

VEGA ISD ATHLETIC POLICY

According to the University Interscholastic League, it is a privilege to participate in athletics. It is not a mandate. Therefore, any student who decides to participate in a certain sport will assume a commitment necessary for the overall success in that sport. All student-athletes will be in compliance with the VISD Student Code of Conduct, as well as the VISD Athletic Policy.

In order for Vega ISD to be as successful as they can be, parents need to support their children in his or her sport. Parental expectations and encouragement supersede any other source of motivation. Parents and students should rest assured that coaches, teachers, and the administration of Vega Independent School District will support all kids in all extracurricular activities. The coaches at Vega ISD in return assume a responsibility to ensure that all athletes achieve at a maximum level. This can only be accomplished through hard work, commitment, teamwork, cooperation, support, and elevated expectations of everyone involved.

Not only is it our goal for the student athlete to achieve at a maximum level, but we also believe that participating in athletics at Vega ISD will develop life skills necessary for one to be successful as an adult. In order for this to be accomplished we ask that parents assist in seeing that their son or daughter is on time, attending practices and games, and following the rules and regulations listed herein. **We will always encourage the participation in multiple athletic activities, however VEGA ISD Athletics will take priority over non-school related athletic functions.**

This handbook is written to clarify the Vega Athletic Program goals and expectations. It is also designed to eliminate any misunderstanding that may occur. It is not meant to eliminate communication between players and coaches, but to make certain the lines of communication are open and that there are as few “gray” areas as possible. If you feel there are any “gray” areas, I urge you to contact me immediately so that there

will be no doubt in the policy or its intention. Hopefully we are here for the same reason. Together, we can do great things for you and for Vega.

It is our obligation to inform students and parents of the rules and regulations of the athletic program. Therefore, in order for a student to participate in athletics at Vega ISD, the following documents must be current and on file:

1. Complete Physical Form
2. Acknowledgement of UIL rules document
3. Vega ISD Athletic Policy
4. Emergency Information document (medical release)
5. Concussion Protocol
6. Cardiac Awareness
7. Parent/Student Steroid Form

ATHLETIC DEPARTMENT POLICIES

Vega ISD School Year

1. Drugs (not including Alcohol or Tobacco)

Drugs will not be tolerated. Not only is the use of drugs harmful to one's body, it is also illegal. Therefore, any student guilty of using drugs will result in automatic expulsion from athletics for one calendar year. Furthermore, the possession of drugs **can** fall under these guidelines as well. Make sure that you are not associated with anyone in possession of drugs!

2. Alcohol

Alcohol will not be tolerated. The physical effects of alcohol use are devastating to athletic development, not to mention it is illegal. Do not associate with those in possession of or consuming alcohol. **WE DO NOT OPERATE OFF OF HEARSAY. WE WILL HAVE TO WITNESS AN OFFENSE, OR HAVE DOCUMENTATION, (TICKET).** Law enforcement officers may give a citation for simply being in the same area. Therefore, the following courses of action will be enforced if an athlete is guilty of consuming or in the possession of alcohol:

- a. First time offenders will be required to run 15 miles witnessed by a coach or staff member. All 15 miles must be completed before the athlete can participate in a game, and within a 14 day period. The student **will** be allowed to practice, and his or her suspension will terminate upon the completion of his or her running. The student will sign a statement acknowledging the consequences of a second offense. The student's parents will be contacted by the school administration.

- b. Second time offenders will be required to run 30 miles witnessed by a coach or staff member. All 30 miles must be completed before the athlete can participate in a game, and within a 28 day period. The student **will** be allowed to practice, and his or her suspension will terminate upon the completion of his or her running. The student will sign a statement acknowledging the consequences of a third offense. The student's parents will be contacted by the school administration.
- c. Third time offenders will result in automatic expulsion from athletics for one calendar year.

3. Tobacco/Vaping

Tobacco/Vaping will not be tolerated. The use of tobacco/vaping products is harmful to one's body. It is also illegal on campus. Therefore, the following courses of action will be enforced if an athlete is guilty of using or in possession of tobacco:

- a. First time offenders will be required to run 5 miles witnessed by a coach or staff member. All 5 miles must be completed before the athlete can participate in a game, and within a 14 day period. The student **will** be allowed to practice, and his or her suspension will terminate upon the completion of his or her running. The student will sign a statement acknowledging the consequences of a second offense. The student's parents will be contacted by the school administration.
- b. Second time offenders will be required to run 15 miles witnessed by a coach or staff member. All 15 miles must be completed before the athlete can participate in a game, and within a 10 day period. The student **will** be allowed to practice, and his or her suspension will terminate upon the completion of his or her running. The student will sign a statement acknowledging the consequences of a third offense. The student's parents will be contacted by the school administration.
- c. Third time offenders will result in automatic expulsion from athletics for the remainder of the year.

4. Profanity

Profanity is not allowed at Vega ISD. Offenders of this will receive disciplinary action.

5. Theft

Theft will not be tolerated. Anyone who steals is in danger of expulsion from athletics for one calendar year depending on the severity of the incident. The student could also face criminal charges brought forth by the law.

6. Conduct

We will be recognized for our clean, tough, competitive participation. We will not conduct ourselves in a manner that would bring shame to Vega ISD. Not only are athletes of Vega ISD representing themselves and their family, but they are also representing Vega ISD and the community of Vega. Therefore, any athlete who violates this concept will face immediate disciplinary action. Also, if an athlete is in violation of school code of conduct and must be placed into ISS (in school suspension), he or she will remain ineligible for competition for the duration of ISS placement.

