

**2009-2010  
VALLEY VIEW  
I.S.D.  
ATHLETIC  
HANDBOOK**

**GRIEVANCE PROCEDURE**

The Valley View Independent School District does not discriminate against any person because of race, creed, national origin, age, sex, economic status, or handicapping condition in employment, promotion, or educational programming. Student-athletes and parents are expected to follow the chain of command and first confer with the coach in question, then if necessary the Head Coach of the Sport, then the Athletic Director, and finally the Superintendent of Schools when a concern exists. All academic concerns should be initiated with the teacher and then the campus Principal. Concerns addressing both athletic and academic matters should be addressed to the campus Principal and Athletic Director.

**HANDBOOK VIOLATIONS**

All athletic handbook violations will have consequences. By signing the acknowledgment form, you are agreeing to the terms and conditions set forth by the Valley View Athletic Program.

**PARTICIPATION IN THE VALLEY VIEW ATHLETIC PROGRAM**

It is the goal of this athletic program to offer the opportunity of participation to every student who has the desire to do so. 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. It is to be stressed that participation in the Valley View Athletic Program is a privilege, not a right. **Since it is a privilege, the coaching staff, in accordance with the Valley View ISD policy and due process procedures, 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 teams. The selection of teams will include, but is not limited to: skill level, knowledge of sport, attitude, and experience in the sport. Jr. High and J.V. team members will receive adequate playing time. **Members of varsity teams are not guaranteed playing time.** The coaching staff will not engage in a debate with a parent over playing time, strategy or philosophical issues.

**PARENT CONFERENCES**

- There will not be parent/coach meetings before, during, or after a game or practice. If a parent desires a meeting to address concerns with a coach, they must seek an appointment with the coach when convenient for both parties.
- The chain of command is expected to be followed
- Failure to support and accept the coaching philosophy of the school district may result in a negative situation for the athlete.
- A parent, relative, or other spectators will not be allowed to coach or give playing advice to their child during practices or games.
- Never interfere with the coaches while they are coaching.
- All parents and spectators are to remain off the playing and practice areas unless permission has been granted by the head coach. (However, parents and family are always welcome to practices and all athletic events – we strongly encourage this!)

**SELECT/CLUB SPORTS**

In the case of a non-school related athletic event conflicting with a school related athletic event, priority will be given to the school athletic event. Consequences for violating this rule will be at the discretion of the Head Coach of the in-season sport and/or the Athletic Director and may include suspension from future athletic contests.

**RESPONSIBILITIES OF A VALLEY VIEW ATHLETE**

All 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 credit to his/her school. The fact that an individual has chosen to participate in interscholastic athletics is indicative that each athlete has taken into consideration the rewards, privileges, and pleasures that can be attained from participation. It is also indicative that each athlete understands the price that must be paid in meeting responsibilities, following rules and regulations, and meeting the demands that are placed on each individual athlete. The privilege of representing the Valley View Athletic Program coincides with the expectations of the administration, coaches, teachers, parents, community, and most of all by fellow teammates and classmates. As student-athletes, you are always on display. Remember, "We are judged by the company that we keep".

The responsibilities of an athlete include, but are not limited to, the following:

- The athlete will strive for excellence in all activities at all times while being a member of the Valley View Athletic Program.
- The athlete will faithfully abide by all rules set forth in the athletic handbook.
- The athlete will abide by the practice schedules and complete workouts each day.
- The athlete will personally notify his/her coach when unable to attend practice, and will miss practices only under extreme circumstances.
- The athlete will abide by the coaches directions, instructions, and decisions.
- The athlete will be responsible for the proper care of any school issued clothing and/or equipment. The athlete will be required to pay for any clothing and/or equipment that is lost, damaged or destroyed. Issued clothing should not be worn outside of athletic participation (practice/competition).
- Most importantly, the athlete will represent Valley View to the best of his/her ability.

