

**WEBB CISD
ATHLETIC HANDBOOK
2022-2023**



The Webb CISD Athletic department has designed this handbook as a means of communication with both students and parents as to the important information concerning athletic policies and procedures. The contents of this handbook are provided as a means of providing the most positive experience for the children of our district in a range of interscholastic athletic competition. The Webb CISD Board of Trustees has approved the policies, procedures, and regulations in this handbook. In addition, the Webb CISD Student Code of Conduct, Student Handbook and Webb CISD Board Policy will run concurrent with the following athletic policies. Although this handbook is designed as the foundation for all sports at Webb CISD, the head coach of each sport may include additional rules and regulations that go beyond what is listed in this athletic handbook. In the event that such rules exist they must be submitted in writing to the athletic director for prior approval and presented to the athlete before their participation in the sport. Coaches will always reserve the right to discipline or dismiss an athlete from his/her team if the athlete's behavior or attitude is deemed to be unfitting of the excellence a Webb CISD Badger or Lady Badger represents.

ATHLETIC PHILOSOPHY

Athletics is an integral part of our education system as a component of the enrichment curriculum. It holds value as an avenue for many of our students to engage in wholesome, exciting and valuable activities. It requires that our young men and women experience self-control, give forth tremendous effort, commitment, and show respect for themselves and others by adhering to the rules of each sport. It is an education that transfers those attributes into a regular classroom setting and into a workplace.

Athletics is an arena, which in many ways can be paralleled to life. As in life, athletes will be faced with adversity and opportunity to match skills, strength, wit, knowledge, poise, and determination against another. The athlete learns to problem-solve, cooperate, trust, and persevere in both victory and loss.

There is no better place to get fellowship than in competition—to share in a common experience, sacrifice, and determination to accomplish victory. There is no better place to develop *Badger Pride*.

We believe the success of an athletic program depends on its people. We believe that you succeed through character and we expect everyone involved in the athletic program to be held to the same high standards. The administration, faculty, coaches, community, and students all play an integral role in the success of the total athletic program.

In order for our student athletes to succeed our coaches need to be both passionate and compassionate. They must also be disciplined and require discipline from their athletes. Most importantly, coaches must be great teachers. Being a great teacher in the classroom requires the same focus and effort that drives a coach to be great on the field.

The success of an athletic program will result from a consistent adherence to this philosophy by everyone involved. Athletics is more than the X's and O's, wins and losses; it must be a passion for excellence in all areas of life.

ATHLETIC PERIOD REQUIREMENTS

All student athletes wishing to be a part of the Webb CISD athletic programs must be enrolled in the school's athletic period and go through the strength and condition program. Exceptions will be made by the administration when a student is in need of academic requirements required for graduation. The administration may also look at removal from the athletic period if the student has not met end of course requirements.

LEVELS OF COMPETITION

At the **Junior High** level, it is our belief that as many athletes should participate as is possible. Junior High teams have a no cut policy. Each player will have the opportunity to participate in each game. Playing time will be at each coach's discretion. Athletes will learn basic skills and introduction to game strategies, along with the importance of team play, commitment, and respect for fellow players, coaches, and officials.

At the **Sub Varsity** level each player will have the opportunity to participate in each game. Playing time will be at each coach's discretion. Athletes will continue to develop skills, commitment, good sportsmanship, and respect for fellow players, coaches, and officials.

At the **Varsity** level of competition, the most dedicated and skilled athletes will be the primary participants. Leadership and enthusiasm will also be factors in participation. This level of play is highly competitive, and rosters, as well as, playing time are left solely to the discretion of the coach. Varsity athletes will be expected to exhibit game knowledge, commitment, skill, sportsmanship, and respect for fellow players, coaches, and officials.

STUDENT-ATHLETE RESPONSIBILITIES

In the classroom, an athlete:

1. Must realize that academics will always come first. The student/athlete must give the appropriate time and energy to maintain eligibility as required by the University Interscholastic League and the Texas Education Agency.
2. Must maintain appropriate behavior for the learning process in the classroom including punctuality, respectful attention to the teacher and classroom activities, and timely completion of all work is expected.
3. Must be responsible for all class work missed, due to the attendance of an athletic event, the day before the missed class. All work shall be made up at the convenience of the teacher.
4. Student athletes will conduct themselves in the proper manner and show respect to teachers. Do not get into trouble either by misbehaving or attendance. Student athletes

will not expect coaches to bail them out of classroom jams. D or F on grade checks, will result in mandatory study hall until that grade is raised to a C or better.

On campus, an athlete:

1. Must maintain proper dress and appearance, good grooming and personal cleanliness, as in accordance with the school dress code policies. You are a leader and you have only one chance to make a good first impression.
2. Will refrain from fighting, scuffling, horseplay and juvenile 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. Eligibility for subsequent contests will be left to the discretion of the coach and or the administration. "Suspended" includes ISS assignments, as well as, suspensions assigned by administrative personnel.

