

HEREFORD INDEPENDENT SCHOOL DISTRICT

EXTRACURRICULAR STANDARDS OF BEHAVIOR FOR ATHLETICS

SUBSTANCE ABUSE POLICY FOR ATHLETICS

HEREFORD HIGH SCHOOL ATHLETIC HANDBOOK

The Hereford Independent School District offers and supports many extra-curricular athletic programs. We encourage participation from all students in any one or several of these sports. We believe that participation in athletics helps develop a wide range of physical, intellectual and social skills in that will, in turn, enrich athlete's futures as young adults. Hereford ISD is committed to developing and maintaining high standards for its athletic programs and athletes that shall extend from the playing arena, to the classroom and into the community. Representing Hereford High School or Hereford Junior High School as an athlete is a privilege, not a right, and shall be maintained with great expectations and responsibility at all times.

We wish to develop each individual athlete to his/her potential. That development is dependent upon many factors: hard work, unselfish commitment, desire to compete, goal setting, discipline, mental toughness, physical preparation, organization, teamwork and dedication to excellence. Athletes, coaches, teachers and parents must all work together to achieve the highest levels of success. The individual growth each athlete experiences should also foster a unifying force that binds a group together for the good of the whole. The success of a team must be the ultimate goal of any athlete at any level.

The following information describes the expectations Hereford Independent School District has for its athletes. Each sport will include some variations or additions of expectations that are specific to the level or nature of the sport. Each coach is responsible for communicating those expectations that are specific to his/her sport to the parents and athletes. **Coaches will always reserve the right to discipline or dismiss an athlete from his/her team if the athlete's behavior or attitude is deemed to be unfitting of the excellence Hereford Whitefaces represent.** We sincerely hope your child's experience in athletics is ultimately a positive one. Growth and improvement are processes, which require great work. We will do everything possible to develop our potential.

EXTRACURRICULAR STANDARDS OF BEHAVIOR FOR ATHLETICS

SUBSTANCE ABUSE POLICY FOR ATHLETES

EXTRACURRICULAR ACTIVITIES DISCIPLINE GUIDELINES

Athletes are held to a higher standard of conduct than that of students who are not involved in Athletics. Each coach, along with the principal and athletic director, shall have the authority to establish specific guidelines for membership and leadership eligibility. If participants meet the eligibility requirements and are selected to represent Hereford ISD, they agree to comply with the behavior guidelines set forth in the Hereford Independent School District Student Code of Conduct, the Hereford ISD Extracurricular Activities Discipline Guidelines, the Hereford ISD Extracurricular Standards of Behavior for Athletics and the HISD Substance Abuse policy for Athletes. The Extracurricular Standards of Behavior for Athletics and the HISD Substance Abuse policy for Athletes shall govern not only conduct at school and school-sponsored activities, but also conduct at any time outside of the school day. The HISD Extracurricular Activities Discipline Guidelines governs student behavior in extracurricular activities other than athletics. If any participant violates either the HISD Code of Conduct, Extracurricular Standards of Behavior for Athletics, Extracurricular Activities Discipline Guidelines or HISD Substance Abuse policy for Athletics, he/she may lose the privilege of participation.

EXTRACURRICULAR STANDARDS OF BEHAVIOR FOR ATHLETICS

OFFENSES AND PENALTIES

MINOR OFFENSES

1. Any conduct that constitutes a Class C misdemeanor or is punishable as a Class C misdemeanor as defined by the Texas Penal Code. Conduct involving drug/alcohol/tobacco possession or abuse is defined in greater detail in the following pages in the HISD Drug and Alcohol Abuse policy for Athletics.
2. Any conduct that violates the behavioral standards set by individual campus organizations/sports or persistent misbehavior that violates the organization or district's previously communicated standards of conduct.

