

2018-2019
TIGER
ATHLETICS



Athletes Code of Conduct

“You are in the Spotlight whether you like it or not, little eyes are upon you every step of the way. Your actions both on and off the field will pave the way for future Tigers.”

PURPOSE

This handbook is written to clarify the rules and guidelines in the AISD athletic program for grades nine through twelve. This handbook is not meant to eliminate communication between athletes and coaches, but to make certain the lines are open and there are as few “gray” areas as possible. If you are unsure about whether or not something is handled properly, I strongly urge you to come and see me immediately. The statements and rules herein will supersede the general Student Body Handbook, for all athletes in the athletic program. Remember, athletic participation is considered a privilege, and expectations of athletes are higher than those of non-athletes.

PHILOSOPHY

Athletics are an integral and desirable part of the total educational process for those students who choose to participate. The process of athletics is an important factor, not just the end result of winning or losing. We will do everything possible to win. We will coach to win, teach to be winners, and build character through the drive to win by the rules. Strong character, responsibility, leadership, discipline, teamwork and respect for oneself and others are valuable assets developed through athletic participation. Athletes will also develop a competitive attitude toward successful achievement that will continue throughout life. Attitude, discipline and work ethic are the most important intangibles in the program. Participation in any sport in our program is optional and shall not be required; however, for those who choose to participate in the program, stringent rules involving behavior, discipline, hard work and academic achievement are involved and strictly enforced.

OBJECTIVES

The general goal of the athletic program is to make athletics a positive learning experience for all who are involved. It is our belief that if the objectives listed below are attained, we will reach this goal.

1. Compete with the expectation and intent to win
2. Promote sportsmanship
3. Promote physical fitness
4. Promote a positive self-concept
5. Provide an avenue for student and community involvement
6. Provide the leadership necessary to develop a strong character
7. Provide an environment where athletes will learn self-discipline
8. Provide a positive way of influencing peers
9. Teach and demonstrate the importance of goal setting
10. Promote education with the goal of graduation and advancing beyond
11. Distinguish the difference between getting an education and getting a diploma (There is a difference.)

ASSUMPTIONS (Role of Players)

Assumptions – that which is taken for granted.

It is important that you understand that we are making four assumptions. The program is developed with these assumptions paramount in our mind. If you are not in complete agreement with all four of these assumptions it is best for you not to ever begin the program because there will be constant problems. The assumptions explain to you where the coaches are trying to go with the program. If you are trying to go in a different direction then you and the coach will never be able to work together.

1. **We assume 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 push you to achieve your maximum. Our coaches understand that “Permissiveness is neglect of duty”. You will never be allowed to settle for less than your best.
2. **We assume that you want to play on a CHAMPIONSHIP TEAM.** Our practices, our offseason, and our summer programs are designed to produce a champion. You understand that decisions made are made with the priority being team and the individual must and will come second. Players must understand the position they play will be where they help the team the most and may or may not be where they or their parents want them to play.
3. **We assume you expect to graduate with the highest grades that you are capable of making.** We will not simply try to keep you eligible; you will be pushed to make the highest grades and to establish a quality education. You will be held accountable for your actions as the team will rely on you to hold up your end of the deal. You will be expected to improve your vocabulary on a weekly basis.
4. **We assume you want to become a better person. You understand that you represent our team.** You may very well be the only player on the team that some people ever know. Your character is a direct reflection of our program. We assume that you understand that you will always be a member of our athletic program. You will understand that there are many benefits that go along with being a member of the team. We will help you become all you can be off the field as well as on the field.

PLAYER EXPECTATIONS

I. General

Two expectations

1. ATTENDANCE

2. ATTITUDE

A. Attendance:

Come every day on time. If you cannot physically practice come dress out and encourage your teammates. They will think highly of you if you attend even when you are injured or sick.