During the athletic period and during before and after school practices, an athlete will:

1. Notify the coach if he/she needs to miss a game or practice session that is scheduled after or before school hours. Absence from athletic period practices should be handled according to school guidelines. Students are expected to be in daily attendance at school before being allowed to practice or play in a contest on the same day. Exceptions will be made only for legitimate reasons with documentation (doctor or dental appointments, court appearances, death in the family, etc.) The principals, or athletic director must approve all exceptions. Contact numbers: Field house 361-747-5415 ext. 1061; the Gym 361-747-5415 ext. 1031; JH Gym 361-747-5415 ext. 1013.
2. Be prompt for practice. Tardiness to our workout is as inexcusable as it is to any other class. Excessive tardiness and absences will result in a Parent, Player, and Head Coach Meeting.
3. Maintain a neat and clean locker space. Be proud of your dressing area and keep it neat at all times.
4. Take a shower for hygiene purposes and for aiding the body in the temperature adjustment after workout. Rough housing, towel popping, or throwing objects is not allowed in the shower or dressing room.

During team travel, an athlete will:

1. Travel to and from all out of town contests will be done with the team. Exception may be made if the student's parent or guardian personally requests that the student be allowed to ride with the parent or presents a written request to the athletic director the day before the scheduled trip that the student is allowed to ride with an adult designated by the parent. Before leaving the contest, the parent, legal guardian, or adult designated by the parent must sign the student out with the coach and present the appropriate travel release form.

Webb CISD will not be liable for injuries that occur to students riding in vehicles that are not provided by the school.

2. Dress neatly and properly on all trips. Coaches will advise you regarding attire.
3. Conduct himself/herself properly on all school vehicles and follow all school policies as stated by the Webb CISD Handbook.
4. If any cell phones, radios, electronic games, etc. are brought aboard the bus. WEBB CISD is not responsible for any damage, theft, or loss of any item.
5. Be on time for all departures and to inform your parents of the time to pick you up after the contest. Every effort will be made by the coaching staff to notify proper personnel as to unexpected changes in arrival time.

During competition, an athlete will:

1. Represent himself/herself in a manner evident of a true sportsman/sportswoman in regard to modesty in victory and graciousness in defeat.
2. Have complete control of himself/herself at all times. Horseplay, display of temper, use of profanity, illegal tactics, or disrespect for coaches or officials will result in the loss of respect for the athlete and result in disciplinary action from the coach.
3. As a representative of our athletic program, at any athletic event, conduct themselves in an appropriate manner in regard to being a spectator. He/she will respect the opponents, officials, and administration of any other school.

HAZING / BULLYING – CYBER BULLING

“Hazing” is against the law and will not be tolerated in the Webb CISD Athletic Department. “Hazing” means any intentional, knowing, or reckless act occurring on or off school property directed against a student, by one person alone, or acting with others, that endangers the mental or physical health or the safety of a student for the purpose of pledging, being initiated into, affiliating with, holding office in, or maintaining membership in any organization whose members are to include other students.

Under Education Code 37.152 a person commits an offense if the person commits any of the following:

1. Engages in hazing.
2. Solicits, encourages, directs, and aids, attempts to aid another in engaging in hazing.
3. Recklessly permits hazing to occur.

4. Has firsthand knowledge of the planning of a specific hazing incident involving a student, or first-hand knowledge that a specific hazing incident has occurred, and knowingly fails to report that knowledge in writing to the principal, athletic director, or designee.

Bullying/ Cyber Bullying of teammates will not be tolerated in the Webb CISD Athletic Department. Any bullying should be reported immediately to the coaching staff. Webb CISD policy on bullying will be followed in all cases. Athletes could face suspension or dismissal from the athletic program.

THEFT

Taking things that do not belong to you, especially from your teammates will not be tolerated. A player caught will be dismissed from the team and removed from athletics. As a preventative measure we ask that all athletes use their team issued lock and refrain from bringing valuables or large sums of money in the dressing room. **LOCK YOUR LOCKERS AT ALL TIMES!!!**

MANAGEMENT OF FELONY CRIMES

Student-Athletes who are charged with and/or Student-Athletes who are under indictment for a felony crime are not eligible to participate in team functions. This action should not be considered a presumption of guilt, but rather it affords the accused Student-Athlete the time and opportunity to clear his/her name. Student-Athletes will be allowed to remain on his/her team as a “suspended” member, however, they will not be permitted to represent Webb CISD in any team function while under “Felony Suspension”.

RANDOM DRUG TESTING

It is a violation of athletic policy for Webb CISD athletes to use or possess alcohol, illegal drugs, drug paraphernalia, or tobacco products. Violations of this nature reported by a coach, school administrator, or law enforcement will be investigated by the athletic director and/or coaching staff.

RANDOM DRUG TESTING PROGRAM FOR MIDDLE SCHOOL AND HIGH SCHOOL STUDENTS PARTICIPATING IN EXTRACURRICULAR ACTIVITIES

I. Objectives

A. Webb Consolidated Independent School District ("WCISD" or "district") will implement a Random Drug Testing (RDT) program to protect the health and well-being of students and to promote a drug-free environment for students for the fulfillment of district goals.

