

**Lone Oak Independent School District
Athletic Department**



***Athletic and Extracurricular Code of
Conduct***

Dear Parent/Guardian:

It is the desire of the administration and coaching staff of Lone Oak ISD that being an athlete will be an integral part of his/her secondary educational experience. Being a LOISD athlete is a privilege and is one that carries with it many responsibilities. As athletes in LOISD, our young people have an image to reflect and uphold. That image is one of positive leadership, character, accountability, and great competitive spirit. Participation in the athletic program and University Interscholastic League contests is not a right but a privilege. No student is required to take part in athletic competitions or activities. Therefore, all students participating in athletics must understand the regulations outlined in the below document. For student-athletes who fail to follow these regulations or fail to live up to the Lone Oak ISD Student Code of Conduct, athletic participation privileges may be removed by the supervising coach.

The following regulations will be in effect for all athletes in LOISD to be eligible to participate in any competitive sport practice or program directly related to sport improvement.

ALL ATHLETES, REGARDLESS OF THE SPORT, MUST:

1. Abide by all University Interscholastic League (UIL) rule specifications and abide by local athletic policy.
2. Attend every practice session and athletic contest unless ill or emergencies arise. (Parents or athletes must call in if the athlete is not attending a practice session.)
3. At all times, respond to every situation as a young lady or gentleman.
4. Abide by all Lone Oak ISD, Athletic Department, and campus guidelines and policies.
5. Maintain academic intensity to achieve success in the classroom.

Violation of these policies will result in appropriate disciplinary action being taken against the student and could result in his/her removal from the athletic program at Lone Oak ISD. Therefore, we ask for your cooperation in motivating your son or daughter to observe these rules so that they will receive the program's maximum benefit.

Sincerely,

Logan Turner
Executive Director of Athletics
lturner@loisd.net
903.243.4912

LONE OAK ISD ATHLETIC DEPARTMENT

Mission Statement: Lone Oak ISD Athletic Department will provide athletic, academic, and personal development by creating an intentional culture that fosters positive relationships that strive for a tradition of excellence.

Vision Statement: We will inspire our student-athletes to reach their individual and athletic potential through a supportive team environment cultivating excellence.

ATHLETIC DEPARTMENT OBJECTIVES:

- Promote improvement through self-evaluation
- Retain, attract, and hire exemplary coaches
- Promote consistency and unity throughout the athletic department
- Increase parent and community partnerships with the Athletic Department
- Increase faculty/staff awareness and involvement with the Athletic Department
- Maintain a high level of expectation for success
- Use athletics as a tool to prepare our student-athletes for the future
- Increase scholarship opportunities for student-athletes
- Promote athletic programs and activities with aggressive communication
- Win championships with class and character
- Win the UIL Lone Star Cup and the DFW Area All Sports Ranking

UIL HIGH SCHOOL (9-12)

Baseball

Basketball (Boys and Girls)

Cross Country (Boys and Girls)

Football

Golf (Boys and Girls)

Softball

Tennis (Boys and Girls)

Track (Boys and Girls)

Volleyball

Band

Cheer / Spirit

UIL MIDDLE SCHOOLS (7-8)

Basketball (Boys and Girls)

Cross Country (Boys and Girls)

Football

Track (Boys and Girls)

Volleyball

Please note: In the middle schools, all sports practice before or after school when in-season. Due to coaching staff and schedule constraints, some middle school sports practice after school when in-season. The middle school, athletics, is designed to be a general athletic development class when sports are not in-season.

OVERVIEW

Participation in school sponsored activities is an excellent way for students to develop talents and build strong relationships with other students; participation, however, is a privilege, not a right. All students are expected to adhere to the Athletic /Extracurricular as it applies to school-related or school-sponsored activities. Students involved in extracurricular activities are expected to exhibit the highest standards of ethics and conduct. Therefore, teachers, sponsors, coaches, and directors of these activities may develop and enforce codes of conduct for the individual activities that will take into consideration both school-related and non-school-related misconduct, regardless of time or location. This would include any misconduct that would reflect negatively upon Lone Oak ISD. Additionally, the District has outlined the following consequences for misconduct by students involved in extracurricular activities. In the event there is a conflict between the *Student Handbook and Code of Conduct* and an individual extracurricular activity's code of conduct, the *Student Handbook and Code of Conduct* shall control. Suspensions from extracurricular activities are not subject to appeal or review.