DISCIPLINARY ACTIONS AS TO MINOR OFFENSES

1. First Offense - The participant may be disciplined at the discretion of the coach. Parents will be notified of the offense and informed of present or future consequences for such behavior. The grade level assistant principal and athletic director will be notified of the offense and the action taken by the coach. Coaches shall record the contact with parents, principal, athletic director and student-athlete, as well as the action taken.
2. Second Offense – The participant may be suspended from the activity for a period of time no longer than the end of the school term. Parents will be notified of the offense and informed of present or future consequences for such behavior. The grade level assistant principal and athletic director will be notified of the offense and the action taken by the coach. Coaches shall record the contact with parents, principal, athletic director and student-athlete, as well as the action taken.
3. Sponsors and coaches of other activities shall be notified of violations as appropriate
4. If an athlete's behavior is inappropriate while on a school trip, that athlete's parents will be notified and requested to pick up their son/daughter immediately.

SERIOUS OFFENSES

1. Any act that constitutes a felony or is punishable as a felony or any act that is defined and is punishable as a Class A or B misdemeanor as defined by the Texas Penal Code.
2. Unlawful possession, distribution, selling, giving or delivering to another person controlled substances or dangerous drugs. This is covered in following pages of the Hereford ISD Drug and Alcohol Abuse Policy for Athletics.
3. Aggressive, disruptive action or group demonstration that substantially disrupts or materially interferes with school activities.

DISCIPLINARY ACTIONS AS TO SERIOUS OFFENSES

1. All allegations that a student has committed a serious offense of the Extracurricular Standards of Behavior for Athletics shall be immediately referred to the Athletic Director and Principal. An investigation shall begin immediately by the principal and athletic director. Parents will immediately be notified as to the allegations facing their child. After an initial investigation, that student-athlete may be temporarily suspended from the activity or activities until the investigation is complete.

2. The principal and athletic director leading the investigation shall insure that the student is afforded procedural due process during the investigation to include:

- A. Reasonable notice to student and parent of the allegations against the student athlete
- B. Right to an adult representative or legal counsel
- C. Opportunity to testify and to present evidence and witnesses in his/her defense
- D. Opportunity to examine the evidence presented to the coach principal or athletic director and to question the witnesses

3. The school officials involved in the investigation may consider any testimony or written statement they consider reliable.

4. After a complete investigation and hearings, the student may be suspended from Athletics for a period of time as long as one semester. The length of suspension shall include the days in which the student was suspended during the investigation when applicable.

5. Records will be kept on file in the Athletic Director's office and the Principal's office. The student will be notified when his/her suspension is complete and a conference detailing the expectations of programs the athlete wishes to participate in will be discussed between coaches, the athlete and his parents. All involved must feel confident that the athlete will not be a risk for further infractions of a serious or minor nature.

Hereford Independent School District
SUBSTANCE ABUSE POLICY FOR ATHLETICS

The Hereford Independent School District recognizes that a serious substance abuse problem is present in our society and that school activities are not immune to this problem.

The District recognizes that athletes are involved in strenuous activities and that the use of drugs or alcohol increases the risk of injury to the athlete. In addition, the use of drugs or alcohol lessens the physical, mental, and emotional commitment an athlete can make to the athletic program and compromises the quality of the program. Therefore, to promote a healthy environment and to discourage substance abuse and because participation is a privilege and not a right, this policy has been adopted and approved by the District's Board of Trustees.

Type I Violations and Consequences

Type I Violations of the Substance Abuse Policy include the following:

The use, gift, sale, delivery, possession, or being under the influence of marijuana, cocaine, LSD, other controlled substances, dangerous drugs, or abuseable glue, paint, or volatile chemicals.

The commission of the elements of an offense of a felony, Class A misdemeanor, or Class B misdemeanor involving, in any way, alcohol, cocaine, LSD, other controlled substances, dangerous drugs or abuseable glue, paint, or volatile chemicals.

The commission of a Type II Violation, if the Athletic Director determines that the violations of this policy are of a nature that they should be punished as a Type I Violation.

The following consequences are present for Type I Violations

1st Offense:

Dismissal from the team and Athletic Program for a minimum of 20 instructional days and up to one semester from the date of suspension.