B. WCISD believes that the RDT program will serve as a deterrent to substance use, combat the increase in substance abuse that has occurred in recent years and provide for a safe environment for students who participate in interscholastic activities.

II. Plan

A. All secondary students grades 6-12 wishing to participate in an extracurricular activity will be tested for the presence of drugs. Drugs are defined as any substance listed in section III below.

B. All students wishing to participate in an extracurricular activity and their parents and/or guardians will be notified of random drug testing policy at beginning of season.

C. The RDT program requires a student wishing to participate in an extracurricular activity to submit to an initial drug-screening test administered at the beginning of the school year, when the student first expresses his or her interest in participating in an extracurricular activity or when the student transfers from another school district.

D. The initial drug test will be administered on any date designated by district officials and must be performed before a student may participate in an extracurricular activity.

E. Following the initial test, each student wishing to participate in an extracurricular will be subject to random selection for drug-screening tests at least three more times during the school year. If a student does not respond to a request to take a drug test or refuses to submit to a drug test, then the student will be suspended from participating in extracurricular activities.

F. Drug testing will be performed by urinalysis by an independent laboratory by qualified personnel and or random hair follicle drug test.

G. Students will be randomly selected for the RDT program by the independent laboratory's computer program.

H. The district may subject students participating in or wishing to participate in an extracurricular activity to drug testing if district officials have reasonable grounds to suspect the use of drugs by the student.

III. Drugs to be tested for:

A. Marijuana.

B. Any controlled substance as defined by chapter 481, Texas Health & Safety Code.

C. Any controlled substance as defined by 21 U.S.C. § 801 et seq. D. Chemical inhalants.

E. Steroids.

F. Other illicit drugs that the district, in its discretion, decides should be tested for.

IV. Testing Procedures

G. All students grade 6-12 wishing to participate in an extracurricular program activity will be subject to the RDT program by urinalysis tests.

H. A urinalysis test requires a student to produce a sample of his or her urine to a laboratory technician belonging to the independent laboratory hired by the district to administer the test.

I. Before a test is administered, the student will be asked by a laboratory technician if he or she is taking any pharmaceutical drugs that may cause the drug screening test to produce a positive reading. If the student answers in the affirmative, then he or she will be required to produce to the independent laboratory any prescriptions or other documents evidencing a physician's authorization to take such drugs.

J. The student producing the sample will be required to wash his or her hands with water only before producing the urine sample.

K. The student producing a urine sample will be required to reveal the contents of all pockets and to leave outer garments, bags and purses outside the bathroom where the sample is to be produced.

L. A coloring agent will be added to the toilet water in the bathroom to deter tampering with the sample.

M. A laboratory technician will monitor the collection of the specimen by entering the bathroom with the student who will produce the sample. The laboratory technician will remain close by to listen for any unusual sounds that may reflect a student's tampering of the urine specimen.

N. When the student has completed producing the urine specimen, it will be tested by the laboratory technician for temperature and for any signs for tampering.

O. In the presence of the student, the laboratory technician will safeguard the chain of custody of the specimen by transferring it to a vial or other container, by sealing the container and/or by implementing other security protocols. The vial or other container will then be labeled with the date and other information identifying the student.

P. The student will be required to sign a specimen control form indicating that the sample belongs to him and her and that the student witnessed its placement in a tamper-proof container.

Q. The urine sample will then be sent to the independent laboratory for testing.

R. The district may change the testing procedures set forth herein without advance notice.

S. It will be assumed that a student who does not comply with any testing procedure described herein or who tampers with a urine sample will have produced a positive test result, which will then be reported to the district designee.

T. Students who do not comply with the testing procedures will be sanctioned in the same manner as if they had produced a positive test result.

V. Confidential Information

A. All test results are confidential, and the results are revealed only to the superintendent, the principal of the applicable school and other district officials on a need-to-know basis.

B. If a drug-screening test result is positive, the student's parents and/or guardians will be notified immediately.

C. Within four years or upon graduation, whichever occurs first, the student's test results will be destroyed.

VI. Sanctions for Positive Testing

A. A student commits an offense if his or her drug-screening test produces a positive result. This offense is cumulative of other offenses that may be committed by the student.

B. Any student who is suspended from an extracurricular activity may not drive a vehicle on school property.

C. The following disciplinary measures will be taken for any student testing positive.

First Offense:

1. Suspension from extra-curricular activities for a minimum of 20 school days, which may be carried over to the next school year.

2. Participation in drug counseling with certificate of completion.

Second Offense:

1. Suspension from extracurricular activities for a minimum of 60 school days, which may be carried over to the next school year.

2. Participation in drug counseling with certificate of completion.

Third Offense:

1. Student-athletes will be dismissed from the Webb CISD athletic program for the remainder of current academic year or 90days school suspension.

2. Participation in drug counseling with certificate of completion.

VII. Procedures for Positive Testing

A. A student whose drug-screening test produces a positive result and his or her parents or guardians are given the opportunity to explain why a test would have produced a positive result without the student's use of one or more of the drugs described by this RDT policy.

