

2010-2011 Lady Highlander XC/ Track Policy

Dear Student-Athletes and Parents,

The following are the guidelines we will use for the Lady Highlander CC/T&F team. It is necessary for every athlete to understand and observe these requirements since they will help create team unity and insure good communication between the team members, coaches, and parents. These requirements, along with the CISD Student Code of Conduct and the TWHS & TWHS 9th gr. campus Student Handbook, apply to ALL members of the CC/T&F team, both in and out of season.

I. Eligibility:

A medical physical (updated yearly) must be on file with the coaches and trainer. These are due the first week of school or one week after the student enrolls in the class period. These must be completed on the appropriate CISD physical form and cannot be dated earlier than May of the prior year. An athlete is not allowed to work out until a physical is on file. Consequences for not having a physical turned in include grade deductions, removal from the class period, and removal from the team. An athlete is not allowed to work out until a physical is on file.

Student athletes must maintain grades above 70% in ALL classes to be eligible to participate in any athletic program. It is our expectation that all of our girls will devote the time and attention necessary to be successful academically as a "student-athlete." Per UIL rules, failure to meet the grade requirement will result in the athlete not being able to will the athlete be able to ride the bus with the team, nor will the athlete be allowed to compete in a meet.

II. Behavior Expectations/ Attitude:

Athletes participating in the Lady Highlander CC/T&F program are expected to conduct themselves in a positive, courteous and team-oriented manner throughout the year. This includes, but is not limited to: the classroom, hallways, busses, practice, meets, and in the community. Respect and tolerance for all athletes, coaches, officials, teachers, bus drivers, students, parents and fans is the expectation. Additionally, student-athletes are expected to maintain a positive attitude throughout the year *regardless* of team assignment or other issues. Defiance and disrespect will not be tolerated.

Consequences for violation of this policy may include reprimands, extra- conditioning, grade deductions, meet suspensions, behavioral contracts, removal from the track period, or removal from the entire CC/T&F program.

III. Work Ethic/ "Coach-ability"

Lady Highlander CC/T&F team members are expected to participate in the program with commitment, focus, and desire. Athletes are expected to learn and be "coach-able," to assimilate instructions and be mature enough to accept constructive criticism. This includes all areas of training.

Consequences for violation are the same as described in Section II.

IV. Attendance Expectations

Attendance at practice is critical for success; therefore, athletes are expected to attend all practices – both before, during, and after school. Athletes are expected to be punctual and be prepared for workouts with proper workout clothing and shoes (ie, shorts, T-shirts, socks, jog bra, running shoes, flats, spikes, etc.). During school hours the school tardy policy will be strictly adhered to so make sure to provide adequate time to travel from class to the locker room. Athletes are expected to attend all practices and arrive in a timely manner. This includes, but is not limited to: during class, after school, before school, evening, and weekend practices (during season).

If you are absent (or know you will be absent) from practice before, during, and/ or after school due to illness or unforeseen, unavoidable circumstances you **MUST** notify Coach Hansen (nhansen@conroeisd.net) and Coach Saldaña (ksaldana@conroeisd.net) or call 936-273-8581) as soon as possible. Cross Country and Track and Field is a TEAM sport, so it is critical that we know you are absent so we can adjust our plans accordingly- especially during season.

If a practice is missed, the athlete may be withheld from the subsequent meet or may have to participate at the sub-varsity level at the head coach's discretion. **During season, for every after school practice missed, there will be a deduction in an athlete's grade.** Consistent, unexcused absences from practice will result in removal from the team.

If for any reason you will be absent on a meet day (due to emergency or unexpected illness) you **MUST** notify Coach Hansen via phone as soon as possible (cell: 832-577-4077). It is not acceptable to just "tell a friend;" you **MUST** contact Coach verbally. If no excuse or prior notice is given, consequences (see Section II) will occur.

V. Injury/Illness/Training Room

If an athlete has an illness or injury, a doctor's or a parent note- including signature, phone number, date and reason- must be given to the coach and training room. **HOWEVER**, an athlete is still expected to dress in appropriate workout

attire –AND- attend all practices (if injured only) to earn their full daily grade. Failure to dress out- even if injured- can result in the consequences from Section II.

If an athlete must see a trainer during the class period, it is **required** that they check in with their coach first. The athlete must then sign in with the trainer. **After an athlete's first visit to the training room, they will NOT be permitted to go to the trainer during the class period again unless they are visiting the trainer in the morning before school and at lunchtime.** The training room is for those who are taking an active role in healing their injury; It is NOT a place for those wishing to "sit out" a workout or escape the weather.

If an athlete must see a doctor for an illness or injury, they are required to bring a doctor's note to the training room that indicates the injury or illness, any rehabilitation and/or medication directions, and when the athlete should be cleared. An additional doctor's note indicating an athlete is cleared is required for an athlete to be allowed to practice again after they have been in a doctor's care. These forms can be obtained from the training room.

VI. Uniforms/ Equipment/ Facilities:

Uniforms/Equipment: Throughout the year practice shirts, shorts, sweats, wind suits, bags, ponchos and uniforms will be issued. It is the athlete's responsibility to keep up with their issued clothing and equipment at ALL times. We are not responsible for stolen or lost items! It is each athlete's responsibility to keep up with their equipment, whether at school or in a meet. Each issued item is to be returned at the end of the season- clean and undamaged.

ATHLETES & PARENTS WILL BE HELD FINANCIALLY RESPONSIBLE FOR ALL ARTICLES ISSUED!
(Replacement costs for damaged or missing items ranges from \$5- \$70)!

