



**ATHLETIC HANDBOOK
&
EXTRACURRICULAR STUDENT
CODE OF CONDUCT**

2024-2025

ALWAYS COMPETE

It is the policy of the GISD not to discriminate on the basis of age, race, religion, color, national origin, sex or handicap in its vocational programs, services or activities as required by Title VI of the Civil Rights Act of 1964, as amended; Title IX of the Education Amendments of 1972; and Section 504 of the Rehabilitation Act of 1973, as amended.

GISD no discrimina por motivos de edad, raza, religión, color, origen natal, sexo o necesidades especiales (incapacidades) en sus programas, servicios o actividades vocacionales, tal como lo requieren el Título VI de la Ley de Derechos Civiles de 1964, según enmienda; el Título IX de las Emiendas de la Educación, de 1972, y la Sección de la Ley de Rehabilitación de 1973, según enmienda.

(REVISED January 10, 2022)

Contents

U.I.L SPORTS OFFERED BY GISD ATHLETICS 3
ATHLETICS PHILOSOPHY 4
FELLOWSHIP OF CHRISTIAN ATHLETES 5
UIL BEHAVIOR EXPECTATIONS OF SPECTATORS 6
GROESBECK ATHLETICS 7
The Parent's Role 7
Parent / Coach Communications..... 9
Playing Time..... 10
Always attend athletic practice. 11
Athletic Grading Policy 13
Required Forms 14
Eligibility 14
GISD ATHLETIC RULES, REGULATIONS 14
AND GUIDELINES 14
Drugs and Alcohol:..... 15
QUITTING: 18
Letter Requirements and Awards 18
Athletic Trainer..... 19
Athletic Injuries 19
Athletic Insurance..... 19
Groesbeck ISD Guidelines..... 19
for Sports Concussion Management 19
Introduction..... 19
What is a Concussion?..... 20
What should be done if a concussion is suspected?..... 20
What should the athlete know about playing with a concussion?..... 20
What are the risks of returning to activity too soon after sustaining a concussion? 20
What can happen if my child keeps on playing with a concussion? 20
Concussion Management..... 22
Return to Play Guidelines 23
Liability Provisions..... 24
Hydration and Nutrition Recommendations 24
Groesbeck ISD Athletic Handbook Acknowledgement 25

U.I.L SPORTS OFFERED BY GISD ATHLETICS

HIGH SCHOOL (9-12)

- Baseball
- Basketball
- Cross Country
- Football
- Golf
- Powerlifting
- Softball
- Tennis
- Track & Field
- Volleyball

JUNIOR HIGH SCHOOL (7-8)

- Basketball
- Volleyball
- Cross Country
- Football
- Tennis
- Track & Field



ATHLETICS PHILOSOPHY

The Groesbeck Independent School District believes that the district athletic program is an integral part of the total educational process.

The mission of the GISD Office of Athletics is to ensure and enhance the quality of life for our young people by providing competitive activities. The pitting of one's skills, knowledge, and talent against friendly opponents is a means of learning one's own strengths and weaknesses.

Good contests, properly supervised, give youthful competitors the opportunity to gain self-confidence, improve skills, exhibit good sportsmanship, ethical behavior and integrity. Sports programs help the participant to develop physically, morally, and mentally.

Athletic offerings within the district are competitive and diversified, thereby allowing students the opportunity to realize their full potential relative to growth and development. All programs are designed not only to teach athletic skills, but also to instill good character and teach sound values.

It is felt that the success of the athletic program can set the tone for the entire school year. It builds a positive self-image for the individual athlete, the team, the school, the community, and for the entire school district.

It is our final goal that sports activities will produce young people who will be able to enter the community and become constructive, contributing members of society: citizens that will leave their mark on this world by making it a better place for future generations.

Jerry Bomar

Athletic Director/Head Football Coach



FELLOWSHIP OF CHRISTIAN ATHLETES

Dear Parents,

Greetings from the Groesbeck High School Fellowship of Christian Athletes Huddle. This letter cannot fully explain FCA, but will serve as a tool to communicate to you the basics of what FCA is and is not.

FCA is not a religion, nor does it stress any doctrine outside of a love for and faith unto Jesus Christ. FCA is not affiliated with, but encourages participation in all denominations and church affiliations. FCA is designed to allow young people living in a secular world the opportunity to come together in fellowship and in celebration of their common risen Lord. FCA encourages and promotes church attendance according to choice. If an individual is unchurched, FCA will hopefully lead and guide that person to find a church home. If any individual is already churched, FCA will nurture that person's growth in his/her church.

FCA is nationally affiliated. FCA is an organization of huddles throughout the United States and throughout sports from the Junior High level to the professional level.

Our particular huddle will provide an opportunity for young people to share a common faith, to grow spiritually and mentally. FCA will provide a Christian environment for your child to grow in, find reprieve in and to hopefully become aware of their calling in Jesus Christ.

Finally, FCA is an independent organization, which is not sponsored by the GISD, but operates as a separate entity.

FCA is student led and organized. This will prove to be an exciting year for those who participate. If you have any questions regarding your son/daughter's participation in The Fellowship of Christian Athletes please call, I will be more than happy to discuss FCA with you. Please encourage your student to participate in this worthwhile and fulfilling organization.