B. The district may require the student and his or her parents or guardians to provide documentary evidence and other proof supporting their grounds as to why a positive test result does not violate this RDT policy.

C. If the district is not satisfied with the reasons as to why a student's positive test result does not violate this RDT policy after considering the explanation of the student and his or her parents or guardians and their proof, then the student will be barred from participating in extracurricular activities as set forth herein.

D. A student will be re-tested at the end of the suspension period for the first or second offense.

E. A student's reinstatement must be approved by a district official.

F. After a student is re-tested at the end of the suspension period for the first or second offense, he or she will be expected to submit to two additional drug-screening tests during the next 100 school days, which may carry over to the next school year. If the student tests negative each time, then the student will be returned to random testing status.

Tobacco, Alcohol and Other Drugs: Any athlete caught in possession of, using or under the influence of alcohol, Tobacco products (Vapes, Dip), or other drugs will be subject to the following consequence ranging from probation to suspension from Webb CISD teams. Consequences maybe in line with the failed drug test policies and reviewed by the administration.

Training Rules: Student athletes are discouraged from taking any dietary supplements during or after training periods. Some supplements have been known to cause a false positive test result for performance enhancing drugs. Any athlete that test positive will be subjected to the failed drug policies regardless is the results were the results of supplement use.

CONFLICT IN ACTIVITIES

An individual student who attempts to participate in several extracurricular activities will, undoubtedly, be in a position of a conflict of obligations. The athletic department recognizes that each student should have the opportunity for a broad range of experiences in the area of extracurricular activities, and to this end, will attempt to schedule events in a manner to minimize conflicts.

When a conflict arises, the sponsors and coaches will work out a solution, so the student does not feel caught in the middle. If a solution cannot be found, the athletic director will make the decision based on the following:

- 1. A conference with the athlete's parents.**
- 2. The importance of each event to the student.**
- 3. How long each event has been scheduled.**

Once a decision has been made and the student has followed the decision, he/she will not be penalized in any way by either faculty sponsor or coach. If it becomes obvious that a student cannot fulfill the obligation of a school activity, he/she should withdraw from that activity in a timely fashion so as not to place an unreasonable burden on the team, coach, or sponsor.

VACATIONS / INTERSESSION

Vacations by athletic team members during a sport season or intersession are discouraged and while family values will always take precedence over program requirements, parents and athletes in conflict between vacations and program requirements may wish to reassess their commitment to being involved in athletics. All athletes are expected to be at each holiday/intersession practice & games. We urge parents not to plan their vacations during times when there will be conflicts.

In the event of an absence due to a vacation that is unavoidable, an athlete must:

1. Contact the head coach prior to the vacation. **Communication is KEY!**
2. Be willing to assume the consequences related to their status on the team as a starter, 2nd string, etc. for time missed.

ELIGIBILITY

Athletes are required to maintain the academic standard, as set forth by the University Interscholastic League (UIL) and Texas Education Agency (TEA), of a passing grade of 70 in all classes. If an athlete has repeated academic suspensions, it may result in dismissal from the athletic program. An athlete in grades 6-12 may participate in extracurricular activities at the beginning of the school year only if the student has earned the cumulative number of credits in state approved courses indicated.

DISMISSAL FROM A SPORT

On some occasions, an athlete will need to be dismissed from a sport due to unacceptable behavior or violations of the athletic handbook. The following guidelines will be in effect for any athlete that is dismissed from a sport or from athletics.

1. An athlete dismissed from a sport may be dismissed from the athletic program if the violation is deemed to justify such action. Dismissal from the athletic program will be subject to a Re-Entry program based on current student behavior, academic progress, and approval by the Athletic Director. Allowance into Re-Entry program can be denied based on severity of the initial incident leading to dismissal.
2. An athlete dismissed from a sport will not be allowed to start another sport until the first sport is completed.
3. An athlete dismissed from a sport, may regain participation privileges in that sport the following season by requesting to complete the Athletic Re-Entry Program.

Violations that result in athletes being dismissed from junior high athletics will be cumulative for their junior high career. Violations that result in athletes being dismissed from high school athletics will be cumulative for their high school career.

ATTENDANCE

Absences are not acceptable. Absences because of illness or dire emergencies will be considered legitimate absences and the student will only be required to make up the workout/assignment that was missed. Failure to notify the sponsor/coach prior to an absence will be considered a deliberate miss. The student will be subject to disciplinary action in addition to making up the workout. If you cannot contact your sponsor/coach, you may leave a recorded message on their school phone or leave a message with the athletic director at (361-747-5415 EXT.1061), BMS (361-747-5415 EXT. 1007) or BHS (361-747-5415 EXT. 1014). Absences shall be reviewed by the head coach of the sport, and the athletic director. Disciplinary action will then be determined.

COMPULSORY SCHOOL ATTENDANCE

In an effort to decrease absences to academic classes, an athlete must be in attendance on the day of competition at least 4 periods of that school day in order to participate. The only exception to this rule is if the absence is due to a medical emergency or appointment that is documented from a medical facility or doctor.