Eligibility for continuing participation in extracurricular activities is governed by state law and the rules of the University Interscholastic League (UIL), which is a statewide association overseeing inter-district competition. If a student is involved in athletic or music activity governed by the UIL, the student and parents are to follow the guidelines and rules outlined in the UIL Parent Manual.

DISTRICT EXPECTATION FOR ENFORCEMENT

In order to promote an equitable and fair system to support our students, it is an expectation that all coaches, sponsors, and directors clearly communicate the guidelines found within the Athletic and Extracurricular Code of Conduct.

PROGRAM POLICY

Multi-Sport/Dual Participation

1. All athletes are encouraged to participate in as many sports as their interests and abilities will allow. A student-athlete who decides to quit one sport will be ineligible for participation in another sport until the end of the season for the sport for which he/she has quit unless the head coaches of both sports mutually agree to the student/athlete's participation.

There should be an order for choosing when a conflict occurs between sports and a resolution can't be found between coaches and players. The following is a guideline that can be used:

1. District events take precedence over non district events.
2. Team sports take precedence over individual sports.
3. Games take precedence over scrimmages and practices.
4. UIL will take precedence over non UIL events.
5. At NO TIME will a club or rec sport take the place of ANY school event.

Every effort should be made by the coaches to ensure the best solution is attained.

2. All athletes participating in LOISD Athletics commit to the team, their teammates, and to their school. Each program demands the dedication of time and energy of the athlete. Part of this commitment is to be a student first and strive for academic excellence. Another integral part of that commitment is to place the LOISD Athletic team above participation in any non-school sanctioned activity and attend all practices and games scheduled by LOISD Coaches.
3. Dual Participation: In the event a student-athlete misses a LOISD Athletic Contest, without prior approval, to participate in an activity, not under the direction of LOISD, the student-athlete has chosen that activity over a LOISD sport he/she may be released from the team at the head coach and athletic director's discretion.

Required Forms

All athletes in the district's athletic programs must have an annual physical examination completed by a physician. The following forms must also be complete and on file with the trainer for high school athletes. Middle school coordinators are responsible for all middle school forms.

Required Forms:

1. Acknowledgment of Rules
2. Athletic Physical
3. Concussion Agreement
4. Steroid Agreement
5. Sudden Cardiac Awareness Forms
6. LOISD Student-Athlete Parent Handbook

On the Field or Court

1. The athlete must refrain from the use of profanity or resorting to illegal tactics. Temper fits, flagrant rules violations, etc., will not be tolerated.
2. He/She must learn that both winning and losing are a part of the game and that you have to win or lose with class and emotional maturity.
3. Total respect for officials is an absolute must; disrespect from athletes or fans will not be tolerated.
4. Any behavior contrary to the above mentioned or any other act that is not conducive to good sportsmanship may result in removal from the contest.

Personal Appearance and Grooming

Participation in competitive athletics is entirely voluntary on the part of all students. There are specific standards that must be maintained to participate in athletics at Lone Oak ISD. One such standard is acceptable grooming and personal appearance.

1. Uniformity: Athletes travel quite frequently to other schools, towns, communities, restaurants, etc., as representatives of LOISD. Therefore, they should be groomed in a manner that our community, school, and sponsors will be proud of. We expect our athletes to set the example for grooming and personal appearance in our school.
2. Self-Discipline: One of the rewards of being an athlete is learning to discipline himself/herself. There is no better way to acquire self-discipline than to make sacrifices. Giving up untidy fads of dress and appearance is a minimal sacrifice.
3. Dress: The athlete should be neatly dressed and in compliance with all other school rules relating to dress not covered in these general policies. Failure to dress out appropriately is equal to an unexcused absence.