2nd Offense:

Dismissal from the team and Athletic Program for a minimum of one semester from the date of suspension.

3rd Offense:

Dismissal from the team and Athletic Program for one calendar year from the date of suspension.

Type II Violations and Consequences

Type II Violations of the Substance Abuse Policy include the following

1. The use, gift, sale, delivery, possession, or being under the influence of alcohol, marijuana, cocaine, LSD, other controlled substances, dangerous drugs, or abuseable glue, paint, or volatile chemicals.
2. The commission of the elements of an offense of a Class C misdemeanor involving alcohol, cocaine, LSD, other controlled substances, dangerous drugs, or abuseable glue, paint, or volatile chemicals.
3. Involvement with alcohol, cocaine, LSD, other controlled substances, dangerous drugs, or abuseable glue, paint, or volatile chemicals if the Athletic Director determines that such involvement is detrimental to the student or the Athletic Program and is of a nature that it should be punished as a Type II Violation.
4. Behavior determined by the Athletic Director or his or her designee which is deemed unsuitable for or unworthy of an athlete.

The following consequences are present for Type II Violations:

1st Offense:

A two-week suspension from all athletic competition for a total of 10 instructional days from the date of the suspension. Scheduled athletic events (games or practices) that fall on a weekend or school holiday will constitute an instructional day. If the period of suspension includes two pre-season tournaments, the student will become eligible prior to the date of the second tournament. Days missed due to injury will not be counted as days served for the suspension. A medical release by a physician or trainer will be required before the suspension period begins.

At the discretion of the Athletic Director, following the 1st offense, the athlete may continue to workout with the team. The suspended athlete may not participate in games or sit with the team prior to, during, or after any game during a suspension. Following the 1st offense, the athlete will be required to complete 25 miles and 250 bleachers within that two-week period under the close supervision of the coach. A doctor's excuse is required to modify the required 25 miles and 250 bleachers. The modification will require 200 miles on a stationary bike.

2nd Offense:

Dismissal from the team and Athletic Program for a total of 30 instructional days from the date of suspension and completion of conditioning work listed in 1st offense.

3rd Offense:

Dismissal from the team and Athletic Program for one calendar year from the date of suspension.

Summer/Off-Season Violations

Violations of this policy, which occur during the summer or during an off-season, period have the same consequences as actions occurring during an athletic season. Suspension from competition, for summer and off-season violations, begins the next season during which the student participates on a team. Suspension from competition does not include suspension from a scrimmage and will begin the week of the first contest. Suspensions for a semester or calendar year may begin, during an off-season for an athlete.

Definitions

"Use" means that a student has smoked, ingested, injected, imbibed, inhaled, drank, or otherwise taken internally a prohibited substance.

"Under the Influence" means that a student's faculties are impaired. Under the influence does not require that the student need not be intoxicated under any legal standard.

"Possession" means that a student is in a vehicle with, holds, sells, gives, or is present at a social gathering in which alcohol or drugs are present, readily available and/or being used.

Removal of Offenses from an Athlete's Record

An athlete who is punished for any infraction of this policy will receive a clean record if no additional infractions occur within a year from the beginning of the athlete's punishment phase. If an athlete receives a clean record, any further violations will be treated as the 1st offense.

Cooperation with Investigations

If school authorities suspect, for any reason, that an athlete has violated this policy, the alleged violation will be discussed with the student and as a condition to participation in athletics; the student agrees to cooperate in the investigation. A student-athlete will be punished if the Athletic Director or his or her designee determines that a student-athlete has violated this policy.

Athletes who violate any portion of this Substance Abuse Policy can and will be punished upon the investigation by the Athletic Director or his or her designee and not after a court has determined guilt or innocence.

The Athletic Director has discretion over issues not covered in this policy. Documentation on each individual case will be required of the Athletic Director.

