



Nordheim I.S.D.
Athletic Handbook
2019-2020

NORDHEIM ISD ATHLETIC HANDBOOK

Nordheim ISD offers participation in the following sports programs under the University Interscholastic League (UIL) - Austin, Texas.

High School (Grades 9-12)

*Volleyball

*Cross Country

*Basketball

#*Track

#Tennis

#*Golf

*Baseball

#Individual Sport

*Designate Team Sports

Middle School (Grades 6-8)

*Volleyball

*Cross Country

*Basketball

#*Track

#Tennis

STUDENT PARTICIPATION

The goal of the athletic program is to offer the opportunity of participation to all students. Interscholastic athletics fosters competition and cooperation. It also represents an area of great potential for teaching dedication, perseverance, courage, poise and practicing the pursuit of excellence. However, no student is obligated to take part in athletics. Participation in the Nordheim ISD Athletic Program is a privilege, not a right. Since it is a privilege, the coaching staff has the authority to suspend or revoke the privilege when the rules, regulations, or standards of the athletic program are not followed.

SELECTION OF TEAMS

The head coach of each sport will determine the players on each team. The selection of teams will include, but is not limited to: skill level, knowledge of sport, attitude, effort, and experience in the sport. Middle school and high school sub-varsity team members will receive adequate playing time based upon performance and meeting expectations. Members of varsity teams are not guaranteed playing time.

RESPONSIBILITIES OF A NORDHEIM ISD STUDENT ATHLETE

All student-athletes have the responsibility to play to be competitive, give their best effort, strive for excellence, and exhibit good conduct at all times in a manner that is a positive example to team members, fellow students, and the community.

The responsibilities of Nordheim ISD student-athletes include, but are not limited to, the following.

The student-athlete will:

- Faithfully abide by all rules set forth in the Nordheim ISD student code of conduct
- Faithfully abide by all rules set forth in the athletic handbook
- Maintain academic eligibility by passing all assigned classes
- Abide by the practice schedules and complete all workouts each day
- Personally notify his/her coach when unable to attend practice; and will miss practices only under extreme circumstances
- Abide by the coach's directions, instructions, and decisions; insubordination will not be tolerated
- Be responsible for the proper care of all issued clothing/equipment; be required to pay for any clothing/equipment that is lost, damaged or destroyed
- Represent Nordheim ISD to the best of his/her ability to set an example to the community of the values and expectations promoted within the school district

The student-athlete will be expected to:

- respect coaches, teammates, teachers, staff, administrators, classmates, officials, and opposing teams
- follow directions the first time they are given
- refrain from unsportsmanlike conduct of any manner
- comply with Nordheim ISD Board Policies, the district code of conduct, and discipline management plan

The rules, regulations, and standards set forth in the handbook are designed to provide for the efficient operation of the athletic department as an integral part of the educational setting. The student-athlete will be held accountable and responsible for all policies contained within this handbook and for any additional expectations set forth by the Head Coach.

ATHLETIC SUSPENSIONS

The Athletic Director may suspend or place on probation for the duration of the term, seasonal activity or the duration of the school year for a major infraction of the standards set forth in this handbook.

The Athletic Director empowers the coaching staff to enforce and maintain all policies and standards described in this handbook. Communication will be maintained between the coaching staff, the Athletic Director, and the school Principal when infractions warrant suspension from athletic activities.

ATTENDANCE/ABSENCE/TARDIES

Student-Athletes are expected to be properly dressed and on time for all practices and competitions and remain for the duration of the practice or competition. It is the student-athlete's responsibility to personally notify the coach if he/she must miss a practice or competition.

Make-ups for any miss practice are to be made up the next morning (except summer/breaks). This includes leaving early.

No call, no show, or if you haven't done your make ups means you will not dress out.

Excessive tardiness or absences will result in a loss of practice/instructional time. This loss of time could subject the student-athlete to loss of playing time or even dismissal from the team.

Students will be unable to participate on game days, if the student is not at school by 9:15am. The student may play if they have a doctor's note and he or she has been at school at least one non-athletic period.

CLASSROOM BEHAVIOR

Student-Athletes must maintain a satisfactory citizenship and behavior record by giving respectful attention to classroom activities and by treating teachers, administrators, and fellow students with respect. Tardiness, horseplay, fighting, disrespect, juvenile behavior, etc. are not acceptable and may result in punishment from the coach of the in season sport or the Athletic Director up to and including suspension from athletic competitions.

CRIMINAL CHARGES

Any student-athlete legally charged with, arrested for, or convicted of a felony may be subject to suspension from all athletic competitions, or other disciplinary action may be taken if not an in season sport, until the matter has been cleared through the courts or punishment has been served. The student-athlete will be expected to participate in all practices during that time in order to remain in the athletic program.

Depending on the severity of the charges (including serious misdemeanors) and the outcome of the case, a student-athlete may be suspended for one or more games, dismissed from that sport for the remainder of the season, or dismissed from the athletic program for the remainder of the year. If the student-athlete is not found guilty or all charges are dropped, then the student-athlete will be reinstated into the athletic program.

