

Fordyce High School

Athletic Handbook



Home of the Redbugs

Pride - Respect - Dedication

Fordyce High School Athletics Department

100 Redbug Blvd. | Fordyce, AR 71742

Phone: (870) 352-2126 | www.fordyceschools.org

ATHLETIC PHILOSOPHY

Fordyce High School strives for excellence in all that it does. We are educators as well as coaches, and we work hard to motivate our student-athletes toward success in the classroom as well as in their chosen sports. Our sports programs are focused on the development of the student-athletes and we are proud that our teams earn the loyalty and support of our local community.

Athletics at **Fordyce HS** promotes the development of team and individual skill, always encouraging the will to win, while more importantly demonstrating strong sportsmanship skills. We pursue these attributes with a commitment to the physical and emotional well-being and social development of our student-athletes.

At **Fordyce HS**, athletes are students first and are held to even higher academic requirements than non-athletes. Student-athletes must work toward academic success just as seriously as they do towards victory.

PRINCIPLES

1. **Fordyce athletics** is committed to engaging student-athletes in active learning.
2. **Fordyce athletics** helps students develop coherent values and ethical standards.
3. **Fordyce athletics** sets and communicates high expectations for learning.
4. **Fordyce athletics** uses resources effectively to achieve institutional mission and goals.
5. **Fordyce athletics** forges educational partnerships that advance student-athlete learning.
6. **Fordyce athletics** builds supportive and inclusive teams.

The **Fordyce School District** is a member of the Arkansas Activities Association (AAA). In all athletic matters, our district must adhere to the policies, rules and regulations of that body, and the State Board of Education.

2025-2026 Coaching Staff

Football- Tim Rodgers, Mitchell Musgrove, Anthony Socia, Gary Gamble, Tommy Tidwell, Ketric Sledge, Bobby McGhee, Steven Lynn, Delton Rodgers, Dee Sledge

Senior Cheer- Hannah Hammonds, Chelse Greene

Junior Cheer- Kaia Sledge, Chelse Greene

Golf- Delton Rodgers

Tennis- Celeste Hall

Boys Basketball- Anthony Hammonds, Ketric Sledge

Girls Basketball- Monroe Carr, Cari Ledbetter

Baseball- Tommy Tidwell, Delton Rodgers

Softball- Steven Lynn, Carrie Lynn

Boys Track- Anthony Hammonds

Girls Track- Monroe Carr

ATHLETIC/ACTIVITY GUIDELINES

Representing Fordyce Schools as a part of an athletic/activity program is a privilege. Fordyce expects a higher standard of conduct for those students choosing to represent their school. The goal of these guidelines is to communicate District expectations and to encourage students to strive for personal improvement while bringing credit to themselves, their team and their school.

Athletic/activity training standards require that participants agree not to use tobacco, not to possess, use, or be under the influence of any controlled substance and not to participate in illegal drinking or drug use while in attendance at non-school or school sponsored functions. Participation in illegal drinking or drug use includes remaining at a non-school function while illegal activity is occurring. These standards are applicable to athletes year round.

The following procedures will apply to all students who choose to represent their school as participants in athletic/activity programs.

SCHOLARSHIP (ACADEMICS).

A. Junior High. A student promoted from the sixth to the seventh grade automatically meets the academic eligibility (scholarship) requirements. A student promoted from the seventh to the

eighth grade automatically meets the academic eligibility requirements for the first semester. The second semester eighth grade student and the first semester ninth grade student meet the

academic eligibility requirements for junior high by successfully passing four (4) academic courses the, previous semester as specified by the Arkansas Department of Education's Standards for Accreditation of Arkansas Public Schools.

First semester ninth grade students must pass four academic classes to be eligible second semester of the ninth grade. Ninth grade students must meet senior high academic eligibility by the end of the second semester in order to be eligible to participate the fall of their tenth grade year. Students who have finished two semesters of the ninth grade must follow all senior high (10-12) academic requirements.

NOTE: After the second semester of the ninth grade, students who have not earned enough credits to be classified as a sophomore must meet the scholarship requirements for senior high (10-12) eligibility.

B. Senior High. The requirement for senior high (10-12) eligibility shall include: Passing four academic courses; and A minimum semester GPA of 2.0 for the previous semester.

The student must have passed four academic courses in the previous semester. Any of these four courses for which concurrent high school credit is earned may be from an institution of higher learning recognized by the Arkansas Department of Education.

1. Supplemental Instruction Program (SIP).

a. To participate in interscholastic competition, students passing four academic courses but failing to meet the 2.0 GPA requirement must be enrolled in and attending 100 minutes per week a Supplemental Instruction Program meeting established criteria and approved by the AAA. The Supplemental Instruction Program must be submitted to the AAA office for approval prior to the start of the school semester.

b. If a student's GPA drops below 2.0 at the end of any semester, the student must immediately enroll in and attend the SIP at the beginning of the next concurrent semester. If a student fails to enroll in the SIP at this time, the student must attain a 2.0 GPA to regain eligibility.

c. In the first semester of SIP the student must meet the stated requirement (2.0) at the end of that semester in order to become fully eligible again OR meet the requirement to remain in the SIP one additional semester.

d. To maintain eligibility under the Supplemental Instruction Program and be eligible to continue for a second semester, the student must show improvement of at least one tenth of one point in his/her GPA after the first semester of participation in the supplemental program. To continue to participate following the second semester in the SIP, the student must have reached the 2.0 GPA as well as passing four academic courses.

e. Maximum participation in the SIP is two consecutive semesters. If the student does not achieve a 2.0 GPA within this period, the student will remain ineligible until a 2.0 GPA is achieved. A student who has been in SIP and regained eligibility by achieving a 2.0 GPA would be eligible to enter the SIP again later if passing four courses but not earning a 2.0 GPA.

2. Loss of Opportunity for Athletic Participation.

a. During participation in the SIP, the student must have no unexcused absences for the current semester or its equivalent from the SIP or regular classes.

b. The student must have no school disciplinary action for the current semester. The school may define school disciplinary action, but as a minimum the policy shall state that a student has been disciplined when being placed on suspension where the student is out of school for a period of time.

c. The student must have no known felony convictions during a semester in which the student is in the SIP.

d. If at any point the student falls out of compliance with any criteria listed above during the semester, the student will be immediately suspended from competition for the remainder of the semester. In order for the student to re-establish eligibility, he/she must pass four academic courses and achieve a 2.0 grade point average.

e. If a student fails to participate in the supplemental instruction program during any semester, then eligibility can only be regained by the student passing four academic courses and earning a grade point average of 2.0 from all academic courses the previous semester

3. Limitation. A student is restricted to a maximum of two consecutive semesters in the SIP any time a student's GPA falls below a 2.0 for the previous semester.

4. Academic Course Defined. An academic course is one for which class time is scheduled, which can be credited to meet minimum requirements for graduation, which is taught by a teacher required to have state certification in the course, and which has a course content guide approved by the Arkansas Department of Education.

NOTE: Each semester, P.E./Athletics in grades 9-12 can be used to satisfy AAA eligibility with passing the four academic courses and maintaining a 2.0 GPA.