In addition, student-athletes will be expected to be in class, on time, the day following an athletic contest, or they will not be allowed to start in their next competition. The only exception to this rule is if the absence is due to a medical emergency, appointment or injury that is documented from a medical facility, doctor or our athletic trainer.

Lastly, student-athletes shall not be checked out or miss an athletics' period in order to attend another athletic event in which they do not participate without it being counted as an unexcused absence. The only exception to this rule if you are attending the competition to support a sibling at which time this will be deemed an excused absence and the appropriate disciplinary action will be taken.

AFTER PRACTICE ROUTES

The athletic department will provide transportation after practices to take athletes home. Times will be set up seasonally. All routes will be subjected to Webb CISD transportation department policies.

QUITTING A SPORT

Commitment to be a Badger/Lady Badger team member is one of the most valuable lessons learned in athletics. Concerns and frustrations can often be worked out with proper communication between the athlete and the coach.

1. Any athlete wishing to quit a sport must notify the head coach. The athlete will be encouraged to wait 24 hours before making his/her decision final.
2. If an athlete quits a sport, they will give up all rights to any honors that they may have earned but have not received. They also forfeit their right to participate in that or any other sport until that current season is over.
3. Athletes removing themselves from the athletic period for the semester will be sent to the counselor's office for a schedule change. This will be considered as a quitting violation.
4. If an athlete quits a sport, he/she may regain participation privileges in that sport the following season by requesting to complete the Athletic Re-Entry Program.
5. An athlete quitting a sport and not wishing to participate in another sport will be removed from the athletic program and athletic class period. The schedule change will be made as soon as possible. In some cases, this change may not be possible until the end of the semester.

Quitting violations for junior high athletes will be cumulative for their junior high career. Quitting violations for high school athletes will be cumulative for their high school career.

ATHLETIC RE-ENTRY PROGRAM

The purpose of the athletic re-entry program is to allow an athlete an opportunity to show his/her commitment to return to the athletic program or sport. Any athlete who quits a sport or is dismissed from a sport will be required to complete the re-entry program before they are allowed to participate in that particular sport. If an athlete is suspended from the program or competition for a period of a semester or longer, will have to complete the re-entry program before he/she may return to participate in any sport. At the discretion of the athletic director or head coach, an athlete may be denied the privilege of using the re-entry program.

Requirements of the Re-Entry Program:

1. The Re-Entry program will be a set of tasks assigned uniquely to the individual who has been kicked off or quit a team. This program will be set forth by the Head Coach and AD with specific tasks in mind for that individual.
2. Must have demonstrated good citizenship and good behavior in the school and community the previous semester. Detentions, ISS assignments, DAEP placements and criminal activities will be considered detrimental to a student requesting to complete the re-entry program.

SOCIAL MEDIA RULES/GUIDELINES:

Social networking websites (i.e., Twitter, Snap Chat, Facebook etc.) are a representation of the student-athlete, along with the Webb CISD. The administrators and coaches have the right to monitor these sites and student-athletes will face discipline depending on the scope of the infraction. Administration along with coaches will determine the severity of the violation and discipline measures to be taken.

Disclosure: Do not post information about specific student-athletes, unless it is related to an award or honor. Please follow the guidelines of FERPA and good taste.

Sportsmanship: Don't talk about internal matters of your program, Webb CISD, district opponents/players or the UIL. Practice generosity. Find something good to say, or don't say it. Despairing remarks about another person's political/religion or gender is off limits. Common sense and courtesy should always prevail.

Safety: For your own safety, please keep the following recommendations in mind as you participate in social networking websites:

- You should not post your email, home address, local address, telephone number(s), or other personal information as it could lead to unwanted attention, stalking, identity theft, etc.
- Be aware of who you add as a friend to your site – many people are looking to take advantage of student-athletes or to seek connection with student-athletes.

- Consider how the above behaviors can be reflected in all Facebook/Twitter applications.

If you are ever in doubt of the appropriateness of your online public material, consider whether it upholds and positively reflects your own values and ethics as well as the athletic department and Webb CISD. Remember to always present a positive image and don't do anything to embarrass yourself, the team, or your family.

POSITION ON NON-SCHOOL SPORTS PARTICIPATION

Students frequently participate in sports outside of school, which potentially detracts from their ability to focus on academics, their school/team, and personal/family time. Webb CISD expects the commitment to BHS/BMS teams to be their first priority should a conflict arise. Students choosing to participate in a non-school team event in favor of a BHS/BMS team event should expect to face consequences as decided upon by the coach - including potential suspension and/or dismissal from the team. The coach must be informed of any such conflicts well in advance, but we do want to make it very clear that all student participants are expected to honor their commitment to our teams for the duration of the season. In addition, Webb CISD will not provide any treatment to athletes that sustains injury through participation through non-school teams.

AWARDS & LETTERING

General Requirements for Receiving a Jacket:

An athlete must perform satisfactorily academically be listed on a varsity roster and meet one or more practice and/or performance standards set by the Head Coach.