Sincerely,
FCA Sponsors

UIL BEHAVIOR EXPECTATIONS OF SPECTATORS

- Remember that you are at the contest to support, cheer on your team, and to enjoy the skill and competition-not to intimidate or ridicule the other team or its fans.
- Remember that school athletics is a learning experience for students and that mistakes are sometimes made.
- Praise student-athletes in their attempt to improve themselves as students, as athletes, and as people, just as you would praise a student working in the classroom.
- A ticket is a privilege to observe the contest, not a license to verbally assault others or be generally obnoxious.
- Learn the rules of the game, so that you may understand and appreciate why certain situations take place.
- Show respect for the opposing players, coaches, spectators and support groups.
- Respect the integrity and judgment of game officials. Understand that they are doing their best to help promote the student-athlete, and admire their willingness to participate in full view of the public.
- Recognize and show appreciation for an outstanding play by either team.
- Refrain from the use of any controlled substances (alcohol, drugs, etc.) before, during, and after the game on or near the site of the event (like improper tailgating).
- Use only cheers that support and uplift the teams involved.
- Be a positive role model at events through your own actions and by censuring those around you whose behavior is unbecoming.
- Parents and spectators should be aware that the school can (and should) remove them from the premises and can prohibit them from attending future contests due to undesirable behaviors.
- Game officials can ask that school administrators have unruly fans removed from a contest facility.
- **There is no such thing as a “right” to attend interscholastic athletics. Interscholastic athletics are considered a “privilege” and the spectator who avails themselves of it is expected to conduct himself or herself accordingly whether at home or away games/activities.**
- Keep in mind that you are a guest of the school, and that while winning is certainly an admirable goal, it is hollow if it comes at the expense of morals, ethics, and just plain common sense.
- The school is responsible for the behavior of their spectators. The school district can be and will be punished for actions of patrons in violation of UIL standards and rules. If a parent/guardian/fan is removed by administration, the officials, or security personnel for any reason at either a home or away contest, permanent loss of the privilege of attending any future UIL games and activities MAY be revoked.

Parents may go to the UIL website: www.uil texas.org to obtain the UIL Parent Information Manual regarding health and safety issues including concussions and my responsibilities as a parent/guardian.

GROESBECK ATHLETICS

According to University Interscholastic League rules, **being in athletics is a privilege and not a right**. Only those students who abide by school and athletic policies will be allowed to represent GISD. When young men and young women sign up for athletics and become a member of a team, they make a commitment. They are obligated to follow the rules and regulations of the program. They are not forced to participate. It is voluntary; therefore, they are expected to follow rules of order.

We are here for the same reasons you are:

1. **See that the athlete gets an education and a diploma.**
2. **See that the athlete matures and grows as a man or woman.**
3. **See that we have the best team possible.**

The athletic program in GISD is structured very intentionally, with specific goals in mind for athletes at each level. All athletes are required to properly represent GISD on and off the field, or they will not be afforded the privilege of representing GISD in interscholastic competition.

At the middle school level our primary goal is to make the athletic experience for the students enjoyable. It is a time to focus on participation and camaraderie among team members. This allows the students to have fun while learning the fundamentals of the sport. All athletes who try out and make a middle school team, are in attendance daily at practice, and are eligible academically will participate in every single game. Winning is a secondary issue for our program at this level. We believe that if middle school student has a great experience with their friends, and learns the fundamentals of their respective sport, we have accomplished the most important foundational goals in building the total athletic program.

As the students move up through our program into **high school** we begin shaping them toward the day they will begin competing at the varsity level. Similar to middle school, our freshmen and junior varsity teams are centered on player development. While the playing time percentage may vary, we attempt to ensure each student has an opportunity to participate in all games. Again, the final score is less important than facilitating player growth.

At the **varsity level we play to win championships**. Playing time is at the varsity head coach's discretion, driven by the intent to win. Varsity players are mature both athletically and mentally and their dedication and commitment to their team must supersede their personal desires. One of life's greatest lessons and gifts is the privilege of living for a purpose bigger than self. We firmly believe a team can, and should compete at the highest level, giving maximum effort, in a way that honors GISD and the teams in which they compete.

Parents should strive to help their son or daughter to achieve success in athletics. Success is defined as participating at 100% of the individual's ability. We can never expect athletes to do more than they are capable; however, we do want them to obtain their fullest potential. Supportive parents can instill this desire in student athletes long after their playing days are over by seeing that the student is on time, attends practices and games, and follows the rules and regulations.

The Parent's Role

Being the parent of an interscholastic athlete can be a great experience. GISD has many different sports. Parents' participation with their son or daughter can be and should be an enjoyable activity. Their support is very important to their athletes, the high school and community. To make this

experience the most rewarding for all concerned, the following are some suggestions on being a supportive athletic parent:

1. **Be positive** - Being on a school team is quite an accomplishment. Do not let playing time dictate the athlete's happiness. Celebrate the fact he/she was good enough to make a team. When things are not going well for your son/daughter or for the team is when parents need to be most positive and supportive.
2. **Be supportive of coaching staff in front of your son/daughter**. Nothing can injure teamwork faster than athletes doubting the capabilities of their coaches. The coaches are trying to do their best at every moment. If you have concerns, follow the GISD Athletic Department communication process. Our staff will listen, appreciate your confidentiality and give you a timely response.
3. **Be part of a parent network** - Whether you are part of a booster club or not, very special relationships can be fostered over the careers of athletes by socializing with other parents. This socialization can take place at games, after games, at team dinners, etc. Parents need support too! Be positive with each other and do not hesitate to remind each other about remaining positive at all times. If you hear a "rumor" that concerns you about any athletic issue, call a GISD coach to verify or clarify what you've heard. Don't perpetuate a rumor by passing it on or by remaining silent about an issue that could affect a program.
4. **Booster parents** - We appreciate the fact that you are an active booster parent and supportive of our total program. Don't feel you are obligated to donate funds or equipment to our athletic program in order for it to be successful. While we have financial needs from time to time, our school historically has made a strong commitment to athletics. Your attendance at our sporting events and encouraging other fans to come and watch our athletic teams perform would be of tremendous support. Booster parents are also encouraged to be involved in ongoing booster meetings and projects for all sports. The GISD Athletic Booster Club is for all GISD sports in grades 7-12. Your membership and participation in GABC is very much appreciated.
5. **Winning and losing** - It shall be our staff's goal to pursue excellence in the school's athletic program, through motivating students to achieve to the best of their ability, while honoring themselves with their talents. Winning, under a positive goal-oriented environment, can be a natural and enjoyable outgrowth of this attitude. Everyone enjoys a well-played victory, but a "Winning is Everything" philosophy cannot become the controlling force. Too much is sacrificed when that philosophy is dominant. The philosophy should be to be honorable in our attitudes and skills and whether we win the physical victory or not, we have still won the game of life.
6. **College Scholarships** - Having lofty expectations for our children is a normal and healthy goal. In striving for these expectations, we must also be realistic. Not everyone can receive a college scholarship, nor should your child's athletic success be measured by the number of offers he or she receives. We have received our share of scholarships based on all the hard work you, the athletes and the coaches have put in. Our coaches will help individuals and parents in whatever way they can to find an opportunity for those who wish to pursue collegiate careers. Coaches will not, however, recommend a school at which the athlete cannot potentially be successful.
8. **Other thoughts** - The success of our athletic program is not dictated by the athlete alone. Our school's teams, students and adult supporters should work together. If the contributions of either are less than total, everyone stands to lose. We have a tremendous amount of support for our athletes by the coaches, administration and the board. We thank you for your support and participation.

