



2023-2024
ATHLETIC POLICY
HANDBOOK

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****Acknowledgement Sign-Off Page must be on file for participation in the Brazos Athletic Program****

BRAZOS INDEPENDENT SCHOOL DISTRICT

2023-2024

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Brazos Independent School District

Athletic Department

WE BELIEVE it is the mission of the Brazos Independent School District Athletic Department to provide successful athletic experiences upon which participants can build for life-long opportunities.

WE BELIEVE a successful athletic program establishes a winning atmosphere, enables students to participate at their highest level of ability, and fosters self-esteem, self-discipline, self-confidence, and team spirit. Such a program also emphasizes abiding by the rules of UIL.

WE BELIEVE it is the districts responsibility to provide the athletic program with the necessary facilities, equipment, personnel, and support.

WE BELIEVE the athletic staff of the Brazos Independent School District, are committed to doing whatever is necessary to accomplish this mission.

MISSION STATEMENT

Our mission in Brazos Athletics is to provide the best possible environment in which to excel daily in the classroom and on the playing field, and to use athletics as a tool to educate, promote and instill the qualities necessary to succeed in the game of life. Our standard of excellence is built on a foundation of commitment, discipline, teamwork, and pride. Our Athletic (Boys & Girls) program emphasizes the importance of the student-athlete priorities: (1) Faith, (2) Family, (3) Academics, (4) Athletics, ...

Program Goals:

1. Provide each player with the opportunity to learn, develop, and improve their athletic skills on a regular basis.
2. Provide each player with an atmosphere that encourages mental, social, and emotional maturity.
3. Field successful teams at all levels.
4. Prepare players for college advancement.

TRADITIONS

FIGHT SONG

Brazos High forever,
That is our name.
Never, oh never
Will we lose our fame.
Rah, rah, rah!
So we cheer forever,
Champions we'll be.
For we are bound together until eternity.

THE CREED OF A COUGAR/COUGARETTE

***I PLAY TO WIN
BUT PLACE SPORTSMANSHIP ABOVE WINNING I
AM CONSIDERATE OF ALL MY GUESTS.
I UPHOLD THE STANDARDS OF MY SCHOOL.
I REALIZE MY ACTIONS REFLECT ON MY OWN CHARACTER
AND THAT OF MY SCHOOL AND FAMILY.
I AM PROUD TO BE A COUGAR/COUGARETTE!!***

III. INTRODUCTION

The policies in this handbook are in compliance with school board policies and administrative procedures.

This handbook supersedes all prior publications governing Brazos athletic teams and shall be used by all principals, coaches, and players in grades 7-12.

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 potential skill and the desire to participate.

The procedures and regulations set forth in this handbook are designed to provide for the efficient operation of such a program.

The student athlete will be held accountable and responsible for all policies contained within this handbook and for any additional ones that your respective coaches might add.

IV. EXPLANATION OF ATHLETICS

Both parenting and coaching are extremely difficult endeavors. By establishing an understanding of each position, we are better able to accept the actions of one another and provide greater benefit to children. As parents, when your children become involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of the child's program.

Communication you should expect from your child's coach:

Philosophy of the coach

Accurate information of locations and times of contests and practices in a timely manner
of Team requirements, practices, special equipment, out-of-season conditioning

Communication coaches expect from parents:

Concerns expressed directly to the coach

Notification of any schedule conflicts well in advance

V. UIL (UNIVERSITY INTERSCHOLASTIC LEAGUE) — Governing Body of High School Athletics (Texas)

The UIL is the governing body of academic, athletic and music competitions in the state of Texas. As participating members of this organization, we are bound to the rules and regulations as established by the UIL. This includes, but is not limited to, fan conduct during contest and interaction with officials. Please be mindful that any disrespect towards officials, any behavior that is negatively disruptive to the spirit of fair play can result in immediate removal from contest and possibly prohibit attending any future events. Very insightful information that is important to the student-athlete and parents can be located on the UIL website including the Parent Information Manual. This information may be accessed at: <http://www.uil.texas.edu/>

VI. BRAZOS ATHLETICS

As your children become involved in the program at Brazos, they will experience some of the most rewarding moments of their lives. It is important to understand that there may be times when things do not go the way you or your child wishes. At these times, discussion with the coach is encouraged.

It will be the coach's discretion to make all decisions about playing time or position for individual student- athletes.

Coaches are professionals. They make judgments based on what they believe to be best

There are situations that may require a conference between the coach and the parent. These are encouraged. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedures should be followed to help promote resolution:

1. Call the coach to set up an appointment.
2. If the coach cannot be reached, call the Athletic Directors' office. A meeting will be set up for you.
3. Please do not attempt to confront a coach before or after a contest or practice.

If the meeting with the coach does not provide a satisfactory resolution, the next step is to set up an appointment with the Athletic Director.

Since research indicates that a student involved in extracurricular activities has greater success during adulthood, these athletic programs have been established with this in mind. Many of the character traits required to be a successful participant are exactly those that will promote a successful life after high school.

Participation in athletics is a privilege and not a right. Only those students who abide by school and athletic policies will be allowed to represent Brazos ISD.

When young men and women sign up for athletics and become a member of a team, they make a commitment to abide by the policies and procedures of the program.

It is important to all BISD coaches that all athletes reach their fullest potential. Parents can partner with us in this endeavor by seeing that the student is on time, attends practices and games, and follows the rules and regulations.