If you cannot attend practice, **you will be expected to call and let a coach know.** Since we expect every player to be at practice, if you do not call we fear the worst. Take the extra time and effort to call and let us know. **Do not send a message by other players.** It is your obligation and you will be held accountable.

You must come to work-out every day to reap the benefits. Irregular attendance makes it difficult or impossible for you to be a part of a team.

Consequences: If you do not come and do not call in, there is a strong possibility that you will not be allowed to play in the contest for that week. It is based on individuals and not on a general team. It has a great deal to do with attitude. A person who missed once with what turns out to be an acceptable reason will be judged less harshly than that of chronic absentee or tardy. Accountability will be assessed and determined by the Coach.

| | |
|-----------------------|-------------------------------------|
| General Rule/Example: | 10 gassers for an unexcused absence |
| | 5 gassers for an excused absense |

B. Attitude:

Come every day with expectations of something great happening. “*You do not sing because you are happy – you are happy because you sing.*” We feel that you cannot teach a person who does not want to learn.

Losers view the player/coach relationship as a competition . . . i.e. player is trying to do as little as is necessary – coach is trying to get more.

Winners see player/coach relationship as a co-operative effort to make the player the best that he can be.

Have great expectations daily! Be Coachable!!

Consequence: Attitude – If you have an attitude detrimental to practice or team, you will be eliminated from practice.

Attendance and Attitude are choices that you as athletes make.

Know the difference between pain and injury – Pain is inevitable.

II. On Field Expectations

Two expectations A. Effort B. Compete

A. Effort:

You are expected to give great effort on every play. 110% is not the goal. How close to 100% can you get is the goal. You decide on each play, each drill, exactly how much effort you will give. Effort is simply a habit. A player who gives 100% every play with less ability is often more productive than a more talented player who gives 100% only under ideal conditions.

If you cannot go 100% tell your coach. I do not want 90% – I want either 100% or 0% – all or none. During practice – get in the habit of giving 100% – Take each play, each drill one at a time – MAKE EFFORT A HABIT.

Consequence: Not giving effort you will be replaced with someone that will give the proper effort. We know you want to give 100% so obviously it is your physical conditioning that is preventing you from going 100%. Gassers at the end of practice will dramatically improve your conditioning. Those that give 100% every play get their conditioning during practice.

B. Compete:

“What you are watching when you see two teams competing is more a contest of will rather than skills. Skill will only come into play if one team is so superior in skill that the wills are never tested.”

Compete to me means to stay true to your color. **Compete** means to expect and to prepare, practice and play to win. It is higher than participation. It is to empty yourself physically and mentally to achieve victory. It is to sacrifice individualism and “coolness” to be a part of something bigger than oneself. **Compete** means to not be afraid to make mistakes. **Compete** means to not fear failure. **Compete** means to always encourage, never criticize team mates.

Both of these expectations are choices you make. You choose whether to go 100% physically (effort) and 100% mentally (compete). With every choice there is a Consequence: the positive consequence with each is success, the negative is punishment sure enough to help you understand that the positive choice is not only better, but easier. It is tough to love.

III. Classroom – School Building

Vince Lombardi – “Winning is not a sometimes thing”

This is simply a habit. Be a winner in the classroom and in the school building.
There are two parts to this:

A. Accountability B. Responsibility

A. Accountability:

You will be held responsible for all work that your teachers ask you to complete. We can help somewhat with your IQ by increasing your vocabulary, but most import being a winner in the classroom is giving 100% effort which means turning in assigned work.

B. Responsibility:

You are responsible for your actions. Breaking school or classroom rules are choices that you make and they must have consequences. You are a member of something great – being suspended for breaking rules hurts our team. You have chosen to be selfish. Use good judgment in the classroom and on the school grounds, always keeping team in mind. Remember, it is their ball and they can take it away.

Consequences: For poor choices. You will always have to accept teacher or school punishment. This could affect our team. If it is selfishness, you will be eliminated from the team, otherwise it will be handled on an individual player basis and always by the Head Coach.