Specific Requirements for Receiving a Varsity Sports Letter:

- Football
- o Participation in one-half of the district games during the season.
- Basketball
- o Participation in one-half of the district games during the season.
- Track & Field
- o Participation in one-half of the meets and the district meet.
- Baseball/Softball
- o Participation in one-half of the district games.
- Volleyball
- o Participation in one-half of the district matches.

***The athletic director has the prerogative to eliminate the requirements when he perceives that it is in the best interest of the student and the district. ***

ATHLETIC LINES OF COMMUNICATION

PARENT/COACH RELATIONSHIP

Both parenting and coaching are difficult vocations. By establishing lines of communication and understanding each position, we are better to accept the action of the others 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 your child's program.

COMMUNICATION PARENTS SHOULD EXPECT FROM COACHES:

1. Expectations the coach has for your child.
2. Locations and times of all practices and contest.
3. SportsYou App
4. Team requirements (fees, special equipment, etc.)
5. Procedure should your child be injured during athletic participation.
6. Any disciplinary action that results in the denial of your child's participation.

COMMUNICATION COACHES EXPECT FROM PLAYERS:

1. Notification of any schedule conflict well in advance.
2. Specific concerns in regard to a coach's philosophy and/or expectations. (It is important to understand that there may be times when things do not go the way the athlete wishes. At these times, a discussion with the coach is encouraged.)
3. Our door is always open for our student athletes! We want to explain the "why."

APPROPRIATE ISSUES TO DISCUSS WITH COACHES:

1. Treatment of your child.
2. Ways to help your child improve.
3. Concerns about your child's behavior.

ISSUES NOT APPROPRIATE TO DISCUSS WITH COACHES:

1. Playing Time
2. Team Strategy/Play calling.
3. Other student-athletes

PARENT/COACH CONFERENCE PROCEDURE:

If you have a concern to discuss with a coach, please follow this procedure below:

1. **Please do not attempt to confront a coach before, during, or after a contest or practice.** *(This can be an emotional time for both the parent and the coach. Meetings of this nature do not promote a resolution. Productive meetings require calm, rational attitudes in a private setting.)*
2. Call the athletic department to set up an appointment with the head coach during his/her conference period the next school day. Contact numbers: Field house 361-747-5415 ext. 1061 and or High School 361-747-5415 ext. 1014.

3. If you are not satisfied with your conference with the head coach, you may then contact the athletic director if you feel the situation has not been justly attended to at the following number; 361-747-5415 ext. 1061.
4. Any decision of the athletic director may then be appealed to the superintendent followed by the Board of Trustees. (Policy FNG local)

MEDICAL AND INSURANCE REQUIREMENTS **FOR ATHLETES**

Webb CISD provides extracurricular 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. 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 and athletic trainer for proper procedure and documentation. The coach/ (trainer) will make notation of time and date of the injury for the insurance claim. If medical attention is necessary, it is the responsibility of the parents or guardians or the student to obtain a claim form from the district. The form will be available from the athletic director once the supervising coach has notified him. 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 90 days of the initial injury for consideration of payment and proper filing of a claim.

INCLEMENT WEATHER GUIDELINES

The Webb CISD Athletic Department along with the Board of Trustees has adopted the following inclement weather guidelines to ensure the safety of all student athletes during athletics practices and competitions.

Travel to the Contest:

Listen to the weather reports; be aware of the possibility of storms that may form near the game area.

At the Site, Prior to the Contest:

Discuss the potential for thunderstorms and lightning with the site administrator, officials and coaches.

*NOTE: Once at a contest, the officials will be in charge of all decisions regarding the weather.

Review the lightning policy, including the location of the closest “safe shelter” maintaining a designated spotter, and choosing a method for notifying all the affected parties of suspension of the game.

LIGHTNING PLAN

Lightning Detection:

Each campus athletic coach will monitor lightning activity through the use of a weather application on their cell phone or computer. If lightning is detected within a 10-mile radius, coaches should place all student athletes in the closest “safe shelter.”

Know the Flash-to-Bang Method:

If a lightning detector is not available, coaches will be familiar with the Flash-to-Bang method. When you see the flash of lightning, count the seconds that pass until you hear the bang of thunder. Divide the number of seconds by five for the distance in miles between you and the lightning. For example, see the flash, count 20 seconds until the bang, divide by five, and you know that lightning is four miles away. This means that you are in danger.

When the Thunderstorm Develops:

Estimate the lightning’s location using the flash-to-bang method.

Determine whether the storm is approaching your position (e.g. check wind direction, etc.)

Take action allowing sufficient time to reach safe shelter. Broadcast pre-planned messages to spectators, identify safe shelter and follow precautionary procedures.

If Lightning is nearby:

Suspend play and direct participants to go to the designated safe shelter.

Never stand under or near a tree; stay away from utility poles and light poles, antennas, towers, metal bleachers, and underground watering and electrical systems.

If precautions have been ignored or it is impossible to go inside, crouch on the balls of your feet with your head down keeping your feet close together. Do not lie flat.

When to Resume Play:

Wait approximately 30 minutes after the last flash before resuming play.