VII. REQUIREMENTS TO PARTICIPATE

THE FOLLOWING ITEMS MUST BE TURNED IN TO THE ATHLETIC DEPARTMENT

before participating in any practice or game in any extracurricular athletic activity.

A. Physical Examination

A physical examination is required by the U.I.L. for all students entering the 7th grade and all high school students entering the 9th and 11th grades. It is not mandatory that the team physician administer the exam. The student may go to their family physician. When students do this, they are required to use the approved UIL form to record physical examinations. Club or organization forms will not be accepted. The physical form is available from the athletic department or from the main office on each campus. Group physicals will be scheduled in May of the preceding school year for all athletes.

B. Athletic Department Forms Packet

This packet includes: (1) UIL Acknowledgement of Rules, (2) UIL Concussion Acknowledgement Form, (3) UIL Sudden Cardiac Awareness Form, (4) UIL Anabolic Steroid Form (5) Personal student and parent information. The packet should be filled out completely! Do not leave any requested information blank.

C. Acknowledgement of Brazos ISD Athletic Handbook

The student-athlete and the parent/guardian shall sign the handbook *Acknowledgement* page. It should then be returned to the Athletic Department. This shows receipt of the Athletic Handbook and acknowledges that the student- athlete and parent/guardian will comply with the rules and policies contained in the Athletic Handbook.

D. Academic Eligibility

A student in grades 9-12 may participate in extracurricular activities on or off campus at the beginning of the school year only if the student has earned the cumulative number of credits in state approved courses:

Beginning the 9th grade year; must have been promoted from the 8th grade to the 9th grade.

Beginning the 10th grade year; must have earned at least 5 credits toward graduation.

Beginning the 11th grade year; must have earned at least 10 credits toward graduation or during the preceding 12 months, he/she must have earned 5 credits.

Beginning the 12th grade year; must have earned at least 15 credits toward graduation or during the preceding 12 months, he/she must have earned 5 credits.

A student participating in UIL activities will be suspended from participation in games after a grading period in which the student received a grade lower than a 70 on a scale of 100 in any academic class. This suspension continues for three weeks. The grades will be reviewed at the end of each three-week period and the suspension will be removed if the student is passing all classes with a grade equal or greater than a 70.

VIII. PARTICIPATION

The administration of the Athletic Program shall provide every eligible boy and girl the opportunity to participate in sports.

The general administration of the Athletic Program is the direct responsibility of the Athletic Director. This includes the arrangement of all schedules, time and place of playing games, selection of officials, and the general management of all matters pertaining to the Athletic Program. In carrying out this program, each head coach in the department shall attend to details of their respective sports.

IX. AVAILABLE SPORTS

The following sports are available for High School athletes' grades 9-12:

Football	(Boys) 7 th , 8 th , 9 th , JV and Varsity
Basketball	(Boys & Girls) 7 th , 8 th , 9 th , JV and Varsity
Baseball	(Boys) JV and Varsity
Softball	(Girls) JV and Varsity
Track and Field	(Boys) 7 th , 8 th , JV and Varsity
	(Girls) 7 th , 8 th , JV and Varsity
Tennis	(Boys & Girls) JV and Varsity
Golf	(Boys & Girls) JV and Varsity
Volleyball	(Girls) 7 th , 8 th , 9 th , JV and Varsity
Cross Country	(Boys & Girls) 7 th , 8 th , JV and Varsity
Powerlifting	(Boys & Girls) 9 th , 10 th , 11 th , 12 th
	The teams may be increased or reduced pending participation.

X. ATHLETIC CODE OF CONDUCT FOR ALL BISD STUDENT-ATHLETES

All student-athletes are expected to give his or her best, play to win, follow training guidelines, exhibit good conduct and fair play at all times so as to be a credit to our school. Student-athletes, as well as coaches, are always on display. We are judged by the company we keep. Our actions in everyday life, both private and public are a direct reflection on this athletic program and school.

THREE PILLARS OF BELIEF

1. Academic Success

The student-athlete is expected to display success and a commitment to excel in the academic setting. Not only is it a UIL requirement within the “No pass, no play” guidelines but furthermore it is the primary focus of what the educational experience encompasses. Our focus is “The Graduate” and working to ensure that our student-athletes have their priorities in order.

2. Character Development

As a student-athlete you are an on-field or on-court representation of our school district and community. It is critical that you display qualities and characteristics that are consistent with how we want to be represented. The character you possess will not only set an excellent example of what our community is about but will also enhance your growth as an individual.

3. Athletic Success

Student-athletes within the Brazos Athletic Department will be expected to physically and mentally prepare themselves at a high level in accordance to coaching directives. In addition, all student-athletes will be expected to compete with a champion’s mindset and to give all-out effort in any situation, be it in the competitive arena or off-season training.

XI. ATHLETIC PERIODS

Athletes at Brazos will be afforded the opportunity to refine their athletic skills in athletic classes offered during the school day. It is an expectation of the BISD athletic department that every effort be made to be enrolled in an athletic period if you choose to participate in athletics. The exceptions to this may result from schedule conflicts.

