



Pampa ISD

Department of Athletics

PAMPA ISD

ATHLETIC HANDBOOK

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Introduction

This handbook communicates important information concerning athletic policies and procedures to our parents, students and coaches. After reviewing this information, we ask that the parents/guardian and student sign the receipt page in the back of the handbook and return it to his/her head coach.

It should be noted that different sports may have additional rules and regulations that go beyond what is listed in this athletic handbook and the Extracurricular Activity Participation Agreement (EAPA). Those rules/policies/procedures will be in addition to this athletic handbook, but they shall not alter the rules of this handbook or E.A.P.A.

This handbook is intended to assist in providing a successful experience for all involved in Pampa ISD Athletics and for the efficient operation of the Program. The Pampa ISD Board of Trustees has approved the policies, procedures, and regulations in this handbook. The athletic handbook is designed to coexist with the Pampa ISD Student Handbooks and the Student Code of Conduct.

Philosophy

The athletic program is an integral part of the total educational program. Participation in Athletics is a vital part of the physical, mental, social, and moral growth of our students at Pampa ISD. Our program is not designed to transcend the academic program but to supplement and enhance the total educational experience. Our programs provide valuable lessons for practical situations. Student-athletes experience daily accomplishments and adversities discovering within themselves and through outstanding role models the abilities to handle those situations. It is our intent for student-athletes to develop leadership skills, positive attitudes, good work ethics and the skills necessary to be part of a team that requires sacrifice and service to others. Many intangibles are taught in athletics that become lifelong lessons for the student-athlete. Participation in athletics is a privilege that carries with it responsibilities to the sport, the school, the student body, the community and to oneself.

Athletics is about teaching the value of competition, dedication, commitment, goal setting, hard work, sportsmanship, teamwork, and personal sacrifice. If all coaches, athletes, parents and fans will live up to these standards, athletics will continue to serve as an outstanding extension of academics and source of great pride for the school and community. By excelling at these attributes winning on the scoreboard will take care of itself.

Responsibilities/Expectations

Participation in athletics is a privilege that carries with it responsibilities and expectations to the school, the sport, the student body, the community, and to oneself far greater than those required of other students. Participation in athletics is not a guaranteed right to every student. When choosing to participate in athletics, the student and parent/guardian accept these responsibilities and expectations. These responsibilities and expectations will become valuable lessons which will enhance the potential for success in school and in life.

ACADEMICS

- Athletes must realize that they are students first and athletes second.
- Athletes must be passing all subjects at the six weeks grading period in order to be eligible to participate in competition.
- Athletes that fail a course at the end of a 6 week grading period will be ineligible for competition for three weeks (15 school days).
- They may regain eligibility after three weeks if they are passing all subjects at that time. If not, they remain ineligible for another three weeks.
- Eligibility is lost or regained following a 7 calendar day grace/waiting period.
- Tutorials are available for students that are struggling with their grades.
- Athletes are encouraged to take advantage of the tutorials and/or other resources that are available to help them with their grades.

Athletes are encouraged and expected to maintain all their grades throughout the school year. Failure to take care of his/her grades may result in the athlete being removed from athletics until he/she has raised all class grades to passing

Practice and Game Attendance

It is the obligation and responsibility of team members to attend ALL scheduled practices, meetings, and games, and to be on time. Practice times will be scheduled and announced to the team members. Effort will be made to communicate these times to the parents directly, BUT it is the responsibility of each athlete to know their practice, game and departure times. If the athlete is uncertain, he or she should ask the coach for clarification.

Tardiness / Absences

Being late is considered a tardy and each tardy will be categorized as excused or unexcused.

There will be consequences for an unexcused tardy. Any team member who arrives late to practice or who leaves early is disruptive to the team's improvement and game plan. It is very important that individual athletes are not pulled out of a team practice until the practice concludes.

The head or immediate team coach should be notified as soon as possible when an unavoidable conflict arises with a practice, meeting or game. If the coach is notified before the workout, most absences will be excused. If the coach is not notified prior to the workout, it will be an unexcused absence. With the widespread and available use of cellular phones and computers, communication not made in a timely manner should only occur in rare instances. All coaches appreciate and understand that a situation may arise which may prevent timely notification. In these rare occurrences, the head coach of the sport affected will use professional judgment in deciding whether the absence is excused or unexcused. The athlete will have consequences for an unexcused absence in addition to conditioning make-up. Consequences and make-up work for absences will be given by the Head Coach or designee; this workout may vary from sport to sport.