C. Alternate Course Credit. A student may satisfy the requirement by successfully completing the course(s) failed or courses(s) needed or equivalent course(s) in a summer term(s) or a correspondence course(s) approved by the Arkansas Department of Education for granting credit for graduation requirements. Such credit shall be applied to the previous semester.

NOTE: When the same course is repeated, the former grade may be replaced. When a substitute course is completed, the grade shall be added to the courses for the previous semester and the GPA recomputed.

FORDYCE STUDENT ATHLETES CODE OF CONDUCT

- Be a positive role model for fellow athletes.
 - Be a positive role model in the classroom.
 - Attend and actively participate in all scheduled practices.
 - Follow directions as communicated by the coach promptly and effectively.
 - Participate positively in all skill, knowledge and application exercises as assigned by the coach.
 - Accept seriously the responsibility and privilege of representing the school and community by displaying positive public actions.
 - Accept authority and supervision in a positive manner at all times.
 - Communicate effectively with the coach and teammates.
 - Work cooperatively with the coach and team members as a problem solver.
 - Demonstrate loyalty to the school, coach and the team.
 - Treat fellow students, opponents, their fans, game officials, and all adults with dignity and respect at all times.
 - Respect judgment and integrity of contest officials; abide by the rules of the contest and display appropriate behavior at all times.
 - Live up to the high standard of sportsmanship established by the **Fordyce School District** for Athletic Programs.
 - Avoid public displays of anger and/or displeasure.
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FORDYCE PARENTS CODE OF CONDUCT

- Understand and support athletic programs and their expectations as defined in the Athletic Handbook for **Fordyce School District** Athletes.
 - Understand team rules, discipline and technique corrections of students.
 - Live up to the high standard of sportsmanship established by the **Fordyce School District** for Athletic Programs.
 - Avoid public displays of anger and/or displeasure.
 - Be a good role model for your sons and daughters by positively supporting teams in every manner possible.
 - Positively support all team members and coaches and help to promote the team concept.
 - Leave coaching of the team, playing time, position, and placement on JV or Varsity to the head coach and staff.
 - Show courtesy and respect for opposing fans, officials, coaches, and participants at all times.
 - Coaches should only be approached before and after games with positive comments. Withhold any negative comments regarding game, athlete(s) or coaching until such time that the concern can be addressed in an atmosphere conducive to effective problem solving. Please avoid negative social media posts, this is never an effective solution. Contact the high school office to set up an appointment with the coach and athletic director, if needed.
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FORDYCE FANS CODE OF CONDUCT

In keeping with the District's goal of teaching and demonstrating the highest levels of sportsmanship during athletic contests, fans are expected to demonstrate conduct appropriate for high school activities at all times. The **Fordyce School District's** expectations for positive fan behavior is greater than one would expect to see tolerated at college or professional sports events.

It is assumed that adults understand and will demonstrate general behaviors that are appropriate. However, the following guidelines are presented to ensure a clear understanding of some behaviors that are unacceptable.

Fans may not:

1. Engage any entity in an angry or aggressive manner on school property or at school activities. This includes officials, coaches, other fans, parents, students or school personnel.
 2. Use swear words or vulgarity on school property or at school activities.
 3. Threaten, verbally or physically, any person including officials, fans, coaches, players, spectators, or school personnel at any time on school property or at school activities.
 4. Create public displays of anger and/or displeasure.
 5. Violation of these standards will result in the removal of the fan from the event.
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CONCUSSION PROTOCOL

Medical management of sports-related concussion continues to evolve. Fordyce High School (FHS) has established this protocol to provide education about concussion for coaches, school personnel, parents, and athletes. This protocol outlines procedures for staff to follow in managing concussions, and outlines school policy as it pertains to return to play issues following a concussion.

FHS seeks to provide a safe return to activity for all athletes following any injury, but particularly after a concussion. In order to effectively and consistently manage these injuries, procedures have been developed to aid in ensuring that concussed athletes are identified, treated and referred appropriately, receive appropriate follow-up medical care during the school day (including academic accommodations) and are fully recovered prior to returning to activity.

HARASSMENT/HAZING

Fordyce Athletics has a no hazing policy. This includes:

- Any activity involving the consumption of alcohol, drugs, tobacco products, or any other food, liquid, or other substance that subjects the student-athlete to an unreasonable risk of physical harm.
- Any activity involving actions of a sexual nature or the simulation of actions of a sexual nature.
- Any activity that subjects a student-athlete to an extreme and unreasonable level of embarrassment, shame, or humiliation or which creates a hostile, abusive, or intimidating environment.
- Any activity involving any violation of federal, state or local law or any violation of school district policies and regulations.

LOCKER ROOMS

- No “horse play” will be tolerated in the locker room or shower areas.
- Valuables should be secured with a lock at all times. Athletes are responsible for purchasing their own locks.

- Athletes should be aware that the locker room is not supervised all the time. Do not leave money or valuables unattended at any time.
- Athletes should leave the locker room area clean and neat at all times.

HOME SCHOOL STUDENTS

Home school students are allowed to participate in interscholastic activities. To be eligible the student shall be in compliance with all rules governing homeschooling and shall provide the school administration with acceptable documentation of compliance.

NCAA REGULATIONS

Athletes wishing to compete in Division I and Division II NCAA colleges after high school must be certified as eligible by the NCAA Initial Eligibility Clearinghouse. Contact Mrs. Graves (high school counselor) or visit www.ncaaclearinghouse.net for the latest updates.

PARENT MEETINGS

Head coaches will conduct a parents meeting for their sports team to begin the season. Rules and procedures will be reviewed at this time. Attendance is highly recommended, as coaches will cover important topics relating to their particular sport.

PHYSICAL EXAMINATIONS

Sports physicals are required to ensure that students do not have any undiagnosed health problems that could be affected by their participation in interscholastic athletics.

The State of Arkansas requires that a comprehensive physical exam be taken by students who participate in athletics. The physical examination is the responsibility of the parents/students. A current physical examination must be on file in the school office. The physical examination form will be uploaded into DragonFly to ensure the students eligibility.

STUDENT TRANSPORTATION

When the activity demands travel from the school, the student will go and return by school sponsored transportation. Any request for exceptions to this must be written and signed by the parent and approved by the principal or designee prior to the onset of travel. The statement must include the reason for the request and release of school liability. Students will not be allowed to ride with other students unsupervised by a parent.

Students who ride buses to and from school-sponsored activities will be notified of the rules and regulations governing their conduct on buses as well as of the consequences for violation of

those rules. Athletes shall remember that they represent Fordyce High School and our community on travel trips.

Fordyce Redbug Football Contract

This contract outlines the conditions and rules that are requirements to be a member of the Fordyce Redbug Football Team. The following requirements are important in making our football team a championship quality team. These rules will help make us a better football team and you a better person. Our team deserves to be respected and you must earn the respect of others. You are special because you are a Redbug Football player.

Attendance

Excused Absence – You must contact any of your coaches if you are unable to attend practice due to illness, church functions, school functions or family emergency. This includes school days. If you are absent from school you must contact your coach prior to practice for the absence to be considered excused.

Unexcused Absence - Any absence that you do not contact a coach and get it approved prior to practice will be considered unexcused. Any unexcused absence will result in a Redbug Reminder at the next practice. Two unexcused absences from practice will result in a meeting with Coach Rodgers. The third unexcused absence will result in removal from the team.

