

# Chisholm Trail Middle School Athletic Handbook

**The goal for our athletic program is to build  
championship *people*, not just champions.**

This includes promoting the following characteristics:

- Integrity
- Work Ethic
- Commitment
- Academic excellence

## **FORMS**

- Emergency card (signed front and back)
- RRISD Physical Exam Packet
- RRISD Code of Conduct
- Handbook Acknowledgement Signature Form

**All paperwork must be returned before an athlete will be allowed to practice, tryout, or participate in a team sport. Deadline for paperwork is Friday Aug. 28, 2009. Failure to submit forms by this deadline will result in removal from the athletic program.**

## **COMMITMENT**

When students sign-up for Athletics, they are making a year-long commitment to the school's athletic teams. This includes a commitment to participate fully in all work-outs during the athletic period whether during in-season or off-season. After the 9<sup>th</sup> day of school, no schedule changes will be allowed out of athletics. Injured or ill students will be expected to participate and/or help their teams in any way they are able. Students who make a sports team are expected to schedule change into athletics for the remainder of the year.

## **ELIGIBILITY - "NO PASS, NO PLAY"**

Each athlete must maintain an average of 70 or above in **ALL** subjects. Upon failure of any subject, the athlete may not compete in any contests until passing **all** subjects at the three-week grading check. Subsequent failures may result in removal from athletics.

## **GRADING**

**60%** of the athletic grade is made up of **Participation** (cooperation, effort, and respect for coaches, officials, and fellow athletes). The remaining **20%** is **Skill and Fitness Level**, and **20% Responsibility**.

## **PRACTICE**

Morning practice for 7<sup>th</sup> graders begins at 7:00AM. Afternoon practice for 8<sup>th</sup> graders lasts until 5:00PM. Coaches are required to stay until each athlete has been picked up from contests or practices. Please pick your child up within **thirty** minutes of the designated time. Since students are not allowed in the building after practice, female athletes should wait in front of the school and male athletes should wait in the back of the school to be picked up. Practice is closed to spectators. The gym or field is the athlete's classroom and should be free of distractions.

The athlete owes it to the team to attend practice and to be on time. The athlete must inform the coach ahead of time if he/she will not be able to attend practice or the contest via a telephone call or friend. Tardies, absences, and missing school practices or events for could result in one or more of the following: an alternate assignment, loss of starting position, reduced playing time, dismissal from the team. Athletes missing practice or events for even valid reasons may find their playing time reduced or lose a starting position. This is NOT punishment. This is recognition that students attending all practices and events may be better prepared than others both physically and mentally. It is also a reward for those students who attend every practice and event and exhibit a strong Work Ethic.

## **ILLNESS/INJURY**

An athlete may be excused from practice for three days without a note from a physician. Injury or illness lasting longer than 3 days requires a note from a physician. If an athlete sees a physician about an illness or injury, a written release from the physician must be obtained before the athlete can return to practice or play. Since proper conditioning is important to the health and success of our athletes, students who are continually missing out on conditioning activities without a doctor's note will need to be addressed on a case by case basis by the coach and an administrator. To promote the ideal of Commitment, injured athletes or athletes too ill to practice should attend practices to learn by observation and to participate in alternative workouts as they are able (rehab perhaps). If they are able, injured athletes or athletes too ill to play, should attend the games to support their teammates. Joining CTMS athletics is a year-long commitment to help our teams in anyway possible. Injured students will NOT be schedule changed out of Athletics.

We cannot emphasize enough how important a balanced nutritional program and proper hydration is to achieving peak athletic performance. Please ensure that your child understands this and strives to include both daily.