Injuries

If you have an injury, see the trainer who will treat or refer you to a physician. If you are going to miss a practice or a game because of an injury or an illness, we must have a note from a trainer or a doctor. If you are unable to participate physically, you will still dress out, accompany your team, and watch all plays, etc. unless given special permission from the Head Coach.

Insurance

The Lone Oak Independent School District is not legally liable for any injury or any expense incident thereto, sustained by a student participating in school athletics.

The insurance company will be selected by the Chief Financial Officer, and the Athletic Director to carry its athletic insurance program. All athletes are covered by the athletic insurance policy. The student-athlete and parents should be told that this is a limited policy and does not cover all the physician or hospital charges for treatment of an injury.

The School District will not pay that part of the doctor, hospital and other bills that are not covered by insurance benefits.

Disrespect to Teacher or Coach

Any act of disrespect by an athlete to his/her teacher, coach, or member of school administration will be addressed on an individual basis. Consequences may call for suspension or expulsion from athletic activities for one calendar year from the date of the incident. His/her conduct would determine his/her return during the period of the suspension or expulsion.

The following rules apply to all athletes at all times

1. No use of tobacco of any kind;
2. No drinking of alcoholic beverages; and
3. No abusive drugs (marijuana, narcotics, etc.)

The head coach will assign consequences for any violation of the rules stated above and follow the Lone Oak ISD Student Code of Conduct. His/her conduct would determine his/her return during the period of suspension or removal.

Athletic Booster Clubs

Athletic Booster clubs should support all sports teams in Lone Oak ISD. The athletic director should be on the policy making board of the club and should do all he/she can to support and encourage participation in it. All coaches are encouraged to join the booster club and attend meetings. Varsity head coaches should give their input to the AD as to things the booster club can do to support their program. We would like to use booster club funds for items not normally purchased from the yearly budget.

Eligibility

The UIL No Pass No Play rule requires all athletes to maintain a 70 in all classes every 6 weeks to participate. You must be on grade level to participate at the beginning of the school year. Coaches will do credit checks at the beginning of each school year to ensure the proper number of credits are obtained.

7th-9th = Promotion

10th = 5 credits

11th = 10 credits

12th = 15 credits

Behavior Expectations for Spectators

1. Show respect for the opposing players, coaches, spectators, and support groups.
2. Respect the integrity and judgment of game officials.
3. Recognize and show appreciation for an outstanding play by either team.
4. Refrain from the use of any controlled substances (alcohol, drugs, etc.) before, during, and after the game on or near the site of the event (i.e., tailgating).
5. Be a positive role model at events through your actions and by censuring those around you whose behavior is unbecoming.
6. Parents and spectators should be aware that the school can (and should) remove them from the premises and can prohibit them from attending future contests due to undesirable behaviors.

Game officials can ask that school administrators have unruly fans removed from a contest facility. The school is responsible for the behavior of their spectators. The school district can be punished for patrons' actions in violation of UIL standards and rules.

Theft

Stealing items from other players, students, schools, etc., will not be tolerated. Consequences will be determined on a case by case basis and may include suspension or removal from the team.

Hazing/Fighting/Bullying

Hazing, fighting, bullying, or any physical harm to another student may result in consequences including but not limited to a potential loss of athletic privileges.

Awards

1. Letter awards for athletics will be given only for varsity competition.
2. A standard athletic jacket will be given (as a one-time award) to athletes who meet the letter requirements in their particular sport or extracurricular activity.
3. To receive any athletic award a student must a) be passing, b) complete the season of said sport "in good standing" c) meet all standards set up by the coach, AD, and principal.
4. 5. All coaches must have a policy for lettering before the season starts. This policy should be approved by the athletic director before the season begins. A copy of the letter jacket policy will be kept on file at the Athletic Department.
5. **Note:** A senior member of a squad who has made a positive contribution to the team and does not meet all specifications should be considered for an award.