Any inappropriate comments or actions towards any student athlete, fan, official, coach or school employee at any time which disrupts either the educational or athletic environments or which advocates the violation of any school or team policy can lead to disciplinary action from GISD. This includes but not limited to any comments or actions made in person, by letter, email, text, on any social media outlet or to the media (newspaper, radio or TV). Your inappropriate comments or action can lead to the removal of your child from the athletic program.

*** Your support is appreciated, however; a ticket is a privilege to observe the contest, not a license to verbally assault or be generally obnoxious. This privilege may be taken away if abused.**

Parent / Coach Communications

As your children become involved in the programs in GISD, they will experience some of the most rewarding moments of their lives. It is important to understand that there may be times when things do not go the way you or your child wishes. At these times, discussion with the coach is encouraged. Examples of these situations include the treatment of your child, ways to help your child improve, concerns about your child's attitude, or academic support.

It is very difficult to accept your child not playing as much, when, or where you may desire. It will be the coach's discretion to make all decisions about playing time or position for individual student-athletes, regardless of the score of the game or the personal feelings of the student-athlete's parents.

Coaches are professionals. They make judgments based on what they believe to be best for all students involved. As you can see from the list below, certain things can be and should be discussed with your child's coach. Other things should be left to the discretion of the coach. **Examples include team strategy, other student-athletes, playing time, etc.**

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, you 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.

There are situations that may require a conference between the coach and the parent. These are encouraged. It is important that both parties involved have a clear understanding of the other's position. **There will not be a conference without the student-athlete and coach present.**

Communication, you as a parent 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 needed, school & team rules, off-season expectations
- 5) Procedures that will be followed if your child becomes injured during participation

Communication coaches can expect from you as 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, he/she 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 playing 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 you, as a parent, have a concern to discuss with the coach, the following steps should be followed:

- 1) The athlete will meet with the coach.
- 2) The parent and athlete will meet with the coach.
- 3) The parent, athlete and coach will meet with the coordinator and / or Athletic Director.

Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution.

Playing Time

Every one of you wants to start on a team. Unfortunately, not all of you will. The coaching staff must determine who will start. Consequently, we feel it is important for you to understand how we will decide on Depth Charts as practice progresses.

Student-athletes in the Groesbeck Independent School District Athletic Program earn playing time for game and scrimmage situations by, first, being a member in good standing of the school community. Second, a student-athlete must attend practice and work to the best of their ability. Third, a student-athlete must be a team player and execute the specific role assigned to by the coach. Fourth, a student-athlete must demonstrate a commitment to fair-play and sportsmanship at all times. And finally, a student-athlete must support the team by contributing in a positive way to the team's learning environment. In other words, the student-athlete must focus on learning tasks and assignments and not disrupt other players.

At the middle school level every player will play in every game unless a player fails to maintain expectations regarding behavior, academics, or practice attendance. It is not required that each player play the same amount of time.

At the high school level, playing time is 100% at the coach's discretion and is never negotiable.

The following five points that help determine playing time will be:

1. **KNOWLEDGE OF ASSIGNMENT.** We cannot and will not play people who do not know their assignment. Your coach will spend extra time with you if you so desire. Everyone can and should know their assignments.
2. **HUSTLE & EFFORT.** Everyone will be expected to give 100% at all times. Your teammates will be giving 100% and they will expect you to do so also. Extra effort wins games. Everyone can give 100%.
3. **MENTAL TOUGHNESS.** This is described as a perfectly disciplined state of mind that refuses to give in. It means the athlete is not affected by anything going on in competition other than the situation at hand. It's about blocking out what is not important in that moment Practice harder than you play and BE COACHABLE at all times.
4. **CONTRIBUTION TO THE OVERALL TEAM.** The individual who motivates their teammates to do better, is always enthusiastic and ready, will make a greater contribution than one who does not possess this quality. The athlete who hates to lose is an invaluable player. Everyone can be team player. Everyone wants to win, but what we are looking for are people who can't live with losing.
5. **TALENT.** If the above four characteristics are equal, and they should be, then the athlete who has the most talent, makes the big plays, will start. However, talent will not enter into our evaluation until we look closely at the first four qualities. Obviously if you are injured, it will be difficult for us to evaluate you.

We will give every athlete an opportunity to earn a position on our team. It's our desire to play as many people as possible, but obviously we cannot play everyone. The above information is provided so that you will know exactly how we will evaluate you. Our best athletes will lead us to a championship. Our main concern is to be as fair as possible with you and to be truly honest. If you do not feel that you are being treated fairly, see your coach. In the event you are still not satisfied, then come see the Head Coach.

Consequently, the best players, according to the criteria previously mentioned, will start. In closing, let us reiterate that our starters will be determined on the field by their performance. We have great respect for you and believe that you will know your assignments, give 100%, and will be a team.

Always attend athletic practice.

Missing practice can effect playing time. There are only three reasons to miss practices:

- a. Being sick in bed. In case you are so sick you cannot attend school or practices, it is essential you contact the coach by phone at school or home and let him/her know. Each Coach will give you the phone number to call in the event you will miss practice. NOTE: If you are well enough to come to school you are expected to be at practice and go as hard as you can.
- b. Having a serious injury.
- c. An extenuating circumstance approved by the coach (example: death in the family or school related activity).

NOTE: In the case where a player misses a practice for any other reason than outlined above, disciplinary action will be taken by the coaching staff. An athlete who walks off the field or court

during practice will face disciplinary action. The punishment will be determined by the coaching staff. The athlete will be required to make up the conditioning work out, as set by their coach, before they will be able to participate in the next game or meet. Each sport has their own set of make-ups. **Make ups are not punishment.**

SCHOOL ATTENDANCE MATTERS!