Hereford Independent School District
TOBACCO USE

Athletes are expected to refrain from tobacco use at all times. Athletes should neither possess nor purchase any tobacco substance including cigarettes, cigars, snuff, chewing tobacco, etc. Any athlete who violates this policy will be responsible for the completion of the following:

1st Offense: 25 stadium bleachers or 50 gym bleachers - completed under the supervision of a coach.

2nd Offense: 25 stadium bleachers or 50 gym bleachers, along with 5 miles - completed under the supervision of a coach.

3rd Offense: 25 stadium bleachers or 50 gym bleachers and 5 miles - completed under the supervision of a coach, along with a one week suspension.

Tobacco use/possession is prohibited on all campuses and school grounds. Use/possession at school-related activities is prohibited.

HEREFORD HIGH SCHOOL

Hereford High School offers variety of sports for both boys and girls. Those sports include football, cross country, volleyball, tennis, basketball, wrestling, track, baseball, golf and softball. These sports are under the direction of the University Interscholastic League and are played competitively against other schools in and out of District 3-4A. It is our desire to develop a very competitive program in each of these sports, which includes individual skill development, teamwork, sportsmanship, and commitment to excellence. Athletes are held to higher standards than those who do not participate in competitive Athletics. A number of expectations and requirements go along with the opportunity to participate on a team.

ACADEMIC ELIGIBILITY

The University Interscholastic League governs many extracurricular activities for students in grades 7-12. Athletics is one of those activities. Athletes must maintain a 70 average in each of his/her classes for each of the six week grading periods. If a student makes below a 70 on his/her report card, he/she cannot compete for a minimum of three weeks. If at the end of the three week suspension, the athlete is passing ALL of his/her classes with a 70 or above, he/she will then be eligible to compete again. If the athlete has a grade below 70 in any of his/her classes at the end of the three week suspension, he/she remains ineligible to compete until the end of the six week grading period when all grades will be checked again. Athletes who are academically ineligible may continue to workout with their teams, but may not travel or sit on the bench with their teams during competition. They may not participate in any activities that are designated for their team such as pep rallies, team recognitions, etc. All athletes are expected to maintain passing grades in each of their classes. Academic success is more important than athletic achievement. Responsible athletes should take every honorable measure possible to maintain good grades and behavior in their classes! The student-athlete to his/her teacher PRIOR to the absence shall communicate an upcoming absence from class for athletic purposes. All work shall be made up in a timely fashion as per policy. Student athletes with recurrent failing grades or behavioral problems in their classes may be dismissed from Athletics. The number of academic credits the athlete has earned determines eligibility for the first six weeks of school. Ninth graders must have simply passed to the ninth grade, while athletes entering their second year of high school must have 5 credits. Athletes entering their third year must have 10 credits and athletes entering their fourth year must have at least 15 credits. For additional information and explanation of academic requirements for extracurricular activities, you may check the University Interscholastic League web site at www.uil.utexas.edu.

CHANGING/DROPPING CLASSES

A student may not drop a class in which he/she has a grade below 70 after the end of the first four school weeks of the class without its being considered a failing grade for eligibility purposes. Dropping an advanced class which is exempted for no pass, no play does not cause loss of eligibility at anytime unless full time status is affected or the school has adopted a more stringent policy. Dropping a class with a grade lower than 70 at the end of a grading period causes a student to lose eligibility until 7 calendar days after the end of the 3 school week evaluation period. Dropping a class after the fourth week into the course with a grade lower than 70 causes the student to lose eligibility for the next three school week evaluation period. Any athlete who drops a class or simply changes teachers or classes, must contact his/her coach. Coaches, counselors and athletes are responsible for making sure any schedule changes do not threaten academic eligibility. For additional information and explanation of academic requirements for extracurricular activities, you may check the University Interscholastic League web site at www.uil.utexas.edu.

