the team and the school. Once you have volunteered to be a member of a squad, you have made a choice to uphold certain standards. The following dress code will be followed by team members.

1. Males hair will not extend below the collar or the eyes when combed.
2. Sideburns on males should not extend below the lobe of the ear.
3. No facial hair.
4. An athlete shall dress presentably and in accordance to school codes at all times; on trips, in the classroom, at banquets.

## **TRAINING RULES AND REGULATIONS**

The coaches of the Eula ISD, concerned with the health habits of the student athletes of the community, are convinced that athletics and the use of tobacco, alcohol, and drugs are not compatible.

It is a fact that uses of tobacco, alcohol, and drugs are injurious to the development of human growth. You cannot compromise athletics with substance use. The student who wishes to experiment with such uses should remove himself/herself from the team before he/she jeopardizes team morale, team reputation, and team success. Evidence of use promoted on students social networking sites (facebook, myspace, etc.) can be subject to the following

consequences. Social networking evidence will be evaluated by the campus athletic director and principal.

**Use of tobacco/Vapes**—Research emphasizes that the use of tobacco/vapes is physically harmful to young adults. The harm done by this is not only physical, because the community views the progress of young athletes by their ability to conform to standards. If one squad member breaks the rules, the whole team is often branded as non-trainers. Thus all Eula ISD athletes are banned from using, or possessing, tobacco in any form. Violations of this rule will be subject to section B of the violations procedures.

**Alcoholic Beverages**—There is simply no way to justify athletes using alcoholic beverages. The use, or possession, of alcoholic drink is banned for all Eula ISD athletes. Violations of this rule are covered in section B below.

**Drugs**—Simply stated, drug use is not only banned, but is considered the most serious of the three major categories listed here. The use, possession, or sale/purchase of drugs, or drug paraphernalia, such as marijuana or any other controlled substance, will be dealt with not only by school policy, but by being dropped from athletics.

## **VIOLATIONS**

Section A - Athletes who are indicted or awaiting adjudication for violations of civil or criminal activity on or off campus may be suspended from all extracurricular activities for the current or upcoming school year after an investigation and/or hearing by activity sponsors and administrators. Student, or students, may appeal the administrative decision to the local School Board for a final ruling.

Section B - Athletes who have violated the rules banning tobacco, vapes, and alcohol policy, or who have been issued a citation for: Minor in Possession, Driving While Intoxicated, Public Intoxication, etc., should inform their coaches immediately. Athletes who have violated the rules banning tobacco and alcohol will be dealt with in the following manner.

1. On the first confirmed violation, or issuance of a citation for : Minor in Possession, Driving While Intoxicated, Public Intoxication, etc., the student shall be suspended for the next two weeks of athletic contests in which he/she participates.
2. On the second confirmed violation, or issuance of a citation for: Minor in Possession, Driving While Intoxicated, Public Intoxication, etc., the student shall be suspended for the next six weeks of athletic contests in which he/she participates.
  - It is recommended that before being readmitted, the student show evidence of seeking chemical counseling as appropriate.
3. On the third confirmed violation, or issuance of a citation for: Minor in Possession, Driving While Intoxicated, Public Intoxication, etc., the student shall be dropped from athletics.
4. Penalties shall be cumulative, continuing throughout the student's participation in the school's athletic program; however, any suspension may be appealed through the proper channels.

**Section C** – Athletes who are involved in an incident on the field/court that does not adhere to our “Conduct of an Athlete” may be subject to suspension or expulsion from the athletic program. An investigation by the Superintendent, Principal, and Athletic Director will determine the need for such punishment.

## **DRUG TESTING**

All Students wishing to participate in UIL Athletics will be required to submit to Random Drug Testing per FNF (Local) and FNF (Legal). Drug Testing policies and procedures can be seen in the Local Policy online.

## **APPEALS**

Students who have received 3 weeks or more suspension from athletics because of an infraction or multiple infractions of the athletic rules may appeal to the board of trustees under policy FNG (local).

## **DROPPING A SPORT**

Quitting is an intolerable habit to acquire. There is not a place in athletics for quitters. A quitter may lose the privilege of participating in athletics. On occasion, however, an athlete may find him/herself having to drop a sport for a good reason. If this is the case:

1. Talk with your coach.
2. Be sure all parties involved understand the circumstances.
3. Turn in all equipment issued to you.

## **EQUIPMENT**

School equipment checked out by the student is his/her responsibility. Loss of any equipment is the athlete’s financial obligation.

## **MISSING PRACTICE**

An athlete should always consult his/her coach before missing practice. Sudden illness or an emergency would be good reason for missing practice.

A student athlete shall not compete in athletic contests while they are in In-School-Suspension (for example: a student in ISS for Tues. and Wed. could not participate in a Tuesday night contest).