Tardies - Anytime you are late for practice without prior approval, you are considered tardy. You will be given a spot to be in and a specific time to be there everyday. You will run one lap for every minute that you are late for practice. Chronic or excessive tardies may result in extra disciplinary measures which may include dismissal from the team.

Detention – 200 yd sled pull at the next practice.

ISS – Any ISS placement will result in missing the first half of the next ballgame.

OSS – Any OSS placement will result in missing a full game

**All punishment must be made up prior to game time to be able to participate in that game.

No Profanity - Profanity is wrong and will not be tolerated. No profanity anywhere. This includes hallways, classrooms, locker rooms, fields, etc. Players who use profanity will result in some form of consequence determined by the head coach..

Drugs and alcohol are prohibited! - School handbook policy will be enforced and refer to OSS for consequences.

Dress Code- We will be dressed in the proper uniform when we get to the field. We want to make a good impression when we are in the public eye.

Equipment - Equipment that has been issued to you cannot be altered in any way without a coach's permission. Lost or altered equipment must be paid for by the player.

AAA and Fordyce Public School Rules = All school rules and AAA rules will be followed.

I, _____, have read and understand all of the rules in this contract. I will abide by the rules of the Fordyce Redbug Football program.

Signature _____ Date _____

Welcome to Redbug Basketball

Coach Hammonds & Coach Sledge

Goals

- ZERO PLAYERS EXPERIENCE ISS/OSS
- Limited Absences
- NO D's or F's
- COUGAR CLASSIC CHAMPS
- CONFERENCE CHAMPS
- DISTRICT CHAMPS
- REGIONAL CHAMPS
- STATE CHAMPS

Accountability

7th Period ends at 2:32.

Practice starts at **2:45.**

There are also two types of late. (1) You're late and you're hurrying to get dressed to start practice. (2) Lazy late...dragging and taking your time. If number 2 is noticed, more running will commence. (Coach's discretion)

Absences

Work is considered a missing practice. Tell your employers on non game days to put you on the schedule at 6:00. (Side note, you have the rest of your life to work and only once to play basketball)

Haircuts are considered missing a practice.

Dr. Appointments need to be coordinated with me days in advance. If possible, schedule them in the morning time.

ISS/OSS Policy

-If you get a certain type of ISS, you will miss the next available game. (Coach's discretion)

-Each day of ISS equals 10 towel pushes. (Down and back is 1.)

-If you get OSS, you WILL NOT play or even be allowed at the game at all.

You're also looking at potentially being dismissed from the team. (Coach's discretion)

Gameday Itinerary

-Shooting or Film

-Review

-Release (Pending)

-DRESSED AND READY BY THE END OF THE 3RD.

-Once dressed, no mingling in the crowd.

Body Language

Your body language is like a neon sign. It screams everything you're not saying. Primarily; it shows your attitude, intention, and ability to handle adversity. Keep positive body language at all times.

Times when you need work on your body language the most:

1) WHEN A COACH IS INSTRUCTING YOU. (GOOD OR BAD)

2) ON THE BENCH WAITING TO BE SUBBED.

3) WHEN THE CURRENT MOMENT IS NOT IN OUR FAVOR.

Components of Great Body Language:

-yes sir/no sir

-eye contact

-not dropping your head when being coached

In a game, if your body language is not where I think it should be, the bench will motivate you to fix it.

Signature of Approval

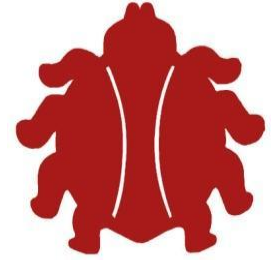
By signing this paper, you agree to the terms presented by Coach Hammonds & Coach Sledge.

You understand the expectations that have been set for Fordyce Basketball, and agree to uphold them or accept the listed consequences.

Not abiding by such could result in disciplinary action or ultimately dismissal from the team.

Player's Signature_____

Date_____



REDBUG TENNIS CONTRACT

As student athletes, you are bound by a stricter moral and behavior code than non-student athletes. As such, you will be responsible for conducting yourself in a manner above and beyond non-student athletes. If you choose to accept this responsibility, you and your parent/guardian must sign this contract, in doing so, you agree to abide by the consequences.

ACADEMIC

- You must meet eligibility requirements established by AAA. 2.0 GPA with no F's at the end of the spring semester.

ABSENCES

- Excused absence – In the event that you are unable to attend a scheduled practice or meet/match, you must contact the coach prior to the absence.
- Unexcused absences – Failure to contact coach prior to practice will be considered an unexcused absence. You will have to make up 2 practices for every practice missed. 2 unexcused absences will result in a meeting with the coach. 3 unexcused absences may result in removal from the team.

Late

- Practice starts at 4:00 pm. If late, you need to text or call the coach. Penalty for being late is 2 laps that will be timed.
- If this is continuous, you will have to meet with the coach. (Coach's Discretion)

Discipline

- Dress with Redbug Pride. Black or red shorts or skorts will be worn with your Tennis shirt. NO Jeans. Tennis shoes must be worn to practices and meets/matches.
- Proper tennis etiquette will be used during practices and meets/matches. Students' conduct will follow the student handbook. If you break a rule, you will face the consequences.
- Tennis is a game of high sportsmanship. If you have a problem keeping score or needing help in watching the lines ask for one of the coaches.
- First ISS violation the student will be ineligible for the next meet/match.
- Second ISS violation will result in a meeting with the coach, parent, and teacher(s).
- First OSS violation may result in dismissal from the team.
- Drugs and Alcohol are prohibited and will result in immediate dismissal from the team.

Cooperation and respect are essential to a successful team. I have read and understand the above contract and agree to abide by the rules of the Fordyce Tennis Program.

Athlete's Signature

Parent/Guardian Signature



Baseball Player Contracts

1. Attendance

- Attendance at practice and games is MANDATORY!!!
- During baseball season, your commitments are family, faith, education, & baseball. Furthermore, only appropriate reasons for missing a practice or game that are related to those commitments will be accepted.
- If you miss more than 3 practices from the signature on the contract we will have a meeting that could lead to being removed from the team.
- If you miss practice, excused or not there will be punishment.
- Practice and Game schedules will be issued well ahead of time.
- BE ON TIME!!!
- If you need to miss a practice for an excused absence (coaches will determine what is excused, work is not a legitimate excuse), you must contact a coach and only a coach as to why you will not be at the practice or game.

2. Academics

- Be a student first!!!
- All players must make satisfactory progress in their classes. Failure to do so will result in loss of playing time, game suspensions, or possible dismissal from the team.

- Remember, you are a Fordyce STUDENT ATHLETE first. Your actions in the classroom reflect the image of the Redbug baseball program. Inappropriate actions will not be accepted.