Athletes will be expected to:

- Compete in every sport that he/she can contribute to the success of.
- Respect coaches and fellow teammates.
- Follow directions the first time they are given.
- Refrain from fighting and horseplay.
- Refrain from using obscene language and gestures.
- Refrain from unsportsmanlike conduct of any manner.
- Give 100% to the sports that he/she is involved.

The Valley View Athletic Program is an integral part of the total school experience for both boys and girls. It offers a variety of sports and activities to all students who have the desire to participate. The athletic program is a vital part of education.

The rules, regulations, and standards set forth in this handbook are designed to provide for the efficient operation of such a program. *The student athlete will be held accountable and responsible for all policies contained within this handbook and for any additional policies that a coach may add as needed.*

### **ELIGIBILITY/GRADES/TUTORIALS**

The Valley View 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. Valley View ISD strictly adheres to these rules and regulations. UIL and the State Board of Education "No Pass – No Play" rules are strictly enforced. In addition, Valley View ISD wants its athletes to be top academic students. Each athlete must realize that he/she is a student first and an athlete second. The student must give sufficient time and energy to his/her studies to insure acceptable grades to meet the UIL requirements for participation. Students that do not maintain passing grades or who are missing assignments due to unacceptable reasons may be subject to suspension from athletic competition at any time. Coaches will regularly check student averages in all courses. Students may be required to attend tutorials if their grades are not acceptable.

### **CLASSROOM BEHAVIOR**

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.

### **ATTENDANCE/ABSENCES/TARDIES**

Athletes are expected to be at all practices and all competitions on time and remain for the duration of the practice or competition. It is the athlete's responsibility to notify the coach if he/she must miss a practice or competition. By becoming a member of the Valley View Athletic Program, you are making a commitment to the program. **\*An unexcused absence from a game will result in suspension of the next scheduled game. Playing time will be at the Head Coach's discretion for an absence on the day before or the day of a scheduled game.**

\*An excused absence is that of an illness, emergency, etc... In such cases, the athlete may be required to present the coach and/or Athletic Director a written note from the parent/guardian, immediately following the incident. Three consecutive absences may necessitate a doctor's written excuse.

As with any other activity, please be aware that excessive tardiness or absences result in a loss of practice/instructional time. This loss of time could subject the athlete to loss of playing time or even dismissal from the team. Make-up conditioning will be required for any tardy or absence at the discretion of the Head Coach of the sport and approved by the Athletic Director.

**NECESSARY DOCUMENTATION**

Prior to participation, an athlete must have the following on file:

- 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)
- Valley View ISD Parental Consent to Biological Testing Form (Drug Test)
- Previous Athletic Participation Form (if applicable)
- UIL Foreign Exchange Student forms (if applicable)
- Valley View ISD Athletic Handbook Acknowledgement Form

Any student not covered under a parent/guardian's major medical insurance, will be provided information on student insurance coverage. *In no way does the school district at any time assume any liability for any injury incurred at any time, and in no event shall be responsible for any payment above and beyond the limits of any insurance policy in force at the time of the injury.*

**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. Conflicts between two sports will be handled by the Head Coaches of those sports.

**OFF SEASON PROGRAM**

The purpose of the off-season program is to improve the athletic program by enhancing each athlete's abilities. Drills and activities to improve speed, strength, and agility will be utilized. It is mandatory for all athletes to participate in the off-season program if they wish to participate in athletics.

**ISS/AEP/CODE OF CONDUCT**

Any athlete that is placed into an alternative education arrangement (AEP or home suspension) will not participate in practices and/or competitions for any extracurricular activity for the duration of the alternative education arrangement. Extended time may result in dismissal from any in season sport. Any athlete disciplined under the student code of conduct may be subject to suspension or dismissal from the athletic program at the Athletic Director's discretion. Any athlete receiving ISS on the day of an athletic competition is ineligible to participate in that competition. An athlete receiving ISS on the days prior to an athletic competition is subject to loss of playing time based on the Head Coach's and/or the Athletic Director's discretion.