Multiple Sports

Athletes are encouraged to participate in more than one sport. Participation in school sports takes precedence over any league/club sport. Conflict in several school extracurricular activities will be up to the sponsors and coaches to work out a solution for the student athlete to participate in all activities. If a solution cannot be found, the Athletic Director will make the decision based on relative importance of each event, importance of each event to the student, relative contribution the student can make, how long each event has been scheduled, and talk with parents. Athletes will not be allowed to quit the sport in progress to enroll in an off-season class unless head coaches, athletic director and the campus administration authorize the schedule change.

Athletes in an athletic period will receive a grade based upon the head coach’s criteria for that class.

XII. EXPECTATIONS OF A BRAZOS STUDENT-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. We are judged by the company we keep. Our actions in everyday life, both private and public, are a direct reflection on this athletic program and our school.

In general, you are expected to:

Be committed – The first step to commitment is mindset, the second step is action.

Be accountable – Be someone that your coaches & teammates can depend on.

Be a great person – Give respect before you expect to get it, be polite to everyone, be thankful for what you have and give praise to others.

In the classroom setting:

You are a STUDENT first, an athlete second. Below you will find several strategies that are expected of a BRAZOS student-athlete:

- Be on time
- Be prepared
- Pay attention
- Take notes
- Turn in assignments
- Study for tests
- Be respectful towards teachers or substitute teachers
- Be respectful of classmates
- Act with behavior suitable of a Cougar or Cougarette

Tutorial / Study Hall Policy

Any student-athlete with a grade below 75 must attend tutorial sessions for that particular class. If the student-athlete has multiple classes below 75, tutorial sessions must be attended for each of these subject areas until their grade is elevated above a 75.

If a student-athlete's grade has subsequently changed since the grade report, the teacher of record may write in the grade change and sign to release the student-athlete from tutorial / study hall for that particular class.

This program is designed to assist in your academic progress. It is not intended to be a punishment but a program designed to aid you in academic success and support your ability to stay academically eligible.

Student-athletes that become academically ineligible are still expected to attend and participate in all scheduled team practices.

On any BISD campus:

The student-athlete will maintain proper dress and appearance, good grooming and personal cleanliness. Student-athletes are leaders who have only one chance to make a good first impression.

Male student-athletes will refrain from wearing earrings or any piercing at school functions or while representing the school in an academic or athletic contest.

Female student-athletes will refrain from wearing any piercing which is not acceptable for school to any school functions.

Covering the dress code violation with a band aid or any other means is unacceptable. The article of violation must be removed while at school or at school functions.

Student-athlete's hair shall be neat and clean. Male student-athlete's hair shall not touch the collar and will not extend below the eyebrow. School Rules concerning facial hair will apply in all practices and contests.

During Competition, an Athlete:

1. Learns that both winning and losing are part of the game and must learn to accept both. Be modest in victory; be gracious in defeat.
2. Has complete control of himself/herself at all times. Displays of temper, use of profanity, disrespect for coaches and officials will result in disciplinary action from the coach.
3. Does not use illegal tactics in an attempt to defeat the opponent or to beat the rules of the game.
4. Will respect the decisions of the officials at all times.
Demonstrations of lack of respect for officials will result in loss of playing time.

In the Classroom, an Athlete:

1. Must realize that he/she is a student first, an athlete second. The student- athlete must give time and energy to their academic courses to achieve acceptable grades that meet both local and TEA requirements for participation.
2. Must maintain a satisfactory citizenship and behavior record. Tardiness, disrespect for teachers, and unacceptable behavior will not be tolerated.
3. Attendance is required the day of competition to be eligible to compete.

On Campus, an Athlete:

1. Must maintain proper dress and appearance, grooming, and personal cleanliness.
2. Will refrain from fighting, horseplay, and unacceptable behavior in and around the school building.
3. If suspended from school, the student athlete will not be permitted to work out with, travel with, or participate with the team for the length of the suspension.

4. Students assigned to ISS are still responsible for attending all practices. They must report immediately to practice after being released from ISS. Students' are not allowed to participate or attend any contest while serving their punishment during the time frame in which they have been assigned ISS. * Exception, the student may participate in a contest, if contest falls on the last day of the ISS assignment. In addition, the student must have completed their ISS assignments before being allowed to participate in any games or contest.

During the Athletic Period and Before/After School Practice, an Athlete:

1. Will notify the coach if he/she needs to miss a game or practice that is scheduled after school hours. Absence from athletic period practices should be handled according to school guidelines. Contact numbers: (Girls) (979)478-6025 (Boys) (979)478-6025.
2. Be prompt for roll call. Tardiness to our class period is as inexcusable as it is to any other class.
3. Will maintain a neat and clean locker space. Be proud of your dressing area and keep it neat.
4. Take a shower for hygiene purposes and for aiding the body in its temperature adjustment after workouts. Rough housing, towel popping or throwing objects is not allowed in the shower or dressing room.
5. Will place soiled laundry in the appropriate bin for washing.
You will NOT be allowed to wear practice clothes home
6. Will dress appropriately as he/she leaves the dressing room. Among other essentials, shirts and shoes must be worn from the athletic facility.