You are expected to attend all classes regularly unless you have an excused absence. **On the day of a game/contest an athlete must be in attendance at least 1/2 day to participate.** (Exception: School Business or special circumstances which should be cleared with the athletic director and head coach.) **Be on time** for all athletic related functions, including practice, meetings, trips, tutorials and games. Players are expected to be on the field/court and ready at the time practice is scheduled.

Game Participation:

Athletes may be excused from competition to participate in another UIL or school sponsored activity, except for social functions. A coach must be notified of any conflicts at least one week in advance.

Noncompliance with this policy will be considered when awarding varsity letters.

Failure to be present at a competitive event could result in disciplinary action or dismissal from the team or a 1 game suspension.

Player ejections and game participation will be handled per UIL rules.

Participation in More Than One Extracurricular Activity

Participation in multiple sports is encouraged. However, an athlete must complete the season in a sport before they move on to the next sport's season unless mutually agreed upon by the varsity head coaches and athletic director. GISD coaches will make every effort to insure that a student may participate in as many activities as they wish.

Some students participate in more than one activity at a time. Occasionally, these activities overlap and a student must make a choice as to which activity to attend. The following procedures have been established:

- Competitions take priority over practice.
- The higher-level activity has top priority (i.e. Varsity over JV).
- District and play-off competitions take priority over normal contests.
- If the activities are roughly equal, the adult coaches / sponsors will meet face to face to attempt to reach a conclusion in the best interest of the student and school.

Participating in more than one activity at the same time can limit the students playing time or participation in the activities.

Trips:

All athletes in junior high and high school represent the community, school, and coaches. Therefore, it is expected that all will dress in an acceptable manner on trips and conduct themselves in a manner in keeping with this code.

- All athletes will act appropriately, at all times.
- All athletes will be dressed in appropriate and neat attire. Each head coach will determine the attire of their athletes.
- There will be no horseplay, vulgar language or loud noises on the bus. When we eat in a restaurant, all athletes will behave in a refined manner.

- Athletes making the trip on the bus will return on the bus unless in an emergency type situation or when parents are present and there is good reason for returning with parents. This should be cleared with head coach/athletic director prior to trip.
- Athletes are never to return with anyone other than on bus or their own parents. **Exceptions:** Must be cleared with athletic director.

Non-School Participation:

- Athletes are discouraged from participation in non-school sports during in-school athletic seasons. (Exception: Non-school sports sponsored by the GISD.)
- Extracurricular insurance will not cover non-school sport activities.
- Missed practices due to an injury in a non-school athletic activity will not count as an excused absence.
- U.I.L. school sponsored activities, practices, and games will have precedence over non-school athletic activities.

Athletic Period:

The athletic period is considered a class period and will be treated as such. All students must attend their respective athletic period each day. Please make every effort to schedule appointments after school so that the student-athlete will not miss any class periods. Every team sport athlete shall be in an athletic class. Athletes who do not go through an off-season program may not be allowed to participate on the varsity level regardless of their grade level.

Exception:

- Only when there is a conflict in the scheduling of academic core classes as determined by the counselors and coaches. Not participating in the athletic period, may limit the students playing time.
- Individual sports are at the discretion of the head coach.

Athletic Class

All athletes must be dressed out and ready for class within the time determined by the coach. **All athletes MUST change back into their street clothes before going to their next class.**

Athletic Grading Policy

- Attitude and participation
- Non-Participation/ Not in athletic uniform: extra work as assigned by the coach.
- Nonparticipation in warm up activities: extra work as assigned by the coach.

Required Forms

Before a student athlete can participate in a sport or in athletics, they must have the following forms completed and updated:

1. Updated physical
2. Updated Medical History
3. Emergency Contact Form
4. Concussion Acknowledgment Form
5. GISD Extracurricular Student Random Drug Testing Form
6. Athletic Handbook Receipt Form

Physical Examinations:

- **Every incoming athlete for the upcoming school year MUST have a new physical on file per UIL.**
- Typically, it is incoming students in 7th, 9th and 11th grade must have a physical examination but this year is an exception due to COVID-19.
- All other athletes who sustained an injury that required medical attention the previous year must also have a physical.
- The medical history form MUST be filled out yearly.

Eligibility

In order to remain eligible an athlete must pass all courses each nine-week's grading period. If an athlete fails one or more courses for a nine weeks grading period, the grades for all courses will be checked at the end of the designated status reporting period (approximately 3 weeks) and the athlete will regain eligibility if he/she is passing every course. When any change in eligibility takes place, it is seven days before the change is effective.

However, the student will attend and participate in all practice sessions until the end of the current athletic season. Failure to comply may result in removal from the athletic period.

GISD ATHLETIC RULES, REGULATIONS AND GUIDELINES

We ask three questions:

1. **Will it make you a better person?**
2. **Will it make you a better student?**
3. **Will it make you a better athlete?**

The coaching staff has formulated the following rules for GISD Athletes:

Crimes and Suspicion of Crimes:

The Athletic Director reserves the right to suspend any student athlete, who is suspected of committing any crime, depending on the circumstances. The Athletic Department's decisions will not conflict with any state or federal laws or the State Student Code of Conduct. (Chapter 37). This action should not be considered a presumption of guilt, but rather it affords the accused athlete the time and opportunity to clear their name. The student-athlete may be allowed to remain on their team as a suspended member, but should not be allowed to represent their school or community in an athletic contest while under suspension.

not be allowed to represent their school or community in an athletic contest while under suspension.

Drugs and Alcohol:

Any student-athlete who smokes, vapes, drinks or use illegal drugs on or off school property will be disciplined. The discipline will be at the discretion of the coach, athletic director and principal and will range from make ups to suspension. The district will follow the Texas Education Code Chapter 37 relating to student discipline.

When students are in ISS for vaping they will miss the same number of games as they are assigned ISS. A second vaping offense can lead to removal from the program.