Athletes should understand that habitual tardiness or absence, even if excused, can become detrimental to their ability to perform and to their knowledge of team concepts. Habitual tardiness or absences may result in loss of playing time and/or possible suspension or dismissal.

Injured athletes who cannot actively participate in practice must still follow all attendance policies. The injured athlete will be expected to participate in practice in whatever capacity allowed, even if only as an encourager to his/her fellow teammates. Being a member of a team is not always convenient.

Ineligible athletes shall attend and participate in practices and meetings unless excused by the head coach.

Inter-school suspension (ISS): Athletes assigned to ISS are not allowed to attend extra-curricular activities or practices. All athletes assigned to ISS will have exercise based consequences and required conditioning make-up for each day assigned. The athlete will not be allowed to return to competition until consequences and make-ups are completed.

Dress Code/Personal Appearance

Harvester and Lady Harvester athletes must recognize that their appearance, personal expression, and actions always influence people's opinions of them, of athletes, the team, of the school and community. Athletes who habitually violate dress and grooming standards may be subject to disciplinary action including suspension if the violations are not corrected.

Requirements

1. Athletes are expected to follow the adopted dress code as set forth in the PHS & PJHS Student Handbooks.
2. Each head coach may have additional dress and grooming standards for their sport.

Quitting

Quitting is an intolerable habit to acquire. Commitment to being a team member and acceptance of your role is one of the most valuable lessons learned in athletics. We will strongly encourage the student-athlete to finish what they start. Concerns and frustrations can often be worked out with communication between the athlete and coach.

Athlete's that choose to quit a sport may only move to another sport if both head coaches and athletic director mutually agree that it is in the best interest of the athlete and both teams for the athlete to be released.

Earning an Athletic Varsity Letter

The Letter a symbol of school and team pride is earned through commitment, athletic talent, effort and personal sacrifice. The letter is bestowed upon athletes in respectful acknowledgement of these attributes required of a Pampa Harvester.

Each head coach is responsible for setting the specific criteria for earning a varsity letter in their sport.

Pampa Athletic Department will provide one varsity letter to each athlete when earned. The head coach from each sport is responsible for communicating to each athlete and the athletic director when an athlete has earned their varsity letter for their sport.

The Jacket, all patches, embroidery or other jacket embellishments are the sole responsibility of the individual, not Pampa ISD.

Team Travel

Pampa ISD will provide transportation for away contests. Athletes, student support staff, etc. should ride to and from the contest on school provided transportation.

The use of portable electronics (music, cell phones, movies, etc...) is dependant on the driver's and coach's discretion.

Athletes are expected to remain with the team on the return trip home. We want to encourage team unity at all times. *The head coach may make exceptions at his/her discretion as deemed necessary; however this practice is discouraged and intended only for special circumstances.*

Procedure to follow if an athlete does not return with their team:

The parent/guardian and athlete must make personal contact with the Head or designated assistant coach before leaving, With a written statement confirming transfer of custody. If the athlete is to be released to another parent, the same procedure is to be followed at the conclusion of the contest.

Travel Guidelines

- Be on time and be ready for the bus.
- Be appropriately dressed. No metal spikes/cleats should be worn on buses.
- Please do not leave valuable items on the bus or visiting locker room. If you choose to take such items you assume the risk of losing them.
- Be courteous and pick up your trash as you exit the bus when arriving back at school.
- Always represent Pampa with upstanding character.

Each sport Head Coach may have additional travel standards these are intended solely as minimum standards.

Athletic Training

Pampa ISD employs a full time Certified Athletic Trainer. A Certified Athletic Trainer is a professional sports medicine specialist. Athletic Trainers have extensive training in evaluation, care, treatment and rehabilitation of athletic injuries and illness. Athletic Trainers work closely with Orthopedic Surgeons, family physicians and other healthcare providers. The Athletic Trainer is also the liaison between physicians, coaches, athletes and parents to help insure correct/accurate communication and care is provided to our athletes.