**CRIMINAL CHARGES**

Any athlete legally accused of, arrested for, or convicted of a felony or misdemeanor (other than a traffic violation) may be subject to suspension from all athletic competitions, or other disciplinary action maybe taken if not an in-season sport, until the matter has been cleared through the courts or punishment has been served. The 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 and the outcome of the case, an 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 athlete is not found guilty or all charges are dropped, then the athlete will be reinstated into the athletic program at the Athletic Director's discretion. An athlete that is placed on probation may be allowed to compete in athletic competitions after a conference between the parent/guardian, the athlete, the Head Coach and the Athletic Director; at which time a contract may be drawn up establishing the behaviors expected of the athlete.

**PARTICIPATION WHEN ILL OR INJURED**

Any 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 athlete wishes to remain a part of the team. The athlete will not participate but will be required attend all practice sessions and sit with the team during competitions. Failure to attend practices and competitions while injured can result in dismissal from the team. *Athletes learn from each practice session, whether they are actually working out or simply observing.*

**CORPORAL PUNISHMENT**

Texas state law allows for corporal punishment. Corporal punishment may be used within the guidelines established by Valley View ISD. Athletic department policy requires that the Athletic Director may use corporal punishment, in private, with another certified employee as a witness. However, an alternative punishment will be used in place of corporal punishment if the parent/guardian files a written request with the Athletic Director not to use corporal punishment.

**ATHLETIC DRESS CODE**

In addition to following regular school rules regarding dress code (found in the student handbook), athletes have additional expectations in regard to hairstyle and jewelry. The length of male athlete's hair may not be longer than the top of the collar. Ponytails on male athletes are not acceptable. Initials, numbers or other insignia shaved on the heads of athletes will not be accepted. Tattoos must be covered at all times. Female athletes, who have long hair, must wear hair, including long bangs, pulled back from the face during all athletic practices and competitions. In accordance with UIL rules and regulations, for safety reasons, athletes are not allowed to wear jewelry of any kind during any athletic competition. For the same reason, jewelry will not be allowed during athletic practices. Male athletes are not allowed to wear earrings at any time while a student at Valley View ISD or while representing a Valley View ISD athletic team at another location, either as a spectator or participant. This includes traveling to and from athletic competitions and practices.

### **PRACTICE UNIFORMS**

Every athlete will be issued a set of practice clothes that may include but not limited to shirt, shorts, sweats, or wind-suits. **These clothes will be worn at practice only and should be worn at every practice.** At the end of the season/year, the issued clothes will be returned. Student-athletes will pay a replacement fee for all clothing or equipment not returned at the end of the year. Consequences for not being dressed out in proper practice attire will be at the discretion of the Head Coach.

### **TEAM TRAVEL**

All regular school transportation rules and regulations apply when on an athletic trip. *All varsity athletes are expected to ride the transportation provided by Valley View ISD to and from all competitions.* The approval of the Head Coach must be obtained for an athlete to return home with his/her parent/guardian, and this will only occur in rare circumstances. **Even with a letter from the parent prior to the activity, Valley View ISD may or may not allow a student to leave with any person other than the parent/guardian of that student athlete. These instances will be looked at on a case by case basis and will be up to the discretion of the Head Coach and/or the Athletic Director.** The Athletic Department **strongly urges** that all athletes leave with a parent/guardian only in emergency situations. **Jr. High and J.V. athletes will usually be allowed to ride home from away athletic events with a parent/guardian signature.** A sign out sheet will be available at the event.

Athletes will follow the dress code for all team trips, if not dressed in the team uniform before leaving the school. Team shirts may be required for some sports, and athletes will be expected to dress in them for each trip. If an athlete wishes to wear a cap, it must be approved by the coach in charge and must be removed before entering any building. All other clothing will be in good condition (no holes, ragged, or sagging pants/shorts). Food and/or drinks will only be allowed on the bus with the approval of the coaches. **The coaching staff retains the right to ban any radios, electronic games, cell phones, etc... on away bus trips.** Any team or individual that advances past district play will have meals, lodging and transportation provided by the school.

### **DRUG AND ALCOHOL USE**

It is the philosophy of Valley View ISD 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 by 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.

