

Baird

Bears & Lady Bears

Student Athletic Handbook

2009-2010

2009-2010 BAIRD BEARS ATHLETIC HANDBOOK

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Mission Statement

Through its athletic programs Baird Independent School District will unite the students, faculty, staff, alumni and community in a common and shared experience. Ultimately, the mission of the athletics program is to engage as many students as possible, to elevate the spirit of the school, and stimulate the best effort of all who are associated with Baird ISD. Our broad-based athletic program will provide excellent educational and athletic opportunities for young men and women to grow and develop. This excellence also includes commitment to the physical and emotional well-being, social development of student-athletes as well as the development of their sense of citizenship, dedication to sportsmanship and fair play, the development of individual and team skills, the exertion of best effort, the will to win, and general conduct that brings credit to Baird ISD and is a source of pride and enthusiasm for all members of the Bears community.

Girls and Boys Athletic Philosophy

This is the only time in this handbook that girls and boys are separated. Baird Athletics is a total athletic program where girls and boys sports are treated equally. We do not have girl athletes or boy athletes; we have Baird Student/Athletes.

Athletics are an extension of the classroom experience for the Student/Athlete. We are not a separate entity unto our selves. We exist to enhance Student/Athletes receive first in the classroom, then through interscholastic participation in sporting activities, where they have the opportunity to grow personally and socially. The Athletic Program enhances general knowledge, skills and abilities, including physical fitness, self-confidence, leadership and teamwork. We strive to develop a well-rounded Student/Athlete who process intellect and character.

BAIRD ATHLETIC RULES AND POLICIES

As a student/athlete you have many choices or decisions to make in life. In order to make the best possible choice you should ask ourselves three questions: (1) Will it make you a better young man or young lady? (2) Will it make you a better student? and 3) Will it make you a better athlete? If the answer is no, then there will be a rule against it. If the answer is yes, then there is no need for a rule.

We believe that athletics is a privilege. We hold our athletes to higher standards in all aspects of school, athletics, and personal choice. You represent not only Baird ISD but your family, friends, and the community as well. Your success and great effort gives pride and enjoyment to everyone.

Baird student/athletes will be held accountable in the following areas:

- Classroom behavior and diligence
- Attendance – school and athletics
- Sportsmanship – on and off the court or field
- Character
- School representation
- Training rules

BAIRD ATHLETIC EXPECTATIONS AND RULES

Baird Independent High School provides an athletic program for the benefit of the students. It is believed that participation in a competitive athletic program can provide students an opportunity to learn responsibility, dedication, leadership, hard work, respect for rules, respect for authority, and other positive qualities. Regulations are established to promote these qualities and to help build and maintain a strong athletic program. It is recognized that athletic expectations exceed the standard rules. We believe this is necessary to maintain a favorable attitude and proper conduct at all times. Violations of the rules will result in corrective and / or disciplinary action. The facts and circumstances will be taken into consideration when determining what action will be taken. Students may be dismissed from the athletic program for violation of the above mentioned expectations or the following rules:

- 1) Student Parent Handbook -- Athletes must review and be familiar with the sections regarding extracurricular activities and abide by all school rules.
- 2) Profanity -- Athletes will not use profanity or obscene gestures.
- 3) Stealing -- An athlete taking the property of another, especially of ones teammate, without right or permission may be dismissed from the team.
- 4) Hazing -- Any incident of hazing will not be tolerated. Parties involved will be subject to disciplinary actions and possible removal from the team. School District Policy and State Law will be followed.
- 5) Drugs / Alcohol -- Use of alcoholic beverages, tobacco, narcotics, or other mind-altering substances will not be tolerated. Failure to comply with this policy may result in dismissal from the athletic program.
- 6) Appearance -- The Student Handbook Dress Code will be enforced. Extreme hairstyles are not permitted. In addition, male athletes will adhere to a grooming code that is recommended by the Texas High School Coaches Association: no earrings, hair shall be neat, off the collar and out of the eyes, facial hair, ponytails or artificially colored hair will not be allowed; sideburns and hair shall not extend below the bottom of the ear lobe.
- 7) Illness -- Athletes who will miss a practice, game or athletic activity, due to illness, must notify the head coach in advance. Failure of notification will result in an unexcused absence and could affect your playing time and status on the team..
- 8) Equipment and Facilities -- Athletes are responsible for the security and care of both personal belongings and equipment issued to them; lockers should be used and remain locked when not supervised. All issued equipment must be returned. Athletes shall keep personal lockers. Locker rooms and dressing areas should be kept neat and clean.

- 9) Quitting a Sport -- Athletes who quit a sport will not be allowed to join another until the first sport is complete with the regular and post season. An athlete who quits two sports in one school year will not be permitted to participate in another sport without the approval of the athletic director.

