

## **BANDERA INDEPENDENT SCHOOL DISTRICT GIRLS ATHLETIC PROGRAM** **RULES AND EXPECTATIONS**

The aim of the Bandera Independent School District Girls Athletic Program is to develop academically and athletically well-rounded young ladies, who are good citizens, self-disciplined, focused, competitive, and cooperative, as well as willing to contribute to the success of others in all areas, including multiple extra-curricular sport activities.

### I. Academics

- A. Each student-athlete is expected to place academic success at the top of her priority list.
- B. Teachers are requested to keep the coaches informed when a student-athlete is not turning in her assignments and/or failing.
- C. Consequences result when a student-athlete accumulates zeros.
- D. On the weeks when progress reports and report cards are issued, the coaches will check the grades of each student-athlete to make sure that all student-athletes are academically eligible at that time.
- E. A student-athlete, who has an average of 74 or below at the time of progress reports must arrange before school, lunch break, and/or after school tutorial time with the teacher of the class or classes where she is having difficulty.
- F. Since many athletic trips cause student-athletes to miss class time, it is imperative each student-athlete obtain her assignments prior to leaving on athletic trips.
- G. Consistent failure to maintain a passing average can lead to dismissal from the Bandera Lady Bulldog Athletic Program.

### II. Attendance

- A. Success academically, as well as athletically, is highly dependent on consistent attendance on the part of the student-athlete.
- B. Attendance at athletic contests and workouts is required, unless the student-athlete has prior approval from the coach of the particular sport. All missed workouts and contests must be made up by an equal amount of conditioning. If prior notification that a workout or contest must be missed is well in advance, then it is best for the student-athlete to do the make-up conditioning prior to missing.
- C. If a student-athlete must miss any workout (before school, during the period, or after school) or contest, the student-athlete must notify the coach in person, by e-mail or by phone prior to the workout or contest that is to be missed. Notification is required for off-season workouts, as well as sport specific workouts. The phone number in the high school girls coaches office is (830) 796-6260, while the Bandera High School office telephone number is (830) 796-6254. The Bandera Middle School office telephone number is (830) 796-6270, and the telephone number in the middle school girls coaches office is (830) 796-6292. The phone numbers of the Bandera I.S.D. Girls Athletic Co-Coordinators are David Farber (254-718-7366) and Steve Golemon (830-688-9627).
- D. Consequences result when the student-athlete does not give prior notification of workouts and/or contests that are missed, or when the student-athlete is late to workouts or contests.

- E. If a student-athlete misses a workout or contest because illness or injury of which the coach was not previously aware, the student-athlete must bring a parent note or a note from a medical professional explaining the nature of the illness or injury and any physical limitations that the student-athlete might have at the time of her return. When an illness or injury requires that the student-athlete miss school and/or workouts three or more consecutive days, the student-athlete must provide a note from a medical professional.
- F. Normally a student-athlete will not be allowed to miss an athletic contest, unless the student-athlete is participating in some other school sponsored activity or is required to miss because of a family emergency.
- G. If a student-athlete is injured or ill, the athlete is expected to attend all athletic workouts and contests, unless the athlete is too injured or ill to attend school.
  - 1. Alternative workouts or rehabilitation exercises will be substituted for the normal workout routine.
  - 2. On contest days, the injured or ill student-athlete will assist the team in a manner prescribed by the coach of that particular sport.
- H. When the student-athlete attends an early week or mid-week athletic contest, the student-athlete must attend school the entire day of school following the contest.
- I. Continuous tardiness and/or failure to attend workouts and/or contests will lead to dismissal from a particular sport and/or the Bandera Lady Bulldog Athletic Program.