Student athletes that miss practice due to ISS will be required to complete the additional workouts listed, before they may compete in the next contest:

**Cross Country** – 1 mile per athletic class missed because of ISS.

**Basketball** - 10 lines in 15 minutes per athletic class missed because of ISS.

**Track** – 15 – 100’s per athletic class missed because of ISS.

**Softball/Baseball** – 25 laps around the bases per athletic class missed because of ISS.

- Work must be done in addition to regular workout and must be overseen by a coach.

## **TRAVEL**

All athletes must travel to and from out-of-town games/meets in accordance with school policy.

## **CONFLICTS IN EXTRA-CURRICULAR ACTIVITIES**

An individual student who attempts to participate in too many extracurricular activities may experience a conflict. If a conflict does arise, the student should:

1. Notify coaches and sponsors.
2. Notify the principal.

The sponsors, coaches, etc. will then be responsible to work out a solution such that the student is not caught in the middle. If a solution cannot be agreed upon, the principal will make a decision based on the following:

1. The relative importance of each event.
2. The importance of each event to the student.
3. The chances for success by the student in each event.
4. How long the event has been scheduled.
5. Parental ideas.

Once a decision has been made, the student is expected to abide by it. The student will not be penalized for following the decision of the sponsors or principal.

## **VARSITY LETTER REQUIREMENTS**

Varsity letters shall be granted in accordance with UIL guidelines. The following guidelines shall apply:

1. No member of the school shall be permitted to issue and no student shall be permitted to receive more than one major award for participation in inter-school competition during high school enrollment in the same high school, except that additional minor awards may be presented for additional inter-school activities each year. Major and minor awards are defined by the UIL.
2. A basketball player shall participate in 75% of all varsity games and be recommended by the coach.
3. A track athlete shall participate in 75% of the individual track meets, participate in the district track meet, on the varsity level, and be recommended by the coach.
4. A tennis player shall advance to post district play.
5. A golf player shall advance to post district play.
6. A baseball player shall participate in 75% of the varsity games and be recommended by the coach.

7. A cross country runner shall participate in 75% of meets, participate in the district meet, on the varsity level, and be recommended by the coach.
8. Softball players shall participate in 75% of the varsity games and be recommended by the coach.

## **SCHOLAR ATHLETES OF THE YEAR**

Each year the school will recognize the high school scholar athletes of the year at the Spring All Sports Banquet. These awards will be determined by the following guidelines:

1. A student must letter in two sports.
2. The student with the highest academic average for that year will receive the award unless
  - a. He/she has received a suspension from athletics during the year.
  - b. The administration indicates a less than positive image has been projected by the student.

There will be one male and one female awarded this honor unless circumstances eliminate all members of one group from consideration.

*The following is an excerpt from an article written by Charles Breithaupt, UIL director of Athletics, in the April 2001 UIL publication The Leaguer.*

Dear Parents,

Another school year has flown quickly past. We thought it would be a good time to tell you some thoughts we had about this past year and get you prepared for next season.

Most of you were very supportive of our teams this year. You were anxious and excited in the preseason about the prospect of the team. But, you were realistic at the same time about our chances. You recognized we were young and inexperienced with the loss to graduation of our great seniors from a year ago.

As the scrimmages and non-district games began approaching we all watched with hope the progress of our team. We could all agree at that time we would probably have some rough stretches during the year. But, we felt if we could just hang in, the team would come together and we could make a run during district play, and perhaps even in the playoffs.

You started off so supportive. The team really enjoyed the pre-season meal. It was a great bonding experience for all of us. Of course some of you got carried away. We like chocolate cake, but not everyday! Just a thought, don't over do the food thing next year. Maybe it's better we are a little "hungry" next season.

The yard signs and locker decorations were super. Thanks to all who contributed to the spirit of the tradition of the team and the school. I know the players appreciated the attention you gave to them even though they may not have said so. A special thanks for including the manager and trainers in your efforts. They are a big part of our team.

Thanks even more for being in attendance at each of the games. We loved your support even when we were on the road. You packed em in at home giving us a great advantage against our opponents. Your cheers and shouts of encouragement were special to all involved.

We loved the celebrations following our big victories. We will always cherish those special moments following a huge victory especially those over our big rivals. But thanks even more for being there after our bitter defeats. When we were hurting you picked us up and encouraged each of us.

It was truly an incredible year. Even though we didn't make the playoffs, we showed much improvement. Without the injuries and the unfortunate ineligibility of two key players we might have won the district.

We had a great time at the athletic banquet. Each player got an award and all were recognized for their accomplishments. It was a first class experience.