**CONSEQUENCES FOR DRUG AND ALCOHOL USE**

Any student-athlete using or possessing alcohol or using, possessing, buying or selling illegal controlled substances shall be denied participation in athletic events. The issuance of a citation at any time for any of the before mentioned offenses will result in immediate suspension. Also, the witnessing of any of the before mentioned offenses at any time by any Valley View ISD employee or any peace officer will carry the same punishments.

**Hearsay is not a determination of guilt.** These violations shall be cumulative for one calendar year from the date of **any** violation.

- 1<sup>st</sup> Violation..... 14 calendar day suspension + run 30 miles
- 2<sup>nd</sup> Violation..... 30 calendar day suspension + run 90 miles  
plus drug/alcohol counseling
- 3<sup>rd</sup> Violation ..... 1 calendar year suspension + run 120 miles  
plus drug/alcohol counseling

All punishments, suspension and mileage, must be ran and completed before the athlete is allowed to compete in any competition. All mileage must be completed outside of normal practices and athletic periods. All mileage ran must also be verified by a coach and approved by the Athletic Director. Any athlete failing a school drug test will also be subject to the consequences as listed in the student code of conduct.

**SELF-REFERRAL**

Student-athletes may take advantage of a self-referral procedure to seek information, guidance, counseling, and assessment in regard to the student-athlete’s use of alcohol and drugs. Voluntary referrals do not carry punitive consequences under the following provisions:

- A. Referral is allowed one time in a student-athlete’s four-year high school career or two-year junior high career.
- B. The student-athlete or a member of the immediate family must make referral.
- C. Referral must be prior to the second violation.
- D. Athletes cannot use referral as a method to avoid consequences once a violation by the student-athlete has been identified.
- E. Referral must be made to a coach, Athletic Director, teacher, administrator, or counselor.

**DROPPING/QUITTING A SPORT**

There will be times when an athlete finds it necessary to quit playing a sport before, during, or after the season has begun. **An athlete may not quit one sport to play another sport.** The following procedures should be followed in order to drop/quit a sport:

- Examine the situation before a decision is made.
- 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, the athlete must check out of the sport through the Head Coach of the sport and the Athletic Director. All clothing/equipment issued to an 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.

- An athlete that decides to quit one sport to join another must wait until the first sport has completed its season before he/she will be allowed to join the new sport.

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. Failure to participate in the mandatory off-season program may also constitute dismissal from the athletic program.

### **CONSEQUENCES FOR QUITTING A SPORT**

All students that wish to participate on an athletic team **MUST** be enrolled in the school athletic period. Quitting is an intolerable act and a destructive habit to acquire. A habitual quitter may lose the privilege of participating in athletics. During the first 2 weeks (14 calendar days) of the sport, an athlete is able to make the decision to drop the sport without any consequences. After the 2-week grace period, consequences for quitting/leaving a team are as follows:

**Junior High Athletics:** Mileage for each missed workout and game remaining in the season (2 miles per day) will be ran and made up before participation is allowed in any other athletic competition

**High School Athletics:** (Cumulative throughout the athlete's high school career)

**First Instance:** The individual is immediately ineligible for any other athletic related extracurricular activity until the season of the sport they quit has ended. Mileage for each missed workout and game remaining in the season (2 miles per day) will be ran and made up before participation is allowed in any other athletic competition with a minimum of 50 miles being assigned.

**Second Instance:** The individual is immediately ineligible for any other athletic related extracurricular activity until the season of the sport they quit has ended. Mileage for each missed workout and game remaining in the season (2 miles per day) will be ran and made up before participation is allowed in any other athletic competition with a minimum of 100 miles being assigned.

**Third Instance:** The individual is immediately ineligible for any other athletic related extracurricular activity until the current school semester has ended. Mileage for each missed workout and game remaining in the season (2 miles per day) will be ran and made up before participation is allowed in any other athletic competition with a minimum of 150 miles being assigned.

**Fourth Instance and Beyond:** The individual loses the privilege of participation in athletics for one calendar year from the date that he or she quit. Mileage for each missed workout and game remaining in the season (2 miles per day) will be ran and made up before participation is allowed in any other athletic competition with a minimum of 200 miles being assigned.