PRACTICE EXPECTATIONS

Athletes must understand the importance of preparation for games and contests. All athletes who wish to travel to and compete in games, tournaments or meets **MUST** attend practices and workouts on a regular basis. Athletes who fail to attend practices/workouts regularly will be dismissed from the team. If an athlete is feeling ill or is injured, we expect that athlete to attend practice even if he/she cannot physically participate. If the athlete does not attend school because of an injury or illness, he/she should contact the school, athletic director or coach **PRIOR** to practice. If the coach has not been contacted, the absence will be considered unexcused and punishment will be administered along with the make-up work. Punishment may include additional physical work and/or suspension from all or part of competition. All injuries should be attended to by the trainer and reported to the coach immediately upon the act. The trainer will stay in contact with the athlete and coaches about treatment plans. If an emergency occurs in which the athlete cannot contact the coach prior to practice absence, the coach, athlete and athlete's parents will meet to communicate the reason for absence. Consequences for the absence, if any, will be determined at that time.

TRANSPORTATION

PRACTICE

Hereford ISD will make transportation available to athletes for workouts that are off campus if there are athletes who desire this transportation. While this school transportation can be available, many athletes opt to travel to their workouts in their own vehicles or with friends or teammates in their private vehicles. If parents and athletes choose to use a private method of transportation to practice, they are assuming the risk instead of the school district. If the parents and athletes wish to use school provided transportation, the athlete's coaches must be notified and a **regular** schedule will be developed. The school transportation should be used each day

practice is held. Failure to maintain a regular schedule may result in loss of the privilege. A transportation release is included in the forms at the end of this handbook.

GAMES/COMPETITION

Athletes shall ride the school bus to and from all district games/meets. Coaches reserve the right to **REQUIRE** all athletes to ride the bus home from **all** games/meets. This requirement may be designated **AFTER** the competition is over. If the coach allows the athlete to ride home in a means other than the school bus, he/she is **ONLY** allowed to leave with his/her parent or legal guardian. The parent must come face to face with the coach and sign a release to be kept on file with the coach. One cannot leave with another student's family. **ALL MEMBERS OF THE TEAM ARE EXPECTED TO STAY UNTIL ALL COMPETITION OF EACH TEAM IS COMPLETE.** If an athlete is late for the bus leaving for a game, he/she will face a punishment to include suspension from participation or additional physical work or a combination of both. Injured or ill athletes will be required to ride on the front of the bus near the coaches so that their condition can be observed. Academically ineligible athletes cannot be transported to or from games.

Behavior on school busses and on school trips is expected to be orderly and respectful of other's rights and property. Disrespectful behavior will result in a punishment either physical in nature or suspension/dismissal from the team. Buses shall be maintained properly with food and drinks being limited and cleanup by athletes at the end of the trip required. All rules of the transportation department for bus safety and maintenance will be strictly adhered to. Athletes are representing Hereford High School and should behave in a manner that presents a positive image of you school, community and team.

SUPERVISION

Athletes will be supervised at all times while involved in practice, dressing, games or after workout. Although we will work to maintain constant supervision, there will be times that the athletes will be out of our sight. All must be responsible for appropriate behavior at all times. We will remain with your son/daughter after workouts or games until you arrive to pick them up. They may wait outside or in the gym with a coach, whatever is more comfortable as long as their behavior is positive. **During games in which Hereford teams other than theirs are participating, athletes will sit together and remain actively involved in the play of Hereford teams. Good sportsmanship and attentive behavior are expected at all times. Failure to provide BOTH of these qualities will result in a punishment that may include physical work and or suspension from play.**

MEALS

Meals will be provided during out of town trips for varsity and junior varsity team members as necessary. Ninth grade teams will be provided with a meal by the school if the travel time is over one hour. Students may bring additional money or food with them if they choose to eat more than the school provides. Again, behavior in restaurants is expected to be respectful and positive at all times.