During Team Travel, an Athlete:

1. Will travel to and from all out of town contests with the team. If it is necessary for you for some reason you need to ride home with your parents/guardians, you must clear it with the coach before leaving the contest; their parents/legal guardians must sign out athletes. Only Under Approved circumstances will you be released to ride with anyone other than your parents/guardians_or person designated by your family without prior approval.
2. Dress neatly and properly for all trips. Coaches will advise your regarding the proper attire.
3. Conduct himself/herself properly on the school bus or in any school vehicle. He/she will follow the printed rules for bus riders that govern Brazos ISD bus riders.
4. Will receive permission from the coach before bringing any radios, electronic devices, etc. aboard the bus.
5. Be informed of the departure and return times for each trip. The coaching staff shall notify the proper personnel as to unexpected changes in arrival or return times.
6. Will not be allowed to bring parents, family members, or friends on bus trips. The principal and the athletic director will decide any exception to this rule.

Overnight Travel:

There may be times when teams will be allowed overnight trips. In these instances, the athlete must:

1. Abide by the curfew set by the head coach
2. Not be in different gender rooms at any time
3. Travel to AND from the event with the team
4. Be aware that coaches may ask to check the athlete's bags before leaving for the trip.
5. Athletes must adhere to the expectations for students in the BISD Student Code of Conduct.
6. No alcohol, tobacco, or other drug use (including no electronic cigarettes or inhalants)

If these rules are broken the following discipline will occur:

1. The Student and Students family will be responsible for transporting and supervising the student on any overnight trip for the duration of their high school career.

XIII. ATHLETIC RULES

It is impossible to outline each and every discipline problem and the possible outcome that can arise from such distractions to the overall athletic program. However, the following Disciplinary Procedures for Extracurricular Activities covers additional scenarios with resulting consequences. Furthermore, infractions that are not spelled out specifically in the Brazos Athletic Code of Conduct will be reviewed and treated with similar consequences.

1. Dress & Athletic Attire

All athletes will be required to follow the Brazos ISD Board approved dress code found the in the student handbook.

- a. Athletes of team sports will be provided necessary workout apparel.
- b. Players should provide a pair of flat-soled shoes for indoor workouts or weight training.
- c. All athletes must be dressed in designated athletic attire for workouts.
- d. This includes athletes that are injured or suffering from illness.
- e. Coaches will designate attire for workouts, travel, pre-game and contests.
- f. Jewelry of any type is not allowed during workouts or contests.
- g. Any accessory items worn during a contest must be pre-approved by Head Coach of a sport.
- h. An accessory item is defined as a non-school issued uniform or equipment.

2. Locker Rooms & BISD Issued Equipment

- a. At NO TIME will cameras be used in any locker room.
- b. All lockers are to remain neat, clean and free of trash and clutter.
- c. Restrooms are expected to remain clean and all commodes and urinals flushed at all times.
- d. Equipment must be stored exactly as directed by coach.
- e. Student-athletes are required to clean and maintain any equipment issued.

- f. Cleats must be removed before entering locker rooms.
- g. Do not bring items of high value or excessive amounts of money into locker rooms.
- h. Athletes are responsible for all issued clothing and equipment. Should items be misplaced, lost or abused they will be replaced at the athlete's expense.
- i. Any team shirts that are issued will be expected to be returned if requested by coaches.

3. Game Day Attire & Uniforms

- a. Athletes are expected to be dressed in required game day attire b. Options are:
 - i) Male athletes will dress in professional or team attire as designated by the coaching staff.
 - ii) Female athletes will dress in professional or team attire as designated by female coaches.
 - iii) Team t-shirts or matching warm-up attire can be worn as well as long as approved by Head Coach of sport.
- c. Infraction of Game Day Attire policy will result in a possible loss of playing time or up to a loss of playing a contest all together.
- d. Student-athletes will wear designated game day attire as issued by coach. No "extra" or non-approved apparel items may be worn.
- e. Football will recognize Breast Cancer Awareness month in October by selecting one game to wear pink colored accessories. Coaching staff must approve accessories before they may be worn in contests.

4. Punctuality / Absences

- a. All athletes must be dressed and in line for attendance or to begin workouts at time designated by the coach.
- b. Absences fall into two categories, excused and unexcused.
 - i) Excused has been cleared by the Head Coach or fall into an emergency situation with unavoidable circumstances.
 - ii) Unexcused are classified as misses that have not been communicated to the Head Coach or are for superfluous reasons.
- c. Excused absences will require the athlete to make up a portion of the practice that is important to the preparation of playing the next opponent.
- d. Unexcused absences will result in a consequence and will increase in punitive quality based on frequency of occurrence.

5. Injuries

- a. The severity of injury and length of time out or limited will be based:
 - i) The student should let the attending coach know of an injury as soon as possible.
 - ii) Coaching staff will make evaluation as is appropriate to the injury
 - iii) Timeline provided by Trainer (Sarah Forbes) or attending physician
 - iv) Nature of physical illness
- b. Student-athletes are required to comply with all training room rules and protocols.

6. Travel to and from Contests

- a. All athletes are expected to travel to and from contests with the team.
- b. Medical or emergency circumstances would be an exception to this rule.
- c. Requesting to sign out the day of the game without proper procedure is not permitted.
- d. Sub-varsity athletes are required to stay for a minimum of the completion of games played by his or her same grade level, or the game that immediately follows the one that was just participated.
- e. It is important in the support of our programs and the camaraderie expected of our student- athletes that they be supportive of one another.
- f. Non-school personnel may not travel with teams or join in any pre-contest team activities.
- g. Do to unforeseen/current circumstances exceptions to the procedures may be made with Head Coach approval.