This includes provisions that any student who while on school property or at a school-related event on or off school property possesses, uses, sells, gives, delivers or is under the influence of alcohol will be placed in DAEP for the amount of time to be determined by the principal.

If a student-athlete receives a misdemeanor citation for drug or alcohol procession, they will either miss the next game / contest or run during three consecutive practices. They must run at least 2000 yards per practice. The type of punishment will be determined by which will be completed first.

All Game Suspensions, if any, may carry over to the next sport and/or next school year.

If a student-athlete is subsequently cleared of charges and no action (disciplinary or legal) results, the student-athlete may be reinstated immediately into the athletic program if the GISD administration determines there were no violations of rules.

NOTE: This does not pertain to the GISD Extracurricular Student Random Drug Testing Policy

Stealing:

Taking things that do not belong to you, especially from your teammates will not be tolerated. An athlete caught stealing may be suspended and/or punished at the discretion of the coach, athletic director and principal. Depending on the seriousness of the offense, an athlete may be prosecuted by the law. This also involves school equipment not returned.

ISS Placement:

When a student athlete is placed in ISS, they must attend all practices but they are not allowed to participate in any games or meets until they have completed all of their assigned ISS days (this includes weekends and holidays). Missed athletic class will be an unexcused absence. The student athlete could be removed from athletics if they are assigned to ISS more than 2 times. It is at the discretion of the Head Coach for additional penalties.

Conduct:

Play with class. We will be noted for our clean, tough, competitive play. We will always show respect for our teammates and for our opponent. Never taunt the opponent. Praise your opponent and play beyond your ability. We expect you to conduct yourself as a gentleman or lady at all times. Players that are ejected due to unsportsmanlike conduct or fighting will be suspended from the next game. More than one ejection for the same sport within the same season will result in removal from the team for that sport. This means that you are to follow school rules and procedures while attending class. You are expected to act properly in class, giving teachers and administrators courtesy and respect. We expect you to perform in each class to the best of your ability. Be in class, be on time, turn in all homework assignments on time, prepare for tests, and behave yourself in class, and you will do well.

Failure to adhere to the above conduct will result in possible disciplinary action and a student and/or student/parent conference.

Respect for each other

Players will be treated with respect by their coaches. Coaches/teachers should receive “Yes sir/Yes ma’am,” “No sir/No ma’am” responses from players. Whenever a coach/teacher is speaking to you, give him/her your undivided attention and always establish eye contact with him/her. Public display of affection in the school setting will not be tolerated.

Hazing:

Strong disciplinary action will be taken.

Hazing is any action or situation, with or without the consent of the participants, which recklessly, intentionally, or unintentionally endangers the mental, physical, or academic health or safety of a student athlete. It includes physical injury, assault or battery, kidnapping or imprisonment, intentionally placing at risk of mental or emotional harm (putting “over the edge”), humiliation, the compromising of moral or religious values, forced consumption of any liquid or solid, placing an individual in physical danger (at risk) which includes abandonment, and impairment of physical liberties which include curfews or other interference with academic endeavors.

Bullying:

Bullying occurs when a student or group of students engages in written or verbal expression or physical conduct against another student and the behavior:

- results in harm to the student or the student’s property,
- places a student in fear of physical harm or of damage to the student’s property, or
- is so severe, persistent, or pervasive that it creates an intimidating, threatening, or abusive educational environment.

Bullying is prohibited by the district and could include hazing, threats, taunting, teasing, assault, demands for money, confinement, destruction of property, theft of valued possessions, name-calling, rumor-spreading, and ostracism. In some cases, bullying can occur through electronic methods, called “cyberbullying.”

Social Media

As representatives of the GISD Athletics, student-athletes should remember that they are held to a high standard of behavior. This includes any activities conducted on any social media networking websites (e.g., Facebook, Twitter, Instagram, etc.) or any other online site. While we support and encourage individuals' freedom of expression and First Amendment rights, it is recommended that you become sensitive to the information and pictures you post (or others post about you), as they may lead to implications that adversely impact personal safety, preservation of personal and athletic character. As a condition of being a student-athlete in GISD, the following rules related to the use of the internet and social networking sites must be abided by:

- Any postings or communications via social media networking websites or texting which disrupt either the educational or athletic environments or which advocates the violation of any school or team policy would be unacceptable.
- Student-athletes may not post online or text any pictures, information or other content that might cause embarrassment to themselves, fellow student-athletes, teams, coaches, the Athletics Department or GISD (examples: obscene images or language, nudity, pictures at parties with alcohol, references to drugs, sex, or illegal activities).
- Student-athletes may not post any content online that is unsportsmanlike, derogatory, demeaning or threatening toward any other individual, teammate, coach, faculty member, or entity (examples: derogatory comments regarding another school; taunting comments aimed at a student-athlete, coach or team at another school). No posts should depict or encourage unacceptable or illegal activities (examples: hazing, sexual harassment/assault, gambling, discrimination, fighting, vandalism, academic dishonesty, underage drinking and illegal drug use).
- Student-athletes may not post any content online that would constitute a violation of the GISD Student Code of Conduct.
- Student-athletes may not post any information that is sensitive or personal in nature or is proprietary to the Athletic Department or the school which is not public information (examples: tentative or future team schedules, student-athlete injuries and eligibility status, travel plans/itineraries or information).
- Student-athletes are required to abide by all laws related to the use of the internet (including state and federal privacy laws such as FERPA and HIPPA), and student-athletes are personally liable for any violations of those laws.

Student-athletes in GISD are required to abide by rules set forth in these guidelines. The failure to do so will be considered a violation of the student-athlete code of conduct and/or the GISD student code of conduct. The violation may result in disciplinary action by the athletics department and the campus.

Dress and Appearance:

Hair: Everyone will wear their uniform in the same manner. We are not individuals; we are a team and we want to look like a team. Your appearance away from the athletic facilities, especially at school should reflect the same class and pride that you show in our program. Look sharp and give an appearance of class.

- The hair shall be clean, well-groomed and out of the eyes. The athlete's hair should be neatly trimmed to meet his/her coach's satisfaction.
- Coloring of hair will not be permitted.
- Male athletes should be clean-shaven and sideburns should not extend below the earlobe.

