

OZONA LION
2019-2020
STUDENT
ATHLETIC POLICIES



Commitment to Excellence! 100% Effort

Every Play

Every Day

Every Way

Ozona Lions and Lady Lions are expected to always conduct themselves in a way that will bring pride to our community and school district. This includes:

1. Play **hard**, clean competition at all times.
2. **Never** give up.
3. Accept the decision of officials without complaint.
4. Know and observe the rules of the game.
5. Be good sports at all times.
6. Play the game with **great enthusiasm**.
7. Be in **superior physical condition**.

Athletic Eligibility Requirements by UIL:

1. You must pass all subjects.
2. In Junior High, you must pass the previous grade and be promoted.
3. In High School, you must have a certain number of credits:

Senior: 15 credits

Sophomore: 5 credits

Junior: 10 credits

Freshman: promoted from 8th grade

Physical Examination

Every athlete in 7th, 9th and 11th grade must have a physical examination. All athletes must complete a Medical History Form each year.

Parent Consent

Every athlete must have the Acknowledgement of Rules Form and the Steroid Form signed by themselves and their parent or guardian.

Concussion Information Acknowledgement Form

Every athlete and their parent must sign the concussion acknowledgment form that is provided by UIL, and used by our Concussion Oversight Team (C.O.T.).

Bullying/Cyber Bulling

Students will not bully teammates under any circumstances. Any bullying should be reported to your coach immediately. School district policy for dealing with bullying will be followed by all sports.

Insurance

The school has an insurance program for its athletes. The school's insurance is a secondary coverage to your own primary insurance. Student athletes are not prohibited from obtaining their own coverage.

Student Athlete Expectations- Each athlete will behave and be respectful in school, practice, games, and while traveling to and from sporting events.

Consequences- a referral will result in a meeting with the coach, to be handled after regular practice. Behavior problems in practice will be handled by the coach and may result in loss of paying time or suspension from the team and require reminders to be preformed. Any insubordination or disrespect by a student directed to a coach, teacher, or administrator will not be tolerated and can result in immediate suspension from competition and possible removal from the team.

Reminders can be given for behavior problems in the class room or on the field or court. Reminders are intended to reinforce positive behavior and discourage a bad attitude in the class and on the field/court.

Rules for Classroom Behavior - If you are a winner in the classroom, you will very likely be a winner in athletics. Therefore, we intend to help your teachers see that you get a good education. We will sit near the front and not the back of class unless the teacher assigns you a seat at the back of class.

If you are doing well and behaving in the classroom, your coaches will know it and be very proud of you. If you misbehave or do poor work in the classroom, we will know that also. DTRT - Do The Right Thing.

Commitment- Each student will be expected to have a commitment to the sport he/she is playing. Student athletes must learn, improve, listen and work at each sport without tearing down the system.

****Non-School Participation (Select Teams, Club, etc.)**

If an athlete chooses to participate on these types of teams while a member of a school team in season, he or she must abide by the following guidelines:

-No school games, competition, or practice time shall be missed for any reason due to an athlete's association or participation with a non-school team or club.

Violation of the above mentioned guidelines could result in loss of playing time, suspension from the school team affected, and/or removal from the Lion or Lady Lion athletic program.

Attitude-Student athletes will be expected to come to practice and games with a positive attitude. A poor attitude will be confronted by coaches, administrators, and parents.

Playing Time - Is up the coach of the sport. It is not up for discussion with exception in asking how you can become better and why you are not seeing the court or field more. Our goal is to become the best program we can while insuring we conduct our self with class and have fun doing so. We will not discuss the playing time of other players. Just your student athlete.

Missing School- You are expected to be at school on time. If you become an attendance problem then it can effect your ability to play for us. Chronic problems with attendance will result in sitting games.

Missing Practices- All student are expected to be at every practice. IF for any reason you must miss practice, call or see your group coach or the head coach **IN ADVANCE**. Each Coach will be given the charge of creating their system in dealing with absences in their sport. Each sport will have consequences and a limit on the number of times a student can miss before being removed from the team. Every miss will require some form of make up conditioning or reminders.