Facilities: All athletes are to respect the facilities provided for them, whether at TWHS, TWHS-9th, or another school. It is the Lady Highlander Athletic policy that absolutely NO food or drink is allowed in the locker room at any time. Athletes are also expected to clean up after themselves, throw away their trash, place wet towels in the hamper, and take dirty clothes home to wash. **[EACH ATHLETE IS ISSUED A LOCKER AND EXPECTED TO USE IT.]** Remember- CISD, TWHS, TWHS-9th, nor any coach is responsible for stolen items. Any valuables that do not fit in your locker and are left out, are not the schools' liability and are left out at their own risk. You may keep these items in Coach Hansen's or Coach Saldaña's office during practice time, or take them out the workout area (whether it be the track, turf, or field) with you.

VII. Dress Code

All athletes are expected to dress in appropriate work-out attire for practice. This includes shorts, t-shirt and running shoes. Athletes are not allowed to expose their mid-drift*; nor wear shorts that are too short or rolled down at the waist. Nose-rings and nose-studs are strictly prohibited.

*For cross country class, athletes are allowed to wear sports' bras on long runs *off of campus*, but MUST have their T-shirt on as soon as they are on school property.

Consequences for any violation of dress code are the same as in Section II.

VIII. Grading Procedure

Athletes will be given a numerical grade at the end of each 3 weeks progress reporting time and a permanent semester numerical grade at the conclusion of the semester. The TWHS & TWHS-9th athletic policy allows coaches to assign weekly grades based on participation, attendance, and dress guidelines. Failure to turn in required paperwork, participate in class, attend practices, or dress in appropriate attire may result in weekly point deductions.

IX. Drug/ Alcohol/ Tobacco/ Hazing/ Cheating/ Truancy/& Behavior Problems (No Tolerance!)

During an athlete's sports career, they are expected NOT to: possess, abuse, use, consume, give, buy, or sell any amount of alcohol, tobacco, drug, illegal drug paraphernalia, or any controlled substance. Consequences for any violation in this area may include: extra conditioning, meet suspension, and/or suspension from the cross country and track & field program. This is in addition to any consequences enforced upon the athlete as outlined in the TWHS student handbook.

The general policy of the Lady Highlander CC/T&F program for drug/ alcohol/ tobacco use/hazing/ truancy/ & behavior problems is as follows:

- An issuance of a Minor in Possession may result in 2 meet suspensions with additional conditioning workouts. A second offense within the same year may result in removal of the team.
- Proof of alcohol consumption or illicit drug possession may result in 5 meet suspensions, and/or 15 hours of community service, and/or removal from the team.
- Proof of hazing, cheating, truancy, stealing, or other behavior problems will carry the same consequences as an MIP, as well as the possibility of removal from the team.

X. Steroid Testing

The UIL has been directed to test a statistically significant number of student-athletes in grades 9-12 at approximately 30% of UIL member high schools. The selection process of schools and student-athletes will be random, and approximately 40,000-50,000 student athletes will be tested for anabolic steroids between now and the end of the 2008-09 school year.

With the finalization of the contract, the UIL Anabolic Steroid Testing Program is set to begin. There is no set date for the first test to take place. All testing dates will be unannounced, in keeping with the nature of the random steroid testing process. See more information at http://www.uil.utexas.edu/athletics/health/pdf/steroid_testingQ&A.pdf.

Per the UIL, any student-athlete who is found to be positive for an anabolic steroid for the first time, or refuses to submit after random selection shall be suspended from UIL activities for 30 school days. Prior to eligibility restoration, a student-athlete must undergo an exit anabolic steroid test and receive a negative result. See the UIL webpage for further consequences after a second, third, and fourth positive testing.

XI. Team Placement

The Lady Highlander Cross Country and Track & Field program is divided into two teams: Junior Varsity and Varsity. It is the coaches' decision as to what team an athlete will compete. Seniors are not automatically placed on the Varsity level. Team placement is ultimately the coaches' decision and will be based not only on work ethic and "coach-ability," but also on where we see an athlete as being most valuable team-wise. Team placements are subject to change week by week and are not guaranteed.

XII. Grievance Procedure:

Should an athlete have a complaint or issue regarding practice, teammates, coaches or any other team-related issue during the year, she is expected to discuss the issue with her event coach first. It is highly suggested that an athlete speak with her coach first before involving her parents. If a problem or grievance still persists, the parent should contact the coach, and then set up a conference if appropriate. If there is still no resolution, a meeting will be set up with the head coach, student-athlete, parents, and assistant athletic director.

The following is the order in which grievances are heard: event coach, head coach, assistant athletic director, athletic director, principal.

Noel Hansen (Head Coach)	TWHS Office: 936-283-8585 Home: 281-298-3766 Cell: 832-577-4077 Email: nhansen@conroeisd.net and noelwhansen@yahoo.com
Kristen J. Saldaña (Assistant Coach)	TWHS Office: 936-709-1348 Home: 281-907-6636 Cell: 832-453-7851 Email: ksaldana@conroeisd.net

Cut & return the bottom portion to Coach by FRIDAY, AUGUST 27TH :



I, _____, have read and *understand* the 2010-2011 CC/T&F policies. I will do my best to abide by all of the rules and regulations and understand there are consequences for my actions. I have also discussed these policies with my parents.

Signed,

athlete printed name

athlete signature

date

parent/guardian printed name

parent/guardian signature

date