

Athletic Handbook

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Letter To Parents

Dear Parents,

The Members of the athletic department express their appreciation to you for encouraging your child to participate in athletics. Each of us feel that athletics is very worthwhile for many students. The coaches will do their best to help the student to develop to his/her fullest. The information contained in this handbook is designed to help you better understand the program we offer your child.

Athletics involves a considerable amount of discipline and the entire athletics staff will strive to instill this in the athletes. If the athlete will try to pursue the three "D's"- Desire, Dedication, and Discipline- and add to those the important ingredient of enthusiasm, he or she will establish many traits and habits that will be beneficial throughout life.

As an athlete, your child, is representing the other students in the school and must always represent them proudly. If athletes fail to fulfill their obligation to their fellow students, the coach has the authority and responsibility to apply the proper measure of discipline to the extent that he or she may be dismissed from the team. The head coach of a sport has the authority for determining who will and who will not be on the team. The head coach also has the authority to recommend an athlete for a letter award.

Athletes must conform to the guidelines established by the school district and the athletic department. The guidelines are implemented in an effort to help all athletes, not hinder them. If a serious problem develops, the parent will be informed. Hopefully, with everyone working together, all problems will be solved to the benefit of those involved.

Your support will be greatly appreciated; your questions and suggestions will always be considered with the utmost respect.

Sincerely,

Tal Sanders
Athletic Director

The following information has been discussed fully with your child.

Philosophy of Athletics

We have one basic philosophy at Tom Bean, that is **DO WHAT'S RIGHT**. This statement includes all parts of an athlete's life. We expect this in practice, competition, classroom, and community. We don't want our young men and women to just be good athletes, we want them to be good people.

Objectives of the Athletic Program

1. **Education:** Education is our main focus. Each athlete is expected to receive more than a diploma upon high school completion. True education is learning to pour yourself out and make a commitment to something higher and more rewarding than yourself. Athletes should give 100% to achieve the best education possible.
2. **Become a better person:** Through athletics you will become a better person. It is the intent of the program to teach more than just fundamentals. Athletes will develop or improve a genuine care and concern for other people. They should be more accountable and responsible. They will learn to be positive about the day, their school, the community, and their country. They will learn the influence they have on younger people and use this influence in a positive manner.
3. **Establish athletic excellence:** You must want to become the best athlete you can be. This demands a higher level of intensity, dedication, and perseverance than our opponents. We must do everything in our power to become all we were intended to be.

This is a great privilege – not a sacrifice

To me no coach in America asks a man to make any sacrifice. He requests that he do the opposite. He requests that he stop doing all the things that destroy him physically, mentally, and morally and begin doing things that make him finer, keener, and more confident.

Fielding Yost

The Supreme Court has ruled that Athletics is a privilege not a right and that those who choose to participate must obey rules set forth or be dismissed from the program. Please read the rules in this book before you begin.

What Coaches Expect From Players

It is important that we understand that as coaches we have four expectations about athletes. This program is developed with these expectations in mind.

Expectation # 1. We expect you to graduate with the highest grades that you are capable of making. We do not want you to simply try to keep eligible. We want to help you to make the highest grades you can. You will be responsible to the team to turn in all assigned work on time.

Expectation # 2. We expect you want to be the best athlete you can be. This is important because when our coaches look at you they see what you could and should be and will help you to achieve that. Our coaches understand that lack of effort, is neglect of duty. You will never be allowed to settle for less than your best.

Expectation # 3. We expect that you want to play on a championship team. Our practices and off-season programs are designed to produce a champion. You must understand that decisions are made with priority being on the team first and the individual second. Players must understand that the position they play and amount of time they play will be where they can most help the team.

Expectation # 4. We expect that you want to become a better person. You need to understand that you represent our team, you may very well be the only athlete some people ever know. Your character is a direct reflection of our program. We expect that you will always be a member of our athletic program. Understand that there are many benefits that go along with this, but you will be held accountable for your actions. We will help you become all you can be in competition, at school, and in our community.

What Players Can Expect From Coaches

1. Coaches will teach sport specific skills.
2. Coaches will be enthusiastic.
3. Coaches will treat players with respect.
4. Coaches will never use profanity or degrade kids.
5. Coaches will act like professionals.
6. Coaches will try to teach character, and use athletics to teach players about life.
7. Coaches will portray the same enthusiasm in the classroom as they do on the field.
8. In the community coaches will be role models for young people.

Responsibilities of Athletes

During the athletic period and after-school practice, an athlete:

1. Must notify the coach in person or by phone if they are going to miss practice. This is the responsibility of the athlete and no one else. The phone number is 903-546-6319 Ex.234; the Jr. High is 903-546-6161 Ex 306.
2. Must be on time. Tardiness to class is as inexcusable as it is to any other class. You need to be dressed out and ready for practice two minutes after the tardy bell rings.
3. Will observe practices/workouts even if they can not participate due to injury or other medical reasons. Watch the practices and learn, you miss important information when you are not at practice.
4. Will rehab injuries when possible. An athlete should stay in constant contact with the athletic trainer and abide by all of his requirements in order to reduce the time missed because of injury.
5. Must dress out in school issued equipment only. The athlete is responsible for the proper care of practice gear and game clothing. Lost or damaged items will be paid for. Do not wear athletic issued clothes to class.
6. Will maintain a neat and clean locker space. This includes lockers being secured at all times.
7. Must abide by the coach's directions, instructions, and decisions, or they may be asked to leave the program.
8. Will abide by practice schedules and complete workouts each day.
9. Will strive for excellence in all of their activities while a member of the Tom Bean Athletic Program.