HEAT PLAN

The Webb CISD Heat Plan is a four-part plan. Each part is important to ensure that the athletes in the Webb CISD athletic program are protected from the problems that can arise as coaches and athletes begin workouts during the hot summer months of August and September. The four parts are Education, Acclimation, Hydration, and Monitoring of Athletes for heat related problems. Heat not only affects the performance of athletes but can also affect their health.

The information contained in this plan was provided in part by Dr. Robert Murray, Ph.D., FACSM, and Director of the Gatorade Sports Science Institute in Barrington, IL.

Part I: Education

Educating athletes to the need of how to best take care of themselves during hot weather workouts are only one part of the education needed to properly care for athletes. Coaches will educate themselves to stay abreast of all the latest information available concerning heat related problems among athletes. Coaches will also help educate parents and others about their roles in helping to prevent heat related problems in athletes.

Heat Index

While the index can aid coaches in identifying unfavorable conditions, coaches should remember that the heat index was developed for industry and does not take into consideration the football uniform. The uniform can worsen the effects of unfavorable heat conditions and should be taken into consideration when determining the duration and intensity of practice, as well as the frequency of water breaks.

Coaches will always be aware of symptoms of heat illnesses; which are as follows:

IN OTHERS

Irritability
Confusion
Belligerence
Hyperventilation
Refusal to Drink
Staggering

IN YOURSELF

Headache
Dizziness
Unusual Fatigue
Heat Flush
Paradoxical Chills
Tingling Fingers

Ten tips coaches should know:

- Helmet and Jersey off whenever possible
- Easy access to water and electrolyte replacement drinks
- Gradually increase intensity and duration of workouts
- Gradually add equipment
- Use shade during breaks
- Quick access to cold towels and or cooling tubs
- Pre and post-practice weigh ins
- No prove yourself drills in the heat
- Closely monitor “At Risk” or poorly conditioned players

Part II: Acclimation

All Athletes should undergo a period of acclimation to help reduce the negative effects of heat during hot weather workouts. If all athletes will participate in the summer Speed camp, it will greatly benefit heat acclimation.

Pre-season Football workouts will begin with at least four days of workouts in shorts, T-shirts, and helmets. Helmets should be removed frequently during the first workouts of the season and on any day that heat conditions are severe. Sports, which normally do not work outside, should remember that athletes who leave gyms for outdoor workouts **must** get acclimated to the weather. During the early part of the season, athletes should weigh themselves before and after practice to determine the amount of weight loss during practice. **Remember...** **Weight loss during practice IS water loss – weight loss over a period of time is fat loss.** Athletes should replace the amount of fluid lost in practice before the next practice.

Students who report, after summer practices begin need to go through the same acclimation process as athletes that begin the first day. Coaches will make sure athletes who report after the first day of workouts, during hot weather are properly acclimated before being allowed to participate in full pads, and at the same intensity as other acclimated athletes.

Benefits of Heat Acclimation:

- Better drinking habits
- More body water
- More blood
- Lower heart rate
- More blood to skin
- Sweat sooner
- Sweat more
- Sweat more widely
- Sweat less salty
- Better heart output
- Stay cooler

Part III: Hydration

Proper hydration is essential in protecting athletes and maximizing their performance during hot weather. Dehydrated players heat up faster and lose the benefits of acclimation. Coaches should make fluids available at all times during practice and should monitor athletes to make sure they are consuming enough fluids. Some athletes may lose more than three quarts of sweat per hour during the hot and humid weather. The more an athlete sweats, the more susceptible they are to dehydration. Sweat loss leads to dehydration, fatigue, cramps, heat intolerance, and slow recovery. Athletes need to consume more than the eight cups of water per day normally recommended for proper hydration. Some will need several quarts to replace fluids lost during workouts.

Don't rely on thirst

Thirst kicks in too late and shuts off too early. Thirst usually occurs when athletes have already begun to dehydrate. Athletes should drink 20oz. of fluids within an hour or two before practice or games. Drink regularly during practice and games to minimize weight loss.

Salt is not an enemy – athletes should use salt on food during meals.

Dehydration:

WARNING SIGNS

Thirst
Irritability
Fatigue
Loss of Performance
Nausea

TREATMENT

Stop activity
Rest in cool shaded area
Drink fluids
Muscle Cramps
Vomiting

Guidelines for proper hydration

- 2-3 hours before practice or games, drink 17-20oz. of fluid and another 7-10oz. 10-20 minutes prior to the start of an event
- After exercising, drink at least 20oz. per pound of weight loss within two hours of finishing, training, or competition
- Athletes should monitor their frequency of urination as well as the color of their urine. A well hydrated athlete will have a clear urine, whereas urine from an athlete not well hydrated will have a yellow to orange color

Part IV: Monitoring Athletes

Coaches will observe athletes frequently and carefully before, during, and after practice. Coaches shall be aware of the signs of the following heat related problems.