DRESS/APPEARANCE

Athletes are expected to dress out appropriately for workout each day. If the coach requires school issued clothing to be worn, it is the athlete's responsibility to make sure clothing is clean and worn for each workout. Athletes will be issued school purchased clothing to compete in and should maintain that uniform at all times. Failure to maintain the practice or game uniform will result in reimbursement to the school for the full price of replacement. Athletes, when not in uniform but a school function, will dress according to the specifications in the Hereford ISD Code of Conduct. Failure to do so will result in the athlete changing into school sweats or suspension from Athletics until appropriate attire can be worn. If the athlete refuses to change into appropriate clothing, his/her parents will be contacted and the athlete will need to be picked up immediately from the school event. A meeting with the athlete, his/her parents, the coach and the athletic director will be held the next possible school day and an agreement will be made as to the athlete's future in the athletic program. Athletes shall always present a positive and tasteful appearance when representing Hereford High School.

If the coach does not issue the athlete school clothing to practice in each day and allows the athlete to wear his/her own clothing, the following standards apply:

1. T-shirts shall have sleeves in them and meet the top of the shorts when the arms are raised. Shirts shall have no "inappropriate" advertising, writing, or slogans.
2. Tank tops are not allowed.
3. Tights and shorts for female athletes will be allowed but not rolled down at the top or pulled up at the bottom.
4. Flannel or cotton pajama bottoms will not be allowed anywhere but to and from our own facilities and will not be worn in public in lieu of warm-ups/sweats.

The Hereford ISD Dress Code is attached in the "forms" section of this handbook. Please read, dign and return to the coach.

GUIDELINES FOR INJURED ATHLETES

The Hereford ISD maintains an accidental insurance policy on each of its students engaging in UIL sports. This insurance policy provides **secondary** coverage, which means parents must submit a claim to their primary carrier before the school district can compute payment.

If a student sustains an "athletic injury" that requires medical attention, the following steps must be followed:

1. The athlete **must** report the injury to his/her coach and/or the Athletic Trainer **prior** to visiting the physician or emergency room.
2. If the parents have personal insurance that covers their child, they have to file a claim with that company first, even if their deductible has not been met. An Explanation of Benefits (EOB) paid by their insurance company must be sent to the Athletic Trainer.
3. The parents must obtain an **Accident Claim Form** from the Athletic Trainer who must complete the school report on the front. The parents need to fill out and sign the statement on the back of the report and return it to the Athletic Trainer.
4. If the parents do **not** have personal insurance, an affidavit must be notarized prior to participation in Athletics. The affidavit will be attached to the claim form. The school district's insurance company will pay up to the maximum amounts allowed for usual and customary charges. The balance left will be the parent's responsibility.
5. Medical attention must be received within **30 days** from the date of injury to qualify for benefits.
6. All "itemized" bills must be turned in to the Athletic Trainer. All claims must be cleared and filed by the Athletic Trainer within **90 days** after the first treatment.
7. Questions need to be referred to the Athletic Trainer, Ed Morrow.

GRADING PROCEDURES

Athletes will receive a grade of 95 if:

1. They have fully participated each day with the exception of illness, injury, family or emergency. Coaches must be contacted prior to the missed workout in any of these instances.
2. Their attitudes and behaviors constantly demonstrate courtesy, respect and sportsmanship to other athletes, teams and coaches.
3. They care for and properly maintain facilities and equipment used in athletics.
4. They sincerely make efforts to improve their physical and team skills each day in practices and games/competition.
5. They are on time to and actively involved in each portion of their workout/games/competition
6. They abide by the requirements and expectations of athletes as communicated in the Athletic Handbook.

Grades may be lowered if any athlete fails to uphold any of these standards daily. Parents will be notified if their son/daughter's grade is consistently failing during any of the six week grading periods.