In the classroom and school functions, an athlete:

1. Must realize that they are a student first and an athlete second. The student athlete must give sufficient time and energy to studies to insure they make the best grades possible so they can compete in athletics and possibly further their education.

2. Will use time wisely in regards to studying and homework. Athletes will not be allowed out of the athletic class period to do work for another class except for extenuating circumstances. Every effort should be made to schedule tutorials or make up work around scheduled workouts.

3. Must maintain satisfactory citizenship and behavior by giving respectful attention to classroom activities and by treating teachers, administrators, and fellow students with respect.

4. Will maintain proper dress, appearance, and good grooming. You are a leader, and you only get one chance to make a first impression.

5. Must follow the rules of the Tom Bean Athletic Department and Tom Bean ISD.

Consequences of making poor decisions in school

You will always have to accept teacher or school punishment. This could affect our teams. If this is a consistent problem, you could be put in the six week program. Otherwise, it will be handled on an individual basis.

Work not turned in – Green bays or bear crawls

N or U in conduct – log rolls

More than one tardy in a six weeks – Green bay or log roll

If you fail at three or six weeks – Mandatory tutorials

During team travel, an athlete:

1. Will travel to and from contest with the team. Coach approval must be obtained for an athlete to return home with their parents.

2. Will dress neatly and properly on all trips.

3. Will conduct themselves properly on the bus or any school vehicle.

4. Will conduct themselves with dignity and proper manners when representing our school at athletic contest, eating at restaurants, in hotel, ect.

5. Will be on time for all departures.

6. Most of all will represent Tom Bean to the best of their ability.

Discipline

Discipline is the backbone of any good athletic program. Athletes will be expected to follow and abide by all school and athletic rules. Athletes who make poor choices and decisions will be disciplined. Constantly breaking rules, getting into trouble, and failing classes could result in removal from athletics for a period of time or permanently.

Quitting or Being Removed From a Sport:

Athletics teaches commitment and dedication. We would like for all of our athletes to be committed to what they do. But we also want them to understand the dedication it takes to do it.

1. All sports will have a two-week trial period. This gives the athlete the opportunity to see if they want to play this sport. Trial period starts when the season for that sport begins.
2. After the two week period there is a commitment day. After this date, the athlete will be considered quitting if he or she decides not to play.
3. If the athlete decides to quit or is removed there will be a twenty-four hour cooling off period for the coach and athlete to decide what they really want. After this time the coach and athlete will meet and a final decision will be made.
4. There are some situations in which an athlete could have an approved coach's release. These situations will be handled on an individual basis.

Consequences for quitting or being removed from a sport:

If you quit or are removed from the sport after the two-week trial period you will not be allowed to go to your next sport until the sport you were in is completed. When your next sport begins, you will not be allowed to participate in games for the first four weeks and complete 25 miles of extra duty. However, you will be allowed to participate in practice. If this happens a second time you will only be allowed to play after getting approval from the Athletic Director, the head coach of the sport you quit, and the head coach of the sport you would like to play. If you are in two sports at the same time and quit one, you will not be allowed to play in the other.

The Six Week Program:

Athletes who consistently have problems in the classroom or are in I.S.S. over and over will be put in the Six-Week Program.

Once an athlete has been put in the Six-Week Program, the following is a list of guidelines to follow in order for the athlete to return to the athletic program.

1. No confrontations with any teachers.
2. No zeroes on any assignments in class.
3. No more than two tardies in first period and no tardies in all other classes.
4. If any of the above stipulations are not followed, the six-week program will start again. For example: John Doe is tardy to 5th period in the sixth week of the program. John will begin the program again and have six more weeks in the program.

Substance Abuse: Alcohol and drugs

Abuse of alcohol and drugs is not a new problem. It has been here since biblical days and I do not have a solution. There are things you should think about before you use alcohol or drugs.

The greatest killer of people your age is drinking and driving. If you use alcohol or drugs to have courage, you will not find it.

If you use alcohol or drugs to run away from a problem, you do not solve a problem, you create a new one.

You must understand that you represent something great, your school, your family, and your community. You risk hurting every one of these by the use of alcohol and drugs. This is a very selfish act. Selfishness can cause you to be dismissed. The world around you will tell you it is okay. The ordinary will do it. I can assure you that it takes an extraordinary person to abstain. I hope that we do not have ordinary selfish people.

Consequences for the verified use of alcohol and drugs:

First offense – Meet with athlete and parents, two week suspension from competition plus 50 laps (If not in season the suspension will take place when season starts)

Second offense – six week suspension from competition plus 100 laps (If not in season the suspension will take place when season starts)

Third offense – One year suspension from athletics

Fourth offense – Out of athletics

Sports you can play in high school

Fall sports:

Football
Volleyball
Basketball
Cross Country

Spring sports:

Baseball
Softball
Track
Tennis
Golf
Powerlifting

Sports you can play in junior high

Fall Sports:

Football
Cross Country
Volleyball
Basketball

Spring sports:

Track

Insurance

We have excess accident insurance on all athletes. This insurance is designed to be a helper to your personal insurance, it works off a schedule of benefits (example x-rays pays \$200.00). If you have no insurance on your child the school insurance will become primary.

The school insurance will not always cover the total cost of your doctors on a hospital bill. It is only designed to help with the cost of your child's medical bill.

The district also offers a voluntary program that you may purchase; your child should have this in their material sent home on the first day of school.

I have read and understand the Athletic Handbook

Print name of Athlete _____

Signature of Athlete _____

Signature of Parent _____

Please tear off this page and return it to the athletic department. The book is for you to keep.