- 10) Participation – Athletics is a privilege. It is our philosophy to see as many students as possible participate in athletics. We will encourage coaches to keep as many students as they can without compromising the integrity of their sport or team. Time, space, facility, equipment, and any other relevant factors could place limitations on the most effective squad size for any particular sport. Coaches must have the approval of the athletic director in order to cut athletes from a sport.

- 11) Campus & Sport Policies – Coaches may enforce additional rules and procedures specific to their sport. Notification of these rules and or procedures will be given to and signed by athletes and their parents at the beginning of each season. All additional rules and procedures must be approved by the athletic director. Each varsity coach will have a parent, student/athlete and head coach meeting before the beginning of their season.

UIL PARTICIPATION RULES

A Baird ISD student-athlete is expected to be a role model for the school and community. Student-athletes' actions, whether positive or negative, reflect on the BISD Athletic Program as a whole. With the choice of athletics come the expectations of striving to be the best person, best player, and **commitment to putting forth the effort to develop a championship caliber team.**

General Eligibility Rules from the University Interscholastic League (UIL) Section 400 and 440 of the Constitution and Contest Rules are as follows:

“Students are eligible to represent their school in varsity interscholastic activities if they:

- Are not 19 years of age or older before September 1 of the current scholastic year.
- Have not graduated from high school.
- Are enrolled by the sixth class day of the current school year or have been in attendance for fifteen calendar days immediately preceding a varsity contest.
- Are full-time day students in a participant high school
- Initially enrolled in ninth grade not more than four calendar years ago.
- Are meeting academic standards required by state law.
- Live with their parent or guardian inside the school district attendance zones.

General Eligibility Rules from the University Interscholastic League (UIL) Section 400 and 440 of the Constitution and Contest Rules (continued):

- Have observed all provisions of the Awards Rule.
- Have not represented a college in a contest.
- Have not been recruited.
- Have not violated any provision of the summer camp rules.
- Have observed all provisions of the Athletic Amateur Rules.
- Did not change schools for athletic purposes.”

Required Forms

The UIL also requires that each student who participates in any practice, scrimmage, or game submit the following completed forms to the BISD Athletic Department. These forms are available in the athletic department.

- a. Pre Participation Physical Form.
- b. Medical History Form.
- c. Parent or Guardian Permit.
- d. Rules Acknowledgement.

ATHLETIC CODE

The BISD Athletic Program is an extension of the Academic Program. The athletic program is designed to teach student-athletes lifelong lessons that will benefit them after high school graduation. Complimenting this goal are the UIL Athletic Codes that are listed below:

“UIL Constitution and Contest Rules, Section 1201: ATHLETIC CODES

The Athletic Code and the Athletic Code for Coaches carry the force of rule. Member school districts, participant schools and/or covered school district personnel who violate any of the provisions of these codes will be subject to penalty.

THE ATHLETIC CODE, The general Athletic Code means to:

- (1) Play the game in the spirit of fairness, and sportsmanship, observing all rules, both in letter and intent.
- (2) Coach and sponsor the teams and individuals without resorting to unethical tactics, trickery which attempt to skirt rules, or any unfair tactic which detracts from sound educational principles.
- (3) Accept decisions of sports and school officials without protest, and without questioning the honesty or integrity, and extend protection and courtesy to sports officials from participants, school personnel, and spectators remembering that officials are guests.
- (4) Regard opponents as guests, putting clean play and good sportsmanship above victory at any cost. Win without boast and lose without bitterness. Victory is important, but the most important thing in sports is striving to excel and the positive feelings it fosters between those who play fair and have no excuse when they lose. The development of recreative aspects and positive human relations should be stressed in all competition.
- (5) Remember that conduct that berates, intimidates, or threatens competitors, based on gender or national origin, has no place in interscholastic activities.

THE ATHLETIC CODE FOR COACHES

- (1) Being aware of, understanding, and following all rules governing the competition for which the coach is responsible.
- (2) Informing one's immediate supervisor in writing the next school day after a contest if ejected from the contest for unsportsmanlike actions, or, in football, if given three 15 yard unsportsmanlike penalties during one contest, knowing that such conduct requires automatic penalty
- (3) Treating athletes based on what is best for the education, general welfare, and health of the student.
- (4) Professional loyalty to other coaches.