ABSENCES/TARDIES

Student-athletes need to make every effort to be at school, each class, on time, every day. Returning late from a game the on a school night is no reason to be absent or late to school the next morning. Recurrent absences will be investigated by the coaches. If an athlete must be out of school on a game day because of illness or family emergency, he/she must be in attendance on the day of the game to be eligible to play that evening. The athlete must have also notified the coaches in advance of the absence. Athletes in an Alternative Educational Placement or In School Suspension will not participate in Athletics during that time. Tardiness to Athletics or any other classes is a sign of little respect for what is to be learned in those classes. Athletes shall be responsible to get to class on time and behave respectfully. **We expect our athletes to be responsible students in the classroom and in Athletics - no excuses!**

PARTICIPATION IN MULTIPLE SPORTS

The Hereford ISD Athletic Department wholeheartedly supports the philosophy that athletes should participate in a number of sports during their junior high and high school careers. We believe participation in a variety of sports not only develops physical skills, but also develops competitiveness, team-centered effort, work ethic, sportsmanship and dedication to success. All athletes entering ninth grade will participate in at least two sports their ninth grade year. At the end of that year, they may meet with their coaches to determine if their participation in those sports is still a positive experience for everyone. Athletes shall never make decisions to quit playing a sport until they have spoken with the coach in that particular sport, their parents and then make a decision based on sound and thoughtful facts.

Hereford ISD Athletics also stands firm on athletes beginning and finishing an entire season. If an athlete begins his/her season in a particular sport, leaving that sport will not be allowed until the season has ended. If the athlete has a medical or emotional condition that will require pulling out of a sport during the season, the athlete, coaches in all of the sports in which the athlete participates, the athlete's parents and the athletic director shall meet to determine the need for the abbreviated season. If the reasons for the athlete's withdrawal are well founded and agreed upon by ALL involved, the athlete will be allowed to participate in another sport or the off season program of another sport. If all, the athlete, coaches, parents and athletic director, CANNOT agree that release from that sport during season are founded, the athlete will not be able to practice with another sport until the season of the sport he/she left is over. If an athlete makes a trial participation plan with a coach in a particular sport to simply "try it out" for a time, that time shall be a total of two weeks. At the end of those two weeks, evaluations will be made by the athlete, parents and coaches to determine if the athlete will complete the season.

Injured athletes are still considered a part of the team and are responsible to maintain the same expectations placed upon uninjured athletes. Treatment plans should also be adhered to so that recovery will occur at the fastest rate possible. Injured athletes will not simply "disappear" after an injury. They are valuable members of the team.

LETTERING IN VARSITY SPORTS

A number of requirements must be met before an athlete can officially letter in a varsity sport.

1. An athlete must be a full time member of a varsity team BEFORE receiving a letter and a jacket.
2. An athlete may receive a letter and a jacket if he/she was permanently moved to the varsity to replace an injured athlete.
3. An athlete may receive a letter and a jacket in tennis, golf, cross country, or track if he/she has competed in at least half of the Varsity tournaments/meets/matches during that season and has competed in the Varsity tournament/match meet.
4. If an athlete is permanently removed from the Varsity or quits during the season, that athlete will forfeit his/her letter and letter jacket. If he/she lettered in a previous year and quit the team after that year, he/she will retain the letter and the jacket.
5. If a letter jacket is stolen or lost, it is not the school's responsibility to replace the jacket.
6. Orders for letter jackets will occur twice a year - once in the Fall and once in the Spring. All Juniors who have not lettered in a sport, but plan to play their senior season, shall place their jacket order in the Spring of their Junior year.
7. Small pins, which go on the "H" of the letter jacket to indicate varsity participation in specific sports not already on a jacket, can be obtained in the athletic director's office. A new "H" will not be ordered as athletes letter in other sports after the jacket has been received initially.

STRENGTH AND CONDITIONING (SAC) CAMP

Athletes entering grades 7-12 are allowed to attend a non-sport specific workout on Mondays-Thursdays in the summer for six weeks. We strongly urge each athlete to participate in this workout as strength, aerobic conditioning, agility, quickness, explosiveness and team unity will be developed. Time will vary from year to year and all athletes will be informed of the times, dates and sites of the workouts.

PHYSICALS

All incoming 9th graders must obtain a physical BEFORE they can participate in Athletics. This is to be obtained by the individual athlete and is not provided by the school. All Juniors must also have a completed physical and theirs may be received from the physicians representing the school at a designated time and site in late July. Athletes will be informed of this time and date. Any athlete, who has had to receive attention from a physician for an injury over the school year, must also get another physical before the next school year begins. We encourage ALL athletes in grades 10-12 to attend the free physical screenings offered through the school.