All mileage must be completed/ran outside of normal practices and athletic periods. All mileage must be completed before the athlete is allowed to compete in any athletic competition. Mileage not completed by the end of the current school year will carry over to the following school year and must be completed before participation in any athletic competition is allowed. All mileage ran must also be verified by a coach and approved by the Athletic Director.

**LETTERING POLICIES**

Athletes may receive from the school only one major award during their high school career. This major award (letter jacket) will not be awarded during an athlete's freshman year. The athlete must be a sophomore, junior or senior to receive a letter jacket. In order to letter in a sport, the athlete must be on a varsity team and satisfy the requirements stated below. Coaches will consider the following before nominating an athlete for a letter.

- Conduct as explained in this handbook.
- Attendance to all activities in which the athlete is required to attend.
- Completion of the season eligible and in good standing.
- Finish the competition season on the Varsity team
- Finishing the season on the Varsity team does not include:
  - Promotion from the JV to the Varsity Playoff Roster
  - Moving from the Varsity to the JV during the season and returning to the Varsity for the playoffs
- Discretion of the Head Coach and/or Athletic Director.

**SPORTSMANSHIP**

The Valley View ISD Athletic Program stresses exemplary behavior and attitude during practice and competitions. Unsportsmanlike conduct will not be tolerated. Athletes should be positive role models for all students to follow. Athletes should be courteous to other contestants and fans, and be respectful to all coaches and officials.

**MISCELLANEOUS**  
**ATHLETIC BANQUET**

In the spring, the Athletic Department and Booster club will host a high school athletic banquet honoring all students who participated in athletics during the year. Athletes will be informed of appropriate dress. All athletes are expected to attend the banquet.

**FUND RAISING**

Some sports may ask athletes to participate in various fundraisers for specific intents. Profits will be placed in the athletic activity account. All rules regarding fundraisers are the same for regular school fund raising (found in the student handbook).

**FACILITIES/EQUIPMENT**

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.

**PERSONAL BELONGINGS**

Athletes should not leave personal items, especially jewelry or money, in areas unsupervised. Each athlete is issued a locker and may use a combination lock to secure personal property. **Valley View ISD and the Valley View Athletic Department are not responsible for lost or stolen items.**

**ATHLETIC SUSPENSION**

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

Each coach shall have the authority, with the concurrence of the Athletic Director, to suspend or place on probation any athlete for major or minor infractions of the standards set forth in this athletic handbook.

Acting either upon the recommendation of the coach, or in his best judgment, the Athletic Director may suspend or place on probation for the duration of the term, duration of the seasonal activity or the duration of the school year any athlete for a major infraction, or repeated infractions, of the standards set forth in this athletic handbook.

(Parent/Guardian & Athlete Copy)

**2009-10 VALLEY VIEW I.S.D. ATHLETIC HANDBOOK  
ACKNOWLEDGEMENT FORM**

I understand the policies and procedures of the Valley View I.S.D. Athletic Department, I am also aware of the consequences for violating said policies. If at any time I have questions regarding the handbook, I will address these questions to the Head Coach/Athletic Director. I understand that the Athletic Director and coaching staff will enforce these policies, procedures, and consequences.

\_\_\_\_\_  
Athlete Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Athlete Name (print)

I understand the policies and procedures of the Valley View I.S.D. Athletic Department, I am also aware of the 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 Signature

\_\_\_\_\_  
Date

(Return this copy to the Athletic Department)

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\_\_\_\_\_  
Athlete Signature \_\_\_\_\_  
Date

\_\_\_\_\_  
Athlete Name (print)

I understand the policies and procedures of the Valley View I.S.D. Athletic Department, I am also aware of the 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 Signature \_\_\_\_\_  
Date

Parent/Guardian Name (print): \_\_\_\_\_

Mailing Address: \_\_\_\_\_

\_\_\_\_\_

Home Phone: \_\_\_\_\_

Work Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_