Symptoms of Heat Illness:

IN OTHERS

Irritability
Confusion
Belligerence
Hyperventilation
Refusal to Drink
Staggering

IN YOURSELF

Headache
Dizziness
Unusual Fatigue
Heat Flush
Paradoxical Chills
Tingling Fingers

Heat Exhaustion:

WARNING SIGNS

Headache
Nausea
Vomiting
Weakness
Dizziness
Rapid Pulse
Profuse Sweating

TREATMENT

Rest in cold shaded area
Drink Fluids
Loosen/Remove Clothing
and Equipment

Heat Stroke:

WARNING SIGNS

High Temperature
Nausea Drowsiness

TREATMENT

Seek Emergency Medical Treatment
Cool First then Transport

Confusion or Disorientation
 Irrational behavior
 Collapse – Coma

Relative Heat Index

		TEMPERATURE																																
		80	85	90	91	92	93	94	95	96	97	98	99	100	101	102	103	104	105	106	107	108	109	110										
	0										89	90	91	91	92	93	93	94	95	95	96	97	98	99										
	5										90	91	92	93	94	95	95	96	97	98	99	100	101	102										
	10										89	90	91	92	93	94	95	96	97	96	99	100	101	102										
	15					88	89	90	91	92	93	94	96	97	98	99	100	101	102	103	105	106	107	108										
H	20		82	87	88	89	90	91	93	94	95	96	98	99	100	101	103	104	105	107	108	109	110	112										
U	25		83	88	89	90	91	92	94	95	97	98	100	101	103	104	106	108	109	110	112	114	116	117										
M	30	78	84	90	91	92	93	94	96	97	99	101	102	104	106	108	110	112	113	115	117	119	121	123										
I	35	79	85	91	92	94	95	96	98	99	101	103	105	107	109	111	114	116	118	120	122	125	127	130										
D	40	79	86	93	94	96	98	99	101	103	105	107	108	110	112	115	118	121	123	125	128	131	134	137										
I	45	80	87	95	96	98	100	102	104	106	108	110	113	115	118	121	124	127	129	132	135	138	141	149										
T	50	81	88	96	98	100	102	104	107	109	112	115	118	120	123	126	129	132	135	138	141	144	147	150										
Y	55	81	89	98	100	102	105	108	110	113	116	119	122	126	129	132	135	139	142															
	60	82	90	100	102	105	108	111	114	117	121	125	129	132	135	139	143	146	149															
	65	83	91	102	105	109	112	116	119	123	127	131	135	138																				
	70	85	93	106	113	113	117	121	124	128	132	136	140	144	EXTREME DANGER																			
	75	86	95	109	117	117	121	126	130																									
	80	86	97	113	120	122	126	131	136	EXTREME DANGER																								
	85	87	99	117																														
	90	88	102	122	EXTREME DANGER																													
	95	89	105																															
	100	91	108																															

RRISD HEAT INDEX WORKOUT/COMPETITION STANDARDS

Green HEAT INDEX LOWER THAN TEMPERATURE
 TAKE NORMAL PRECAUTIONS BASED ON TEMPERATURE ALONE

Orange 105 HEAT INDEX SEVERE - HEAT CRAMPS OR HEAT EXHAUSTION LIKELY
 HEAT STROKE POSSIBLE
 MODIFY WORKOUT/COMPETITION

Yellow 99 HEAT INDEX GREATER THAN TEMPERATURE
 INCREASE BREAKS, MONITOR OBESSE, NON CONDITIONED ATHLETES

Red 113 EXTREME HEAT INDEX
 WORKOUT/COMPETITION CANCELED OR POSTPONED

Sources:
 Gatorade Sports Science Institute
 American Academy of Orthopedic Surgeons

Heatin

E. Cold Weather Practice	Recommendations:
Wind Chill Temperature ABOVE 36°	
33°- 35° with Precipitation	No more than 40 minutes outside per session May return outside after 20 minutes indoors
32° or Below with Precipitation	No Outside Practice
32°- 35° without Precipitation	No more than 1 hour outside per session May return outside after 30 minutes indoors
26°- 31° without Precipitation	No more than 30 minutes outside per session May return outside after 15 minutes indoors
25° or Below without Precipitation	No Outside Practice

WEBB CISD ACKNOWLEDGEMENT OF ATHLETIC POLICY

Athletes and Parents: Make sure you read and understand the Athletic Policy Handbook. Retain the handbook for your reference.

WEBB CISD– ATHLETIC DEPARTMENT
WAIVER OF ALTERNATE STUDENT TRAVEL FOR SCHOOL EVENTS

My son/daughter, _____, needs to go to and/or return
Name
from _____ with _____
Destination of Trip Adult Drivers Name
by _____ at _____
Car, Bus, Etc... Departure Time
The reason for this alternate method of travel is _____

I hereby release and hold harmless the Webb Consolidated Independent School District, its Trustees, employees, and agents from any and all liability in connection with this alternate method of travel for this school trip.

Parent/Guardian Signature Date

Signature of Athletic Director Date

WEBB CISD – ATHLETIC DEPARTMENT
WAIVER OF ALTERNATE STUDENT TRAVEL FOR SCHOOL EVENTS

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Signature of Athletic Director Date