



Friendswood Independent School District Athletic Department Handbook 2023-2024

“FISD will lead to achieve excellence in all endeavors”

Philosophy

We believe that an exemplary athletic program is an extension of the classroom and community. As such, athletics offers students an opportunity to develop and grow physically, intellectually, emotionally and socially. The positive benefits that participation in athletics offers include, but are not limited to self-esteem, self-discipline, self-confidence and the development of team spirit. Further, participants learn the values associated with competition and benefit from the experience of both winning and losing. We also believe that the whole athletic department succeeds when there is a culture of discipline, resilience and leadership both on and off the field.

I. Introduction

The athletic program is an integral part of the total school experience for both boys and girls. It offers a variety of sports and activities to all students who have the potential skill and the desire to participate.

Friendswood ISD athletes must look and act with pride and dignity at **ALL** times. Members of an athletic team must understand that they are representing FISD at all times on or off school grounds and throughout the calendar year.

You, the student athlete, are accountable and responsible for policies set forth by the FISD Board of Trustees and any additional ones that your respective coach might add.

II. Participation

It is the goal of the FISD athletic program to offer the opportunity of participation to every student who has the ability and desire to do so. However, no student is guaranteed or obligated to take part in athletics. Participation in athletics is not required. **It is also to be stressed that participation in Friendswood ISD's athletic program is a PRIVILEGE not a right.** Since it is a privilege, the coaching staff, in accordance with FISD policy and due process procedures, has the authority to suspend or revoke the privilege when rules and standards of this athletic program are not followed.

III. Practice Requirements

Any FISD student who wants to participate in an FISD athletic program and wishes to be a part of an FISD team is expected to attend all regularly scheduled practices and be enrolled in the athletic period if there is a period for that sport.

Absences for illness, injury, academic needs, family emergencies or other school related functions are acceptable provided the student has properly used communication channels to inform the coach. It is

paramount that athletes communicate in a timely manner in order that practice plans, games plans, and travel plans can all be considered well beforehand to maximize the program's interests.

IV. Tryouts

Specific athletic programs have tryout/cut processes. Head coaches will provide the instrument used to analyze athletes during the tryout period to the FISSD athletic administration. Tryout and team decisions are final and made by the head coach and his/her staff. Coaches will inform athletes of cuts in the best way possible.

V. Club Participation

An athlete **in-season** for any FISSD sport is encouraged not to participate in club competition of any sport at the same time. A FISSD athletic event should not be missed for a club event. Consequences for missing a FISSD athletic event (games or practices) due to a club event may apply.

VI. Game participation

All 7th grade athletes through sub varsity shall participate in games if eligibility requirements are met, if practice obligations are met, and the athlete is in good standing. **Varsity is strictly "play to win the contest"**. There should be no expectation that every athlete will enter the game at the varsity level.

VII. Responsibilities of an Athlete

All athletes have the responsibility to give their best, play to win, follow training guidelines and exhibit good conduct and fair play at all times so as to be a credit to their school. Athletes, as well as coaches, are always on display. Our actions in everyday life, both private and public, are a direct reflection on the FISSD athletic program and our school.

A. During competition, an athlete:

1. Learns that both winning and losing are part of the game and learns to accept both. Be modest in victory; be gracious in defeat.
2. Has complete control of himself/herself at all times. Horseplay, display of temper and disrespect for coaches, officials or opponents may result in disciplinary action from the coach.
3. An athlete ejected from a contest may be disciplined and suspended for up to one full game (per UIL) unless video or other evidence is provided that shows the ejection was not warranted.

B. In the classroom, an athlete:

1. Must realize that he/she is a student first.
2. Must maintain satisfactory citizenship and behavior by giving respectful attention to classroom activities and by treating teachers, administrators and fellow students with respect.
3. Tardiness, horseplay and unacceptable classroom conduct may result in disciplinary action or possible suspensions from games.
4. Per FHS policy, an athlete will not be permitted to miss an academic class he/she is failing. This may result in missing one or multiple games. This policy exists as a "local rule" and still applies even if the athlete is in good standing with UIL eligibility.

C. During team travel, an athlete:

1. Must travel to and from all away contests with the team. If an extenuating circumstance arises and an athlete needs to ride home with parents or guardians, this must be cleared with the coach before leaving for the contest and must be presented in writing. A written release must be presented to the coach. Under no circumstance will an athlete be released to ride with anyone other than their parents, guardian or person designated in writing by the family.
2. Coaches have the discretion to set travel dress expectations.
3. Be informed of departure and return times. It is your responsibility to be on time for all departures and to inform your parents of estimated arrival times.

