GLEN ROSE TIGERS

The purpose of the Glen Rose athletic handbook is to ensure that all coaches, parents, and student-athletes are informed and in agreement, regarding the expectations and rules of the overall athletic program.

The goals of the Glen Rose ISD Athletic Program are as follows:

1. To be one of the most successful athletic programs in the state.
2. To follow all policies of the UIL & TEA.
3. To ensure that all participants including players, coaches, administrators and parents provide a positive image of school athletics.
4. To strive for excellence that will produce quality teams and nurture sportsmanship and personal growth for the student-athlete.
5. To provide an environment where students develop athletic and life skills, including but not limited to:

● Developing a team culture that encourages competition, respect, selflessness, and toughness

● Providing leadership that stresses the desire to represent their school and community in a manner that will make the school administrators, coaches, parents, teachers, and other citizens of the community proud of them.

● Creating and maintaining programs for the entire student body and faculty that will generate an atmosphere of unity and school/community spirit.

● Create in all students a greater interest in the value of education and the realization that athletic competition is a privilege that carries definite responsibilities.

● Developing an appreciation for athletics that promotes lifelong participation and a healthy lifestyle.

● Encourage students to grow physically, mentally, and socially while learning to make decisions under pressure.

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***All student-athletes are expected to participate in a sport(s) in order to remain in athletics. We do not have a year around offseason for students who do not want to participate in a sport(s).**

PART I - PARTICIPATION

1. TEAM

The definition of team is two or more individuals working together to accomplish a set goal. The Glen Rose Athletic Department's goal is to defeat our opponents. In order to do this, the team must come before the individual team member. All members of the team are expected to assume their roles on the team and function in a 100% committed effort. The Glen Rose Athletic Department does not view the concept of team as providing every member with equal playing time or pivotal playing positions.

2. ATTENDANCE

Avoid missing athletics. Avoid being tardy. Do not skip class. Any athlete missing a practice or a game must contact the head coach of that sport for permission. Plan ahead. Holiday workouts are required if scheduled by a coach. An athlete can lose his/her position on the team, or be removed from the team, for any unexcused absence. Make up conditioning will be applied for an absence. Unexcused absences from time allotted for athletics may result in dismissal from the team. An **unexcused absence** is ANY absence that is the result of not showing up to practice and not communicating with their coach. An **excused absence** is due to extreme illness or a family emergency that has been communicated with their coach. The head coach of each sport will reserve the right to determine whether the absence was unavoidable or an emergency. The make-up conditioning must be complete before the athlete is eligible to compete again. If an athlete misses a practice or a game, there is no guarantee their playing time or position will be there when they return. An athlete may be benched for an unexcused absence from a game. Also, tardiness will not be tolerated, and additional conditioning will be assigned at the conclusion of that practice. Athletes are expected to be on time and present for games, meetings, and workouts.

3. CONDUCT

Every Glen Rose athlete is expected to maintain a respectful image for the program at all times. An athlete must take pride in his/her conduct. Athletes are to represent the program with class on the field, in the locker room, in school, at home, and in the community. Be positive leaders of the school and in the community.

4. INJURIES AND ILLNESS

There is a difference between being injured and having something that hurts. An injury is a physical problem that will only worsen, and not heal properly, without rest and rehabilitation. For example, broken weight-bearing bones, torn or severely pulled muscles, severely sprained ligaments and tendons and head trauma are injuries. Hurting is anything that will heal regardless if you continue to practice or play. Examples of common hurts are bruises, mild pulls and sprains, scrapes, cuts, jammed joints, colds, and headaches. Our athletic trainer is available to

examine all initial pain. The trainer will assess the problem, and a doctor's referral will be issued if necessary. Sports Medicine doctors have more experience in getting an athlete back to playing on the team sooner than a family doctor or pediatrician. Therefore, it is suggested that all injuries and illnesses are handled by a sports medicine doctor, in conjunction with the Glen Rose ISD trainer. A sports medicine doctor will give the coaches more specific information concerning the injury and prescribe the proper rehabilitation regimen for our trainer to follow. All bumps and injuries are expected to be treated and rehabilitated daily until the athlete is cleared to return. If an athlete fails to report to our trainer as required, he/she is not considered injured or hurt. Injured or hurt athletes are expected to dress out in workout clothes and perform activities that are still possible with the injury. Injury treatment will not be performed during the athletic workout or practice. This is accomplished outside practice time and the school day.

5. PLAYING POSITIONS

Playing positions on all teams are determined each year based solely on the coaches' discretion and team strategy. The positions are determined based on what is best for the team, regardless of previous sport experience, or Glen Rose residential tenure. Players may be required to play at different positions and fulfill different team roles from one year to the next. The coaches will determine the teams, player positions, depth charts, and playing rotations.

6. YEAR AROUND STRENGTH & CONDITIONING

GRISD athletics will require all its athletes to be committed to a year round conditioning program. This will include strength, speed, agility and endurance training. An athlete can expect to condition both during the season and out of a season. In addition, all GRISD athletes are expected to fully attend and commit to the GRISD summer workout program.