3. Dress Code

- The weather in Arkansas during the winter and spring can change drastically from day to day. Be prepared for all weather conditions and dress accordingly.
- All pitchers will be required to have long sleeve shirts or jackets available to them for all indoor and outdoor practices.
- Understand that we emphasize practicing like we play the game. Therefore, dress appropriately for practices that will allow you to practice at the highest level. If we want you to slide, slide, etc.
- Each player will be issued a team uniform. Take ownership of that uniform.
- Absolutely no one else wears the issued uniform but you.
- At Fordyce, we play the game with professionalism and class. As a result, we will show class by how we dress. Hats will be worn properly (forward and straight), clothing will be tucked in and worn like a baseball player. You will need cleats every day we practice outside and shoes that are appropriate for the gym or multi purpose room. You will need a belt and socks that match our team colors. If the weather is poor, a Fordyce jacket or sweatshirt will be worn over the uniform during warm-ups or in the dugout. Remember, “look good, play good...”
- Be a responsible and organized individual with your clothing.
- As a player and a team, we will look classy and professional. Everything from clothing attire to hygiene will be represented in a professional manner and left up to the coach’s discretion. Remember, the general overall appearance that a player and team displays, tells a lot about the overall makeup of the team and how they are perceived by their opponents.

4. Practices

- Varsity baseball players are allowed to drive to the field. Any form of reckless driving will not be tolerated! The consequences will be losing that privilege for the entire team.
- HUSTLE, HUSTLE, HUSTLE!!! And encourage others to do so.
- We will practice on average for 2 hours a day. During that time, we demand your attention and desire to become a better baseball player. BE COACHABLE!!!
- Every player will be responsible for helping with picking up the equipment and taking care of the field. A workers list will be posted in the dugout. **Absolutely no one leaves the field until all work is done!!!**

5. Games

- At Fordyce we will strive to be the standard that other teams view as the way to play the game of baseball properly. To do that, we will with no exceptions:
 1. Hustle at all times and during all situations.
 2. Handle all equipment properly (never throw your equipment).
 3. Play the game of baseball consistently at a high level with our gloves, bats, and our arms. NEVER OUR MOUTHS!!! You will **never** talk back to an umpire, opposing player, teammate, or coach. Words out of your mouth will be geared towards encouraging or communicating with a teammate. Leave the rest up to a coach.
- During games, no food or pop are allowed in the dugout with some exceptions. Sunflower seeds, water, Gatorade, etc. are acceptable.
- Absolutely no cell phones at any time!!!
- During games, no visiting or socializing with friends or individuals not on the playing field. You are on the playing field (dugout included) for one purpose, to help your team win. STAY FOCUSED!!!
- Always be ready and willing to contribute. Stay loose both physically and mentally.
- Enjoy the situation you are in. You are a baseball player and good at it. Love the fact that you get to play “America’s favorite pastime.”
- We win and lose as a team. Show good sportsmanship.

6. Character

- We will be model baseball players. Play the game right and leave the field making others impressed with how you play the game.
- We don't steal, tell falsehoods, intentionally hurt people (physically and mentally), destroy property, or use inappropriate language.
- **WE WILL FOLLOW ALL AAA RULES** (No use of tobacco, alcohol, drugs, etc.)
- Remember that your actions off the baseball field will reflect the entire program and the Fordyce School district. Be a positive representative of our community and make the community proud of your actions as a baseball player and as a person!!!
- Be positive and confident in your abilities. Remember in baseball you will fail more than you will succeed. Accept that and strive to simply be the best that you can be.
- **CHERISH** the opportunity!!!...
 1. **To wear your school jersey.**
 2. **To develop life skills (for a lifetime).**
 3. **To develop relationships (for a lifetime).**
 4. **To become a champion on and off the field.**
 5. **To play the GREAT GAME OF BASEBALL!!!**

Coaches signature _____

Parent Signature _____

Player Signature _____



Ladybug Softball Player Contracts

1. Attendance

- Attendance at practice and games is MANDATORY!!!
- During softball season, your commitments are family, faith, education, & softball. Furthermore, only appropriate reasons for missing a practice or game that are related to those commitments will be accepted.
- If you miss more than 3 practices from the signature on the contract we will have a meeting that could lead to being removed from the team.
- If you miss practice, you will make up for the missed workout.
- Practice and Game schedules will be issued well ahead of time.
- BE ON TIME!!!
- If you need to miss a practice for an excused absence (coaches will determine what is excused, work is not a legitimate excuse), you must contact a coach and only a coach as to why you will not be at the practice or game.

2. Academics

- Be a student first!!!
- All players must make satisfactory progress in their classes. Failure to do so will result in loss of playing time, game suspensions, or possible dismissal from the team.
- Remember, you are a Fordyce STUDENT ATHLETE first. Your actions in the classroom reflect the image of the Ladybug Softball program. Inappropriate actions will not be accepted.

3. Dress Code

- The weather in Arkansas during the winter and spring can change drastically from day to day. Be prepared for all weather conditions and dress accordingly. ● All pitchers will be required to have long sleeve shirts or jackets available to them for all indoor and outdoor practices.
- Understand that we emphasize practicing like we play the game. Therefore, dress appropriately for practices that will allow you to practice at the highest level. If we want you to slide, slide, etc.
- Each player will be issued a team uniform. Take ownership of that uniform.
- Absolutely no one else wears the issued uniform but you.
- At Fordyce, we play the game with professionalism and class. As a result, we will show class by how we dress. Visors (if worn) will be worn properly (forward and straight), clothing will be tucked in and worn like a softball player. You will need cleats every day we practice outside and shoes that are appropriate for the gym or multi purpose room. You will need a belt and socks that match our team colors. If the weather is poor, a school appropriate jacket or sweatshirt will be worn over the uniform during warm-ups or in the dugout. Remember, “look good, play good...” ● Be a responsible and organized individual with your clothing.
- As a player and a team, we will look classy and professional. Everything from clothing attire to hygiene will be represented in a professional manner and left up to the coach’s discretion. Remember, the general overall appearance that a player and team displays, tells a lot about the overall makeup of the team and how they are perceived by their opponents.

4. Practices

- Varsity softball players are allowed to drive to the field. Any form of reckless driving will not be tolerated! The consequences will be losing that privilege for the entire team.
- HUSTLE, HUSTLE, HUSTLE!!! And encourage others to do so.
- We will practice on average for 2 hours a day in the Spring. Fall practices will be during 8th period. During that time, we demand your attention and desire to become a better softball player. BE COACHABLE!!!
- Every player will be responsible for helping with picking up the equipment and taking care of the field. **Absolutely no one leaves the field until all work is done!!!**

5. Games

- At Fordyce we will strive to be the standard that other teams view as the way to play the game of softball properly. To do that, we will with no exceptions:
 1. Hustle at all times and during all situations.
 2. Handle all equipment properly (never throw your equipment).
 3. Play the game of softball consistently at a high level with our gloves, bats, and our arms. NEVER OUR MOUTHS!!! You will **never** talk back to an umpire, opposing player, teammate, or coach. Words out of your mouth will be geared towards encouraging or communicating with a teammate. Leave the rest up to a coach.
- During games, no food or pop are allowed in the dugout with some exceptions. Sunflower seeds, water, Gatorade, etc. are acceptable.
- Absolutely no cell phones at any time!!!
- During games, no visiting or socializing with friends or individuals not on the playing field. You are on the playing field (dugout included) for one purpose, to help your team win. STAY FOCUSED!!!
- Always be ready and willing to contribute. Stay loose both physically and mentally. ● Enjoy the situation you are in. You are a softball player and good at it. Love the fact that you get to play and represent your school.
- We win and lose as a team. Show good sportsmanship.

