

Northwest Independent School District Athletic Guidelines

Participation in athletics is an extension of the regular curricular programming at Northwest Independent School District ("Northwest ISD" or "District"). While the regular curricular programming is a right afforded to each student, participation in athletics is a privilege and students are to be held to a higher standard. The emphasis of the athletic program is to provide students with direction in developing self-discipline, leadership, team work, respect for authority, and adherence to rules and regulations. It is to those ends that the administration and coaching staff of Northwest ISD have the authority to suspend or revoke the privilege of participation in athletics, when the rules, regulations, or standards of the athletic program are not followed. All student-athletes are expected to adhere to the following:

- All student-athletes have the responsibility to play to win, 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.
- Student-athletes will faithfully abide by all rules set forth by the coach.
- Student-athletes are to demonstrate respect for their coaches, teammates, teachers, staff, administrators, and fellow classmates.
- Student-athletes are to serve as positive representatives for their team, coaches, and school district during competitions and interactions with rivals.
- Student-athletes are expected to strive for academic excellence and to adhere to the Athletic Guidelines and the Extracurricular/Co-curricular Student Pledge of Conduct.

Section 1 General Athletic Guidelines

On the Field or Court

Student-athletes are expected to exhibit good sportsmanship both on and off the field or court. During competitions, student-athletes will display respect for officials and leave the resolution of any conflicts to coaches. Student-athletes should demonstrate the ability to accept defeat as well as be gracious winners.

School Equipment

Each student-athlete will be issued proper equipment, workout uniform(s), and game uniform(s), the extent applicable to the particular sports. In the event that the equipment or uniform(s) issued is not returned at the end of season, the student-athlete will be required to reimburse the athletic department for the replacement cost. Per UIL rules, no equipment or uniforms may be given to student-athletes to keep on a permanent basis.

Practice Regulations

Student-athletes are responsible for:

- Notifying the appropriate coach of an anticipated absence prior to a practice or a game. Failure to make proper notification may result in disciplinary action, including, but not limited to, suspension from the team.
- Obeying all rules established by the coach.
- Attending all practices for sports, including those that occur during school holidays.
- Displaying a strong work ethic.

Strength and Conditioning/Off-season

All student-athletes will participate in strength and conditioning activities as a part of in-season and off-season training. A student-athlete's attendance in a summer strength or conditioning program shall be voluntary, limited to a maximum of one session per day, and shall not be required in order to try out for or participate in any UIL activity. At the discretion of the coach, a student-athlete who participates in a team sport will be required to participate, in accordance with UIL rules and regulations, in that sport's off-season program.

Multi-Sport Participation

Participation in multiple sports is encouraged. However, a student-athlete must complete the season in a sport before they move on the next sport's season unless mutually agreed upon by both varsity head coaches and agreed upon by the campus coordinator/executive director.

Withdrawing from the Team (Quitting a sport)

Any student-athlete who quits a team or is removed from a team will not be permitted to work out with another sport team until the previous sport season has been completed. However, if both varsity head coaches are in agreement, the student-athlete may move to the next sport before the end of the season. (Example: A football player quits football during season, and wants to go to basketball, both the varsity football coach and the varsity basketball coach must agree in order for the student-athlete to be allowed to work out with the basketball team.)

Travel

Student-athletes traveling as a part of a team will be expected to adhere to the following:

- Arrive at the designated location prior to the scheduled meeting and departure time. Failure to fulfill this obligation may result in disciplinary action, including, but not limited to, student-athletes being excluded from the trip.
- At the discretion of the head coach, student-athletes will travel and return on the bus unless a post activity release form has been completed by parent/guardian before dismissal from the event. Completed and signed release forms are to be given to the head coach of the respective sport.

Injuries

Injuries must be reported to the high school athletic trainer as soon as possible. Unless the injury is an extreme circumstance, please contact the athletic trainer prior to visiting a doctor. All student-athletes are expected to adhere to treatment recommendations when recovering from injuries and will not be allowed to participate, absent approval of trainer/physician. Middle school student-athletes should report injuries to a coach.

Awards/Lettering Policy

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 prior to the start of the season. Earned letter awards are purchased by the school district and may be denied in the event a student-athlete violates the Athletic Guidelines during the sports competitive season.

Participation

Each varsity head coach sets the criteria for the participation on the team. The chance to participate on a school team may require a try-out period. Expectations for making a team or staying on a team will be communicated prior to the season and/or try-out period. Student-athletes are expected to participate in all games/practices for sports that occur during school holidays. Student-athletes must have a completed and current physical examination form on file with the athletic trainer prior to try-outs.

Section 2

Consequences for Disciplinary Violations for Student-Athletes

The consequences for disciplinary violations for student-athletes has been developed in conjunction with the Northwest ISD's Student Code of Conduct, but with increased requirements due to the leadership role assumed by student-athletes. It is the intent of the athletic staff of Northwest ISD to emphasize that self-discipline is an integral and essential part of any successful academic and athletic program. Specific definitions of the various levels of discipline violations can be found in the Northwest ISD's Student Code of Conduct which is given to every student at the beginning of the school year when they enroll. Student-athletes disciplined for infractions at the campus-level will also receive one or more of the following consequences as a result of the violations of the Athletic Guidelines:

Level I and II Discipline Violations – Level I and II disciplinary offenses, that occur while participating in athletics, range from mild acts of misconduct and will result in one or more of the following consequences:

- a. Coach/student-athlete conference.
- b. Coach/student-athlete conference with additional sport-appropriate conditioning activities. In accordance with State law, student-athletes will not be subjected to excessive or unreasonable conditioning activities.
- c. Coach/student-athlete/parent conference and a behavior contract.
- d. Coach/student-athlete/parent conference and a suspension from one game.
- e. Repeated violations of Level I and Level II, or offenses of a more serious nature, shall result in a more severe response and/or referral to Level III.