The reason for the different systems per sport is due to the fact that some sports play twice a week, leaving less time between games.

***Do not make appointments during practice time or during your athletic period. This includes off-season.** Missing practice or games due to court ordered visitation can be taken into account depending on the regularity of it and the overall impact on the team.

Missing practices or games will result in reminders being done by the student regardless if the missed practice is excused or not. We will make up conditioning for

missed games or practice just like anyone would make up work done for any other class you would miss. Making up workout time missed is not punishment. Its make up work!

Spring Break / Holliday and Weekend Practices-All Student athletes are expected to be at each holiday/ weekend practice. Missing one of these days will count towards an athlete's absence days. Regular absence policy is still in effect. High school Athletes will be expected to be at practice during two a days starting in the first week in August with no exceptions.

Practice Expectations

1. Practice with enthusiasm. You will play like you practice. If you do not practice hard, do not expect to play.
2. Get to practice on time. This means be ready 10 min before workout.
3. Keep your equipment on unless instructed by a coach to take it off.
4. Do not ever sit down or walk in practice on the court or the field.
5. Being tardy to practice may result in reminders after practice.
6. Be Coachable! Listen and work hard.
7. Missing practice is like missing class. You may have makeup work.
8. Attending school is required on the day that you practice unless you have a doctors appointment.

Sport Changes/Quitting

We want all athletes to participate in as many school-sponsored sports as possible. If an athlete quits a sport in season, he/she will not be able to participate in another sport until the entire season of the sport dropped is complete. Being dismissed from the team for missing to many practices and games is considered the same a quitting a sport. Dropping a sport or being dismissed from the team can result in a reduction of grade in that 6 weeks.

****NOTE*** IF an athlete quits or is dismissed from two sports in one year he or she will be out of the athletic program and all sports for one year starting the day the athlete quits the second sport in the year. There will be a short period of time before the first competition where students may be permitted to see if any particular sport is for them or not without penalty of quitting. We want to encourage students to participate and try new things and not punish them for making a mistake.

No Athlete can join a sport after that sport has already gone to its first competition. Exceptions would be made if a transfer student enrolls in the district and joins a sport immediately upon their arrival.

Trips

1. All athletes will act like ladies and gentlemen at all times.
2. All athletes will be dressed in appropriate and neat attire. Each head coach will determine the attire of their athletes. Sleeveless shirts or tanks are not permitted.
3. All athletes represent Ozona High School and Middle School. If it is not represented well it reflects on our school.
4. All athletes will ride to and from all functions with the squad. Exceptions will only be made in special situations with the prearranged consent of the head coach.
5. There will be no horseplay or misbehaving on the bus. Misconduct can result in team or individual reminders to be preformed.
6. When we eat in a restaurant, all athletes will behave in a refined manner.

Grooming

Our athletes will be well-groomed and neat throughout the school year. **Hair should be kept neat and no unusual haircuts will be allowed; including but not limited to, multi-color, unusual designs, mohawks, shaved lines, and "shaggy" cuts. Acceptable haircuts will be at the discretion of the Athletic Director and the Administration. In addition, male athletes may not wear earrings or piercing of any kind while on school campus or at any athletic function. No Jewelry will be worn at any practice or game. No "sagging" clothes will be allowed while on school campus or at any athletic function.** Please also refer to the Student Dress Code for grades 7-12 for what is and is not acceptable. The Student Dress Code is approved by the Board of Trustees each year and applies to all students attending Ozona HS and MS.

Dressing Room Behavior

1. No running.
2. No horseplay.
3. Keep the equipment in your locker, never on the floor.
4. You will be instructed in how to store your equipment in your locker.
5. Be especially careful in and around the showers.
6. Hazing of student for any reason is prohibited.