The potential for injury is inherent in all interscholastic sports. Even with the best coaching, the most advanced protective equipment, and a strict observance of rules, injuries can & will happen. Although serious injuries are not common in supervised school athletic programs, it is impossible to eliminate the risk. Parents and students must be willing to accept the risks associated with school sports.

Athletes should report all injuries to their coach, the Athletic Trainer and to their parents. *All Pampa ISD coaches are certified through the American Red Cross in: Basic First Aid, CPR and AED.*

Injured Athlete – Parent Recommendations

- If your athlete is injured during a contest please remain in the spectator area. The Athletic Trainer or coach will locate and communicate with you as soon as possible. We understand that as a parent you are concerned and anxious about the safety and well being of your child. Please keep in mind that we share your concern. When injuries occur there is a great deal of emotion and anxiety involved particularly during a contest when there are hundreds, even thousands of fans watching. Increasing the emotion, anxiety and confusion of the injured athlete only increases the difficulty in evaluation and care of the injured athlete.
- Please do not enter an athletic locker room until invited by the athletic trainer or coach.
- Report all injuries or illness to the Athletic Trainer and coach whether sustained in athletics or outside of athletics. Often seemingly insignificant injuries become major issues when not properly cared for initially. The Athletic Trainer can not care for an injury if they do not know about the injury.
- Athletes under a physicians care for an injury/illness must have the following before returning/continuing to participate in practice or competition:
 - signed release from the treating physician
 - followed by the Athletic Trainers release
 - This is to ensure that communication between all parties caring for the athlete is completely accurate and your child is properly cared for and returned safely to participation.

Athletic Development Program

Pampa ISD Athletics has one of the most comprehensive and inclusive athletic development programs available. It is an expectation of Pampa ISD coaches and athletes to be committed and consistent with this program 12 months of the year. The athlete and team will only benefit through sustained effort, dedication and consistency. Parents also play a key role in athletic development through their support and encouragement of their athlete and his/her coaches.

Speed, strength and agility will be improved and just as important for the young athletes' mental confidence, good work ethic and positive attitude can also be improved if each individual puts forth the effort. Numerous studies show that consistent participation in this type of program has a positive correlation with individual athletic success, team success and primarily injury prevention. These are all cornerstones of a successful person and team. The program focuses on increasing core strength, power and explosiveness through ground based multiple joint movements with great emphasis on teaching proper techniques and safety.

Design of the program applies the principles of Periodization and Interval training to maximize total athletic development. The physical development program is all inclusive, it is not about any one group; all athletes and sports benefit greatly. The development of this program is an ongoing team collaboration between the Athletic Development Coordinator, Head Coaches, Athletic Trainer, Assistant Coaches and Athletic Director.

Locker Room

Athletes are expected to help keep locker rooms as neat and sanitary as possible. It is the expectation of athletes to throw away their trash, pick up their equipment/clothing, and keep the locker room neat. All equipment should be hung or placed in their locker. No equipment should be left on the floor. Specific locker and locker room guidelines may vary depending on the sport.

Keep all valuables locked up. Valuable items that cannot be secured in your locker should not be brought into the locker room or should be turned in to a coach. Do not leave valuables out in the open. Lost items are the responsibility of the athlete. All athletes have access to securable lockers or secured areas to store valuables. Athletes should ask their coach if they are uncertain how to secure valuables. Theft is not tolerated and it should not be encouraged by providing the opportunity.

Athletic Forms & Physical Examinations

No student/athlete shall be **eligible to practice or play a school sport** until they have passed a medical physical examination, completed all other required forms and have them turned in and on file with the Athletic Trainer. The UIL physical form must be completed and signed by a licensed physician, a parent or legal guardian, and the student. UIL policy requires a physical examination for student/athletes entering grades 7, 9, and 11. Students may use their own physician or attend the athletic physical day offered locally. Pampa local physicians offer once per year a free athletic physical at Family Physicians Clinic. This opportunity normally occurs in May for the upcoming school year.