PART II – CONDUCT

1. RESPECT FOR ADULTS

Glen Rose athletes will address all adults in a respectful manner. The program expects all athletes to use a 'yes/no sir' and 'yes/no ma'am' response when speaking to all adults. The athlete will address all coaches by 'coach' and the coach's proper 'last name'.

2. GRADE / CONDUCT CHECKS

Weekly grade and conduct checks may be required from athletes. 'Reminders' will be assigned until the problem has been corrected. The UIL and TEA policies on grades will be followed.

3. QUITTING OR BEING REMOVED FROM THE TEAM

When an athlete tries out for a team, that athlete is communicating a commitment to the practice and game schedule. In some instances, cuts are made and other kids lose the opportunity to participate. Therefore, quitting is not tolerated. Any athlete who quits the team or is removed from the team for disciplinary reasons may be expelled from all athletic competition for the rest of the school year. At the minimum, the student will not be allowed to start another sport until the sport they quit has finished their season. The athlete in question can be immediately removed from the athletic program at the Athletic Director & Girls' Coordinator discretion. An

athlete who becomes academically ineligible must complete the remainder of the season to stay in good standing within the program.

4. USE OR POSSESSION OF DRUGS, ALCOHOL, and TOBACCO (Including Vapor)

All athletes must participate in the initial drug testing before they begin their sport and will be subjected to random drug screening in accordance with the GRISD School Board policy. The use or possession of illegal drugs, alcohol, and any form of tobacco (cigarettes; e-cigarettes; and any component, part, or accessory for an e-cigarette device) by an athlete will not be tolerated at any time for any reason. Due to the fact that the use and possession of these substances is illegal and also can hinder athletic performance, we highly discourage their presence among our athletes. We expect the parents of our athletes to monitor their child's activities away from school and require them to stay drug, alcohol, and tobacco free. If a student has drugs/alcohol at school, or is arrested for drug/alcohol use, school policies will be followed, and the athlete may be removed from athletics. Our drug and alcohol policy can also be found online.

5. LOCKER SECURITY AND CLEANLINESS

All athletes will be issued a locker and a lock, and it is each athlete's responsibility to lock up the locker. It is the athlete's sole responsibility to keep personal items secure and organized on a daily basis. The athlete is also responsible for keeping lockers clean in order to reduce the spread of harmful bacteria and viruses.

6. THEFT

Being involved in or guilty of theft will result in immediate consequences by the athletic department, including possible removal from the program.

7. VANDALISM or DESTRUCTION OF PROPERTY, INTENTIONAL or ACCIDENTAL

Any athlete involved in or guilty of vandalism or destruction of GRISD property may face immediate consequences by the athletic department, including removal from the program and will be required to pay for damages

8. BULLYING/CYBER-BULLING/RETALIATION

Through Board Policies FFI (LEGAL) and FFI (LOCAL), the District prohibits bullying. Bullying of a student may include hazing, threats, taunting, teasing, confinement, assault, demands for money, destruction of property, theft of valued possessions, name-calling, rumor spreading, or ostracism. Additionally, the District prohibits retaliation by a student or District employee against any person who in good faith makes a report of bullying, serves as a witness, or participates in an investigation. Examples of retaliation may include threats, rumor spreading, ostracism, assault, destruction of property, unjustified punishments, or unwarranted grade reductions. Unlawful retaliation does not include petty slights or annoyances. Reports of bullying or retaliation shall be made as soon as possible after the alleged act or knowledge of the alleged act. A failure to immediately report may impair the District's ability to investigate and address the prohibited conduct. To obtain assistance and intervention, any student who believes that he or she has experienced bullying or retaliation or believes that another student has experienced bullying or retaliation should immediately report the alleged acts to a teacher, counselor, principal, or other District employee.

PART III – PARENT SUPPORT

1. PARENT COMMUNICATIONS / CONFERENCES

To address a concern, please follow the proper channels.

1. Encourage your son/daughter to speak with the coach.
2. If you feel it is something your child cannot address adequately, wait until the next day, and contact the coach via email or phone. Do not approach a coach to discuss an issue before or after a game. Plan on your son/daughter attending any scheduled conference.
3. Refrain from speaking negatively in the presence of your son/daughter.
4. Do not discuss your concerns on social media.
5. Follow the chain of command.
    (a) Coach
    (b) Girls Coordinator (If applicable)
    (c) Athletic Director

Understand one very important aspect of athletics; at no point will a coach discuss with a parent:

- coaching strategy
- player position
- playing time
- another player

2. TRANSPORTATION

All GRISD Athletes are required to ride the bus to the event or game they are participating in. Students will only be allowed to ride home with their parents. Their parents must meet with a school representative after the game and sign a paper to release their son or daughter. Athletes may ride home with another adult (not a high school student) if permission is given by the High School Principal or Assistant Principal the day before the athletic contest. All written documentation must be given to the Coach following the event or game the athlete participates in. Varsity athletes may or may not be required to ride the bus home. (This will be at the discretion of the head coach involved in the sport.)

