

# STAFFORD ATHLETICS

## GENERAL POLICIES AND PROCEDURES

A student is not required to take part in athletics; therefore, **athletics is a privilege**. Consequently, when high ideals and standards are violated, the privilege can be revoked. All athletes will be expected to conduct themselves with pride and dignity. All policies and procedures are to be maintained while on campus and at all athletic events.

The general philosophy of the Stafford Middle School Athletic Department is that we will attempt to help our athletes make good decisions; however, if those poor decisions are continually repeated, the welfare of the team must take priority.

### SPORTS

Football, Volleyball, Basketball, Track, Cross Country, Tennis and Soccer are sports that will be offered at Stafford Middle School. Team selections will be based on the coaches' assessments. Fundamentals, attitude and behavior, in and out of the classroom, will all be taken into consideration for making a team at Stafford.

### PHYSICALS

All students participating in athletics **must** have a physical signed by a doctor, on the UIL physical form, before they begin any tryouts or practices. All incoming 7<sup>th</sup> graders must have a new physical. Athletes that were in our program last year **do not** need a new physical unless they had a serious injury, but they have to update their medical history information before tryouts or practices begin.

### ATHLETIC PERIODS

1<sup>st</sup> Period – 8<sup>th</sup> Grade Boys Athletics  
2<sup>nd</sup> Period – 7<sup>th</sup> Grade Boys Athletics

7<sup>th</sup> Period – 7<sup>th</sup> Grade Girls Athletics  
8<sup>th</sup> Period – 8<sup>th</sup> Grade Girls Athletics

### PRACTICE TIMES

**Boy's Sports** – All sports will take place before school beginning at 7:00 a.m.

**Girl's Sports** – All sports will be held after school until approximately 5:45 p.m. with the possible exception of cross country which may be in the morning.

### ATTENDANCE AND TARDIES

Attendance at practice and contests is mandatory. **Skipping athletics or practice will not be tolerated!**

Serious consequences will result for any athlete who is caught skipping. The conditioning part of the workout will be made up for both excused and unexcused absences. If the absence is unexcused the athlete will also be required to make up the skill work missed during the practice and any additional work deemed appropriate by the coach of that sport. If an athlete is unable to workout for more than 2 days in a row, a doctor's note will be required for continued missed workouts. If an athlete misses 2 or more practices from one scheduled game day to the next, excused or unexcused, they may not play in the next scheduled game or contest.

Students who are tardy to practice may be required to make up the conditioning. 2 tardies to practice = 1 absence

### GAME DAY ATTENDANCE

Athletes must be in attendance for the full day of school to be able to participate on a game night. Extenuating circumstances may be an exception to this policy if students are in attendance for a minimum of a half day and the absence is documented by a doctor's note, or approved by the Athletic Coordinator prior to the absence.

## **Personal Appearance**

**1. DRESS: Game Day Dress**--Boys will wear pants, a button-down shirt with a tie, and dress shoes. Girls will wear a skirt or dress pants along with a nice shirt, or a dress, unless told otherwise. We will look and behave professionally. **Daily Dress**—All students are expected to meet school dress code every day; however, we do hold our athletes to a higher standard. Therefore, continued issues with inappropriate dress could result in consequences at the coaches' discretion.

**2. Hair:** In accordance with school policy, hair shall be clean, well groomed, and out of the eyes and shall be styled in a way that is not distracting and/or designed to be conspicuous. The athlete's hair should be neatly trimmed to meet his/her coach's satisfaction. Hair should not be an unnatural color. **Bleaching and dying of hair a different color is unacceptable!!!** Facial hair such as mustaches, beards, goatees, and extremely long sideburns are not allowed.

**3. Body Art/Piercing:** The athletic department realizes that sometimes athletes will have tattoos and body piercing. However, tattoos should not be visible when representing FISSD as an athlete. The same holds true for earrings, belly button rings, and the like. Examples of events deemed inappropriate include: practice, games, banquets, and at tournaments. Tattoos should simply have tape or a band-aid over them, while the body jewelry can simply be taken off.

## **24 HOUR RULE**

If an athlete quits the in-season sport, he/she will be given an initial 24-hour grace period to reconsider their decision. If he/she quits again, they will not be allowed to participate until the following sport.

## **OTHER SPORTS AND ACTIVITIES**

We want to always encourage our student athletes to participate in as many sports and activities as they would like. All in-season sports should be a top priority for students. We will do our best to accommodate conflicts with other schedules by working with the sponsors of other programs at Stafford. Stafford athletics will have priority over all other sports leagues not affiliated with FISSD. Failure to comply may result in removal from the Stafford team. Continued absences from games or time missed from practices may result in a change in the athlete's team placement.

## **ATHLETE'S CONDUCT**

Athletes and their parents will show respect for all coaches, teachers, officials, teammates, opponents, fans, visitors, and school officials. Stafford athletes should strive for, and be taught, acceptable and proper conduct at all school functions, and in the community, as they are representatives of their school and athletic program. Profanity will also not be tolerated in the athletic program. Any unsportsmanlike behavior on or off the court, such as fighting, mouthing, taunting, etc. will be dealt with by the coach of that sport and may result in disciplinary action by administration.

Coaches have the right to discipline athletes in their individual sport, but will exercise sound judgment in evaluating each situation. Punishments may range from conditioning to suspension from the program. Keeping in mind the welfare of the team, as well as the welfare of the individual, coaches will discipline in a consistent manner. If suspension or removal from the program happens for disciplinary reasons, this removal is for the remainder of the school year. This would also include not permitting that athlete to be part of the soccer and/or cross country team.