Athletic Forms & Physical Examinations

Forms:

1. UIL Athletic **Physical** (7th, 9th and 11th grade)
2. UIL Medical History (yearly)
3. UIL Steroid Awareness (yearly)
4. UIL Steroid Testing Consent (yearly 9th -12th only)
5. Extra-Curricular Activity Participation Agreement (EAPA)
6. Emergency Contact/Medical Information Card (yearly)
7. UIL Acknowledgment of Rules (yearly)

***All forms must be signed by both the student athlete and Parent/Guardian.**

INSURANCE

Pampa ISD **does not** provide medical or accidental insurance coverage for interscholastic activities.

Pampa ISD extra-curricular activities are covered under a CATASTROPHIC injury insurance plan only. This covers only catastrophic injuries.

Pampa ISD does provide information for you to purchase affordable voluntary accident insurance. Forms to purchase this insurance are available through the Athletic Trainer, Athletic Office, and campus offices. If you have family medical coverage you may still purchase a voluntary plan as supplemental coverage.

Pampa ISD strongly encourages parents/guardians to provide accident insurance coverage for your child.

UIL Anabolic Steroid Testing Program

The State of Texas mandated a statewide random anabolic steroid testing program. Senate Bill 8, passed by the 80th Texas Legislature, affects student-athletes in grades 9-12, regardless of sport, gender or participation level.

All student athletes will be provided with the consent to test form. If consent is not given for the UIL Steroid Testing Program the student-athlete will be ineligible for UIL athletics.

HEALTH CONSEQUENCES ASSOCIATED WITH ANABOLIC STEROID ABUSE

(source: National Institute on Drug Abuse)

- *In boys and men*, reduced sperm production, shrinking of the testicles, impotence, difficulty or pain in urinating, baldness, and irreversible breast enlargement (gynecomastia).
- *In girls and women*, development of more masculine characteristics, such as decreased breast size, deepening of the voice, excessive growth of body hair, and loss of scalp hair.
- *In adolescents of both sexes*, premature termination of the adolescent growth spurt, so that for the rest of their lives, abusers remain shorter than they would have been without the drugs.
- *In males and females of all ages*, potentially fatal liver cysts and liver cancer; blood clotting, cholesterol changes, and hypertension, each of which can promote heart attack and stroke; and acne. Although not all scientists agree, some interpret available evidence to show that anabolic steroid abuse-particularly in high doses-promotes aggression that can manifest itself as fighting, physical and sexual abuse, armed robbery, and property crimes such as burglary and vandalism. Upon stopping anabolic steroids, some abusers may experience symptoms of depressed mood, fatigue, restlessness, loss of appetite, insomnia, headache, muscle and joint pain, and the desire to take more anabolic steroids.
- *Injected steroids may cause*, infections resulting from the use of shared needles or non-sterile equipment, including HIV/AIDS, hepatitis B and C, and infective endocarditis, a potentially fatal inflammation of the inner lining of the heart. Bacterial infections can develop at the injection site, causing pain and abscess.

To learn more about steroids, contact:
Substance Abuse & Mental Health Services Administration
National Clearinghouse for Alcohol and Drug Information
800/729-6686 – TDD 800/487-4889
linea gratis en español 877/767-8432
www.ncadi.samhsa.gov

COMMUNICATION

Parent/Coach Relationship

Both parenting and coaching are difficult vocations. By establishing lines of communication and understanding each position, we are better able to accept the actions of the other and provide greater benefit to our children. As parents, when your children become involved in our programs, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program. One purpose of this handbook is to provide a line of communication between the athletic department and parents.

Communication Parents Should Expect From Coaches:

1. Expectations the coach has for your child, as well as all the players on the team.
2. Locations and times of all practices and contests.
3. Team requirements (special equipment, etc.)
4. Discipline which results in consequences.

Communication Coaches Expect From Players:

1. Notification of any personal schedule conflict well in advance.
2. Specific concerns in regard to a coach's philosophy or expectations.

