

Lago Vista ISD

Student-Athlete Handbook and Code of Conduct

The Lago Vista Interscholastic Athletic Program is offered to students who choose to participate in a program outside of the regular school curriculum. The student-athlete must understand participation in athletics is a PRIVILEGE not a right and a higher standard of conduct is required.

As a participant in the Lago Vista Athletic Program, each athlete makes a commitment to give his/her best, plays to win, follows training guidelines, exhibits good conduct and fair play at all times so as to be a credit to Lago Vista ISD Athletes, as well as coaches, are always on display. The company we keep and our actions in everyday life, both public and private, reflect back on our athletic program and school in a positive or negative way. Never forget this. It is extremely important that everyone understands that situations do arise from time to time and not every situation is listed in the handbook to follow. When this happens the coaching staff, and athletic director, with the assistance of the campus principal, will work together to make the best decision for the program involved.

Athletic Periods

Enrollment in the athletic periods is limited to athletes only. All sports shall practice after school. The athletic period is specifically designed for strength and conditioning. The majority of practice time will be after school. The Athletic Director will work with each head coach to develop the best type of strength and conditioning program, for the benefit of each athlete at LVISD. Those who wish to participate are required to be enrolled in athletics unless there is an academic conflict in scheduling. The sponsor of the sport, principal, and athletic director must agree upon any exceptions. Successful completion of the off-season program prior to your sport is required. For football and volleyball, successful participation in spring semester off-season is required. For basketball, baseball, softball, and track, successful participation in fall off-season is required. Exceptions to this requirement may be granted to new students. Cross-country, golf, and tennis student-athletes are strongly encouraged to enroll in the athletic period, but it is not required.

Drug and Alcohol Use

The following rules apply to all athletes at all times during his/her school career:

- No smoking/vaping.
- No drinking of alcoholic beverages.
- No use or distribution of abusive drugs (marijuana, narcotics, etc.).
- No involvement in criminal activity of any kind.

With the first offense the student-athlete will run twenty miles before he/she is allowed to play a game. This running must be done outside of practice time and must be witnessed by LVISD coach. If a second offense occurs during the school year the student-athlete will be required to run forty miles before participating in a game. This will stand as the last warning and if a third offense occurs the student-athlete will be removed from athletics for the remainder of the school year.

Eligibility When Missing Part of the School Day

Students must be counted present during 2nd or 6th period to participate in a game on that day, unless a recognized exception is presented. Recognizable exceptions include doctors' notes, court papers, immediate family deaths, or other deemed acceptable by the Athletic Director.

General Expectations

The expectations of our athletes can be simplified into three rules known as the Do Right Rules used by Lou Holtz at Notre Dame.

They are as follows:

DO RIGHT.

DO YOUR BEST.

SHOW PEOPLE YOU CARE.

If we all follow these principals you will have an athletic experience that is not limited by selfish behavior or lack of self-discipline.

What you can expect from our coaches:

WE ARE PEOPLE YOU CAN TRUST.

WE CARE ABOUT YOU.

WE ARE COMMITTED TO EXCELLENCE.

As a coaching staff we will try to get the full potential out of each athlete. Lago Vista is a place for champions we can't get there without motivation, hard work, and high expectations. Do not join the athletic programs at Lago Vista High School if you do not expect to get coached.

Grooming

The student-athlete should at all times be in compliance with the LVISD Student Dress Code as outlined in the LVISD Student Handbook. In addition, the following grooming standards shall be required of all student-athletes:

- Hair must be neat and appropriate for performance and of a natural hair color.
- Male student-athletes will be cleanly shaven. This will be checked once a week.
- Boys will have no visible piercings anywhere at anytime while representing LVISD.
- Girls will have no visible piercings other than earrings.
- Student-athletes should dress uniformly to their teammates during travel, when possible.
- Game attire will be identical to teammates. Individualism will not be tolerated.

ISS/DAEP

Students assigned to ISS will not be allowed to practice or participate in contests until the conclusion of their ISS placement. Student-athletes will be required to make up all missed practices/games as unexcused absences.