6. Character

- We will be model softball players. Play the game right and leave the field making others impressed with how you play the game.
- We don't steal, tell falsehoods, intentionally hurt people (physically and mentally), destroy property, or use inappropriate language.
- **WE WILL FOLLOW ALL AAA RULES** (No use of tobacco, alcohol, drugs, etc.)
- Remember that your actions off the softball field will reflect the entire program and the Fordyce School district. Be a positive representative of our community and make the community proud of your actions as a softball player and as a person!!!
- Be positive and confident in your abilities. Remember in softball you will fail more than you will succeed. Accept that and strive to simply be the best that you can be. ● **CHERISH** the opportunity!!!...

1. To wear your school jersey,
2. To develop life skills (for a lifetime),
3. To develop relationships (for a lifetime),
4. To become a champion on and off the field,
5. To play the GREAT GAME OF SOFTBALL!!!

Coaches signature _____

Parent Signature _____

Player Signature _____

Fordyce Redbug Golf Contract

This contract outlines the conditions and rules that are requirements to be a member of the Fordyce Redbug Golf Team. The following requirements are important in making our Golf team a championship quality team. These rules will help make us a better Golf team and you a better person. Our team deserves to be respected and you must earn the respect of others. You are representing your family, your community, and your school. You will be held to a standard that is higher than most. Golf is a game of patience, class, and respect. Not meeting these requirements will have consequences.

Attendance

Excused Absence – You must contact your coach if you are unable to attend practice due to an illness, church function, school function or family emergency. This includes school days. If you are absent from school you must contact your coach prior to practice for the absence to be considered excused.

Unexcused Absence - Any absence that you do not contact your coach and get it approved prior to practice will be considered unexcused. Any unexcused absence will result in your spot on the team being at risk. Two unexcused absences from practice will result in a meeting with Coach Delton. The third unexcused absence will result in removal from the team.

Tardies - Anytime you are late for practice without prior approval, you are considered tardy. You will be given a spot to be in and a specific time to be there everyday. Chronic or excessive tardies may result in extra disciplinary measures which may include dismissal from the team.

Detention – Will result in walking 4 holes without a cart pulley

ISS – Any ISS placement will result in walking 9 holes without a cart pulley

OSS – Any OSS placement will result in missing matches.

****All punishment must be made up prior to a match to be able to participate in that match.**

No Profanity - Profanity is wrong and will not be tolerated. No profanity anywhere. This includes hallways, classrooms, locker rooms, fields, etc. Players who use profanity will result in some form of consequence depending on the situation..

Drugs and alcohol are prohibited! - School handbook policy will be enforced and refer to OSS for consequences.

Dress Code- We will be dressed in a respectable shirt, preferably a collared shirt, with shorts and tennis shoes, preferably golf shoes. Hats are recommended, but not required. (No crocs or flip flops while on the course)

Equipment - Golf clubs are required. There are no sharing clubs. Cart pulleys are up to you. You will be required to wear golf shoes. If you do not have golf shoes, let me know, we will try to get you a pair. On match day, we will all match. Team polo, golf shorts, golf hat, and golf shoes.

ATTITUDE- We will carry ourselves with the utmost respect. We will have class on the course and at the CLUB. Remember that our golf course is a private club. Your parents will face the consequences of your bad behaviors. This could lead to fines and unwanted bills for destruction of property.

Non-Member Golfers- You are allowed to come practice on the golf course only when the coach assigns it. You can not be at the Club without Coach Delton being present. Not following this rule will get you banned from the golf course and you will not be allowed to participate in golf. You are not allowed to come golf with friends whenever you'd like. Fordyce Country Club is a private club.

AAA and Fordyce Public School Rules = All school rules and AAA rules will be followed.

I, _____, have read and understand all of the rules in this contract. I will abide by the rules of the Fordyce Redbug Golf program.

Signature _____ Date _____

FHS VARSITY CHEER POLICIES

*effective February 11, 2025

FHS VARSITY CHEER MISSION STATEMENT:

Fordyce High School Varsity Cheer Squad will seek to motivate & cheer for Fordyce Athletics, follow ALL school rules & policies, and hold themselves accountable to a higher standard academically & morally in order to best represent the school district as a whole.

A word from the coach...

Thank you for your interest in being a part of FHS cheer! Before trying out & agreeing to the following policies there are a few things you should know about me as your coach & sponsor. I am a former cheerleader, competitive coach, and absolutely love all things sports! This will be my 7th year getting to coach my own squad & I can't wait to continue to grow the FHS competitive cheer program.

As a mom of 2 (fixing to be 3) little girls & teacher, I do hold my cheerleaders to a higher standard as far as their words and actions in & out of the classroom– on and off campus. A student athlete is a student first and FHS cheerleaders will uphold this standard. Grades matter and behavior in the classroom matters as well. Actions outside of school matter almost even more. I will not have cheerleaders that can not be role models for my own 3 daughters. Whether it be in Walmart, what you mouth on the sideline, how you handle yourself on the weekends, social media, etc. you must accept the fact you have to be better than the average student. In a nutshell, I have high expectations for those that want to represent the school and I want to be the best squad we can be!

ELIGIBILITY FOR VARSITY CHEER

1. Cheerleaders must meet all current AAA requirements. These are subject to change.
2. Those trying out for FHS varsity cheer must have AND maintain a 2.5 gpa or above. Grades will be checked each grading period. If a cheerleader becomes ineligible and does not regain eligibility after the following 9 weeks, he or she will be **dismissed**.

3. All candidates must have a CURRENT physical **before** tryouts. 4. Candidates must attend the information meeting at the designated time **WITH** a parent/guardian and sign all required forms.

SELECTION/TRYOUT PROCESS

1. Cheerleaders will be selected based on a yearly tryout. Candidates will try out in front of 3 judges and the coaches with a given set of criteria for said tryouts with Fordyce administration present.
2. Scores will not be posted to the public or passed out. A list of those who made it will be posted on the door of the arena and social media as soon as tryouts are complete.
3. No mock tryouts open to the public or parents.

TRYOUT CRITERIA

1. Discipline referrals- Those who have had 2 or more trips to ISS, a tier III infraction, suspension, or previous dismissal from an athletic team or cheer squad will not be allowed to try out.
2. Teacher evaluations- Each candidate will be required to have all teachers/coaches of the current school year complete an evaluation of their behavior in class or athletic setting. An average will be taken of all evaluations. Candidates must have at least an average of 30/50 to be deemed eligible for the squad as stated on the score sheet.
3. Jumps- toe touch, left hurdler, right hurdler
4. Stunt Groups- Athletes will demonstrate their ability and strength in a designated stunting position taught during the **mandatory** tryout camp.
5. FHS Fight Song
6. 1 chant- Candidates will learn 1 chant to perform
7. Tumbling- Standing backhandspring will be the baseline. Anything more will be extra points
*There is no "set" number that will make the squad. This will be at the natural "break" of scores.

All criteria will be evaluated by a panel of judges unrelated to Fordyce Schools & the coach in a controlled setting monitored by Fordyce administration. Skills will make up 59% of the score sheet and 41% from the teacher evaluation average. The candidate

must have at least a total of 80 points out of the 120 possible to be considered for the squad.