7. Weight Rooms

- a. Student-athletes are expected to participate in all Strength & Conditioning training as directed.
- b. Workouts are designed with in-season and out-of-season specificity.
- c. Skipping reps or sets will result in a consequence as specified by the coach.
- d. Altered workouts or excusal from workouts is dependent on injury status, not to the discretion of the student-athlete.
- e. When considering injury, the Athletic Trainer determines if the student-athlete is withheld from training, not the student-athlete or parent note.
- f. All safety protocols will be in place when working in the weight rooms. Under no circumstances should athletes train alone or without coach supervision.
- g. Weights, benches and all other training implements are to be kept clean, stored in the proper location and trash disposed of when workouts are complete.
- h. All body contact surfaces will be cleaned and disinfected after workouts regularly.
- i. Only flat-soled shoes are allowed in weight rooms.

8. Grooming (See Brazos ISD Handbook)

Designs cut in the head are not allowed. A single line part is allowed. Also, Mohawks and ponytails are not allowed. Hair should not extend lower than the eyebrows, past the middle of the ear, nor should it extend lower than the top of the collar of a standard dress shirt. Hair color must be within naturally occurring shades. Natural looking highlights are acceptable; two-tone and multicolored hair are not. Braided hair is allowed as long as all other hair requirements are met.

XIV. GENERAL GUIDELINES

1. ALL athletes will are required by UIL rule to pass all classes every 6 weeks. (No Pass – No Play) Athletes that fail 3 consecutive 6 week periods may be removed from athletics for the next semester or until grades have improved.
2. ALL athletes will dress out and wear school issued uniforms. Each athlete will lose 10 points off of 6 weeks grade for each day of not dressing out (unexcused). Coaches may allow athletes to make- up workouts or absentees.
3. Never question the coach openly. Meet after practice in private.
4. Never show temper in contest and draw an unsportsmanlike foul.
6. ALL athletes will answer all coaches, teachers, and adults with "yes sir, no sir, yes!"
7. Never talk and visit with people in stands during contests.
8. Suggestive writings, symbols, emblems or pictures on garments depicting sex, violence, blood or gore, Satanism, or cults are not permitted.
9. The display of advertising (logos and emblems) of alcoholic beverages, illegal drugs, or tobacco products will not be permitted on clothing items.
10. Never make excuses for mistakes or cast blame on teammates or anyone but yourself.
11. Athletes will be disciplined for the use of profanity and it will not be tolerated.
12. Dark glasses are not to be worn inside the building unless approved by the campus administrator.
13. ANY athlete knowingly in possession of or using alcohol or drugs will be immediately suspended and the proper discipline action will occur.

MINOR IN POSSESSION (MIP) / CONSUMPTION (MIC) 1

WEEK SUSPENSION, 15 MILES AND 50 BLEACHERS.

PUBLIC INTOXICATION (PI)

3 WEEK SUSPENSION, 30 MILES AND 100 BLEACHERS

DRIVING WHILE INTOXICATED (DWI)

6 WEEKS SUSPENSION, 50 MILES AND 150 BLEACHERS.

Athletes that have been convicted of a felony during the calendar year will be immediately suspended according to school policy.

ALL athletes are subject to every one of these rules and the disciplinary measures that we use in our department as set up by the Athletic Director, which includes, but is not limited to:

- Extra running (DO RIGHTS) - Set up by Head coach of each sport
- Grass drills (up downs/bleachers/extra drills etc.)
- Suspensions (Discretion of coach)
- Removal from program on 3rd strike

Being an athlete is special and requires extreme sacrifice. Young people in the community watch each of our Cougars and Cougarettes. We must set a great example for our future athletes. These simple guidelines will help you become a better student/athlete. The coaches trust that each one of you will follow these GUIDELINES.

Each of us will be treated the way we treat others. If we are respectful, positive and caring then we will be treated that way!

Incidents will be recorded in a discipline log. Coaches will contact parents when the athlete is not following program guidelines.

Appearance is basically the responsibility of the students and parents. The school does not want to assume this responsibility. However, certain guidelines need to be followed so that the educational process is not diverted.

XV. SOCIAL NETWORKS

Any depiction of drinking, smoking, drug use, or any other inappropriate actions or evidence of these actions (photos, comments, videos, etc.) is unacceptable. In addition, any online postings (including, but not limited to, Facebook, YouTube, Twitter, Instagram, and Snapchat) that are disparaging towards another student, employee, or group at BISD will not be tolerated. These actions will be handled on a case by case basis. Depending on the severity of the infraction (to be determined by the coach, athletic director, and principal), the penalty for such offenses will range from extra-conditioning to suspension or possibly even dismissal from the athletic program.

XVI. IN THE COMMUNITY AN ATHLETE

Must be accountable for his/her actions! The athlete must understand that being an athlete is a privilege and all eyes in the community are on them. Athletes are held at a higher standard than that of the normal school student. Athletes should conduct themselves in a way that they do not embarrass themselves, parents or school district. We coaches, teachers, staff and administrators believe that we are one big family and would like for our athletes to understand what happens in the community good or bad affects our athletic family and will/will not be tolerated. Some of the things that could happen that we would like to prevent is alcohol, tobacco, sex, drugs, recklessness behavior, and any type of bad behavior that the athlete knows is wrong. All our athletes should understand the difference between right and wrong.

IF AN ATHLETE CHOOSES TO DO THE THINGS THAT THEY KNOW IS WRONG THERE WILL BE A CONSEQUENCE FOR THEIR ACTIONS.