Athletic "Pass" Policy

LOHS Athletes are provided with a pass that allows them free admission to athletic contests in LOISD. Athletes are not to ask a ticket seller/pass gate worker for free admission to any contest if they do not have their pass. Athletes will be given ONLY one pass for the entire school year. If it is lost or stolen, they will not be issued another. All gate workers reserve the right to deny entry or take up a pass from a student that is misbehaving or being unruly. Passes are ONLY given to High School Athletes, not Middle School. If an athlete quits or is removed from athletics, they lose their pass.

Parent/Doctor's Notes

We will not accept a parent's note for an athlete to sit out of practice due to illness/injury. Coaches will always make their judgment with the kid's best interest in mind, but a letter from a doctor or Athletic Trainer will be required indicating the injury and anticipated inactivity.

Athletes assigned to ISS (In-School Suspension) or OSS (Off-Campus Suspension)

ISS

ISS will be treated as an unexcused absence and the punishments be handled by the head coach of that sport. Their unexcused absence conditioning must be handles before they commence with a practice or game.

OSS

Students who are suspended from school will be suspended from participation in all extracurricular games, contests, performance, banquets, and team transportation.

1st Offense:

1. Suspension from the specified activities for a period of 8 school days from the date of OSS.
2. Two counseling sessions with campus counselor.
3. Complete four community service hours approved by campus administrator.

2nd Offense:

1. Suspension from the specified activities for a period of 24 school days from the date of OSS.
2. Four counseling sessions with campus counselor.
3. Complete six community service hours approved by campus administrator.

3rd Offense:

1. Suspension from the specified activities for a period of 72 school days from the date of OSS.
2. Six counseling sessions with campus counselor.
3. Complete eight community service hours approved by campus administrator.

***If the specified activity involves physical activity, the student will be required to make up any conditioning or skills missed during the suspension. This will help ensure that the student is prepared to safely return to the physical activity once the suspension has ended.

School Equipment

The athlete is financially responsible for all equipment checked out to him/her. The athlete shall not wear or use school equipment for personal use. Equipment may not be removed from school property without permission from his/her coach.

Quitting

A student/athlete who decides to quit one sport and enter another will be ineligible for participation in another sport until the end of the season for the sport from which he/she has quit. Unless mutually agreed upon by both head coaches and athletic director. A student/athlete quitting a sport will forfeit any award for that sport in that particular season. A student/athlete who decides to quit a sport and does not play another team sport is subject to removal from the athletic period at the discretion of the athletic director.

Practice and Game Regulations

The head coach must be contacted ahead of time if an athlete must miss a practice or game. Missing any type of practice or game will result in an appropriate make-up kind of work. No jewelry, personal electronic devices, or backpacks will be allowed during practices or games. New piercings must be removed during practice and games. Not only is this a safety issue, but we also practice following UIL rules for game purposes. Obey all rules.

School vs. Club Expectations

All school practices and games will take priority over club practices and games. A student can participate in a select / club team while participating on a school team; however, missing a scheduled school event to participate in a non-school event will be unexcused. If a student misses one school event/game, they will be suspended the following corresponding number of events/games in middle schools. For this purpose, a tournament will be considered two games. In high schools, it is the head coach's discretion.

Travel Policy

All athletes' travel and return with the team unless previous arrangements have been made to do otherwise. Parents cannot take other players home from out of town games. Athletes are encouraged to ride with the team.

Tutoring and any Re-tests

All reasonable efforts should be made to schedule these outside of practice time.

Concerns

Concerns or problems will be addressed in this order:

- a. Athlete/coach
- b. Athlete/parent or guardian/coach
- c. Athlete/parent or guardian/coach/athletic coordinator

The CAP- PACT Core Principles

- Coach, Athlete, Parent Are In Partnership
- Partnerships are built on honest and open communication.
- Communication is two-way and based upon mutual respect.
- Disputes are resolved according to specific written procedures.

LOISD Athletics Complaints/Concerns Process and Guidelines



Remember the "24-hour rule: Please wait 24 hours before approaching a coach either by phone or through email, this will allow all involved a "cooling down" period and also provides time for reflection.

By signing below, you acknowledge that you have read & understand the LOISD Athletic Regulations and Expectations.

Student Signature _____ Date _____

Parent Signature _____ Date _____