Scores will be tabulated either by a Fordyce administrator or someone unrelated to Fordyce Schools supervised by admin.

Pg. 5 of AAA Cheer Handbook 2023-2024 states...

TRY-OUTS – *The AAA recommends that Arkansas spirit coaches offer a focused and unbiased try-out that evaluates the required skills, athletic abilities, spirit, leadership, and teamwork. It is important that you take control of your try-outs. The football coach doesn't have a panel to choose his quarterback. You have to break the old mentality that **YOU** and your staff cannot be trusted to pick your squads.*

In stating such– a cheer coach may use the same decision making that any other athletic coach uses in picking their team if it is necessary for the betterment of the squad and **not** simply use score sheets. A coach can take a “good kid” and make them a good cheerleader, but it's harder to break bad attitudes & behavior of those who are just “good cheerleaders.”

A list of those who made the squad will be posted immediately following the conclusion of tryouts.

Any questions or discrepancies can be communicated to the athletic administration via email. Personal texts, emails, phone calls, or messages/posts on social media will not be acknowledged by coaches or administration.

GEAR/PAYMENTS

An initial deposit of \$250 will be required by each cheerleader by April 16, 2025. This will pay for camp & a portion of the cheer gear–keep in mind this is all of yours to keep. After this, cheerleaders will be required to participate in fundraisers to cover the remainder of costs or make monthly payments towards their balance. These include but are not limited to “sponsor my uniform”, mini cheer clinics, pancake breakfast, working concession stands at events, etc.

A gear list with price breakdown will be included in the mandatory meeting with the new squad April 16th at 5pm in my classroom at FHS. The total price for all gear without the deposit or fundraisers for a **NEW CHEERLEADER** is \$890. However,

after the deposit & multiple fundraiser opportunities, the cost is completely covered. Returning cheerleaders (as long as the same uniforms/gear is still in stock/used), will only have to get new items that are not reused for the year or anything they need in a new size. Returners' costs could be as low as \$250 depending on what they actually need.

****New cheerleaders are welcome to personally purchase or use former cheerleaders' gear as long as it is still in good condition & used in the current season.**

A parent or guardian may choose to purchase all gear for their athlete or choose to purchase items from former cheerleaders if they are being reused for the new cheer year.

Please be mindful that not everything will be reused every year and could change.

Fundraisers are opportunities to be taken advantage of so cheer is an affordable extracurricular for all. If you don't participate & do your part then you will be expected to pay your part of the bill out of pocket.

APPEARANCE/ATTIRE POLICIES

*As a squad, we will dress & be as uniform as possible for all events! This means the same hair, bow, socks, shoes, etc.!

1. No jewelry/piercings allowed:

There is absolutely **no exception** to this rule. This is a safety hazard! If you for some reason get a new piercing during or before the season starts that is not healed & cannot remove the jewelry– **YOU WILL NOT CHEER.** You will sit out & receive 1

demerit for each time you have jewelry. You will not be allowed to simply cover it with bandaids. If you refuse to remove jewelry for any reason during a game/practice, you will receive **2 demerits** (1 for the jewelry & 1 for insubordination). **2. HAIR:**

A. Your hair should be kept in a way that you can wear the 2 acceptable cheer hairstyles (or similar style due to hair length/type deemed acceptable by the coach)– mid ponytail & half up/half down. **Hair must not be any bright, unnatural colors such as pink, blue, green, etc. during cheer season– artificial or “real” hair. Failure to wear the correct style hair will result in 1 demerit.**

B. Any extensions, braids, etc. must not go past the waist of the cheerleader.

This can become a safety issue in stunts!

C. No metal clips, beads, hair ornaments of any kind at games/practices. This is also a safety issue!

D. Each game/event will have a set hairstyle/bow that will be set well in advance by the coach. Failure to have the correct style/bow will result in 1 demerit. **3. NAILS:**

No artificial nails of any kind are allowed during the cheer season except for those that walk in Football/Basketball Homecoming! **None.** Cheerleaders who do not remove fake nails **will sit out** of practice and/or games until the nails are removed. **This is 1 demerit.** Nail polish is acceptable during the week, but must be removed **before** games. If polish is not removed before a ballgame begins this will result in **1 demerit.** **4.**

GENERAL:

Cheerleaders should be presentable and follow all guidelines of dress code as dictated by the school. Uniforms will not be worn to school except for special events. Uniforms are not to be worn for any reason outside of school events unless deemed acceptable by the coach. Social media posts/Tik tok videos in cheer uniforms/FHS cheer attire of any kind with inappropriate language/music will not be tolerated. Cheerleaders are a representation of Fordyce School District and should appear appropriately as so at all times. This means having appropriate attire at all times in and out of school. **Not being a positive representation of FHS could result in ultimate dismissal from the squad.**

PRACTICE/GAME POLICIES

1. PRACTICES!

Practices are **MANDATORY!** The schedule will be given out well in advance such that work schedules & other obligations can be adjusted accordingly.

Missing practice results in 10 down & backs for each missed practice **regardless of the reason.** Late to practice (5 min or more) is 5 down & backs.

Make-up

running must be completed **before** a cheerleader is able to participate in the next event such as games, pep rallies, etc. Not completing said make-up running will result in sitting out in uniform during the event.

2. GAMES/PERFORMANCES!

These are **MANDATORY!** This is what you try out for! Missing a game or event (unless it is an absolute emergency/excused by the coach) is 1 demerit per game. Excused absence from a game must be communicated via email or phone call to the school by a **PARENT– NOT the athlete.** Excused absences must be given 48 hours notice by the parent or it is not excused

unless there are extenuating circumstances approved by the coach. Absences must be communicated by the **PARENT!** If they are not communicated in the proper manner then it is an automatic demerit. If you miss **4 games unexcused** you will be **dismissed** from the squad.

****YOU MUST BE AT SCHOOL THE ENTIRE DAY OF A GAME TO BE ABLE TO CHEER THAT NIGHT UNLESS YOU HAVE A DR.'S NOTE OR APPROPRIATE EXCUSE****

LATE TO A HOME GAME– (15 min or more) ½ a demerit. If you are extremely late to the point you miss warm-ups, you may be told to sit out completely.

LATE TO LEAVE FOR AN AWAY GAME- If you are 5 minutes or more late you will have missed the bus to leave and receive 1 demerit.

3. GAME DAY ATTIRE!

Cheerleaders are to wear the designated hairstyle, bow, socks, shoes, and uniform for each game, performance, or event that they attend. If a cheerleader does not wear the correct or appropriate attire for said event, it will result in 1 demerit. This will be in addition to any nails or jewelry infractions if applicable.

Required attire/hairstyles will be given in advance on a calendar and posted to the team Band calendar as well that can be accessed from any computer or cellphone.

DISCIPLINE

1. SCHOOL INFRACTIONS:

Cheerleaders have no business having behavior or discipline issues in the school setting. **You are a role model for all the future Redbug Cheerleaders that watch you at sporting events and walking to class every day.** FHS Cheerleaders are expected to follow ALL handbook policies.

The following are punishments in the event a cheerleader has a classroom issue or given disciplinary action at school.