DRESS CODE

All Athletes will be required to follow the Nordheim ISD Board approved dress code found in the student handbook. In accordance with UIL rules and regulations, for safety reasons, student athletes are not allowed to wear jewelry of any kind during athletic competition. Student athletes will also be required to maintain a hairstyle suitable for athletic competition. Suitable may be defined as (1) not impairing vision (2) suitable in length as to not create a safety hazard (3) not promoting disunity (shaved insignias, symbols, alternative colors).

DROPPING/QUITTING A SPORT

It is the philosophy of the NISD Athletic Department that student-athletes should finish what they begin. An athlete may not quit one sport to play another sport.

The following procedures should be followed in order to drop/quit a sport:

- * Participation in the first scrimmage or contest defines starting a sport. However, a grace period will be allowed if a student-athlete approaches the coaching staff first and asks about a "try-out" period.
- * Examine the situation before a decision is made. Before making a decision a 24 hour "think about it time" will be required. There will be no decisions made until after this 24 hour period.
- * Talk to the coach to see if a solution can be reached. (A parent conference may be required)
- * If the decision to quit is made by a student-athlete in grades 7-12, the student athlete must check out of the sport through the Athletic Director/Head Coach. All clothing/equipment issued to the student-athlete must be returned in the same shape as it was when it was issued to the athlete. Payment for any lost or damaged clothing and equipment will be required. This matter must be resolved before a student-athlete begins participating in his/her next sport.
- * Failure to participate in the mandatory off-season program may also constitute dismissal from the athletic program. Coaches in conjunction with the Athletic Director, reserve the right to prohibit any athlete from joining a team or sport if that athlete has routinely failed to complete seasons in other sports that they have started, whether due to conduct, attitude, or poor academic performance. Routinely quitting sports may result in dismissal from the athletic program.
- * We, athletic department coaches, encourage participation in all sports. We will work with kids who are in good standing with the athletic department. All questions about starting/stopping a sport need to be addressed with the Athletic Director after the 24 hour period. Final decisions should not be made without the council of the Athletic Director.

DRUG AND ALCOHOL USE

It is the philosophy of NISD Athletics that our interscholastic and extracurricular programs shall be drug and alcohol free. The basis for this is founded upon and by the following:

1. Use of drugs and alcohol is illegal for school age students.
2. Abuse of these products has been shown to create short and long term health and safety risks.
3. Students using these products may not be capable of fulfilling commitments and responsibilities toward themselves, teammates, and school.
4. Use of these products can diminish the student's mental and/or physical performance.
5. Student-athletes should be positive role models who demonstrate pride and honor to their school, community, and family.
6. Student-athletes will be held responsible and accountable for their behavior and choices they make and will result in punishment as determined by the Head Coach of the sport or the Athletic Director. Education regarding drug, alcohol, and steroid abuse may be provided throughout the course of a student-athlete's involvement in the athletic program by members of the coaching staff. The NCAA, UIL, and National Federation of High Schools publish and distribute to coaching staffs information regarding the dangers of substance abuse.

ELIGIBILITY/GRADES/TUTORIALS

The Nordheim ISD coaches and administration shall determine each student's eligibility according to UIL rules and regulations as specified in the UIL Constitution and Contest Rules. Nordheim ISD strictly adheres to these rules and regulations. Student-athletes that do not maintain passing grades or who are missing assignments may be subject to suspension from athletic competition at any time. Coaches may check student-athlete averages at any time within a grading period. Student-athletes will be required to attend tutorials if they shows a 70 or below in any subject.

FACILITIES/EQUIPMENT

Student-athletes are expected to take care of all facilities and equipment at all times.

Normal wear and tear is expected, misuse and vandalism is not acceptable.

GAME CONDUCT/SPORTSMANSHIP

The NISD Athletic Program stresses exemplary behavior and attitude during practice and competitions. Unsportsmanlike conduct will not be tolerated. Student-athletes should be positive role models for students and the community. Student-athletes will be respectful to other contestants, fans, and to all coaches and officials. Technical fouls, penalties for unsportsmanlike or flagrant conduct, and ejection's will not be tolerated and can result in punishment as determined by the Head Coach of the sport or the Athletic Director.

ISS/DAEP/CODE OF CONDUCT - Refer to the Student Handbook

NECESSARY DOCUMENTATION

Prior to participation, a student-athlete must have the following on file:

- * Concussion Acknowledgement Form (UIL form only)
- * Pre-Participation Medical History and Examination form (UIL form only)
- * Parent/Student Acknowledgement of Rules form (UIL form only)
- * Illegal Steroid Use form (UIL form only)
- * UIL Previous Athletic Participation Form (if applicable)
- * UIL Foreign Exchange Student forms (if applicable)
- * Nordheim ISD Athletic Handbook acknowledgement form
- * Emergency Contact Information Form
- * Consent to Treat Form

OFF SEASON PROGRAM

The purpose of the off-season program is to improve the athletic program by enhancing each student-athlete's abilities. Drills and activities to improve speed, strength, and agility will be utilized. It is mandatory for all student-athletes to participate in the off-season program if they wish to participate in athletics. The exceptions are not for students who wish to participate only in tennis or golf. An offseason program will be used for those student-athletes that do not wish to participate in the in season sport.