XVII. CONDUCT DETRIMENTAL TO THE PROGRAM

The following rules apply to all Brazos ISD student-athletes during school and non-school activities during the calendar year. This includes in and out of season. Items that would fall under Conduct Detrimental to the Program:

1. Possession or any use of tobacco products.
2. Possession or use of alcoholic beverages.
3. Possession or use of illegal drugs, designer drugs or substances abused as such.
4. Possession or use of steroids.
5. Felony crime.
6. Placement in In-School Suspension (ISS).
7. Placement in Discipline Alternative Education Program (DAEP).
8. Behaviors not fitting of a Brazos Athlete, including but not limited to:
 - a. The posting of negative information or pictures about your school, team, teammates and coaches on any websites, blogs or social media outlets could be detrimental to the team. Should this information cause problems within the school or team the student(s) may be held accountable and result in disciplinary action.
 - b. Fighting.
 - c. Theft.
 - d. Disrespect of school district employees or other spectators at an event.
 - e. False information or representation to a school district employee during an investigation.

STEROIDS & PERFORMANCE ENHANCING DRUGS

The UIL has been directed to test a significant number of student-athletes in grades 9-12 at approximately 30% of the UIL member schools. The selection process of schools and student-athletes will be random, and approximately 40,000 to 50,000 student-athletes will be tested for anabolic steroids. The following link will direct you to the website with more detailed information from the UIL>

http://www.uil.texas.edu/athletics/health/steroid_information.html.

XVIII.DISCIPLINARY PROCEDURES FOR INFRACTIONS OF POLICY

It is the philosophy of BISD Athletics that our interscholastic and extracurricular programs shall be drug and alcohol free. These rules apply to all Brazos ISD athletes during non-school activities during the calendar year. If any athlete is caught by a law enforcement officer, administrator, or a faculty member violating the rules below the athlete will be disciplined.

Alcohol – (First Offense) - One week suspension (which must include at least one game) and must run 15 miles (or equivalent workload at discretion of Head Coach and Athletic Director). The athlete will not be able to return to competition until running is completed. If the athlete comes to the coach to disclose the bad choice before coach finds out, the running will decrease to 10 miles. (Second offense) – Four week suspension and must run 25 miles (or equivalent workload). (Third offense) – Removal from all athletic competitions for six weeks. (Fourth offense) – Removal from Brazos Athletic Program for 1 year of school calendar days and the athlete must enroll and complete an Accredited Drug Counseling Program.

Drugs – (First Offense) - Possession/use of illegal drugs of any type or mind-altering, prescription drugs belonging to others will result in two-week game suspension and must run 25 miles (or equivalent workload at discretion of Head Coach and Athletic Director). (Second Offense) – Dismissal from current sport and all athletic competitions for the semester. (Third Offense) - Dismissal from Brazos Athletic Program for 1 year and the athlete must enroll and complete an Accredited Drug Counseling Program.

Tobacco/Vaping – Athletes are prohibited from possessing or using tobacco products. (First offense) – Must run 10 miles (or equivalent workload at discretion of Head Coach and Athletic Director). (Second offense) – Must run 25 miles (or equivalent workload) and one week suspension. (Third offense) – Removal from the program for four weeks. (Fourth offense) – Removal from Brazos Athletic Program for 1 year of school calendar days.

Felony offenses—See section 37.006 Texas Education Code—each case will be reviewed on an individual basis and disciplinary action will be taken as deemed necessary. Athletes detained or incarcerated for violations of the law may be suspended from participation in athletics pending the resolution of the case. Upon being found guilty, the athlete will be removed from athletics for one semester or longer.

Misdemeanor offenses—(other than traffic violations) each case will be reviewed on an individual basis and disciplinary action will be taken as deemed necessary. Athletes detained or incarcerated for violations of the law may be suspended from participation in athletics pending resolution of the case.

For certain circumstances, athletes will be placed on athletic probation. Athletic probation means that any future serious offenses or any series of minor offenses may result in expulsion from the program. After an athlete is placed on probation and another violation occurs, the athlete will be subjected to an intense review of his or her performance and attitude to determine eligibility to remain in the program.

The athletic department reserves the right to institute any other such rules and/or procedures as may be necessary to ensure smooth and efficient operation of the athletic program along with the “well-being” of all athletes. Any other such regulations will have the approval of the principal and/or superintendent.

See policy FNF LOCAL and BISD Drug testing Guidelines and Procedures for students with violations on school property or school sponsored events during calendar school year.

The Athletic Code was prepared to inform the Brazos ISD athletes and their parents of the expectations during their participation in the Brazos ISD Athletic Program. The intent of this code is to establish as much uniformity as possible in the administration of the guidelines of the athletic department.

Suspension, Removal from Contest or Placement on Behavioral Contract

The head coach will have the authority, with the concurrence of the athletic director will have the authority to suspend or place on probation for an extended period of time, any student-athlete for major and minor infractions of the rules.

Any student suspended from athletics must be given:

1. The reason(s) for the suspension.
2. The time and provisions of the suspension.
3. The procedures for reentering the program.
4. Information on class schedule change or options, and
5. The opportunity to appeal.

Parents of the suspended athlete will be notified **within 24 hours of suspension**

Appeals:

The student and/or parent shall have the right to appeal any decision to suspend a student, expel a student, or place a student on probation from the athletic program.