### III. Behavior

- A. Each student-athlete must display good manners and good sportsmanship at all times during workouts and contests, as well as at and away from school. In order to achieve and be successful, each student-athlete must remain positive at all times and set the proper examples for others.
  - 1. Yes sir, yes ma'am, no sir and no ma'am are required at all times.
  - 2. Disrespectful displays or arguing with officials and/or coaches will not be tolerated and will result in significant consequences.
  - 3. Profanity or profane and/or inappropriate euphemisms, such as friggin', sucks, etc. will not be tolerated and will result in immediate consequences.
- B. Good manners must be displayed in the classroom and halls, as well as at workouts and contests. Negative reports from teachers about student-athlete behavior and conduct will result in consequences.
- C. All directions, guidelines, and policies (including teacher, coach, and administrative) must be followed at all times.
- D. All athletic teams are a composite reflection of the team members. For this reason, all team members must to be on their best behavior at all times, regardless of where they may be at the time. Each student-athlete must **BE A POSITIVE ROLE MODEL** by being on her best behavior at all times, regardless of where she is at any particular time.
- E. Each student-athlete must avoid behavior that will result in assignment to I.S.S. and/or A.E.P. For this reason, the student-athlete must maintain emotional control at all times.
  - 1. Consequences will result when a student-athlete is assigned to either I.S.S. or A.E.P.

2. See Bandera I.S.D. Extra-Curricular Code of Conduct in the Bandera I.S.D. Athletic Handbook.
  3. Continuous repeat assignments to I.S.S. or A.E.P., like other inappropriate behavior of a serious nature, will result in dismissal from the Bandera Lady Bulldog Athletic Program.
- E. Each student-athlete must dress according to the school dress code or better at all times. **For the safety purposes on contest days, student-athletes will always wear shoes, rather than flip-flops or sandals.**
- F. The public educational system exists for the purpose of education, not for the purpose of courtship. For this reason, public displays of affection by a student-athlete on school property or at school sponsored activities will not be tolerated and will result in consequences.
- G. Each student-athlete will dress appropriately at during in the period workouts, before school workouts, and after school workouts.
1. Each student-athlete will wear school issued off-season clothing during the athletic period.
  2. During before school or after school workouts, each student-athlete will wear clothing issued by the specific sport.
  3. Since U.I.L. rules prohibit jewelry of any type from being worn during athletic contests, no jewelry of any type may be worn during workouts, because workouts are supposed to be for the purpose of contest preparation.
  4. Timing devices may and should be worn on days where workouts will be timed.
- H. Each student-athlete is responsible and accountable for all equipment issued to her. To assure that no equipment is misplaced, each student-athlete must keep all equipment locked in her locker when it is not being used. This will also prevent personal items from being stolen.
- I. Coaches from each sport will determine how the student-athletes from that particular sport will dress on contest day; however flip-flops and sandals will not be allowed to be worn to any contests. Contest day should normally be treated as a dress up day.
- J. In order to establish and maintain focus on the task at hand on the day of a road trip contest, all cell phones must be put away once the student-athlete is on the bus and must remain away until the contest is over and the team is ready to return home. At that time, the student-athlete may use her cell phone to call or text message results to interested individuals and to let her parents know when the team will be arriving home. If the student-athlete is going to need to use her cell phone prior to that time, she must obtain the approval of the coach before doing so.

#### IV. Communication

- A. All coaches, student-athletes, and parents are encouraged and expected to keep lines of communication open.
- B. All communication must be private, honest, clear, and direct.
- C. All communication must be addressed in the appropriate manner, at the appropriate place, and at the appropriate time, regardless of whether the

- communication is between a coach and one or more coaches, a coach and one or more student-athletes, or a coach and one or more parents.
- D. Private matters and problems, as well as all conferences related to them, must remain private by holding discussions behind closed doors.
  - E. Conferences are sometimes necessary and the following guidelines must be followed:
    1. Conferences must be held in a professional manner, including language, temperament, and conduct.
    2. All parties must have the chance to talk, but all parties must also listen.
    3. Emotional control by everyone is imperative.
    4. Conferences must not and will not occur on a contest day or in a public area.
    5. All conferences will be by appointment only.
    6. Certain items are off-limit areas, such as but not limited to the following:
      - a. Coaching strategy
      - b. Other athletes
      - c. Playing time
    7. Prior to requesting a parent conference, parents should follow the four step process below.
      - a. Talk with your student-athlete about the matter in question. Identify her perspective. Determine if she has the maturity and self-discipline to solve the problem on her own through communication with the particular coach.
      - b. If the student-athlete has the maturity and self-discipline to address the problem herself, then allow her to conference with the coach on her own.
      - c. If it is determined that a parent conference is needed, contact the particular coach to establish a conference time. The conference must be informational, where the parent asks questions, listens, comments, and engages in a discussion of the matter under consideration.
      - d. If questions or concerns still remain, a conference should be set with one or both Bandera I.S.D. Girls Athletic Co-Coordinators, as well as the particular coach.
      - e. If questions or concerns still remain after meeting with the particular coach and the Bandera I.S.D. Girls Athletic Co-Coordinators, a conference should be set with the Bandera I.S.D. Athletic Director, as well as the coach and the Bandera I.S.D. Girls Athletic Coordinators.