Jewelry: Jewelry of any kind will not be permitted during athletics or competition.

Care of Equipment and facilities:

Only athletes are allowed in the dressing room areas and restrooms. Take care of your equipment. Do not alter issued equipment. You are responsible for returning all equipment issued to you. You will be charged for all equipment not returned. Take care of your facilities. Keep your locker/locker room area clean. It is each athlete's responsibility to secure your belongings in your locker. Make sure your locker is closed and locked at all times. Do not put hands and feet on walls. Cleats are not permitted in any indoor athletic facility. On rainy days, shoes should be taken off before entering any indoor athletic facility.

Athletic Clothing

Athletic clothing is purchased for athletic activities only, not for personal use. Athletes are not to wear any type of athletic clothing away from practices or games (this includes shoes).

Athletic Passes:

Each athlete will be issued an athletic pass. It will provide admittance into all home athletic contests. Do not lend your pass to anyone.

QUITTING:

If an athlete quits or is expelled from a team in or out of a season after the first two weeks that practice begins they give up all rights to any honors which they have earned but have not yet received. A "quit" is also considered if an athlete misses three (3) consecutive after-school practices or a game without prior approval of the coach.

If an athlete quits:

- a. They must visit the head coach of that sport and turn in all equipment.
- b. The Coach will contact the parents/guardians.
- c. They forfeit their right to participate in that sport or any other sport after school until the current season that he/she quit is over, except by agreement by both head coaches.

Letter Requirements and Awards

Participants must meet the scholastic requirements as set forth by the U.I.L. to be eligible to receive an award. A student who is ineligible to participate because of grades is ineligible to letter. Each varsity sport has specific criteria for earning a varsity letter award. The head coach of each sport will provide each varsity team member with the lettering criteria. Earned letter awards (letter jackets, letter blankets) may be denied or taken up in the event a student-athlete violates the code of conduct or acts in a manner that embarrasses the GISD Athletic Program.

Junior High: Athletes will receive a certificate (1) for participating in at least one sport.

High School

- a. There shall be a jacket given one time during the athlete's high school career in accordance with current U.I.L regulations to those who meet the general and specific requirements for lettering in varsity sports.
- b. There shall be a gold certificate given to those who meet the general and specific

- requirements for lettering in varsity sports who have already received their jacket award.
- c. There shall be a silver certificate given to those competing on sub-varsity sports.
 - d. Arrangements will be made so a student can purchase patches such as for all-district honors and numbers to be placed on a jacket.

Letter Jacket Exceptions:

Any senior not meeting the criteria for receiving a letter jacket who has participated in athletics for at least two years will receive a letter jacket.

Freshmen lettering will receive a gold certificate their freshman year. They will be able to order their jacket their sophomore year.

Athletic Trainer

The Athletic Trainer is licensed by the State of Texas to treat and rehabilitate athletic injuries. The Athletic Trainer will work closely with an athlete's personal physician in all cases requiring physician's care. The Athletic Trainer is responsible for monitoring the physical well-being of all GISD athletes during practices and games. Since it will be impossible for the Athletic Trainer to personally attend all practices and games, he/she will work with both coaches and parents to ensure that our athletes' physical well-being is monitored at all times. The Athletic Trainer will handle any insurance questions.

Athletic Injuries

All athletes will be coached, instructed and conditioned to compete at the peak of their abilities. Along with the competition and effort to acquire excellence is the reality of possible injury. Despite efforts made by GISD coaches and personnel to provide proper conditioning, protective equipment and safety practices, not all injuries are preventable and severe injuries can occur during athletic participation. When an athlete is injured during an athletic event, they must inform their coach and the Athletic Trainer as soon as possible. If the athlete goes to the Doctor or to the Hospital, they must bring back a signed note from the attending Doctor that states their injury, treatment and the length of time that they will be out of athletics. If the athlete has a note from a physician not to participate in athletics, **ONLY** a physician can release the athlete. **Parents cannot over rule physicians' orders.**

Athletic Insurance

There is no insurance provided by GISD. Parents/guardians are responsible for all medical fees incurred from any injuries during practice and/or game participation.

Groesbeck ISD Guidelines for Sports Concussion Management

Introduction

Concussions received by participants in sports activities are an ongoing concern at all levels. Recent interest and research in this area has prompted reevaluations of treatment and management recommendations from the high school to the professional level. Numerous state agencies throughout the U.S. responsible for developing guidelines addressing the management of concussion in high school student-athletes have developed or revised their guidelines for concussion management. The present document will update the UIL requirements for concussion management in student athletes participating

in activities under the jurisdiction of the UIL and will also provide information on compliance with Chapter 38. Sub Chapter D of the Texas Education Code (TEC).

What is a Concussion?

A concussion is a type of traumatic brain injury (TBI). Concussions are the common result of a blow to the head or body which causes the brain to move rapidly within the skull. This injury causes brain function to change which results in an altered mental state (either temporary or prolonged). Physiologic and/or anatomic disruptions of connections between some nerve cells in the brain occur. Concussions can have serious and long-term health effects, even from a mild bump on the head. Symptoms include, but are not limited to, brief loss of consciousness, headache, amnesia, nausea, dizziness, confusion, blurred vision, ringing in the ears, loss of balance, moodiness, poor concentration or mentally slow, lethargy, photosensitivity, sensitivity to noise, and a change in sleeping patterns. These symptoms may be temporary or long lasting.

Signs observed by parents, friends, teachers or coaches may include: appears dazed or stunned; is confused about what to do; forgets plays; is unsure of game, score or opponent; moves clumsily; answers questions slowly; loses consciousness; shows behavior or personality changes; can't recall events prior to hit; can't recall events after hit.

Any one or group of symptoms may appear immediately and be temporary, or delayed and long lasting. The appearance of any one of these symptoms should alert the responsible personnel to the possibility of concussion.

What should be done if a concussion is suspected?

1. Immediately remove student from practice or game
2. Seek medical attention right away
3. Do not allow the student to return to play until proper medical clearance and return to play guidelines have been followed. The permission for return to play will come from the appropriate health care professional or professionals. If you have any questions concerning concussions or the return to play policy, you may contact the athletic administrator at your school.