D. During Overnight Travel

1. Athletes must abide by the curfew set by the head coach.
2. Be aware that coaches may ask to check athletes bags before leaving for the trip.
3. At no time will athletes be in rooms of students of different genders.
4. Athletes will not consume or be in possession of alcohol, tobacco, e-cigarettes or illegal drugs.
5. Adhere to the expectations of the FISD Student Code of Conduct and athletic department expectations at all times.

VIII. Dress Code/Personal Grooming

- A. Athletes must adhere to the District Code of Conduct in Section A of the student handbook. It states:
 1. Hair must be a color that can be grown naturally, neat and well groomed. Mohawk type haircuts, distracting styles, hair carvings, shaved designs or lines are not permitted. Students must be clean shaven. Goatees, beards and mustaches or any other facial hair are prohibited.
- B. Coaches have the discretion to add to the grooming standards with approval of the FISD administration.

IX. Disciplinary Procedures

In order for an athlete to be considered in violation one or more of the following must occur:

- A. Athlete admits to the violation.
- B. Parent of the athlete admits to the violation.
- C. A FISD staff member witnesses the athlete in violation.
- D. A FISD administrator has reason to believe and investigates which proves the athlete committed an offense.
- E. A local agency or law enforcement agency makes a verbal report of the violation.
- F. A local agency or law enforcement agency files a report of a violation.
- G. Credible evidence such as photographs, video or social media is presented.

Alcohol, Tobacco (including e-cigarettes or vaping instruments), Drugs

- A.** The use, possession, transmittal of, or being under the influence of drugs, alcohol, and/or tobacco resulting in arrest, any police citation related to drug and alcohol consumption/possession or for hosting “Open Party”, or school discipline. There will be an automatic 2-week suspension from all activities (excluding practice), physical punishment, and a mandatory drug and alcohol awareness program that must be completed prior to return for the first offense. The second offense will result in automatic dismissal.
- B.** If a student is suspended from school or arrested at school or after school including weekends, there will be an automatic 2-week suspension from all activities (excluding practices), physical punishment, and a mandatory drug and alcohol awareness program that must be completed prior to returning for the first offense. The second offense will result in automatic dismissal.

Theft

- A.** Taking things from other players, students, school, etc. will not be tolerated. Punishment will be handled individually by the head coach and may result in expulsion from athletic activities and removal from the athletic class for the rest of the academic year. At the beginning of the next academic year it will be reviewed by a case to case basis if the athlete will be allowed to return to the program.
- B.** It is highly suggested that athletes secure and lock up their valuables in their lockers at all times.

Social Media

- A.** The use of telecommunication devices (cell phones, electronic pads) in athletic locker rooms and athletic restroom are prohibited due to privacy concerns of all individuals.
- B.** Coaches have the discretion to limit cell phone use before, during and immediately after athletic events. At no time shall any athlete, trainer or manager audio record or video record activities within the dressing areas or sidelines during games or practices.

- C. Any form of embarrassing or inappropriate social media (videos, snapchats, twitter, Facebook, vines, etc) that is brought to the coach/sponsor's attention will result in a 2 week suspension from all activities (excluding practice), physical punishment, and some kind of social media awareness program. This will be required before return. The second offense is automatic dismissal. This includes posting on social media of any negative comments about FHS organizations and their members.

X. Athletic Training Room Procedures

Your health is a concern to your coach and every member of the team. In the event that you become ill or injured report the information to the Athletic Trainer and your coaches as soon as possible.

Whenever you are injured or have an illness of a minor nature, you may be required to dress out (but not participate) and stay with your group during the workout. You learn from each practice session, whether you are actually working out or simply observing.

Treatments of injuries are performed before and after school.

Any and every time a FISD athlete visits with a doctor or chiropractor concerning an illness or injury the treating doctor must provide a written release before the athlete will be allowed to compete or practice. A parent written "return to school or PE" note will not suffice. This must come from a licensed medical professional.

XI. Athlete/Parent/Coach Communication Process

- A. Before the start of each sport, the head coach will conduct a mandatory parent meeting regarding expectation, rules, regulations and additional information regarding the upcoming season.
- B. If at any time an athlete or parent has an issue/concern with a coach or a program the below process should be followed.

1. Athlete meets with the coach to discuss the concern.
 2. Parents and/or athlete(s) meet with the coach.
 3. Parents and/or athlete(s) meet with the Athletic Director.
 4. Parents and/or athlete(s) meet with the Principal.
- C. **Coaches should never be approached to discuss an issue or complaint immediately following a game or competition.**



Return this form to your Head Coach

I have read the enclosed information and understand the rules, expectations and consequences of the Friendswood athletic department.

Print student Name

Print Parents Name

Students Signature

Parents Signature

Sport

Date