7. Attendance

In order for us to be successful we must be at practice on time ready to work. In the event of an absence, a student will be required to notify a coach prior to practice. **This allows the coaching staff to plan around the absence.** It also allows the athlete to be notified of what he or she will miss that day. **Workouts missed will be made up when the athlete returns, THIS IS NOT PUNISHMENT, IT IS MAKING UP WHAT YOU MISSED.** In the event of a true emergency, students do not need to worry about notifying coaches. However, we care about every athlete, so please contact us at your earliest convenience so that we can have the opportunity to give you support.

8. Injury or Illness

Any injury needs to be reported to the trainer immediately. In certain instances, the athletic trainer or a coach may deem it necessary to contact your parents or guardian to discuss the nature of the injury and treatment. If you must leave school because of illness, please notify your head coach first. If you are injured, we will not expect you to work out, but **if physically possible, you will be required to suit out in Vega ISD athletic apparel.**

Vega ISD does provide **supplemental** insurance. In the case of an injury, the student or parent needs to contact the HR supervisor for the forms to submit. Due to recent events, VEGA ISD would recommend you consider the Air Med Supplemental Insurance.

9. Respect for Coaches

Coaches should be addressed respectfully. Players will be in return treated with respect by their coaches. Whenever a coach is speaking, athletes will give him undivided attention. This can be shown by constant eye contact and body language. This will be expected of all athletes at Vega ISD.

10. Promptness

Always be on time. The bus will leave on time!

11. Dress

All athletes will wear their uniform in the **same** manner. No one will be different. We will furnish most of your equipment. Take care of your equipment. Your appearance away from athletics, especially at school, should reflect the same class and pride that you show in our program. Athletes will wear attire requested by the head coach.

12. Appearance

In order for you to represent Vega ISD in a proper manner and for safety reasons, hair on male athletes should be neatly trimmed. Men should have no facial hair and sideburns no longer than the bottom of the earlobe. Tails and long hair on the neck will not be allowed. The athlete's dress code and appearance will be aligned with the Vega ISD school code of conduct. The head coach will deem what is acceptable.

13. Care of Equipment and Facilities

All athletes will be required to hang equipment neatly in his or her locker. Equipment needs to be clean before entering the locker room. When you change into workout attire, your clothes should be hung neatly in your locker. Clean up around you locker each day. Failure to comply with this will result in disciplinary action.

14. Quitting—Walking away from the sport DURING the current school year season. This year, we will allow a two week grace period for the athletes. Therefore, if they decide the sport is not for them in the first week, they will not have to run the 25 miles.

At Vega ISD we strive to teach life lessons to all students. In this case, we will try to instill the concept of finishing what you start. Therefore, if any athlete quits a sport (during the current school year season), he or she will not be allowed to begin the next sport until the sport he or she quit is completely finished. He or she will also be required to run 25 miles before he or she can compete at Vega ISD. **When quitting the sport is outside the control of the athlete, the head coach may make an exception.** A clear understanding is to be reached by the Athletic Director and head coach and the athlete at the time the sport is dropped. If a student is competing in two sports at the same time (this means he or she started both sports concurrently), and one sport is dropped, the student will still be allowed to compete in the sport he or she is still enrolled in. However, he or she will be required to run 25 miles before he or she can compete.

15. Multiple Sports

Athletes will be strongly encouraged to participate in more than one sport. Eligibility to participate in a particular sport will not be based on participation in a second sport.

16. Transportation

Transportation is provided by Vega ISD to all athletic events. Coaches are responsible for the behavior of the students on the bus. The bus is to be left clean and in good order. Students that ride the bus to an athletic contest are expected to ride the bus back to school. **Permission will not be given to ride back with parents** unless it proves to be an inconvenience to the parents as they travel on to another location. Prior arrangements must be made. Ex. “Jane will not be given permission to ride home with her parents after a game just because she’s tired or has a lot of homework. –or she is upset with her performance.” If prior arrangements are made for the student/athlete and she is not going to be transported by Vega ISD then written notice needs to be given to the Coach responsible.

1. Criteria for earning an awards jacket:

a. FOOTBALL

Participant of the Varsity team during district or post district play.

b. VOLLEYBALL

Participant of the Varsity team during district or post district play.

c. BOYS BASKETBALL

Participant of the Varsity team during district or post district play.

c. GIRLS BASKETBALL

Participant of the Varsity team during district or post district play.

d. BOYS TRACK

Participant of the Varsity team in 3 Varsity track meets or score one point at the district meet.

e. GIRLS TRACK

Participant of the Varsity team in 3 Varsity track meets or score one point at the district meet.

f. ATHLETIC TRAINER/MANAGER

Work with one team for one entire season.

g. GOLF

Participant of the Varsity team for 3 meets, your score used in the district tournament, or you played beyond the district level.

h. CROSS COUNTRY

Participant of the Varsity team for 3 Cross Country meets or participating in post district competition.

i. TENNIS

Participant of the Varsity team for 3 meets or win a Varsity match at the district tournament.

j. POWERLIFTING

Participant on the Varsity team for 3 meets or advance to post district competition.

NOTE: All athletes must finish the season and be in good standing and in compliance with UIL regulations. Due to injury and the nature of – coaches may make an exception to the above lettering policy. Athletes participating in the Post-Season in any sport will be awarded a letter.

19. General rules to abide by:

- A. Be on time
- B. Be prepared
- C. Do what the coach asks you to do

20. Ejections

UIL has added ejections to their handbook. According to UIL, the athlete ejected will miss the remainder of that contest and the 1st half of the next game in football. In basketball, UIL states that they will miss the remainder of that contest and the next full contest. **We hold the right to extend the suspension due to the severity of the infraction.**

By signing this document the Parent and Athlete acknowledge that they have read and are aware of the Athletic Policy at Vega ISD.

Date: _____

Parent Signature: _____

Athlete Signature: _____