IV. Off Campus

Little Eyes Upon You

*There are little eyes upon you and they're watching night and day.
There are little ears that quickly take in every word you say.
There are little hands all eager to do anything you do;
And a little boy who is dreaming of the day he'll be like you.*

*You're the little fellow's idol; you're the wisest of the wise.
In his little mind about you no suspicions ever rise.
He believes in you devoutly, holds all that you say and do;
He will say and do, in your way, when he's grown up like you.*

*There's a wide eyed little fellow who believes you're always right;
And his eyes are always opened, and he watches day and night.
You are setting an example every day in all you do,
For the little boy who's waiting to grow up to be like you*

The above was written for fathers, but it is just as true for athletes. High School athletes emulate college and professional athletes, elementary emulates you. Make sure what they are imitating is positive.

Consequences of Poor Choices:

- Selfishness - You can be eliminated from the team. There is no cure except removal when you consistently put yourself above the team, you must be eliminated.

Symptoms of selfishness:

Chronic Tardy/Absent, Stealing, Fighting, Violation of Dress/Appearance Code, Class Misconduct, Chronic Complaining

If there are problems in the community, consequences are severe. You may be the only representative of our program that people see – You represent us – it is imperative that you keep that in mind at all times.

If you are arrested for misdemeanor – you will be suspended. Decision of Head coach, Athletic Director, and Principal. If you cause the program embarrassment by your actions you will be disciplined accordingly by the AD, which could result in a suspension

DEPTH CHART AND PLAYING DECISIONS

Important for you to understand who we will decide on Depth Charts as practice progresses. The following five points will be:

1. Knowledge of Assignment - We cannot and will not play people who do not know their assignments. Your position coach will spend extra time with you if you so desire. Everyone can and should know their assignments.

2. Hustle & Effort - Everyone will be expected to give 100% at all times. Your teammates will be giving 100% and they will expect you to do so also. Extra effort wins games. Everyone can give 100%.

3. Mental Toughness - We will discover thru practice who has a strong desire to intimidate our opponents. Football, impartial, is a contact sport and it must be played with mental toughness. Everyone can hit.

4. Contribution to the Overall Team - The individual who motivates his Teammates to do better, is always enthusiastic and ready, will make a greater contribution than one who does not possess this quality. One boy or girl who hates to lose is an invaluable player. Everyone can be a team player. Everyone wants to win, but what we are looking for are people who can't live with losing.

5. Talent - If the above four characteristics are equal and they should be, then the young man who has the most talent, makes the most big plays, will start. However, talent will not enter into our evaluation until we look closely at the first four qualities. Obviously if you are injured it will be difficult for us to evaluate you.

My main concern is to be as fair as possible with you and to be truly honest. If you do not feel that you are being treated fairly. see your position coach. Playing time on the Varsity level will NOT be discussed. In the event you are still not satisfied, then come see me. I am here for the same reason you are:

1. See you get an education and a diploma. There is a difference between them.
2. See that you mature and grow as a man.
3. See that we have the best team possible.

Consequently, the best players, according to the criteria previously mentioned, will start. In closing, let me reiterate that our starters will be determined on the field/court by your performance and not by me. I have great respect for you and believe that you will know your assignments, give 100%, will be aggressive, and will be a team player. I will continue to believe this until you prove me different.

PLAN FOR ACHIEVING ACADEMIC EXCELLENCE

OBJECTIVE:

- Academic Excellence
- No failures
- Each person reach highest standard

PLAN:

1. Daily academic period for all athletes.
2. Inform teachers to notify me if work is not being turned in and inappropriate attitude is being demonstrated. This will be done through our academic progress reports pads given to all teachers and through our Academic Advisors on the campus.
3. Set incentives for those athletes that maintain an “A” average for the six weeks grading period.
4. Teaching the students how to become responsible for their own actions.
5. Believing in them, so they will believe in themselves!
6. Stress the difference between getting a diploma and getting an education.
7. Encourage our athletes to set goals for plans after high school. It is our job to make sure the athlete is headed in the right direction for achieving his goal and also to notify his parents of his plans.

