

# **Pleasant Grove I.S.D Athletics Handbook 2020-2021**

## **To The Parent:**

It is the responsibility of the Athletic Department at Pleasant Grove to make rules that govern the spirit of competition for the school. These rules, however, need your input and support. This can best be achieved through open and honest communication. It is our hope to accomplish this objective through this publication. Please take the time to read this with your child. If there are any questions, please contact the Athletic Director.

## **To the Student Athlete:**

Being a member of a Pleasant Grove High School athletic team is the fulfillment of an early ambition for many students. The attainment of this goal comes with certain traditions and responsibilities that must be maintained. Our fine athletic tradition was not built overnight. It took the hard work of many people over many years. As a member of one of our teams at Pleasant Grove, you have inherited a fine tradition, a tradition you are challenged to uphold.

Our tradition has been to win with honor and class. We always play to win, but only with honor to our athletes, our school and our communities. We expect to win on the athletic field, but also to win in the sportsmanship arena as well.

It will be a challenge to contribute to such a great athletic tradition. When you wear the black and gold we hope that you not only understand our traditions but also are willing to assume the responsibilities that go along with them. The contributions that you make should be a very satisfying accomplishment to you and your family.

## **Pleasant Grove High School's Athletic Philosophy**

Athletics are considered to be an essential aspect of the learning process at Pleasant Grove High School. We believe that our athletic program is vital to the educational, physical and social development of our students. We are convinced that young people learn a great deal from their participation in *interscholastic athletics*. Lessons in sportsmanship, teamwork, competition and how to win and lose gracefully are an integral part of each team in our athletic program.

Because of our strong commitment and proud emphasis toward our athletic program, we must conduct it, at all times, in such a way as to justify it as an educational activity. We take great pride in, and never apologize for, our winning traditions. However, we never condone winning at all

costs. We will always discourage any and all pressure that might tend to neglect good sportsmanship as well as good mental and physical health.

## **Expectations- Coaches and Parents**

### **Communication you should expect from your child's coach:**

1. When and where practices and contests will be held.
2. Expectations the coach has for team members.
3. Requirements to be a part of the team-equipment, etc.
4. When your child is injured while participating.

### **Communication coaches expect from parents:**

1. Concerns expressed directly to the coach.
2. Notification of any schedule conflicts well in advance.
3. Support a commitment to the program.

### **Things to discuss with your child's coach:**

1. The treatment of your child.
2. Skill improvement and development.
3. Concerns about your child's behavior.

### **Inappropriate things to discuss with your child's coach:**

1. Playing time
2. Team strategy
3. Play calling
4. Other student-athletes

### **If you have a concern...**

1. Have your child speak with their coach. We want to encourage communication and promise to make your child feel comfortable.
2. Make an appointment with the coach of your child's sport.
3. Please do not attempt to confront a coach before, during, or after a practice or game. These are emotional times for both the parent and the coach and this period does not promote objective analysis of the situation.

### **If meeting with the coach does not provide a satisfactory resolution...**

1. Schedule a meeting with the appropriate athletic coordinator to discuss the issue and determine the next appropriate step. Josh Gibson will be the contact for boys athletics and Amy Collvins will be the contact for girls athletics.

## **Expectations of Programs**

### **Goals of the Middle School Program:**

- A quality experience for all athletes involved
- Development of skills to progress as a player
- Sportsmanship on and off the field
- Enjoyment of the game and of the team-building experience

Each of these goals has equal weight in the Middle School program. Winning is an outcome of the accomplishments of these goals. The desire to win is fostered; however, winning is a nice thing that happens at this level-it is not the driving force that governs the program.

### **Goals of the Sub-Varsity Program:**

- Development of skills and refinement to prepare for Varsity competition
- A quality experience for all athletes involved
- Sportsmanship on and off the field
- Enjoyment of the game and the team-building experience

At this level, a primary focus is development of players to compete at the Varsity level- but not at the expense of the other goals. The desire to win is more strongly encouraged, but again not at the expense of the other goals.

### **Goals of the Varsity Program:**

- Refinement of skills to create a competitive interscholastic team
- Sportsmanship on and off the field
- Develop citizenship and leadership (school and community)
- A quality experience for all athletes involved
- Enjoyment of the game and the team-building experience

Winning at all costs is not a concept that is promoted at the high school Varsity level. However, there is a higher expectation to win. Coaches will make team decisions that will affect individuals in the team differently in an effort to win, but not at the expense of the other goals.

## **Athletes' Responsibilities**

### **Responsibilities to yourself**

The most important responsibility is to broaden yourself and develop strength of character. You deserve to get the greatest possible good from your high school experiences.