Appeal process: Followed in this order or appeal will be denied.

1. Personal conference with the coach.
2. Personal conference with the athletic director.
3. Personal conference with the principal.
4. Personal conference with the superintendent.

The appropriate school personnel, not on the basis of individual judgment(s), but on the basis of (see 1-3), shall consider an appeal by the student and/or parent of suspension, expulsion, or probation from athletics:

1. Variation from printed policy, administrative procedures, regulations or rules and standards for memberships and participation in athletics.
2. Failure to establish reasonable documentation that the student's conduct/behavior has violated the standards for suspension or expulsion from athletics, and
3. Failure to give the student/parent due process (notice of the facts being alleged) about the conduct/behavior and opportunity to refute the charges.

SPORTSMANSHIP

The athlete will win and lose with class. Temper fits, flagrant violations of rules, etc., will not be tolerated. Total respect to officials, other team coaches or players, and anyone taking part in the athletic event will be shown. Any behavior contrary to the above mentioned or any other act which is not conducive to good sportsmanship may result in removal from the contest and possible expulsion from the athletic program.

A student ejected from a contest for improper conduct will be disciplined and follow UIL guidelines.

XIX. QUITTING A SPORT

There will be some times when a student-athlete finds it necessary to quit playing before, during or after the season. Whatever the reason, a student-athlete must follow the steps below:

1. The athlete should think the whole situation through before reaching a final decision.
2. The athlete should talk to the coach and parents to see if a solution can be reached without having to quit. A conference between the parents, athlete, coach and Athletic Director or any combination thereof, may be required, and is highly recommended before an athlete will be permitted to quit.
3. If an athlete decides to quit, he/she must check out of the sport with the head coach and turn in all issued equipment in proper condition. The athlete must pay for any equipment not returned.
4. An athlete may not quit one sport to participate in another sport. The sport quit must be completed **BEFORE** participating in a new sport. If both sports are taking place at the same time, the two head coaches **AND** the Athletic Director must agree to allow the athlete to participate. Extra conditioning/suspension may be required before being able to participate in the other sport. At the beginning of each sport, there will be a "5-day window" without penalty for quitting.
5. If an athlete does quit, he/she will:
 - a. Forfeit his/her letter or award for the sport quit.
 - b. May not be allowed to participate in the sport in the future. (Discretion of the head coach)
 - c. Will be required to do extra work/conditioning to participate in another sport, if both sports are in season at the same time (Cougar Reminders' or equivalent conditioning)
 - d. May be suspended/removed from the athletic period.
6. No athlete will be permitted to quit more than once during a school year.
Any attempt to do so will result in the athlete being dismissed from the athletic program.

It is important to note that quitting a team is considered to be a serious matter and the athlete may lose all future athletic privileges.

End of Athletic Participation by Quitting or Dismissal

Any student-athlete that quits is dismissed or fails to meet the terms of a rules violation will not be recognized as a member of the athletic program. This includes nomination for team or post-season awards, or recognition at the athletic banquet. In addition, any athletic passes or privileges will be immediately revoked.

XX. PARENT CONFERENCES

Parents are asked not to confront coaches at practice or games. Please make an appointment with the coach during their conference time if you would like to speak with them concerning your son or daughter. The coaches have many responsibilities while at games and practices and do not have time to discuss each player. If a confrontation occurs during or after a game, specific parent support at games could be affected. Only your son or daughter, no other players, will be discussed during a conference so please do not ask.

XXI. ATHLETIC AWARDS, LETTERING & RECOGNITION

Athletic Passes

Player passes shall be issued to all student-athletes who are enrolled in an athletic class period at BHS and BMS. These passes may be used for admission to BISD home athletic events that are not fundraisers or sponsored by booster clubs.

Student-athletes must have the pass with their name on it to present upon entering the event.

Student-athletes will be required to sign in at the gate at the request of the gate attendee.

Any unauthorized use by someone other than the student-athlete will result in revoking of the pass.

School picture identification may be required along with the pass.

If a student-athlete drops out of athletics, the pass must be returned as part of the equipment that is turned in to the coach.

In addition, any discourtesy to the gate attendee or unwillingness to adhere to stadium or gym policy due can result in a suspension of athletic pass privileges.

Athletic Recognition Ceremony

This is an opportunity to recognize the hard work and efforts of all that contribute to the athletic program. It is strongly expected that all athletes in good standing attend and enjoy the privilege of this wonderful event that has been conceived in their honor. Guidelines for attendance will be released leading up to the event.

Exceptions to lettering qualifications:

A participant may letter at the coach's discretion if the participant is considered to have been of exceptional value to the team. Exceptions may include playing on a team for four years and never lettering, a letterman who is injured and is unable to complete the season, or a specialist of some type.

NOTE: Any student who has qualified for a letter but has quit or been dismissed from the squad for disciplinary reasons will not receive an award.

AWARDS AND LETTERING

The school letter is among the highest awards the school bestows; the highest, of course, is the diploma. Athletes may receive from the school only one major award (a jacket) during their high school career. In order to letter, you must be on a varsity team and satisfy the requirements stated below. After receiving the one major award, plaques, letter certificates or similar awards (called minor awards by the UIL) shall be given by the respective coach each time an athlete letters in any sport. Sub- varsity athletes will receive plaques provided they are recommended for the award by their coach as a result of having shown good citizenship and character, attitude and attendance, in addition to having adhered to the policies contained with this handbook.