- a. Chronic absenteeism- missing more than 5 days of school in a month will result in 1 game suspension.
- b. Profanity– (unacceptable)-- ½ demerit for each infraction
- c. Reported disrespect of an admin, teacher, or coach- ½ demerit
- d. ISS- 1st offense: Cheerleader will sit out in uniform on the sideline 1 game for each day of ISS along with 1 demerit per day. If more than 3 days are given for 1st offense for any reason, the cheerleader can either be suspended for the rest of the season or dismissed from the squad by the coach and approval from the athletic director.
2nd offense: Dismissal from the squad
- e. Fighting (on or off campus–with reasonable evidence)- automatic immediate dismissal. Fighting will not be tolerated for any reason or under any circumstance.
- f. Suspension- automatic dismissal

2. SOCIAL MEDIA/TIK TOK/OFF CAMPUS ACTIVITIES

Cheerleaders must be mindful of what they post, the tik toks they make, and how they act outside of school activities. You are held to a higher standard because you are a cheerleader whether you like it or not. If you can not behave outside of school and have some moral compass then disciplinary action will be taken & you will be dismissed from the squad. Examples include but are not limited to...

- a. Inappropriate social media posts/inappropriate language/etc.
- b. Tik Toks in or out of uniform (be mindful of lyrics and language used)
- c. Inappropriate language or behavior in public places reported by community members whether it be in or out of uniform or at school events. You are a representative of the district at all times and conduct yourself as such.

3. OTHER/MULTIPLE INFRACTIONS

The following could result in immediate dismissal from the squad... a.

- a. Evidence of smoking, drinking, or being involved in illegal activities
- b. Insubordination or disrespect during an event
- c. Any action deemed unacceptable by coaches or administration that warrants dismissal from the squad.

In the event a cheerleader has multiple infractions and/or accumulates 6

total demerits, he or she may be dismissed from the squad by the coach with probable cause & approval of the athletic director.

In the event of dismissal, uniforms & gear not purchased by the parent/guardian and purchased with school funds will be turned in within 48 hours.

If a cheerleader quits or has been dismissed from any cheer squad or athletic team at Fordyce School District at any time, he or she may not try out for the varsity squad unless there are extenuating circumstances and allowed by the coach and athletic director.

Date_____

Printed Name of Athlete_____

Signature of

Athlete_____ Printed

Name of Athlete_____

Signature of Parent/Guardian_____

2025-2026 FJH Cheer Team By-Laws (Effective during Try-Outs)

Purpose

The objective of the FJH Cheer Team is to effectively execute a school spirit program that supports the athletic teams and promotes the school itself. Participants will serve as positive role models and leaders for FJH and should promote sportsmanship within our school and among other schools. The highest priority should be to display and encourage the spirit and pride for FJH.

Expected Behavior

- All FJH guidelines and policies must be followed at all times.
- A Demerit System will be implemented from day one.
- **All Squad Members Will Promote a Positive image** for the school & community—your peers, parents, teachers, and community members. During School, School Activities (sporting events (even after), open house tec.) and when in the community.
- **Attend all practices and games!**
- While safety is our number one goal, please understand that you should expect bumps, bruises, and other occasional minor injuries. This is all part of being a Cheer Member.
- All official decisions and activities will be made by the Coaches. **ALL COACHES ARE TO BE GIVEN RESPECT AND COOPERATION FROM ALL MEMBERS AND PARENTS AT ALL TIMES.**
- **LACK OF RESPECT WILL NOT BE TOLERATED AND CAN BE GROUNDS FOR DISMISSAL FROM THE SQAUD!**

****Being in correct uniform and practice wear means: Wearing Appropriate Uniform and Accessories- SPORTS BRA, SPANXS (CORRECT COLOR), HAIR BOWS OR RIBBONS, CORRECT SOCKS, AND CORRECT SHOES. Complete uniform also means wearing NO JEWELRY, GLITTER, OR FINGERNAIL POLISH. NAILS MUST BE TRIMMED SHORT AND NO ACRYLIC NAILS OR TIPS ARE ALLOWED TO BE WORN. Practice wear includes SPORTS BRA (demerits will be given if not worn), CORRECT SHORES, SHOCKS, AND APPROPRIATE CLOTHING.***

Attendance

Note: Excused absences include illness and attending another school-sponsored/athletic event. **The member must produce a written note or email from a parent, doctor, or school activity sponsor THE FOLLOWING SCHOOL DAY for the absence to be counted as excused.** Injury or illness that will require a member to miss 2 or more consecutive events requires a doctor's excuse.

Lack of participation in 4 or more consecutive events without a doctor's excuse will be considered an unexcused absence and you will be dismissed from the squad. The following exceptions apply for unexcused absences: missing school due to illness, conflicting school activity (let coach know in advance), death in immediate family, doctor's appointment, special church service or performance activity. A 48-hour advance notice must be completed by the parent and submitted to the coach.

	Unexcused absence from practice or a game
5	Late to home game (15 min or more)
.5	Late to leave away game
.5	Late to practice (athletes are to be dressed and in position to start practice)
4	More than 10 minutes late for pick up from game or practice
4	Leaving early from a game without permission or not staying to clean up
4	

Appearance

- 2 Improper uniform/dress for game (sports bras, spanx, bow, shoes, socks, etc. (right color))
- 2 Not having materials for practice/game (warmups, Shoes, socks, sports bra, etc.)
- 2 Improper use of Spirit Items (Bags only for Spirit Items; Jackets Only Worn on Game Days)
- 2 Improper Nail Polish or Nail Length
- 2 Wearing Jewelry at Practice or with Uniform on game days (includes belly and tongue rings)
- 2 Uniform Not Clean

Behavior

- .5 Excessive Tardies (.5 demerits for each tardy after 2 per class)
- 2 Notification from a Teacher of inappropriate Behavior (email, call, or in Person-Lunch Det.)
- 3 Using CELL PHONE WITHOUT PERMISSION game or practice (includes all social media)
- 3 Chewing Gum or Eating Food during practice or game (unless given permission)
- 3 Inappropriate PDA during games while in Uniform
- 2 Profanity (per infraction)
- 5 Showing Disrespect to Coach/Adult or Squad Member (THIS WILL NOT BE TOLERATED)**
- 5 1st ISS
- 5 2nd ISS

DISMISSED

Any Out of School Suspension/Emergency Removal (Fighting)

DISMISSED

Consequences

- Accumulation of 5 demerits will result in the member being suspended for one game. The members must still dress in uniform and will attend all home and away functions and sit with the coach during her game suspension.
- Accumulation of 8 demerits will result in the member being suspended for two games. During her suspension the member will dress in uniform and participate in any in-school member related activities or travel to away games with the squad
- Accumulation of **10 Demerits will result in automatic removal from the squad.**
- All Demerits will be erased at the end of the school year.

**A Copy of this form will be given to you to keep for the year in case a question arises about the rules and/or demerit system.

I have read and understand my athlete’s responsibilities as a member of the FJH Cheer Team and agree to the conditions set in the by-laws. I understand that if I (my athlete) do not fulfill my responsibilities I (my athlete)

will receive demerits as per the FJH Cheer Team By-Laws. I also understand if I (my athlete) receive too many demerits then I (my athlete) will be dismissed from the squad.