3. ATHLETE DROP-OFF and PICK-UP POLICY

As a general practice, we will open up the athletic facility approximately 30 minutes prior to the athletes' report time each day. However, DO NOT leave your child at the athletic facility if there is not a coach or school employee present at that time. You assume FULL responsibility of your child's safety and well being if you drop them off unsupervised. Glen Rose ISD and its employees will not be held liable for your child's safety if you leave them in an unsupervised situation. The coaches will inform the athletes of the start times for each day's practice. The athlete is responsible for getting this information to their parents/guardians. Practice times will vary throughout the year so do not assume that one day is the same as the next. We expect parents/guardians to pick their child up promptly upon our arrival time back to the athletic facility from an athletic event. Athletes will have the opportunity to make a phone call on the bus or in the field house informing the person who is to pick them up to be on their way. Because the coaches will wait until all athletes are picked up, we ask that you be prompt in picking up your child. Unless you notify the District in writing, the District will not allow your

child to leave with anyone other than that child's parent/guardian. The parent/guardian and child are to arrange transportation home from athletic events. If your child leaves on their own behalf and uses a source of transportation that you do not approve of, please hold your child responsible.

4. PARENTAL INTERFERENCE

Parents, relatives and other spectators will be discouraged to coach or give playing advice to athletes during practices or games. Please never interfere with the coaches while they are coaching. All parents and spectators are to remain off the playing and practice areas unless the head coach has granted permission. No one outside the coaching staff will be allowed to engage an athlete during a practice or game. Any belligerent behavior from a spectator towards a coach, official, other spectators(s) or player may result in an expulsion from the premises as well as a suspension from further athletic events. This includes pre-game and post-game situations.

5. OUTSIDE GRISD ATHLETIC PROGRAMS

In order to be an accepted member of the Glen Rose Athletic Program, all individual athletes must place Glen Rose athletic games and practices above any other athletic team or organization. This includes club/select teams and private instruction.

6. VARSITY LETTERMAN CRITERIA

Letterman criteria can be found by asking the head coach of the sport or contacting the Athletic Director.

7. REFUSAL OF PUNISHMENT/CONSEQUENCES

If an athlete refuses to accept the consequence for any offense, he/she is automatically suspended from the program indefinitely. The athlete in question may only have the opportunity to reenter the program after completion of the original consequence, plus any additional consequence, and permission from the head coach.

8. COACH COMMUNICATIONS

The coaches will work extremely hard to communicate information to the athletes and the parents. We will always speak directly to the athlete or athletes. In school athletics, we see our athletes every day and we have the luxury of face to face communications, school intercom announcements, front office support, and the school website support. The athletes are expected to be responsible and to share that information with parents accurately and effectively. We will use the following methods to effectively communicate and keep all parties informed.

A. Provide the information to the athletes verbally.

B. Post the information on the school website and give information to the front office.

C. Rank One provides all game schedules and game driving directions. Please visit the Glen Rose I.S.D. website and subscribe to the schedules for which you want to receive schedule and game information updates. This is a major tool for coach's communication with parents and athletes. It is the parent's responsibility to login and to be familiar with Rank One.

9. SOCIAL MEDIA

- Social media will need to be appropriate at all times.
- You have no idea who will ever see what you text or write on the Internet. Anyone from your best friend, your coach, your rival, to your teachers, can see what you post. Keep in mind that what you say can be seen by the world. Even future colleges, coaches, and employers. Be smart.
- Never post pictures or video from the locker room.
- Do not talk about your opponents in a negative way. Stay away from trash talking your past, present, or future opponents.
- Your text, tweets, and posts can be permanent. They are a permanent record. You can't take back what you put out on the Internet for everyone to see.
- Do not post information that should be communicated to your coaches and team first. Such as injuries, either yours or of any of your teammates, or any other team issues.
- Have a password-protected profile and only allow people you actually know to have access to your posts, tweets, and pictures. It is recommended that your parents have access to any and all social media used by you. This precaution is the first step to education and accountability.
- Athletes should know that anything posted on social media, whether it's your personal account or someone else's, could lead to disciplinary consequences from the athletic department.

Glen Rose I.S.D. Athletic Department Handbook Agreement Form

I, the student, have read the Glen Rose I.S.D. Athletic Policies and agree to follow and respect all of the Glen Rose I.S.D. Athletic Policies as written in order to be a member of the Glen Rose Tiger/Lady Tiger athletic program.

I, the Parent/Legal Guardian, have read the Glen Rose I.S.D. Athletic Policies and agree to follow and respect all of the Glen Rose I.S.D. Athletic Policies as written in order for my son/daughter to be a member of the Glen Rose Tiger/Lady Tiger athletic program.