EVALUATION:

- Check report cards and progress reports for grade improvements
- Continue communication with teachers on athletes’ progress.

EXPECTATIONS OF COACHES

1. To be loyal to you in all areas
2. To be totally honest
3. To provide the leadership and training necessary to achieve our goals
4. To work you harder than you have worked before
5. To assist you in any way possible now and after you graduate
6. To treat you with respect as an athlete and as a person
7. To make all decisions predicated on what is best for the team, and then what is best for the individual
8. To do everything within our power to improve our facilities and make this the best place to go to school and provide an equal opportunity to participate in athletics.
9. To help you mature and grow as a man or woman
10. To help you reach your goals

THE TEN COMMANDMENTS OF AN ATHLETE'S PARENT

1. Be positive with your son or daughter. Let him or her know they are accomplishing something by simply being a part of this team. To get something you have never had, you must do something you have never done. He or she will be worked hard and asked to do things ordinary teams do not do. We will not be ordinary!
2. Assure him or her that his role is important. Without him or her, working their hardest, the person in front of him or her will not improve and the team will suffer.
3. Support the coaches. They represent the authority directing this team. They are professionals and do not make decisions based upon personal biases. When the coaches are supported by the parents, the players will follow suit. It takes 10 minutes at the supper table to tear down what we as coaches spend the entire year building.
4. Encourage your son or daughter to follow team rules concerning drinking, curfews, discipline in the classroom, grades, etc. We as coaches must expect more from our athletes than we do the average student in the halls. The more sacrifice one makes for the team, the more the team means to him or her.
5. Insist on your son or daughter doing his best in the classroom. Every athlete on our team is a valuable asset to our program.
6. Parents must be team players also. Be careful not to develop envy toward other players because of their performances. Parent jealousy can and will devastate a team.

7. Please respect the profession of coaching. Your son's or daughter's coaches are professionals that are with your child for virtually 12 months of the year. They know what your child's capabilities are. You may want to question a coach's decision, but to publicly slander judgments made by coaches is detrimental to the team.
8. Be an enthusiastic fan. Always display the class and pride for which we are known. Degrading a player, coach, official, or the rival is not representative of the tradition we would like to establish.
9. Expect your child to take responsibility for his and his team's actions. Give them all the credit for their achievements, but also hold them responsible when they make a mistake. Finding excuses for them starts bad habits and mistakes can only make us better when we acknowledge them and correct them, but not when we make excuses or ignore them.
10. Strive to understand the importance of the "TEAM" concept. You as a parent are a vital part of our team. When we are all believing in each other and supporting each other, all things are possible. We do not want to compete with you as parents for your child; we want you to be a part of us. Parents, players and coaches are what make up the "ANSON TIGERS"

TRANSPORTATION POLICY

Members of the football program will always travel with the team. When appropriate, they will eat with the team, and on overnight trips they will stay with the team. The only possible exceptions to this policy are: another extracurricular activity, another school related event, a family emergency or special circumstances requiring the coach's discretion. The athlete's parent must be present for him to be released and a signed parental note is required. Students will not be released to ride with another student.

While traveling and staying overnight, the athletes must dress appropriately and act in a respectable manner. The dress code in the student handbook is applicable for all athletic events unless in athletic attire supplied by the school. Behavior is expected to be at its' best. People will judge Anson High School by our public displays. Therefore, we expect you to represent your school with pride and class.

**Cell phone policies may be decided by team Coach.*

LOCKER ROOMS

Locker rooms will be kept neat by the athletes. All equipment/clothes must be stored in locked lockers. Anything left out will be confiscated. For each confiscated piece of equipment, the athlete will be held responsible for the loss and recovery of his equipment. The punishment will consist of running at the beginning or conclusion of workout. Offseason laundry will not be used in any after school workouts. Athletes will need another set of clothes outside of offseason.