We feel that consistent C-halls and behavior issues are unacceptable within our athletic program and consequences for each action may be as follows:

*The following consequences may be implemented for athletes during in-season sports.*

1 C-Hall	=	extra cardiovascular conditioning
2 C-Halls	=	loss of playing time to full game suspension
3 C-Halls or FNR	=	full game suspension
4 C-Halls	=	season suspension
Full day of ISS	=	full game suspension for next scheduled contest

*Multiple occurrences (ISS or OSS) could result in removal from that sport or the athletic program.*

*The following consequences may be implemented for athletes during off-season:*

1 C-Hall	=	extra cardiovascular conditioning
Continuous C-Halls, FNR, or ISS	=	possible removal from athletic program

### **LOCKER ROOM, EQUIPMENT, AND THEFT**

Equipment, which is school property, will be issued to each player and a record will be kept. Athletes are issued an athletic locker with their own combination. It is the athlete's responsibility to take care of their equipment. The athlete will pay for any lost or stolen equipment. A pricing list for each sport will be distributed at the parent meeting prior to each sport. The athlete will not wear or use school equipment for personal use. All equipment will remain at school unless instructed by a coach to take home. Athletes may not wear equipment home, wear another athlete's equipment, leave equipment out or have a messy locker room. Any violation will result in disciplinary action. **Stealing will not be tolerated!** Any athlete caught stealing may be removed from the program for the remainder of the school year. Cell phones, music devices, etc. are brought to school at your own risk and should be locked up. These devices are subject to school disciplinary actions if being used when they should not be or in a manner that is not acceptable.

### **SUBSTANCE ABUSE**

Alcohol, tobacco, and drugs will not be tolerated at anytime in our program. Punishment will be dealt with through our Code of Conduct policies and could range from one game suspension to suspension from the program.

### **TRANSPORTATION**

We will provide transportation to and from the games for all athletes. Each student athlete must ride the bus to the game. We want to always encourage team unity, which includes riding on the bus home with teammates. Parents can pick their kids up at school after the game. Written (email or note) or oral permission is required for a student to ride with another parent. All athletes must be signed out before they are allowed to leave the game or contest. Athletes must be picked up within a reasonable time (15 minutes) upon completion of practice and games. If students continue to have problems being picked up, we will document and issue 2 warnings. On the third offense, the athlete may be removed from the program.

### **OFF-SEASON**

Any student athlete not participating in the current sport will be placed in an off-season program. This program will involve conditioning and weight training as well as drills to prepare the athlete for the next sport. The program will take place only during the school athletic period.

### **PARTICIPATION**

We encourage all of our student athletes to participate in all the sports offered at Stafford. With this being said, every athlete must try-out for at least one sport. Unfortunately, the coaching staff will have to make roster cuts in Volleyball, Basketball, Track, and Soccer. Athletes who do not participate in any sports in 7<sup>th</sup> grade will be required to have a recommendation from the athletic coordinator to be in athletics in 8<sup>th</sup> grade.

## **ELIGIBILITY**

Athletes are held to a higher standard in the classroom. To be eligible to participate in athletic contests, a student must pass all classes with a minimum of 70% each 6 week grading period. 2 consecutive failing report cards may result in removal from athletics.

## **TUTORIALS**

We understand that academics do come first and any athlete who needs to attend tutorials will be encouraged to attend; if failing they will be required to attend tutorials in that subject area. Teachers will have tutorials before and after school, so the athletes should try to attend the tutorials that will not conflict with their practice. For boys this would be in the afternoons and for girls this would be in the mornings. If this cannot be arranged, athletes may be required to come 20 minutes early to practice (boys) or stay 20 minutes later (girls) to make up missed conditioning.

## **GRADING**

Athletes must be on time and suited out for work out. Attendance at practice and games is mandatory even if injured. Student athletes must participate to the fullest of their abilities in all practices and games. Athletes must follow all athletic policies as agreed to in our Athlete's Promise. Participation, attitude, work ethic, and compliance with athletics will constitute 100% of the six weeks grade.

## **PARENT CONCERNS**

Parent concerns should be handled in the following order:

ATHLETE/PARENT → COACH OF SPORT → ATHLETIC COORDINATOR →  
ASSISTANT PRINCIPAL → PRINCIPAL

**These policies and regulations are important to a successful athletic program. However, the key to a successful program comes from communication between the coaches and parents, the coaches and athletes, and the athletes and parents. We encourage the parents to share in their son/daughter's athletic experience and help make it a positive and rewarding one. If there are any questions or concerns, please do not hesitate to contact us. We look forward to working with your child.**

**Stafford Middle School Coaching Staff**

# **ATHLETE'S PROMISE TO STAFFORD ATHLETICS**

As an athlete participating in the Athletic program at Stafford Middle School, I do hereby promise to read, understand, support, and abide by the STAFFORD MIDDLE SCHOOL ATHLETE'S CODE OF CONDUCT. The policies will be in effect and will be adhered to. It is my desire to be a contributing part of the Stafford Athletic Program and to help make it the very best possible.

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Athlete's Signature

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Date

As a parent/guardian of a Stafford Athlete, I have read and understand the STAFFORD MIDDLE SCHOOL'S ATHLETE'S CODE OF CONDUCT.

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Parent's Signature

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Date