Injuries

If you are injured in practice, tell your coach immediately. If you become aware of an injury after practice, notify your coach. We have an athletic trainer for this reason. The coach will either take care of your injury or send you to the trainer. If a player is injured, they are still expected to suit out and participate in some form of rehabilitating activity depending upon the nature of the injury. If you come to school sick or become sick during the school day and remain in school, you are still expected to suit out and participate as much as possible.

Your Equipment

-Take pride in your equipment and facilities.

1. If you lose equipment, you pay for it.
2. If you have equipment problems, see your group coach immediately after practice and get it fixed. Do not wait until the next day.
3. All equipment that is issued may not be worn outside of the game or practice situation, unless the head coach has approved it (especially court shoes).
4. Student's parents will be contacted if there is suspicion that a student athlete has school equipment/ uniform in their possession.
5. Suiting out and having your equipment every day is very important. Not having the required workout gear or equipment can result failing grades and loss of playing time

Training Rules

Lions and Lady Lions do not smoke, drink alcohol, or use any tobacco products. If you are caught, the discipline will range from probation to suspension from the squad. Consequences for these violations will be in line with the Failing Drug Test policies. As per the State Student Code of Conduct (i.e. Chapter 37), any student who, while on school property or at a school-related event on or off school property, has any dealings in any way with alcohol, will be placed in D.A.E.P. for an amount of time to be determined by the principal.

Awards

During your high school career, you have the opportunity to be awarded one letterman jacket. To be eligible for a jacket, you must contribute to the team in other ways than just being on the varsity squad. Regardless of classification you may earn a letter jacket. Meaningful contribution to the team is up to the coaches of that sport and Athletic Director. Meaningful contribution standards are not up to the athlete or parents.

Conflicting team sports

Coaches work together with conflicting team sports to ensure practice time for student athletes as well as attempting to schedule games that will not conflict. If the student has a chance to advance in competition out of district, that sport takes precedence.

NOTE** There is to be no absence counted when a student misses practice due to competing in another sport, and representing our school. However make up the conditioning missed by the student.

Gym/Field House/Turf

- Students are to contact a coach to get into the gym or field house Proper shoes are to be worn in both buildings.
- Never enter gym or tiled areas with cleats.
- No food or drinks (water only) on the turf field.
- No food allowed inside the field house. Gatorade and water bottles are acceptable.
- Food is only allowed in the gym during basketball games. During practice, athletes may have their own Gatorade to drink in the gym but coaches will be responsible for immediate clean up following all practices.

Our discipline policy is very simple: We are going to treat you as student-athletes in every way. You need to think that being in athletics is like having a job. **It is a privilege and not a right.** We expect you to show up every day, on time, and eager to work. If you break our rules, we are going to document your offense and you will be disciplined. If you build a record of breaking rules, you will be suspended from the program. If you are a continual discipline problem, you will be permanently removed from the athletic program. Discipline will be administered to athletes for breaking rules, such as, but not limited to:

1. cussing,
2. showing disrespect towards anyone,
3. failing to call a coach before being absent,
4. horseplay on a bus, on a trip, or at any time,
5. late to practice or game,
6. destructive actions, etc.
7. misbehaving in the classroom

8. participating on a non-school team while in season without approval
9. bullying/cyber bullying, facebook,, etc.
10. failure to keep locker space clean

An Athletic Department must have rules to be effective. These rules will apply to every athlete because each and every one will be treated exactly the same in similar situations. Coaches are an extension of your family. As an extension of your family, the coaching staff will expect and demand appropriate behavior from our athletes at all times. We will display class and respect, and the community will be proud to call us their own. Also, we will be proud to be known as

“The Lions” and “The Lady Lions”...DTRT! (do the right thing)

Ozona High School and Middle School Athletic Policies

I _____

have read the Discipline Policy of the Ozona Athletic Department and agree to follow this policy. I am aware that athletics is a voluntary program and no student has an entitlement to participate.

Student Signature

Date

Parent Signature

Date