### **Responsibilities to your school**

Pleasant Grove cannot maintain its reputation of being an outstanding school unless you do your best in whatever activity you wish to engage. By participating in our activities and by doing your best you will be contributing to the reputation of our school.

### **Responsibilities to others**

As a member of a team you share a responsibility to your teammates and coaches. It is also important to remember that the younger students in our district are watching you. They will copy you in many ways. Set good examples for them and do not let them down.

### **Athletes' Code of Conduct**

- Athletes will refrain from unsportsmanlike behavior at all times.
- Athletes will model appropriate behavior and interactions with officials, coaches, and other players.
- Athletes will honor and uphold all school policies as specified in the Athletic Handbook.
- We expect our coaches and athletes to talk in a respectful manner. Using profanity at anytime is inexcusable.
- Athletes must participate in the off-season program prior to participating in their sport. (Exceptions, move-ins etc.)

Pleasant Grove High School will be judged by the behavior of our athletes, especially when we are at an away contest. Trash talk, negative comments about other teams or players, inappropriate language and other demonstrations of such behavior are unacceptable.

As an athlete representing Pleasant Grove High School, it is your responsibility to promote positive relationships amongst athletes, regardless of their school affiliation.

Should an athlete be found to be neglecting their responsibilities or to be violating the code of conduct, that athlete will meet with the Head Coach to assess the situation and determine the proper course of action.

# Eligibility Policy

All students who wish to participate in extracurricular activities are required to abide by the eligibility rules set by the Texas *University Interscholastic League* (UIL) and Pleasant Grove High School. Athletics should compliment the academic program at Pleasant Grove.

Athletic teams are extracurricular and subject to the eligibility rules as outlined below.

## Scholastic Requirements:

1. Eligibility shall be determined by six week grades. Students are eligible if they are passing all classes for those six weeks.
2. Students are ineligible if they are failing a subject or have an incomplete in a subject. Students have one week to make up the incomplete to become eligible.
3. Students may regain eligibility if they are passing all classes in the next three week grading period.
4. An ineligible student **may** practice with the team, however they **may not** travel, be on the sidelines or bench area or participate in games with the team during their ineligibility.

## Age Requirements:

7<sup>th</sup> Grade- A student cannot be 14 on or before September 1  
8<sup>th</sup> Grade- A student cannot be 15 on or before September 1  
9<sup>th</sup> Grade- A student cannot be 16 on or before September 1  
H.S - A student cannot be 19 on or before September 1

## Course Requirements for Eligibility:

7 <sup>th</sup> Grade-	Academically Promoted
8 <sup>th</sup> Grade-	Academically Promoted
9 <sup>th</sup> Grade-	Academically Promoted
10 <sup>th</sup> Grade-	5 Credits
11 <sup>th</sup> Grade-	10 Credits
12 <sup>th</sup> Grade-	15 Credits

## **Physical Examinations**

\*\*\*For the 2020-21 school year, the UIL has adjusted requirements for pre-participation physical requirements. Pleasant Grove ISD will adopt the following approved policy:

All students participating in UIL marching band and/or UIL athletic activities will be required to complete the UIL Medical History Form. Any “yes” answer to any of questions 1-6 on the Medical History Form will require a student to receive further medical evaluation, which may include a physical exam, and receive written clearance from a physician, physician assistant, chiropractor, or nurse practitioner before any participation in UIL practices, games, performances, or matches. Only those students with “yes” answers to those questions are required to receive written clearance through further medical evaluation.

Any participant in athletics or marching band, in any grade level, who has not previously completed a Pre-Participation Physical Evaluation (PPE), and been cleared for participation, will be required to complete the Medical History Form as noted above, as well as a PPE prior to participation in any UIL practices, games, performances, or matches.

## **Medical Insurance**

In the event of an accident, both the athletic trainer and head coach of the participating sport should be notified. Forms must be filled out on each injury. A claim form must be picked up from the athletic trainer at the HS, or the MS campus coordinator. Any athlete who goes to the doctor with an athletic-related injury and has not notified the trainer before the visit will not be covered. Difficulties in insurance coverage might also occur as the school insurance will not be liable for medical expenses, outside emergencies, without prior knowledge of the visit. The Pleasant Grove ISD provides your son/daughter with **supplemental insurance** each school year while he/she is participating in any school sponsored UIL event for grade 7-12. The coverage is supplemental to the primary insurance you provide. The policy only covers accident coverage while the student is participating in UIL athletics, or activities sponsored by Pleasant Grove ISD. Coverage is in force during practice, scheduled games and travel in a school appointed and supervised vehicle, to and from the event.

## **Lettering Policy**

We will buy letter jackets for our athletes who letter in varsity sports. These jackets will not exceed \$70.00 in cost as is required by the UIL. The school may buy only one jacket for each athlete during their entire high school career. Any 9<sup>th</sup> -12<sup>th</sup> grader who letters in a varsity sport may be eligible for a jacket.