Level III Discipline Violations – Level III offenses are acts of misconduct which are serious and which disrupt the orderly educational process. Examples of disciplinary options at this level include assignment to In-School Suspension ("ISS"), Out of School Suspension ("OSS"), referral to law enforcement, arrest, and/or restitution of damages. Student-athletes assigned to ISS are expected participate in all practice sessions during the period in which they are placed within in-school suspension but will not be allowed to participate in any UIL sanctioned event on the day(s) they are in ISS. Student-athletes assigned to OSS/DAEP are prohibited from participating in, or attending, any school sponsored/school related activities, including extracurricular and/or co-curricular activities, during the period in which they are in OSS or attending the DAEP. In addition to the campus based consequences, the District's Athletic Department will impose one or more of the following consequences:

- a. Coach/student-athlete conference.
- b. Coach/student-athlete conference with additional sport-appropriate conditioning activities. In accordance with State law, student-athletes will not be subjected to excessive or unreasonable conditioning activities.
- c. Coach/student-athlete/parent conference and a behavior contract.
- d. Coach/student-athlete/parent conference and suspension for one or more games.
- e. Removal from athletic program as appropriate to the level of the violation within the Extra/Co-Curricular Student Pledge of Conduct pending review by the campus athletic coordinator and the campus principal.

Level IV Discipline Violations – Level IV offenses are primarily acts of misconduct for which removal to the DAEP is mandatory. The period of removal to the DAEP will be based upon district guidelines that are in effect at the time the offense occurs. Student-athletes are prohibited from participating in, or attending, any school sponsored/school related activities, including extracurricular and/or co-curricular activities, during the period of removal to the DAEP. In addition to the DAEP placement, the District's Athletic Department will also impose one or more of the following consequences:

- a. Coach/student-athlete conference.
- b. Coach/student-athlete conference with additional sport-appropriate conditioning activities. In accordance with State law, student-athletes will not be subjected to excessive or unreasonable conditioning activities.
- c. Coach/student-athlete/parent conference and a behavior contract.

- d. Coach/student-athlete/parent conference and suspension for one or more games in addition to those games which the student-athlete was suspended during his or her time in DAEP.
- e. Removal from athletic program as appropriate to the level of the violation within the Extra/Co-Curricular Student Pledge of Conduct pending review by the campus athletic coordinator and the campus principal.

All Level IV drug and alcohol violations will require discipline in accordance with the Student Code of Conduct, the Athletic Guidelines, and the Extra-curricular Pledge of Conduct and will also require student-athletes and their parent(s)/guardian(s) to meet with the Athletic Disciplinary Council to consider a probationary contract for re-entry. The Athletic Disciplinary Council shall be composed of a central athletic department staff member, campus coordinator/assistant campus coordinator, principal/assistant principal, and the head coach of the sport involved.

Level V Discipline Violations – Any behavior that falls into this category requires mandatory expulsion from school and suspension from all school sponsored/school related activities, including extracurricular and/or co-curricular activities,.

Student-athletes involved in a Level V disciplinary infraction will automatically be suspended from the athletic programs for a period of one calendar year from the date of the incident. Upon completion of this suspension from athletics, student-athletes who desire re-entry into the program must meet with the Athletic Disciplinary Council and be accompanied by their parent(s)/guardian(s). If re-entry is granted, a probationary contract for re-entry into the athletic program will be developed. After discussing the specific contents and obligations outlined in the contract, all parties present will be required to sign the contract for the student-athlete to be eligible for re-entry into the athletic program. If all parties agree, the student-athlete will be allowed to re-enter the program in accordance with the terms of the probationary contract.

For student-athletes to re-enter the athletics program after being removed for any reason, the following procedure will be followed:

- Student-athletes and their parent(s)/guardian(s) will meet with the Athletic Disciplinary Council to request re-entry to the program. If re-entry is granted, a probationary contract for re-entry into the athletic program will be developed. After discussing the specific contents and obligations outlined in the contract, all parties present will be required to sign the contract for the student-athlete to be eligible for re-entry into the athletic program. If all parties agree, the student-athlete will be allowed to re-enter the program in accordance with the terms of the probationary contract.

The NISD Athletic Guidelines may be viewed on the district athletic website and the high school campus' athletic webpage. A printed copy of the guidelines will be available upon request.

Northwest ISD Athletic Guidelines:

Section 1 – General Athletic Guidelines

Section 2 – Consequences for Disciplinary Violations for Student-Athletes

I have read and understand all sections of the Northwest ISD Athletic Guidelines. I have retained a copy for my records. As a Northwest ISD student-athlete and parent, we will abide by stated policies and rules.

Student
Signature _____ Date: _____

Parent
Signature _____ Date: _____