Printed Name of Squad Member

Printed Name of Parent/Guardian

Signature of Squad Member

Signature of Parent/Guardian

Fordyce Ladybug Basketball Program

Student-Athlete/Parent Agreement

Student-Athlete,

Playing basketball for the Fordyce Ladybug Basketball Program is a privilege, not a right. Thankfulness is a pillar to our program. We have high expectations and standards, but we only have ONE RULE in tis program, DO NOT LIE! If you lie, then we as coaches can't help you out. That breaks trusts, which is a key ingredient of the foundation of our program, *toughness*.

Consequences always follow our actions, whether it's positive or negative. Accepting your consequences takes *toughness*.

Effort is an expectation. We are not here to coach your effort, energy, or enthusiasm. It is a given. Passion is a pillar to our program. You must be the hardest worker you know. If we can't outwork others in practice, then we will not be able to outwork others in games. Playing time is a result of your execution in practice, work ethic, skill, attitude, attendance, eligibility, and behavior. Everyone's role will be different, but their value is the same. Sometimes *toughness* looks like playing 32 minutes, but sometimes *toughness* looks like cheering your teammates on from the bench.

Attendance is an expectation. If practice starts at 3, then you have your practice gear and shoes on in the huddle at half court at 3 o'clock sharp! If you walk in the gym with your shoes in your hands at 3... You are late. Consequences will follow. You are expected to show up to practices, games, meetings, film sessions, weights, including injured players, or those who are unable to participate. Being sick is not necessarily an excused absence. You can still come to practice and learn by watching. No player will be excused from practice unless she informs Coach Carr of her legitimate excuse beforehand. Having your friend tell Coach Carr is not it. Missed practices, whether excused or unexcused, can negatively impact and hurt your chances to compete in games because you are limited in time to learn the skills necessary to help the team. You will also not be permitted to leaving practice early, unless you have notified Coach Carr beforehand. You will not use an excuse to miss practice for any class assignment

or exam unless it is in direct conflict with practice. You will prepare yourself over the entire semester, not on the last day. Every effort to attend weekend or holiday practices should be made. Tell Coach Carr of any family conflicts. The coaching staff will distinguish between excused and unexcused absences. You are an athlete, you must make sacrifices for the team. Sacrifice takes *toughness*.

This agreement aligns with the 2025-2026 FHS Handbook

Appropriate behavior is an expectation. You will be expected to conduct yourself at a high level inside and outside of school. Fighting will not be tolerated. The use of alcohol, drugs, tobacco, or vaping will not be tolerated. Consequences will follow. They are prohibited because these things will negatively impact your performance on the court. You must make every effort to maintain healthy habits to perform the best of your ability. This also includes you're eating and sleeping habits. You should report any injury or illness to Coach Carr immediately. The coaching staff will make the best decision to help your cause.

Your education comes first. You are a Student-Athlete... STUDENT comes first. You will be respectful to your school staff and other students. Appropriate language will be used at all times. Skipping classes and bad grades will not be tolerated. Consequences will follow. Coach Carr will check your progress daily. If you can't behave or turn your work in and we can't trust you in the classroom, then what makes you think us coaches can trust you on the court?

Social media should be strictly positive. Your posts are never private. When you make negative posts or comments it reflects back on the school, our basketball program, and YOU!

The locker room is a direct representation of us. We must have enough pride to keep our team and individual space clean. While traveling you represent the Fordyce School District, our team, and your family. We will leave locker rooms, buses, restaurants, and hotel rooms clean. Seniors will lead by example and ensure that travel equipment makes it to the bus before and after games. Servanthood is a pillar to our program.

Sportsmanship and Class are expectations. We will not disrespect the game. Basketball can be emotional. Losing control of your emotions, like getting a technical foul, will result in consequences to follow. You will be respectful to coaches, officials, managers, teammates, and opponents. Humility is a pillar to our program.

Before games, the Senior High Ladybugs are required to sit as a team behind the bench to cheer for the Junior High Ladybugs. You will not sit with family, significant others, friends, or any other distractions. After the game, you will go directly into the locker room. Do NOT change until Coach Carr has addressed the team. You can visit with family, friends, and whoever else after the team has met in the locker room. Unity is a pillar to our program.

Consequences will result in conditioning, suspension, or removal from the team. It is up to the coaching staff to decide how severe the consequence will be.

***Toughness* is an expectation. Everything we do requires *toughness*. Following our one rule – Trust. Signing this agreement – Commitment. Competing in practice – Preparation. Buy-in to our vision – Belief. Shooting free throws – Focus. All of these things, no matter how big or small you think it is, requires *toughness*. You name it... it requires *toughness*.**

Why *toughness*? Because TOUGH people WIN at LIFE!

Parent/Guardian,

Your contribution is to be the team's biggest cheerleader! Pour positivity into your child and the team! **This agreement aligns with the 2025-2026 FHS Handbook**

Allow your student-athlete to perform and progress at a level consistent with their ability. Athletes mature at different ages. Some are more gifted than others.

Promote having fun and being a team player! Not many move on to the next level. Let's focus on what's best for the team. Your student-athlete's self-confidence and self-image will be improved by support at home. Encourage them to do their best!

Playing time is NOT discussable to parents. I will NOT have a meeting over playing time. Typically, we have closed practices, but I may ask you to come watch practice.

We can set up a date. I'll also ask how much time your kid spends on her game outside of practice.

Do NOT do anything to embarrass your child. Social media should be strictly positive. Your posts are never private. When you make negative posts or comments it reflects back on the school, our basketball program, your kid, and YOU!

Consequences will consist of conditioning, suspension, or removal from the team.

There is not a certain order. It is up to the coaching staff to decide how severe the consequence will be.

Focus on the benefits of teamwork and personal discipline. Insist on positive behavior in school and a high level of performance in the classroom. It is factual that extracurricular involvement helps academic performance.

Stay calm during injury situations. You can help reduce trauma by being in control and offering comfort. Allow our staff to perform assessments needed for the safety of your child.

Support your coaching staff. The coaches need your backing!

Our objective is to win. Don't get that mixed up with our purpose. Our purpose is to have a positive impact on your child's life by creating leaders through the game of basketball.

We want our players to know...

- 1. They are loved.**
- 2. Their value does not come from what they can do with a ball.**
- 3. They were created to make a positive difference in the world.**

Building our Team Values is most important. I have assembled 5 pillars that we will build upon our foundation of *toughness*. Unity. Passion. Servanthood. Thankfulness. Humility. These 5 traits come from the best leadership resource known to man, the Bible. They will help lead to our success, our goals, and our maximum potential. Winning will take place when all the little things are done correctly.

Please sign this page and return this page alone to Coach Carr as an acknowledgement that you read,

**understand, and will abide to our standards,
expectations, and one rule for the Fordyce Ladybug
Basketball Program.**

Student-Athlete Signature: _____ **Date:** _____

Parent/Guardian Signature: _____ **Date:** _____

I have read and understand all the policies and procedures in the above Athletic Handbook and will abide by them. By signing below I commit to being a positive role model and having a positive impact on this school district and community.

Player's Signature_____

Parent Signature_____

Date_____