Personal Fouls – (Deliberate 15 yd Penalty)

(This is pertaining to Football specifically; other coaches of different sports may have different consequences for this behavior)

This will not be acceptable for any reason. This type of action shows a lack of discipline by the athlete and directs attention to the individual players. If an athlete receives a Personal foul penalty (one which is deliberate) during the course of the game, he or she will be removed from the game for a minimum of a series, and not allowed to return until I feel the athlete has regained his composure. This removal from the game could last as little as a series or as much as the entire game, all is depending on the composure of the athlete.

If athlete is allowed to return and receives a second personal foul in the game, he or she will be removed from the rest of the game. The same applies to the athlete if they receive two fouls in back to back games.

We will also hold the athlete accountable after practice with 10 - 110 yd sprints, air raids, etc.

Examples: Kicking, punching, etc.

Drawing Attention to oneself on the Sidelines

We will not tolerate an athlete drawing attention to oneself on the field or sidelines. If an athlete throws his equipment on the sidelines for any reason, the athlete will be suspended for the remainder of the game and also may be suspended from the next contest. The athlete will be given an option of turning in his equipment. If the athlete chooses to return to the team, he or she will be held accountable after practice.

Example: Throwing helmets, towels, etc.

Trainer Rule / Doctor's Appointments

- Athletic Trainer has final say on all sport injuries
- Restrictions apply **TO ALL EXTRACURRICULAR EVENTS/ACTIVITIES**
- All protocols will be followed and documented
- Athletes must be referred by a coach, trainer, or physician
- Athlete will still dress out, attend all practices, attend all games, attend all team meetings (if they are to remain on the team)
- We prefer that for sports injuries that athletes utilize our network of resources that are designed to deal with athletic injury and rehabilitation. There are many benefits including (although not limited to): help with appointments, expertise, recovery rate, etc.) **HOWEVER THE FINAL SAY/DECISION IS THE PARENTS.**
- We recommend making any appointments to be outside of athletic period or practice time.
- Athlete must have note from doctor or parent to excuse him from participating during athletics. We assume athlete is good for workout if note is not presented. However, notes do not need to be habitual in order for athlete to improve.

Athletes Policy on Quitting a Sport

No athlete may quit a sport without a 24 hour thinking period (excludes weekends) and a parent conference by his or her coach. A player who quits may be suspended indefinitely from that sport or the entry to the next sport. Any athlete that quits a sport in season must meet with the AD / Girls Coordinator on future plans to where he or she will be placed at that time. There is NO Medical Dismissal. An Athlete's injury does not dismiss him from the team.

NOTE: Athletes will NOT begin organized practice in another sport while in the season of another sport. Example: NO practicing a sport with other players or coaches on school facilities while in the middle of the season in another sport.

ANSON ISD ATHLETIC DEPARTMENT SOCIAL MEDIA GUIDELINES

Dear ANSON ISD Student-Athlete:

The ANSON ISD Board of Trustees has approved the following social media and networking guidelines for the AISD Athletic Department. Anson ISD and the Athletic Department recognize and support the student-athletes' rights to freedom of speech, expression, and association, including the use of social networks. In this context, however, each student-athlete must remember that playing and competing for the Anson ISD is a privilege. As a student-athlete, you represent Anson ISD and the community of Anson and you are expected to portray yourself, your team, and the School District in a positive manner at all times.