PARTICIPATION WHEN ILL OR INJURED

Any student-athlete that is injured during the course of the season or has an illness of a minor nature and is unable to participate due to this injury or illness must continue to follow all expectations, rules, and regulations, if the student-athlete wishes to remain a part of the team. The student-athlete will not participate but will be required to attend all practice sessions and sit with the team during competitions. Failure to attend practices and competitions can result in dismissal from the team. Athletes learn from each practice session, whether they are actually working out or simply observing. If an athlete misses workout due to an injury or illness, a note from a parent or doctor is required. Missing practice for any reason could result in missing competition. Missing more than three practices for medical reasons will require an official doctor's note.

PRACTICE TIMES/SCHEDULES

According to UIL rules, school teams shall be prohibited from practicing team skills before or after school except during specified practice dates set forth by the UIL, and during the one allowable period during the school day. The respective coach in conjunction with the Athletic Director and other coaches of in season sports will arrange practice schedules for each sport. Attempts will be made to insure that practice times for one sport will not interfere with practice times for a coinciding sport. Student-athletes competing in multiple sports may at times be subject to overlapping practice schedules. Team sports will be considered higher priority over individual sports because of the options to practice. The sport in competition season has priority. Conflicts between two sports in competition season will be handled by the head coaches of those sports.

TEAM TRAVEL

All regular school transportation rules and regulations apply when on an athletic trip. All student-athletes are expected to ride the transportation provided by Nordheim ISD to all competitions. The approval of the head coach must be obtained for a student-athlete to return home with his/her parent/guardian. Parents/guardians must sign the student-athlete out if they are not returning home with the team. If the student-athlete is to return home with someone other than a parent/guardian, a note from the parent is required the day before the competition.

UNIFORMS

Student-athletes will be issued a set of practice clothes/uniforms that may include but not limited to shirt, shorts, sweats, shoes, or wind suits. These clothes will be worn during participation in athletic practice or competition only. At the end of the season/year, the issued clothes will be returned. Student-athletes will not be allowed to participate at the next grade level until outstanding fines are paid in full. Consequences for not being dressed out in proper practice attire will be at the discretion of the head coach.

SPECTATOR EXPECTATIONS

Nordheim Independent School District is a member of the University Interscholastic League (UIL) and therefore must follow the League rules, guidelines, and procedures. Following these, UIL and Nordheim ISD have specific expectations of its spectators and parents. Please read the following from the UIL parent handbook (reference information noted below).

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

Appropriate concerns to discuss with a coach:

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

It is very difficult to accept your child is not playing as much as you may hope. Coaches' make decisions based on what they believe is in the best interest 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 child is getting. 2) Team strategy. 3) Play calling. 4) Any situation that deals with other student-athletes.

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

1) Call the coach to set up an appointment. 2) If the coach cannot be reached, call the Athletic Director and ask to set up a meeting with the coach for you. 3) Think about what you expect to accomplish as a result of the meeting. 4) Stick to discussing the facts, as you understand them. 5) Do not confront the coach before, during or after a practice or contest. These can be emotional times for both the parent and coach. Meetings of this nature do not promote resolution of the situation, but often escalate it.

-BEHAVIOR EXPECTATIONS OF SPECTATORS-

Remember that you are at the contest to support and cheer for your team, and to enjoy the skill and competition- not to intimidate or ridicule the other team or its fans. 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 judgement 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. Use only cheers that support and uplift the teams involved. Be a positive role model at events through your own actions and be 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 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.

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.

It is not appropriate for a parent or spectator to coach their athlete from the stands during the contest. The athlete needs to be focused and attentive to the coach without distractions from the stands. Discussion between athlete and parent or spectator needs to occur after the contest.

Besides this handbook, the references listed below

Nordheim ISD References:

www.nordheimisd.org

- Nordheim ISD Student Parent Handbook
- Nordheim ISD Student Code of Conduct

University Interscholastic League:

<http://www.uil texas.org/athletics/manuals/>

- UIL Parent Information Manual
- UIL Sportsmanship Manual

19-20 Acknowledgements

Thank you for taking the time to read the policies of the NISD Athletic Department. Please contact the Athletic Director or any member of the coaching staff with additional questions or concerns regarding the contents within the Athletic Handbook.

Please sign the acknowledgement form below and return it to any member of the coaching staff.

I have read and understand all policies and expectations set forth in the Nordheim Independent School District Athletic Handbook, I am also aware of all consequences for violating said policies. If at any time I have questions regarding the handbook, I will address these questions to the Head Coach or Athletic Director. I understand that the Athletic Director and coaching staff will enforce these policies, procedures, and consequences.

Parent/Guardian Printed Name:

Parent/Guardian Signature:

Date Signed: _____

Student-Athlete Printed Name:

Student-Athlete Signature:

Date Signed: _____