Before next season begins I would like to make a few suggestions:

1. Remember – these are children. Encourage them to have some fun this summer. Help make their time away from school enjoyable. Non-school participation is great-but we want them to return to school hungry for our instruction, not worn out mentally and physically from non-school play.
2. Encourage them to stay in good condition, but again don't be a fanatic. Weight lifting and conditioning are important but don't overdo your exhortations. Maintain proper balance in all things.
3. When practice begins don't place too much pressure on your child. We place enough on them each day. Support them when they get discouraged.
4. Support the decisions of the coaches as well. Don't agree with every criticism an athlete has about a coach. Coaches have the best interest of the team and the athlete at heart.
5. Remember the coach wants to win probably more than anyone. Do you really think a coach would jeopardize a chance to win by playing favorites.
6. Think in human terms. Coaches are human, players are human, officials are human – treat them as such.
7. Speaking of officials. This is a real shortage. Please quit yelling at them or better yet buy a whistle and join a chapter.
8. Don't think we need to eat after every game and every practice. Kids very rarely go hungry. Back off!
9. If you come to watch practice, remember this is our classroom. Keep your comments to yourself and try to see the big picture.
10. Keep in mind that athletic scholarships are rare. Only 2% of all high school athletics get scholarships. Do the math. There are 1238 high schools in Texas. There are only 300 Division I colleges. Your child has a better chance of getting an academic scholarship.
11. The best scholarship opportunity you have for your child is in your own bank account. Save those exorbitant fees you are paying for private lessons, camps, clinics, personal trainers, elite traveling teams, etc., put the money in a money market account and you can probably send your child to Harvard.
12. We love your children and we love your support. We don't make a great deal of money doing what we do, but we are professionals. We work 70-80 hours each week for your children. Save your criticism. We will do the bests we can.

Both parenting and coaching are very difficult vocations. By establishing an understanding between coaches and parents both are better able to accept the actions of the other and provide a more positive experience for everyone. Parents have the right to know, and understand the expectations placed on them and their children. Coaches have the right to know that if parents have a concern they will discuss it with the coach at the appropriate time and place.

***Communication parents should expect from their child's coach:***

1. Coach's philosophy.
2. Expectations the coach has for your son or daughter, as well as other players on the team.
3. Locations and times of practices and contests.
4. Team requirements, i.e., fees, special equipment heeded school & team rules, off-season expectations.
5. Procedures that will be followed if your child becomes injured during participation

***Communication coaches expect from parents:***

1. Concerns regarding their son or daughter expressed directly to the coach at the appropriate time and place.
2. Specific concerns in regard to the coach's philosophy and/or expectations.
3. Notification of any schedule conflicts well in advance.

As your child becomes involved in interscholastic athletics, they will experience some of the most rewarding moments of their lives. It's important to understand there may be times when things do not go the way you or your child wishes. These are the times discussion with the coach is encouraged.

***Appropriate concerns to discuss with a coach:***

1. The mental and physical treatment of your child.
2. What your child needs to do to improve.
3. Concerns about your child's behavior.

It is very difficult to accept your child is not playing as much as you may hope. Coaches make decisions based on what they believe is in the best interests of all students participating. As you can see from the list above, certain things can and should be discussed with your child's coach. Other things, such as those listed next, must be left to the discretion of the coach.

***Issues NOT appropriate for discussion with your child's coach:***

1. How much play time each athlete is getting.
2. Team strategy.
3. Play calling.
4. Any situation that deals with other student athletes.

There are situations that may require a conference between the coach and parent. These are not discouraged, as it is important for each party to have a clear understanding of the others' position. When these conferences are necessary, the following procedure is suggested to help promote resolution to the issue.

***If a parent has a concern to discuss with the coach, the following procedure should be followed:***

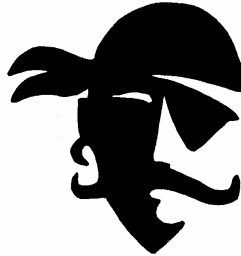
1. Call the coach to set up an appointment.
2. If the coach cannot be reached, call the athletic directory and ask him or her to set up a meeting with the coach for you.
3. Think about what you expect to accomplish as a result of the meeting.
4. Stick to discussing the facts as you understand them.
5. Do not confront the coach before, during or after a practice or contest.

These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution of the situation, but often escalate it.

***What should a parent do if the meeting with the coach didn't provide satisfactory resolution?***

1. Call the athletic director to set up a meeting with the athletic director, coach, and parent present.
2. At this meeting, an appropriate next step can be determined, if necessary.

Students' involvement in co-curricular activities has been proven to increase their chances of success later in life. We hope the information contained in this handout helps make that experience more enjoyable for everyone involved.



*I have read the 2025-2026 Athletic Handbook and I understand, as well as agree to, the conditions for participation.*

*Print Student Name:* \_\_\_\_\_

*Student Signature:* \_\_\_\_\_

*Parent /Guardian Signature:* \_\_\_\_\_

Parents,

Please sign and return ALL forms that require signatures. The physical is required for all incoming 7<sup>th</sup> Graders, 9<sup>th</sup> Graders, 11<sup>th</sup> Graders and students new to the district. If you do not need a physical, just leave the last page blank. **STILL FILL OUT AND SIGN THE MEDICAL HISTORY (NEXT TO LAST PAGE).**

Thanks,  
Coach Fostel