## V. Discipline

- A. The student-athlete must be honest with herself and all others at all times.
- B. The student-athlete must develop the self-discipline and maturity needed to be responsible and accountable for her actions.
- C. True discipline is self-discipline, which can be defined as the student-athlete doing what has to be done, when it has to be done, whether she likes it or not.
- D. Consequences will result when a student-athlete fails to practice self-discipline.

## VI. Injury Notification and Evaluation

- A. Although no one wishes to see anyone suffer injury, sports activities by nature do often lead to injury.
- B. If a student-athlete does suffer an injury, she must act responsibly by following these steps:
  - 1. Notify the coach (usually the coach will immediately send the student-athlete to the trainer).
  - 2. Notify the trainer, so she may evaluate the injury and prescribe treatment and/or alternative workout routines, or recommend further evaluation and consultation. All treatment sessions with the trainer will be prior to school, starting at approximately 6:45 a.m., unless the trainer specifically directs the student-athlete to come for treatment at another or an additional time.
- C. The trainer evaluation may result in the recommendation that the student-athlete to see a medical professional.
  - 1. The trainer will be available to work collaboratively with medical professionals throughout the rehabilitation process.
  - 2. During the period of rehabilitation, coaches will alter training and conditioning of the student-athlete as prescribed by the medical professionals and/or trainer.
- D. As much as possible, the injured student-athlete and parent of the injured student-athlete should seek the care of medical professionals and physical therapists, who have an extensive background in sports medicine, as well as an established history of successfully treating sports related injuries. In many, if not most cases, the trainer should be able to help the parent with referrals to such medical professionals, as well as sometimes help in securing necessary appointments.

## VII. Multiple Activity Participation

- A. In virtually all small class 4-A schools and in all Class 1A, 2A, 3A schools, multiple activity participation is encouraged and expected, so that a truly competitive, well rounded, and successful extra-curricular program will be established.
- B. At Bandera High School and Bandera Middle School, the girls athletic program is structured so that student-athletes are able to engage in multiple sports, as well as other school activities such as band, U.I.L. Academic and Literary Events, One Act Play, F.F.A., student council, national honor society, cheerleading, etc.
- C. Girls Sports offered by Bandera Independent School District are:
  - 1. Basketball
  - 2. Cross Country
  - 3. Golf
  - 4. Power Lifting (High School Only)
  - 5. Soccer (High School Only)
  - 6. Softball (High School Only)
  - 7. Tennis

8. Track and Field
  9. Volleyball
- D. Of the sports offered by Bandera Independent School District, cross-country, power lifting, track and field are used largely as lead-ins and conditioners for other sports. To assure success and avoid injury, each student athlete needs strength, flexibility, agility, quickness, and speed. Since all five of these physical attributes are addressed in some manner in cross country, power lifting, and track and field student-athletes from other sports are encouraged to participate in one or more of the these three sports.
  - E. Coaches will work with the student-athlete and parents to assure that the multiple Activity student-athlete has an opportunity to compete in all workouts and contests of each activity, except where the contest schedules totally prevent competition in both contests.
  - F. If any school activity conflict for a student-athlete who engages in multiple school activities should arise during the course of the school year, the resolution for school activity conflicts outlined in the Bandera I.S.D. Athletic Handbook must be followed.