- Everything you post is public information – any text or photo placed online is completely out of your control the moment it is placed online – even if you limit access to your site. Information (including pictures, videos, and comments) may be accessible even after you remove it. Once you post a photo or comment on a social networking site, that photo or comment becomes the property of the site and may be searchable even after you remove it.
- What you post may affect your future. Many employers and college admissions officers review social networking sites as part of their overall evaluation of an applicant. Carefully consider how you want people to perceive you BEFORE you give them a chance to misinterpret your information (including pictures, videos, comments, and posters).
- Similar to comments made in person, the Anson ISD Department of Athletics will not tolerate disrespectful comments and behavior online, such as:
 - Derogatory language or remarks that may harm my teammates or coaches, other Anson student-athletes, teachers, or coaches, and student-athletes, coaches, or representatives of other schools, including comments that may disrespect my opponents.
 - Incriminating photos or statements depicting violence, hazing, sexual harassment, full or partial nudity, inappropriate gestures, vandalism, stalking, underage drinking, selling, possessing, or using controlled substances, or any other inappropriate behaviors.
 - Creating a serious danger to the safety of another person or making a credible threat of serious physical or emotional injury to another person.
 - Indicating knowledge of an unreported school or team violation – regardless if the violation was unintentional or intentional. In short, do not have a false sense of security about your rights to freedom of speech. Understand that freedom of speech is not unlimited. The online social network sites are NOT a place where you can say and do whatever you want without repercussions. The information you post on a social networking site is considered public information. Protect yourself by maintaining a self-image of which you can be proud for years to come.

We ask parents/guardians to refrain from posting disparaging comments about students and employees as well. Any disagreements will be handled by following the Anson ISD School Board policy. (Employees have signed a similar Social Media agreement.)

Each student-athlete and their parent or legal guardian must read and sign the agreement below before competing for Anson ISD:

"I have read, understand and agree to follow the Anson ISD Athletic Social Media policy. I also understand that as a student-athlete, it is my responsibility to not use any form of social media (text messages, Facebook, Twitter, Skype, etc.) to be critical of teammates, coaches, game officials, school administrators, opponents, opposing schools, or any other personnel involved in the athletic program. Furthermore, I understand that a violation of this policy could be cause for suspension or removal from the Anson ISD athletic department."

Alcohol and Drug Use

The following policies apply to all extracurricular activities in Anson ISD.

1. The illegal use of alcohol, any controlled substance, or tobacco is prohibited.

The following penalties will be enforced upon evidence such as but not excluding, an infraction of the law or drug test failure (s).

1st Offense

The student will be suspended from participation in all extracurricular activities for 1 week and will complete accountability standards set.

2nd Offense

The student will be suspended from participation in all extracurricular activities for 2 weeks and will complete accountability standards set.

3rd Offense

The student will be suspended from all extracurricular activities, including practices, for 1 calendar year from the time of infraction.

Each infraction carries over from one activity to the next and from year to year throughout the student's enrollment in school. Refusal to complete any assigned consequence in Step 1 will result in the enforcement of Step 2. Activity directors and coaches, in conjunction with AISD administrative staff, will investigate all reported violations in accordance with campus guidelines and training.

2. If a student commits a serious criminal act, it reflects negatively on all extracurricular activity participants.

The following consequence, in addition to any other school disciplinary action, will be enforced in the event school personnel have reasonable cause to believe a student has been involved in or the conviction of the commission of a felony offense, as defined by the Texas Penal Code or by Federal law. **The student will be removed from participation in all extracurricular activities for 1 calendar year**

CLOSING

Other issues may arise which are not covered in this handbook. Those issues will be handled by the coaches using their discretion as to the incident. All decisions made by the coaching staff are made with the program's best interest in mind. If everyone involved in this program will be committed to these teams and to future teams, they will see a purpose behind their hard work and dedication. By abiding by this handbook we will continue to build a great tradition! I encourage you as parents to call or stop by if you have any questions. You are always welcome in our offices.

RULES ACCEPTANCE FORM

I have read and understand the rules in the Anson Tiger Athletic handbook, and I agree to abide by these terms.

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| _____ | _____ | _____ |
| Student - Print Name | Student – Signature | Date |
| _____ | _____ | _____ |
| Parent/Guardian – Print Name | Parent/Guardian – Signature | Date |