

ZAVALLA ATHLETICS

The purpose of the athletic program is:

To provide opportunities for the student athlete to cope with problems and be placed in situations similar to that he/she may face upon graduation from high school. The program should provide opportunities for:

- A) Physical, mental, and emotional growth
- B) Development of life-long skills
- C) Development of the "TEAM" concept, with emphasis on loyalty, fair play, and cooperation
- D) Directed leadership and supervision that stresses self-discipline, self-motivation, and competing with "class", which includes winning and losing with dignity
- E) Attaining knowledge of skills that will provide the basis for life-long leisure activities
- F) Participation by highly skilled athlete, which could provide outlets for future athletic endeavors (i.e. college/professional)

STUDENT ATHLETE POLICIES

ACADEMICS

Athletes are expected to work to their greatest potential in the classroom. Athletes failing classes may be required to attend mandatory tutorials, may be assigned additional physical training, and may be suspended from participation. Athletes that continue to fail over several grading periods may be removed from the program.

CONDUCT

Composure during the course of a competition is critical. We expect you to conduct yourself 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 additional physical training and/or possible dismissal from the program.

DRUG AND ALCOHOL USE

Use of illegal drugs by students will not be permitted. If the school is notified of any such charges upon a student involved in the athletic program, the student will receive the usual student punishment as stated in the Zavalla High School Code of Conduct, and, upon return to the regular classroom setting, begin the following additional physical training described below:

AEP PLACEMENT (school offense/non-school offense):

Student is placed in AEP for a time to be determined by the Administration, according to the Zavalla Student Code of Conduct. Upon return to the regular school setting, the athletic program consequences will begin, in accordance with the following plan.

In cases in which school officials have been notified by proper authorities of a ticketed offense outside the school setting by an athlete, the Athletic program consequences will begin immediately following a meeting between the athlete, parent(s), athletic director, and head coach.

1st Offense:

15 miles of school supervised running, which must be completed over a (maximum) 5 school day period (3 miles per day). The athlete will receive a suspension from inter-school competition until this conditioning has been completed and the athletic director has given approval of full return to normal activities. This conditioning assignment is to take place before or after the normal team practice, not during.

2nd Offense:

Appropriate drug/alcohol counseling must be initiated before athlete begins conditioning assignment. 30 miles of school supervised running, which must be completed over a (maximum) 10 school day period (3 miles per day). The athlete will receive a suspension from inter-school competition until this conditioning has been completed and the athletic director has given approval of full return to normal activities. This conditioning assignment is to take place before or after the normal team practice, not during.

3rd Offense:

Removal from all athletic participation.

***The Athletic Council (Athletic Directors, Principal, and Head Coaches) reserves the right to rule on each situation on a case by case basis. Severe infractions may lead to immediate dismissal.**

ISS PLACEMENT (school offense):

Student is placed in ISS for a time to be determined by the Administration, according to the Zavalla Student Code of Conduct. Upon return to the regular school setting, the athletic program consequences will begin, in accordance with the following plan:

1st Offense:

The athlete will receive physical training for the number of days of the ISS assignments. (i.e. 3 day ISS assignment results in 3 days of physical training) The athlete will receive a suspension from inter-school competition until this conditioning has been completed and the athletic director has given approval of full return to normal activities. This conditioning assignment is to take place before or after the normal team practice, not during.

2nd Offense:

The athlete will receive physical training for double the number of days of the ISS assignments. (i.e. 3 day ISS assignment results in 6 days of physical training). The athlete will receive a suspension from inter-school competition until this conditioning has been completed and the athletic director has given approval of full return to normal activities. This conditioning assignment is to take place before or after the normal team practice, not during.

3rd Offense:

Possible suspension and/or removal from all athletic participation, based on a meeting by the Athletic Counsel.

DISCIPLINARY ACTION

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

ATTENDANCE

Promptness and attendance are expected at all times for all athletic competitions, practices, and athletic periods. All absences must be approved by the Head Coach prior to the absence. If you are going to be absent, call and get the absence excused. Excused absences will still require make-up work. Unexcused absences will be handled as a disciplinary action and may include suspensions and/or removal from athletes.

PROFANITY

Use of profanity is not allowed. All offenses will result in disciplinary action.

STEALING

Taking things that do not or are not assigned to you will not be tolerated. An athlete caught stealing may be dismissed from the team.

TOBACCO USE

No tobacco use of any form will be permitted. Violations of this policy will result in disciplinary action.

DRESS

Should be very professional in or out of uniform. Everyone will wear the uniform and equipment in the same manner. We ARE A TEAM! Take care of your gear or equipment. Do not wear jewelry in practice or during competition. Your appearance away from the athletic setting, especially at school, should reflect the same class and pride that you show in our program

EQUIPMENT/FACILITIES

You are to keep your equipment within your locker as directed by your coach. Your locker should be kept locked at all times. The coaching staff will not be responsible for items lost or stolen. You are to clean your equipment as needed and directed. Gear or school issued equipment is to be used for school purposes **only**, not to be worn or used outside of the school setting. All equipment or gear must be turned in and checked off before the athlete is released to the next sport. Lost or misplaced items assigned to you by the athletic department must be paid for before an athlete is released to the next sport.

INJURY/ILLNESS

If you are injured or ill, we expect for the athlete to dress out and accompany your teammates in practice. All injuries need to be reported and coordinated through our athletic trainer. All athletes that are held out due to an injury or illness by a trainer or doctor, must have doctor release to re-enter participation.

RESPECT FOR ADULTS

Adults should receive "Yes Sir"/"Yes Ma'am" and "No sir"/"No Ma'am" responses from athletes. Whenever an adult is speaking to you, either individually, or as a group, you will give them your undivided attention and always establish eye contact.

ZAVALLA INDEPENDENT SCHOOL DISTRICT

ZAVALLA ATHLETICS

ACKNOWLEDGEMENT OF ATHLETIC HANDBOOK POLICIES

I have read and clearly understand the requirements and guidelines of this athletic handbook. I understand that athletics is a privilege and not a required part of the curriculum, and that by signing this acknowledgement and joining the athletic program, I will be held to a higher standard. I understand that any breach of this handbook or policy, may result in disciplinary actions and/or permanent removal from athletics. Bring this page back to Coach Holloway.

Parent Name (Please Print)

Parent Signature

Student Name (Please Print)

Student Signature