#### VIII. Parental Involvement and Support

- A. Parents are encouraged to attend all girls sports activities, even those where their student-athlete does not participate.
- B. Parents can help all sports at Bandera High School and at Bandera Middle School by joining and being active members of the Bandera High School Athletic Booster Club and the Bandera Middle School Athletic Booster Club.
- C. The Bandera High School Athletic Booster Club and the Bandera Middle School Athletic Booster Club, like the Bandera Girls Athletic Program, desperately need active parental support as follows:
  1. Basketball tournament help
  2. Concession stand help
  3. Cross country meet help
  4. Track and field meet help
  5. Statistical information help
  6. Spirit promotion help
- D. Parents should support by:
  1. Attending athletic contests,
  2. Making sure that their student-athlete arrives at all workouts and contests at the assigned time,
  3. Picking up their student-athlete at the appropriate time after all athletic workouts and contests,
  4. Being actively engaged in the Bandera High School Athletic Booster Club and the Bandera Middle School Booster Club as outlined above,
  5. Leaving the coaching to the coaches during workouts and contests, as well as away from the workouts and contests,
  6. Being positive with their student-athlete about her efforts and achievements, as well as the efforts and achievements of her teammates and the team as a whole,

7. Maintaining a mannerly and civil tone prior to, during, and after all athletic contests,
8. Not harassing officials, players, or coaches during the course of a contest, and
9. Directing all concerns and/or questions to the coach in private conferences only.

#### IX. Program Structure, Emphasis, and Goals

- A. As previously stated, the aim of the Bandera I.S.D. Girls Athletic Department is to develop academically and athletically well rounded young ladies.
- B. The Bandera I.S.D. Girls Athletic Program is structured in a manner to allow and encourage the student-athlete to participate in multiple school activities.
  1. The Bandera Girls Athletic Program intends to promote unity through diversification.
  2. A student-athlete, who wishes to participate in multiple school activities, is normally informed by the sports coach that participating in multiple school activities may be a difficult task, and that successful participation in multiple activities requires self-discipline, focus, sacrifice, and maturity.
- C. Emphasis is placed on academics.
- D. Emphasis is also placed on physical development and conditioning.
  1. Without an intense strength and conditioning program, skill development will never be taken to the highest level.
  2. Each student-athletes must engage in a strength and conditioning during the summer and off-season, as well as during the season.
- E. Each sport and each student-athlete within a given sport will develop a set of individual and a set of team goals for that particular sport season..
- F. In general, the Bandera I.S.D. Girls Athletic Program Goals are to:
  1. Develop student-athletes who support each other through multiple sport participation.
  2. Develop and promote program unity.
  3. Develop and promote program competitiveness and success in all sports.
  4. Develop and promote individual pride, character, and self-esteem, as well as team pride.
  5. Develop and promote individual and team progress, achievement, and success, both academically and athletically.

#### X. Time Prioritization and Utilization

- A. Time is precious to everyone, but it is extremely precious to a student-athlete and especially a student-athlete who engages in multiple school activities.
- B. To be successful, the multiple activity student-athlete must learn to set priorities and budget her time accordingly.
- C. Each student-athlete must possess or develop the self-discipline, maturity and responsibility necessary to make wise use of all the time that is available to her.
- D. Each student-athlete must learn how to focus on one task at a time and then immediately refocus on another task, as soon as each task is completed.

- E. Since each student-athletes will be required to take many out of town trips, including several long trips, she must:
  - 1. Prior to leaving on a trip, obtain all assignments which will be missed as a result of not being in class.
  - 2. Travel with the team to contests.
  - 3. Return home with the team from contests on the bus, unless an emergency or extenuating circumstances. Long trips during the school week, sometimes require the student-athlete to ride home with her parents. In such cases, the parent and student-athlete will need to sign out prior to leaving the contest. If extenuating circumstances do exist, the parent must inform or make arrangements with the head coach prior to the trip. A student-athlete will only be allowed to ride home on the bus or with her parents, unless alternative transportation has been approved in writing by the campus principal.
  - 4. Have a ride home arranged and waiting at the school, when she arrives home on the bus.
- F. Each sport will promote academic, as well as athletic excellence, and will institute measures to assure that time is available to attain academic excellence.

***THE MEASURE OF THE WORTH OF A GIVEN  
INDIVIDUAL IN A TEAM EFFORT IS THAT  
INDIVIDUAL'S CHARACTER, FOCUS ON AND  
COMMITMENT TO THE GOALS OF THE TEAM  
AS DEFINED BY THE TASK AT HAND!!!***