PARENT MEETINGS/CONFERENCES

The Hereford ISD Athletic program will, hopefully, work in conjunction with the parents to provide an enriching experience for the student-athlete. Coaches will always try to be proactive in contacting parents when concerns arise about their children. We encourage all parents who have any questions/concerns involving their child to contact the coaches and set up an appointment to discuss the issues involved. Coaches will not, however, spend time during practices or before or after games discussing a concern unless it is an emergency. Please call the coach and set up an appointment with him/her during his/her conference period. We all want the best possible experience in Athletics for every athlete.

INDIVIDUAL SPORT RULES/REGULATIONS

Each sport and each coach has some expectations/rules/punishments that are specific to that individual sport or coach. Each sport will have a parent meeting at the beginning of the season to distribute and explain those things that are characteristic of that individual sport. This Athletic Handbook will also be distributed, if it has not already, and will be reviewed. The Athletic Handbook contains information that is pertinent to **all** sports **all** of the time. Please ask your/your child's coach any questions you may have about this handbook or the individual sport information.

MISCELLANEOUS

Athletes who are involved in other extracurricular activities must schedule and budget their time wisely and effectively. If two or more activities conflict, athletes shall contact the coaches/sponsors of the events and those coaches/sponsors and students will work out a schedule to benefit the student-athlete. District competition usually takes precedence over non-district. Post season participation will take precedence over all most all other. It is the goal of the HISD Athletic Department to never put the student-athlete in a situation in which they are forced to choose one activity over another without making every effort to participate in both activities.

Cell phones are not allowed during workouts, games or while traveling.

Fire Department, Police Department and Sheriff Department escorts for varsity teams or individuals participating in post season, shall be made ONLY by the Athletic Director at the request of the coach. Parents and athletes shall not contact anyone with those types of requests. Those escorts may be requested once the team sports reach the regional level and the individual sports reach the state level.

Requests for Booster Club involvement will be made to the Athletic Director or coach. If an individual coach has a request for the Booster Club, he/she will take that request to his/her Athletic Director who will then, in turn, approach the Booster Club.

PLEASE KEEP THIS HANDBOOK FOR YOUR REFERENCE. THE ADDITIONAL FORMS THAT YOU RECEIVE IN CONJUNCTION WITH THIS HANDBOOK ARE TO BE SIGNED AND RETURNED TO YOUR COACH. THEY WILL BE KEPT ON FILE IN THE ATHLETIC DEPARTMENT.

THE UNIVERSITY INTERSCHOLASTIC LEAGUE HAS A PARENT INFORMATION MANUAL AVAILABLE ON LINE AT www.uil.utexas.edu. WE STRONGLY ENCOURAGE EACH ATHLETE AND PARENT TO TAKE A FEW MOMENTS TO READ THIS DOCUMENT. IT CONTAINS A GREAT DEAL OF INFORMATION. HEREFORD ISD ALSO HAS A WEB SITE THAT CONTAINS A GREAT DEAL OF IMPORTANT INFORMATION AT www.herefordisd.net.

THANKS TO EACH OF YOU FOR HELPING MAKE THIS A POSITIVE ATHLETIC ENDEAVOR. THE EXPERIENCE IN ATHLETICS CAN TEACH US ALL MANY VALUABLE LESSONS THAT WILL HELP OUR STUDENT ATHLETES GROW INTO PRODUCTIVE YOUNG ADULTS.

**Hereford High School
200 Avenue F
Hereford, TX 79045
363-7620
Principal
Richard Saucedo**

**Boys Athletics
Stadium Drive
Hereford, TX 79046
363-7626
Boys Ath. Director
Don Delozier
FAX 363-7777**

**Girls Athletics
704 La Plata Drive
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363-7633
Girls Ath. Director
Brenda Kitten
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