What should the athlete know about playing with a concussion?

Teach athletes it's not smart to play with a concussion. Rest is the key after a concussion. Sometimes athletes, parents, and other school or league officials wrongly believe that it shows strength and courage to play injured. Discourage others from pressuring injured athletes to play. Don't let your athlete convince you that they're "just fine."

What are the risks of returning to activity too soon after sustaining a concussion?

Prevent long-term problems. If an athlete has a concussion, the brain needs time to heal. Don't let an athlete return to play the day of the injury and until a health care professional, experienced in evaluating for concussion, says he / she are

symptom-free and it's OK to return to play. A repeat concussion that occurs before the brain recovers from the first—usually within a short time period (hours, days, weeks)—can slow recovery or increase the chances for long-term problems.

What can happen if my child keeps on playing with a concussion?

Athletes with the signs and symptoms of concussion should be removed from play immediately. Continuing to play with the signs and symptoms of a concussion leaves the young athlete especially

vulnerable to greater injury. There is an increased risk of significant damage from a concussion for a period of time after that concussion occurs, particularly if the athlete suffers another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often under report symptoms of injuries. And concussions are no different. As a result, education of administrators, coaches, parents and students is the key for student-athlete's safety.

Subsequent concussion

Any subsequent concussion requires further medical evaluation, which may include a physical examination prior to return to participation. Written clearance from a physician is required as outlined in TEC Section 38.157 before any participation in UIL practices, games or matches.

Response to Suspected Concussion

According to TEC section 38.156, a student 'shall be removed from an interscholastic athletics practice or competition immediately if one of the following persons believes the student might have sustained a concussion during the practice or competition:

- (1) a coach;
- (2) a physician;
- (3) a licensed health care professional; or
- (4) the student's parent or guardian or another person with legal authority to make medical decisions for the student.'

If a student-athlete demonstrates signs or symptoms consistent with concussion, follow the "Heads Up" 4-Step Action Plan:

1. The student-athlete shall be immediately removed from game/practice as noted above.
2. Have the student-athlete evaluated by an appropriate health care professional as soon as practicable.
3. Inform the student-athletes parent or guardian about the possible concussion and give them information on concussion.
4. If it is determined that a concussion has occurred, the student-athlete shall not be allowed to return to participation that day regardless of how quickly the signs or symptoms of the concussion resolve and shall be kept from activity until a physician indicates they are symptom free and gives clearance to return to activity as described below. A coach of an interscholastic athletics team may not authorize a student's return to play.

Evaluation for Concussion

- At time of injury administer one of these assessment tests:
 - Sports Concussion Assessment Tool
 - Graded Symptom Checklist (GSC)
 - Sideline Functional & Visual Assessments
 - On-field Cognitive Testing

EVALUATION

Physical/Motor

Dazed/stunned
Balance difficulties
Weakness
Excessive Fatigue
Slowed Reactions
Lack of facial expressions

Cognitive

Amnesia
Confused/Disoriented
Slowed Verbal
Forgets easily
Difficulty Concentrating
Short Attention Span

Behavior/Emotional

Irritable
Emotionally
Depressed
Sleep disturbances
Anxious
Lack of Interest

- **Athlete does not return to a game or practice if he/she has any symptoms that would indicate**

the possibility of suffering a concussion. The athlete must be evaluated by a physician of their choice.

- Doctor Referral

Day of Injury Referral

- Loss of consciousness on the field
- Amnesia
- Increase in blood pressure
- Cranial nerve deficits
- Vomiting
- Motor deficits subsequent to initial on-field exam
- Sensory deficits subsequent to initial on-field exam
- Balance deficits subsequent to initial on-field exam
- Cranial nerve deficits subsequent to initial on-field exam
- Post-concussion symptoms that worsen
- Additional post-concussion symptoms as compared with those on the field
- Athlete is symptomatic at the end of the game
- Deterioration of neurological function*
- Decreasing level of consciousness*
- Decrease or irregularity in respiration*
- Decrease or irregularity in pulse*
- Unequal, dilated or unreactive pupils*
- Any signs or symptoms of associated injuries, spine or skull fracture or bleeding*
- Mental status changes: lethargy, difficulty maintaining arousal, confusion, or agitation*
- Seizure activity*

Note: * indicates that the athlete needs to be transported immediately to the nearest emergency department.

Delayed Referral (after the day of the injury)

- Any of the findings in the day of injury referral category
- Post-concussion symptoms worsen or do not improve over time
- Increase in the number of post-concussion symptoms reported
- Post-concussion symptoms begin to interfere with the athlete's daily activities (ie. sleep, cognition, depression, aggression, etc.)
- Home Instructions
- Return to Play Guidelines for Parents
- Concussion Management Protocol Return to Play Form

Concussion Management

- School modifications
 - Notify school nurse and all classroom teachers of the student that he/she has a concussion.
 - Notify teachers of post-concussion symptoms.
 - Student may need special accommodations such as limited computer work, reading activities, testing, assistance to class, etc. until symptoms subside.
 - Student may only be able to attend school for half days or may need daily rest periods until symptoms subside.
- Student must be symptom free for 7 days for football & soccer, 5 days for all other sports before begin return to play protocol.

Return to Play Guidelines

According to TEC section 38.157:

‘A student removed from an interscholastic athletics practice or competition under TEC Section 38.156 (suspected of having a concussion) may not be permitted to practice or compete again following the force or impact believed to have caused the concussion until:

- the student has been evaluated; using established medical protocols based on peer reviewed scientific evidence, by a treating physician chosen by the student or the student's parent or guardian or another person with legal authority to make medical decisions for the student;
- the student has successfully completed each requirement of the return-to-play protocol established under TEC Section 38.153 necessary for the student to return to play;
- the treating physician has provided a written statement indicating that, in the physician's professional judgment, it is safe for the student to return to play;
- the student and the student's parent or guardian or another person with legal authority to make medical decisions for the student:
 - have acknowledged that the student has completed the requirements of the return-to-play protocol necessary for the student to return to play;
 - have provided the treating physician's written statement to the person responsible for compliance with the return-to-play protocol
 - have signed a consent form indicating that the person signing:
 - ✓ has been informed concerning and consents to the student participating in returning to play in accordance with the return-to-play protocol;
 - ✓ understands the risks associated with the student returning to play and will comply with any ongoing requirements in the return-to-play protocol;
 - ✓ consents to the disclosure to appropriate persons, consistent with the Health Insurance Portability and Accountability Act of 1996 (Pub. L. No. 104-191), of the treating physician's
 - ✓ written statement under Subdivision (3) and, if any, the return-to-play recommendations of the treating physician; and
 - understands the immunity provisions under TEC Section 38.159.’