Communication Chain

1. Athlete to Coach
2. Parent to Coach
3. Parent to Coordinator

Parent/Coach Conferences

Appropriate Issues to Discuss With Coaches:

1. Treatment of your child.
2. Ways to help your child improve.
3. Concerns about your child's behavior.

*Issues **Not** Appropriate to Discuss With Coaches:*

1. Team strategy
2. Playing Time
3. Other student-athletes
4. Other Programs

Parent/Coach Conference Procedure

If you have a concern to discuss with a coach, please follow this procedure:

1. Please do not confront a coach before, during, or after a contest or practice. Likewise coaches are instructed not to engage in a conference at these times. (This can be an emotional time for both the parent and the coach. Meetings of this nature do not normally promote a positive resolution. Productive meetings require calm, rational and objective attitudes in a private setting.) *For expediency parent/coach conferences may be held following a practice only if previously scheduled and at the coach's discretion.*
2. Call the athletic department to set up an appointment with the head coach during the next school day.
3. If a resolution is not reached, you may then call to set up an appointment with the Athletic Coordinator. *After discussing the issue with the head coach and the Athletic Coordinator, and you feel the situation has not been justly resolved, you may then follow Board Policy FNG(local). The Athletic Director will be the Level 1 district official.*

PAMPA ISD EXTRACURRICULAR BEHAVIOR STANDARDS

The Pampa ISD Board of Education recognizes the value of extracurricular activities in the educational process and the values that young people develop when they have the opportunity to participate in an organized activity outside of the traditional classroom.

Student participants and all adults in Board approved extracurricular activities are expected to demonstrate responsible behavior and conduct. The Board encourages the development and promotion of sportsmanship, ethics, and integrity in all phases of the educational process, including athletics and all other extracurricular activities. The Board encourages the demonstration of sportsmanship, ethics, and integrity by all segments of the community including, administrators, participants, adult supervisors, parents, fans, spirit groups, and boosters.

The Board authorizes contest/event supervisors and security personnel to ensure that the contest/event can be enjoyed by participants and spectators alike. Contest/ event supervisors and security personnel are charged with the responsibility to ensure a safe, sportsmanlike environment before, during, and after the contest/event. For the purposes of this policy, "contest/events" also refers to practice sessions. The Pampa ISD Board of Education authorizes contest/event supervisors and security personnel to act in cases of the following behaviors demonstrated at any Pampa ISD extracurricular contest/event:

- Profanity or obscene/ indecent language,
- Threats or the menacing or intimidating of another person or the striking of another person,
- Disruption of a contest/event in any manner,
- Obscene/indecent behavior,
- Interference with a contest/ event supervisor and/or security personnel in the performance of their duties.

The above listed behaviors will subject the violator to removal from the contest/event. If needed, the County Sheriff or other appropriate law enforcement officers may be called upon to deal with any person who refuses to leave a contest/event upon request. Offenders may also be subject to criminal prosecution for disorderly conduct, trespassing, or other applicable violations. Extracurricular contests/events are for the enjoyment of the participants and spectators, and behavior that disrupts the enjoyment of the contest/event will not be tolerated.

In the event that a spectator is removed from a contest/event by a game official, security personnel, or school employee, that spectator shall be denied admittance to any contest/extracurricular event involving the Pampa ISD for a period of time to be determined by the school superintendent or designee. The duration of the suspension will depend upon the seriousness of the offense and the cooperation of the ejected fan.

Probationary status may be granted if the following conditions are met:

1. A meeting with the Superintendent is requested by the ejected fan. A fan that has been removed/ejected from a contest/event will not be permitted admittance to future contests/events until the meeting is held.
2. The ejected fan accepts in writing all guidelines as set forth by school personnel, and the individual agrees to behave in a manner expected of all who follow the principles of good sportsmanship/citizenship.
3. Any other infraction will result in the fan being denied admittance to any Pampa ISD extracurricular contest/event for one calendar year.

Pampa ISD
Athletic Handbook
Acknowledgement of Receipt

I have received a copy of the *Pampa ISD Athletic Handbook*. I understand that I will be held accountable for the information outlined in this handbook.

Athlete's Name (Print): _____

Athlete's Signature: _____

Date: _____

I have received a copy of the *Pampa ISD Athletic Handbook*. I understand that all athletes will be held accountable for the information outlined in this handbook. I give my approval for _____ to participate in the athletic program at Pampa ISD under the guidelines of the *Pampa ISD Athletic Handbook*.

Parent/Guardian Name (Print): _____

Parent/Guardian Signature: _____

Date: _____