There is no way to designate an objective amount of minutes or quarters to determine who does or does not earn a varsity letter in athletics. Some players would reach the minimum quantity of quarters or minutes without actually contributing a great deal to the success of the team. Lettering by playing time also excludes important considerations such as practice, leadership, team dedication, and off the field attitude.

<b>Lettering Criteria:</b>	<b>Attitude:</b>	Willing to sacrifice self for the good of the team.
	<b>Ability:</b>	Contributed to the team in practice and games.
	<b>Attendance:</b>	Consistently in attendance and punctual to all mandatory team meetings.
	<b>Conduct:</b>	Player is a good example of first class program on and off the field.
	<b>Eligibility:</b>	Player remained academically eligible throughout the season

## Athletic Policies

### Dropping and Transferring Sports

In terms of quitting a sport, we hope that it very rarely happens. On occasion, however, an athlete may find it necessary to drop a sport for a good reason. If this is the case, the following procedures must be followed:

1. Consult with your immediate coach and then with the head coach.
2. Report your situation to the athletic director.
3. Return all equipment that was issued to your coach.

The decision will be made based upon what is in the best interest of the student as well as the teams involved. The Athletic Department strongly discourages any such changes or transfers after the season is underway, and approval of such will be difficult to obtain. If an athlete quits a sport, he/she will not be able to participate in that specific sport unless approved by the head coach and athletic director.

### Disciplinary Action & Removal from Athletics

In the event an athlete violates athletic policies, the disciplinary action will include one or more of the following: extra conditioning, game suspension, and/or dismissal from the team.

A student may be removed from athletics if he/she fails 3 consecutive six weeks in a row, or has multiple ISS/DAEP placements. Once a student is removed for academic or disciplinary issues, the student must pass three consecutive six weeks to prove they can maintain eligibility, and cannot have any ISS/DAEP placements during the same time period.

### Stealing

Any athlete that steals from the school or another teammate will be removed from ALL athletic activities for one calendar year.

### Equipment

All school equipment issued to a student is the student's responsibility. The athlete is expected to keep it clean and in good condition. Any loss or intentional damage to the equipment is the student's financial obligation. Students who do not return school equipment/uniforms will not receive report cards or transcripts, and will not be allowed to participate in activities until they satisfy their obligations.

### Attendance

Promptness and attendance are expected at all times. Missed practices or games due to unexcused reasons may result in dismissal from the team. If you must be absent, **the student** must call and talk to one of your coaches before the athletic period. Coaches will have the option of establishing a reasonable make-up policy for absences from practice. This policy should be clearly stated at the beginning of the season and have prior approval by the Athletic Director.

## Conduct

Composure during the course of a competition is critical. We expect you to conduct your self with class at all times. This means you are to follow all rules of our school and community. You are expected to act properly in class, giving all adults full courtesy and respect. Failure to adhere to our expectations will result in a conference and possible dismissal from the program.

## Travel

All students must travel to and from activities on transportation provided by the district. **Only under special circumstances, with previous arrangements**, will this policy be waived. Students may be released to their own parents after games/activities upon signing a travel release form or note given personally to the coach/advisor. Students will not be allowed to travel with parents of other students without **signed approval** from the Athletic Director **the day prior** to the event.

## Conflicts in Extracurricular Activities

A student who attempts to participate in several extracurricular activities will, undoubtedly, be in a position of a conflict of obligations. We understand that each student shall have the opportunity for a broad range of experiences in the area of extracurricular activities. To help accomplish this, the Athletic Department will attempt to schedule events so as to reduce the chance of conflicts. It is the **student's responsibility** to notify the advisors, coaches, and faculty members involved immediately when a conflict does arise.

When a conflict arises the adults involved (coaches, advisors, etc.) will work out a solution. A decision will be based on the following criteria:

1. The relative importance of each event.
2. The importance of each event to the student.
3. The contribution the student can make.
4. How long each event has been scheduled.
5. Talk with parents.

## Attendance at School

Students must be **in school** and **in class** to participate in extracurricular activities.

- **Excluding athletics, students must be in class two full periods to participate in an athletic event that day.**

Students suspended from school are not allowed to practice or participate in contests from the time the suspension is issued until it is completed. Students receiving and in-school suspension are not allowed to participate in a contest until the in-school suspension is completed.

## Hazing

Texas statute defines injurious hazing as “any action or situation which recklessly or intentionally endangers the mental or physical health of a student enrolled in a public school.” It is our feelings



that injurious hazing activities of any type, on or off school property, by any student, staff member, group, or organization affiliated with the schools, are inconsistent with the educational process and shall be prohibited. No student or athlete shall plan, encourage, or engage in hazing activities. Violators of this policy may be subject to disciplinary action, which may include suspension from school and/or athletics, expulsion, or other appropriate measures.