Varsity Teams:

Awards for the varsity teams will consist of letter jackets. The school will furnish these major awards to each athlete who meets the qualifications for lettering.

Guidelines to be followed:

- UIL rules will be followed in regard to cost of jacket.
- No participant will receive more than one letter jacket.
- Athletes will receive a jacket in the sport in which they letter first.
- The jacket will have no markings of patches on it except the letter.
- All other patches will be the responsibility of the athlete.
- Letter jackets will be the same for all sports.
- Freshman who letters will have their jackets ordered the next year.

Qualifications to Letter:

Each Head coach will keep records of student participation in each sport.

Such records will be used as a basis for determining whether a student qualifies for a letter.

The athlete **must complete the sport** in order to letter or receive any post district award.

Head coach of sport has discretion on lettering as well.

Below are the Criteria to letter in each sport offered at Brazos High School:

Football	must play in 20 quarters to letter.
Basketball	must play in 60 quarters to letter.
Volleyball	must play in 18 matches to letter.
Softball	must play in 30 innings to letter.
Baseball	must play in 30 innings to letter.
Track	must score a point in the district meet/attend 7 varsity meets
Cross Country	must finish in top 10, or participate in 5 varsity meets
Power Lifting	must qualify for the regional meet or must lift in four varsity meets.
Tennis	must play in five varsity matches including district or place at district meet
Golf	must play in five varsity meets including district or qualify for post district play
Managers/Trainers must work at least two years as a manager/trainer/filmer	

XXII. MEDICAL/INSURANCE REQUIREMENTS FOR ATHLETES

Brazos ISD provides supplemental athletic insurance. It is the intention and purpose of this policy to provide secondary or “excess” coverage in the event of an athletic injury.

Primary coverage is the responsibility of the athlete’s family. In the event no primary insurance exists, the insurance provided by Brazos ISD becomes primary. This coverage is only available while the student is participating in an athletic practice, event or travel. In the event of an athletic injury, the student should immediately report the injury to his/her supervising coach for proper procedure and documentation. The coach will make notation of time and date of the injury for the injury for the insurance claim. If medical attention is necessary, it is the responsibility of the parents or guardian of the student to obtain a claim form from the district. The head athletic trainer or designee will have the form available in his office once the supervising coach has notified them. At that time, the proper procedure for filing a claim will be reviewed with the parent or guardian. Please note that the insurance policy explicitly states that medical care must be sought within 60 days of the initial injury for consideration for payment.

PROCEDURES WHEN ILL OR INJURED

Your health is of utmost concern to your team and coaches. Without healthy athletes, the whole team will suffer. It is imperative that the student athlete takes care of his/her body at all times and seeks medical attention when necessary. Great care and expense have been taken to help accommodate health concerns for the student athlete, and it is imperative that proper procedure be followed.

In the event that you begin to feel ill, seek medical attention at school from the school nurse immediately. If the condition is not remedied, becomes worse, or is prolonged, seek the advice of a physician for further diagnosis/care. Make sure you bring a note from the doctor about your condition and status of participation.

An injury could hamper your ability to participate in athletics. All injuries should be immediately reported to your supervising coach. If severe enough, you will be referred to the nurse or a doctor. If it is an emergency, proper first aid will be provided for you and professional care will be summoned in accordance with the Campus Emergency Plan of Brazos ISD. Most injuries will be minor in nature and can be taken care of at practice and will allow you to continue to participate. You will receive specific instructions on how to care for your injury by school personnel upon evaluation and /or treatment.

If you feel that you need to seek the consultation of a physician about an injury, please go through the proper channels first (supervising coach and head athletic trainer). Many times, significant time and money can be saved by seeing the supervising coach and trainer first.

When ill or injured, make sure you call the head coach of your sport. If you call, there will be makeup work to be done, just as if you missed a day in an academic class. If you do not call; you will be considered skipping practice and disciplinary action could be taken.

XXIII. ATHLETIC TRAINING ROOM RULES

Student-athletes, as well as any student-trainers or managers, will adhere to all training facility rules as mentioned in the Brazos Athletic Handbook and as described in the Athletic Trainers' Manual. Training room facilities are available at the high school gym and the field house. The following rules apply:

1. Athletes will report at the time prescribed by the Athletic trainer.
2. Cleats, spikes, pads and other equipment are not permitted in the training room.
3. After practice, shower and dry off before coming into the training room.
4. Do not dress, undress or change clothes in the training room.
5. All athletes must be clothed in gym shorts and T-shirts for treatment.
6. The training room is not a "lounge."
7. ASK!!!! Nothing is to be taken without permission.
8. "Horseplay" and foul language will not be tolerated.
9. Drinks, food and gum are not permitted in the training room
10. Help keep the training room clean.
11. Return all wraps, braces and pads
12. Do not bring in shoes, books, purses, coats and other items.

Brazos Athletic Handbook acknowledgement page: 2023-2024

Athlete's and Parent's: Make sure you read and understand the Athletic Policy Handbook. Retain the Handbook for your reference, Sign and date the signature page and return it to the proper coach.

I have read and understand the Athletic Policy Handbook.

Student Name (Printed)

Grade

Date

Student Signature

Parent or Legal Guardian Signature