Activity Progressions

- No activity for 7 days for football & soccer, 5 days for all other sports Light aerobic exercise with no resistance training
- Athlete must be symptom free
- Sport specific activity after being symptom free for 7 days for football & soccer, 5 days for all other sports
- Non-contact training drills with resistance training
- Full contact training drills (must have physician clearance)

Note – Athlete progression continues as long as athlete is asymptomatic at current level. If the athlete experiences any post-concussion symptoms, you wait 24 hours and start the progressions again at the beginning.

1. Physician clearance
2. Athletic Trainer clearance
3. Concussion Management Protocol Return to Play Form

Liability Provisions

The student and the student's parent or guardian or another person with legal authority to make medical decisions for the student understands this policy does not:

1. waive any immunity from liability of a school district or open-enrollment charter school or of district or charter school officers or employees;
2. create any liability for a cause of action against a school district or open-enrollment charter school or against district or charter school officers or employees;
3. waive any immunity from liability under Section 74.151, Civil Practice and Remedies Code;
4. create any liability for a member of a concussion oversight team arising from the injury or death of a student participating in an interscholastic athletics practice or competition, based only on service on the concussion oversight team.

Hydration and Nutrition Recommendations

1. **Athletes need to drink water every day and throughout the day, NOT just during athletics or practice/games.**
 - This includes before, during, and after athletic competition; as well as at home.
2. Sports drinks are good to drink before, during, and/or after athletics to replenish electrolytes in your body.
 - Examples are Gatorade.
 - Sports drinks should also be consumed with water, not just sports drinks alone.
3. A balanced meal should be consumed at least 3 times a day to get a balanced nutrition.
 - Snacks such as fruits are good to eat between meals.
4. Nutritional supplements such as protein, creatine, and/or any other nutritional supplements should **NOT** to be taken at any time.
 - **Supplements are not allowed to be stored or to be used at school at any time;** this is according to the UIL policy.
5. Energy drinks should **NOT** be consumed at any time; due to the high amounts of caffeine and other ingredients.
 - Many of the ingredients that are found in energy drinks have been banned at the NCAA level. For example: caffeine when it is found in high levels, such as it is in "Red Bull" or "Bang."
 - These drinks are also being banned by many high schools throughout the nation.
 - There are multiple adverse effects that a person can experience after exercising and drinking an energy drink. Such effects are heart problems, breathing difficulties, dehydration, and nausea just to name a few.

Athletes have access to water during every athletic period as well as every athletic competition that takes place during the school year. Water can be found on every field and every court by way of water fountains and/or water coolers.

Groesbeck ISD Athletic Handbook Acknowledgement Form

Students Name: _____ Grade: _____ DOB: _____

Parents: Please initial each statement and sign the bottom.

___ We have received a copy or accessed the on-line copy of the GISD Athletic Handbook.

___ We have read it and understand the information, rules, and regulations in the handbook, including parent/guardian/fan behavior, which is required for extracurricular participation.

___ We understand that if we are removed from any UIL contest/game by officials, administration, or security personnel whether at home or away, we MAY lose the privilege of attending any and all GISD UIL games and activities.

___ I hereby give my consent for the above student to compete in University Interscholastic League/GISD approved sports, and travel with the coach or other representative of the school on any trips.

___ It is understood that even though protective equipment is worn by the athlete whenever needed, the possibility of an accident still remains. Neither the University Interscholastic League nor the school district assumes any responsibility in case an accident occurs.

___ I have been provided access to the UIL Parent Information Manual at <https://www.uilTEXAS.org/athletics/manuals> regarding health and safety issues including concussions and my responsibilities as a parent/guardian.

___ I have read and understand the Role of the Parent.

___ I have read and understand the social media network policy.

___ I understand the risks and dangers related with returning to play too soon after a **concussion**. Furthermore, in the event that my son/daughter is diagnosed with a concussion, I give my consent for my son/daughter to participate in and comply with the GISD return to play protocol.

___ I understand that failure to provide accurate and truthful information on UIL forms could subject the student in question to penalties determined by the UIL.

___ The undersigned agrees to be responsible for the safe return of all athletic equipment issued by the school to the above named student.

___ If, in the judgment of any representatives of the school, the above student needs immediate care and treatment as a result of any injury or sickness, I do hereby request, authorize, and consent to such care and treatment as may be given to said student by any physician, licensed athletic trainer, nurse, hospital, or school representative; and I do hereby agree to indemnify and hold harmless the school and any school representative from any claim by any person whomsoever on account of such care and treatment of said student.

___ I understand that there is NOT any extra-curricular insurance coverage for medical needs provided by GISD and ALL medical insurance coverage will be provided by the student's insured parent/guardian.

Check any activity in which this student is allowed to participate.

<input type="checkbox"/> Baseball	<input type="checkbox"/> Football	<input type="checkbox"/> Track & Field	<input type="checkbox"/> Volleyball
<input type="checkbox"/> Basketball	<input type="checkbox"/> Golf	<input type="checkbox"/> Softball	
<input type="checkbox"/> Cross Country	<input type="checkbox"/> Power lifting	<input type="checkbox"/> Tennis	

Your signature below serves as acknowledgement of these rules, expectations, and guidelines. Your signature also gives authorization that is necessary for the school district, athletic trainers, coaches, associated physicians and other personnel to share information concerning medical diagnosis and treatment for your student as needed.

Student Athlete Signature: _____ Date: _____

Parent/Guardian's Signature: _____ Date: _____