## **Substance Abuse**

We have a duty to encourage responsible behavior to keep our student/athletes safe. The following policy was developed to encourage our athletes to make decisions that will keep them safe and, as role models, promote others to make safe decisions as well.

## **Vaping/Possession/Consumption/Use/Arrests**

1. Use or possession of alcoholic beverages, drugs, vaping and other mind altering substances by athletic program participants is prohibited. Student code of conduct will be followed. In addition, the following consequences will be issued:
  - First violation- Student shall be suspended from any extracurricular activity, and the student's parking permit shall be suspended, for 7 calendar days following the date the student and parent are notified of the test results. During the suspension, the student may participate in practices if he or she brings a medical note from a physician, but he or she may not participate in any competitive activities or performances.
  - Second violation- Student shall be suspended from any extracurricular activity, and the student's parking permit shall be suspended, for 21 calendar days following the date the student and parent are notified of the test results. During the suspension, the student may participate in practices if he or she brings a medical note from a physician, but he or she may not participate in any competitive activities or performances.
  - Third violation- Student shall be suspended from participation in any extracurricular activity for 365 calendar days following the date the student and parent are notified of the test results. During the suspension, the student may participate in practices if he or she brings a medical note from a physician, but he or she may not participate in any competitive activities or performances
  - Fourth violation- Student shall be suspended from participation in any extracurricular activity.

\* Additional school consequences may apply. In all cases the parents/guardians will be notified.

2. Any athlete arrested for a felony offense will be suspended from contests until proven innocent.
3. Any athlete arrested for a misdemeanor may continue to play until proven guilty. If proven guilty, the Head Coach, Athletic Director, and school administrator will make a decision regarding continued participation, taking into consideration the individual involved and the nature of the offense. Should said student be arrested a 2<sup>nd</sup> time, he or she may be suspended for the duration of the school year.
4. Any athlete who causes, in the opinion of the Athletic Director, embarrassment to the Pleasant Grove Independent School District that does not involve arrest or law

enforcement involvement may be suspended at the discretion of the Head Coach and the Athletic Director. Each case will be handled on an individual basis.

**Pleasant Grove ISD works in conjunction with the UIL on steroid testing and follows the UIL guidelines on any infractions. UIL 512-471-5883**

### **Squad Selection**

In accordance with our philosophy of athletics and our desire to have as many students as possible participate in the athletic program while at Pleasant Grove, our coaches try to keep as many students as they can without unbalancing the integrity of the sport. Time, space, facilities, equipment and other factors will be some of the determining factors as to the most effective squad size for a particular sport. To be considered as a member of an athletic team, the student-athlete:

- Must participate in the off-season program prior to trying out or participating with the team (Exceptions, move-ins, band participation, etc)
- Must be enrolled in the athletic period for any team sport (exceptions: track, cross country and power-lifting only)

### **Tryouts**

Choosing the members of our athletic teams is the sole responsibility of the coach. Before trying out, coaches shall provide the following information to all candidates for the team.

- Extent of tryout period
- Criteria used to select the team
- Practice commitment if they make the team
- Athletic period commitment if they make the team
- Game/contest commitment

When it is necessary for a coach to cut, the coach will personally inform each candidate and a reason(s) will be cited.

There will be a minimal skills tryout for winter and spring sports during the first two weeks of school. If the coaching staff determines that the student doesn't possess the minimal skills required to participate, then the student will be removed from the athletic period.

Any student that doesn't meet the minimal skills for a team sport, will have the opportunity to tryout the following school year.

## Closing Statements

While the purpose of this booklet is not to cover every possibility that might occur in our athletic program, we do hope to let each person who is concerned about our program know what we expect of the athletes. We feel that if parents and athletes alike understand our policies, conflicts are not as likely to arise. We urge every parent to help us to guide your child in the proper direction. Your influence is a valuable aid to us as we attempt to do this. We will spend almost as much waking time with your child as you will and we desperately need your help in supporting us, the program and its policies.

If anyone, parent or athlete, has any questions about our program or beliefs, please feel free to come and talk with us. We want the involvement of the parents and we feel very strongly about what we are trying to do. We want to keep as many people as possible in our athletic program, but we only want those who are dedicated to doing their best. We will not accept anything less.

### HAWK NATION!!

**Josh Gibson**  
*Athletic Director*

**Amy Collvins**  
*Assistant Athletic Director*

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**Student's Signature**

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**Date**

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**Parent/Guardian's Signature**

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**Date**