The conclusion of a DAEP assignment does not guarantee reinstatement into the LVISD athletic program. If a student-athlete is assigned DAEP, he or she must make a formal written appeal to the athletic director and principal (or designee) and be interviewed by both to determine if reinstatement into athletics is warranted.

A student-athlete who is suspended from school for any reason will be ineligible from all games and practice activities during the period of suspension.

Mandatory Tryouts

High school and middle school coaches have the prerogative to cut. Each individual sport will have its own specific policy. High school and middle school team placement will be at the discretion of the respective coaches.

Practice Regulations

A coach must be consulted prior to the event if a student-athlete must miss a practice or game. Missing a game or practice without permission may result in suspension or removal from the team.

- Obey all rules set up by the coach.
- Profanity will not be tolerated.
- Poor effort will not be tolerated.
- No visible jewelry during practice.

Quitting the Team

Students who go out for a sport will be allowed a trial practice period of 2 weeks without consequences.

More than three consecutive unexcused absences in a row will be considered quitting without notification.

A 24-hour period will be used to allow the decision to quit to become final. After that the student will not be able to participate in the next sport until the one they quit has completed. In order to be reinstated as eligible to participate in the next sport the student will be required to run 20 miles to be completed within 7 calendar days of starting the process and have approval from the Athletic Director. The 20 miles must be witnessed by a coach of the sport you quit.

Rehab

Our training room will be open every day before school. If you are injured to the point that you feel you need to miss all or a portion of the daily workout you **MUST** come in to see the trainer before school during rehab hours. If you do not come and get treatment you will be required to participate in that day's activities to the best of your ability.

Traveling

Student-athletes must travel to and from athletic events with the team to participate in the sport.

Any other transportation arrangements must be made prior to the athletic contest by contacting the coach of that sport and completing required documentation. Under no circumstances will a student-athlete be released to anyone under the age of 21.

Consequences for Behavior Infractions

Unless otherwise specified above, student-athletes will be assigned the following consequences as a result of behavior infractions:

1. Extra Duty
2. Probation/Suspension from the sport for a specified time.
3. Suspension from the athletic program.

Each sport will have its own discipline management system for that sport, defining the specific consequences for minor infractions such as practice and game attendance. These will be provided to the student-athletes at the beginning of the respective sports season.

Parents will be notified in cases involving suspension. Every effort will be made to solve behavior problems before they become serious enough for suspension. However, serious misconduct or use of illicit drugs will result in immediate suspension.

Appeals Process

Since only those individuals who are closest to the problem can resolve the vast majority of concerns, it is important that they be contacted **FIRST** and given an opportunity to respond to any issues or concerns. Most problems will be resolved at this level.

In the case of concerns related to student-athlete behavior or performance, the staff member will usually be the classroom teacher or coach. In the case of concerns related to LVISD support staff, the appropriate contact person is the immediate supervisor or administrator.

If the matter is not resolved satisfactorily at the level closest to the problem, patrons, parents, staff members, and others who may have concerns related to district policies or practices should contact the next level of supervision. In the case of student/classroom/teacher issues that have not been resolved satisfactorily, the next step would be to contact the counselor, assistant principal, or principal, depending upon the issue and the remedy being sought. In the case of staff support employees, the next step would be to contact the appropriate supervisor or principal, depending on whether or not the staff member is assigned to an individual campus staff or to District staff.

If an informal conference does not resolve the problem, parents and students have the right to request a conference in writing with the principal within 15 days of the time the student or parent knew, or should have known, of the event or series of events causing the complaint. District forms for filing the written complaint are available upon request from the campus administration or District office.

Please see the formal board policy for complete details about the formal complaint process at <http://classroom.lagovistaisd.net/default.aspx?LagoVistaHighSchool/steps>.

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Acknowledgment

I understand and consent to the responsibilities outlined in the Lago Vista Athletic Handbook/Code of Conduct. I also understand and agree that my child, _____, shall be held accountable for the behavior and consequences outlined in the Lago Vista Athletic Handbook/Code of Conduct codes shall be subject to disciplinary action. I also understand that my child will not participate in any game or scrimmage until this sheet is signed and turned into the coaches. If you have questions regarding the policy handbook please call the Athletic Director at 512-267-8300.

Student-Athlete Signature

Parent Signature

Date

Date