## **ATTIRE**

During practice, athletes are required to wear red gym shorts and a gray T-shirt. This workout uniform must be purchased through the CTMS Athletics Department. Last name must be printed within the cougar paw on both the shorts and shirt. If this uniform is altered by cutting the pant legs, shirttail, or sleeves or decorating it with words or markings, or if the uniform is lost or stolen, the athlete will be required to purchase a replacement uniform. Students will be issued a locker. Shirts must be tucked in, hair must be worn so as not to interfere with play, and **absolutely no jewelry** is allowed at any time (sports watches are allowed in long distance running). Please refrain from piercing

ears until after the season has ended and other body piercings and visible tattoos are not allowed. Good shoes help to prevent injuries. Each athlete is encouraged to have a pair of court shoes and a pair of running shoes.

## **TEAMS**

Participation on a team is a privilege. Players must accept all responsibilities in order to stay on the team. Those athletes selected to be on an "A" or "B" team will travel to and play against the schools in our district. These athletes will be issued uniforms and are responsible for the care of this clothing. Players will be required to pay for any lost or damaged uniforms. Nobody will be accorded equal or guaranteed playing time. Team selection is not necessarily permanent. As coaches, we want as many participants as possible.

All students not competing on a traveling team are expected to participate in off season work-outs as part of their grade. This may include weight training, conditioning, or practicing the on-season sport during school hours. There are no intramurals.

## **GAMES**

Your son/daughter will receive a schedule for each sport indicating the date of the contest, site, opponent and game time. Directions for all Round Rock schools may be located on the RRISD website.

In an effort to promote pride in our athletic program, we expect the student athlete to dress for success during all classes on the day of the contest. Looking sharp = playing sharp. A good rule of thumb is "if you have to ask, 'is this okay?', then it probably isn't". Avoid flip-flops, T-shirts, gym clothes, and sweat pants. Suggested attire includes collared shirts, slacks, blouses, skirts and dress shoes.

Athletes remain on campus from the end of school until the game begins or the bus leaves for away games. Snacks/food (the healthier, the better!) may be brought to the student during this time only to the back of the school where the gyms are located. Male athletes will congregate in the mini gym while female athletes will be in the locker room.

It is our policy that students ride to and from the contests on the bus. Only those athletes participating in the contest will be allowed to ride the bus. If an emergency arises and you need to take your son/daughter home directly from the site, the coach will have a release form that you must sign. The athlete may not ride home with anyone other than the parent or legal guardian. In order to promote Commitment and Unity, all athletes are asked to stay for both "A" and "B" games unless otherwise stated by the coach.

After the team returns to school, the parent is responsible for transportation home. The coach cannot leave until every student has been picked up. Please pick child up in front of the school within thirty minutes of our return time. If an athlete continues to be late leaving, he/she will not participate in the next contest.

## **STANDARDS OF BEHAVIOR**

Behavior resulting in arrest and/or citations from law enforcement officers will be handled according to the Round Rock Extra Curricular Code of Conduct.

With other violations (lying, cheating, stealing, excessive tardies, poor conduct grades, grade problems, or consistent failure to bring workout clothes), the head coach of that sport will discipline the athlete in addition to any action school administration may take. The disciplinary action will be administered according to the seriousness of the violation. Possible discipline would include extra work assignments including running, suspension from the team for one or more games, suspension from the team for six weeks, or **removal** from athletics. An athlete that is suspended or placed in In-School Suspension on game day will not be allowed to play in the game.

We look forward to a rewarding season in all sporting events, and we hope to see each of you in the stands supporting these fine athletes. Parental support is a vital component of a successful program. Together, we can build and maintain a positive environment. Please feel free to call and discuss any concerns you might have. We are here to promote the Round Rock High School athletic program, and we want to make this year an enjoyable experience for your child.

# **COUGAR ATHLETICS**

## **2009 - 2010**

My son/daughter and I have read and understand all of the information provided in the handbook and agree to abide by all the rules and regulations of the athletic program.

Parent/Guardian Signature: \_\_\_\_\_

Athlete's Printed Name: \_\_\_\_\_

Athlete's Signature: \_\_\_\_\_

Parent e-mail Address: \_\_\_\_\_

Date: \_\_\_\_\_