- (5) Not removing a team from contest as a protest.
- (6) Adhering to in season and out of season practice regulations.
- (7) Adhering to policies which do not force athletes to specialize or restrict them from participating in other sports.
- (8) Allowing students to participate in one school sport without requiring, as a prerequisite, participation in another sport.
- (9) Abstaining from any practice which would bring financial gain to the coach by using a student's participation in a camp, clinic, league, or other non-school athletic event, such as a rebate for each player sent to a particular camp or from each player using a particular product. Coaches shall not charge a fee for private instruction to student/athletes during the school year. The restriction on charging fees for private instruction applies only to those students who are:
 - A. In grades 9-12
 - B. From the coach's attendance zone
 - C. Participating in a sport for which the coach is responsible.
- (10) Abstaining from any practice that makes a student feel pressured to participate in non-school activities.
- (11) Avoiding any coaching practice which would endanger the welfare or safety of any player.
- (12) Emphasizing the academic progress of all participants by a regular, documented check of their academic standing, both in season and out of season.
- (13) Scheduling games and practices to avoid unnecessary loss of study or class time.
- (14) Utilizing the best and most current teaching, coaching, and training methods through affiliation with professional associations and publications.
- (15) Abstaining from any practice that solicits teachers to modify a participant student's grade for eligibility purposes.
- (16) Avoiding any actions that encourage, condone, or tolerate the use of performance enhancing drugs by any student-athlete.
- (17) Emphasizing a chemical awareness program that informs and educates students of the damaging effects of anabolic steroids and other legal drugs.
- (18) Disclosing to opposing schools any known conflict of interest with an assigned sports official prior to the contest.

Baird Bears Athletics

Academics

Academic Beliefs: *Academic Goals: 100% Passing*
70% A or A-B Honor Roll

1. We will be progressive in preventing academic casualties.
2. Athletics is an extension of a student's education experience.
3. We are here to facilitate and enhance the education process by motivating kids to do their best in all endeavors.
4. Athletics teaches life-long lessons that are necessary to the maturation of a young adult. It is our coaches' responsibility to teach and stress these lessons and our athletes will be held accountable to each.
5. Athletes must be in class attendance in compliance with school policy in order to be eligible to participate in interscholastic competition that day.
6. Athletes are expected to be in the athletic period everyday. Any exception to this must receive prior consent from the Head Coach. Violations will result in athletes being placed on a conditioning program to improve attendance and or will limit playing time for the athlete.
7. Our athletes' priorities should be based on their family life, academics, and sports.

Weekly Grade Checks

Each coach will be responsible to deliver and pick up grade sheets from a specific number of teachers in order to insure the athlete is passing, turning in all assignments, and acting appropriately in class.

Weekly Study Hall

Each coach will be responsible for a specific number of athletes in order to help these students be successful in the classroom. Coaches will tutor the students in their subject area if possible. Students having tutorials with other teachers will be able to attend. Tutorials are mandatory the 1st six weeks. After the 1st six weeks grading period, only students with an average less than 75 must attend study hall.

Baird Bears Athletics

Athlete Injuries

Athletic Injury Beliefs:

1. The safety and well being of our athletes is the first and foremost concern of the athletic program and coaches.
2. The safety of the athlete is a shared responsibility of the athlete, coach, parent, and trainer. All parties mentioned must openly communicate with one another.
3. Athletes should report any injury to the supervising coach immediately. Appropriate measures will be taken to address the issue to include, but not limited to training modalities, emergency care, parent contact, doctor referral, and rehabilitative treatment.
4. Decisions concerning the availability of an athlete for practice or games shall be based on the release of a physician.
5. It is the policy of the Athletic Department to follow up on injuries with a phone call to the parent.

All injured athletes are expected to be at practice and participating in whatever way possible. Injuries are not an excuse for being absent from practice.

A Student/Athlete will be allowed to bring one parent or guardian note a semester to be excused from athletics for one day, any additional days of not participating must be accompanied by a doctor's note.

Baird Bears Athletics

Athletic Dress Code

1. Student/Athletes are accountable to the local school dress code, as well as the THSCA Dress Code. Male athletes may not wear earrings, hair shall be neat, off the collar and out of the eyes, facial hair, ponytails, or artificially colored hair will not be allowed; sideburns will be no longer than the bottom of the ear lobe.
2. Student/Athletes shall travel neatly dressed, shirt tucked in, and in game shirts or uniforms. This will include home competitions.
3. Student/Athletes should dress the same during interscholastic competition or practice. All colors worn should be the school colors or accented with neutral colors such as black or gray.
4. Student/Athletes shall wear their uniforms as they are intended to be worn during practice and game. Shirts tucked in, pants pulled up, hat on forward, sleeves not rolled up or jersey not tucked under pads.
5. When school equipment and or shoes are issued, all Student /Athletes must wear issued equipment unless they have been given prior consent from the Head Coach.

Violations will result in corrective consequences according to the Head Coach. Continual failure may result in a minimum of competition suspension or a maximum of removal from the athletic program.

Football Dress for Success

On game days all Varsity Football players and coaches will wear ties. Players will let an employee of the district wear their game jersey at school during the school day. They will pick someone they know who cares about them, and that they respect. The players will pick up their jerseys from the employee and wear them to the pep rally. They will check with the particular employee on Thursday to make sure it is okay.

Baird Bears Athletics

Conferences

Conference Guidelines:

1. Coaches will return all phone calls within 24 hours.
2. Conferences will be set during normal conference times or by appointment.
3. Coaches are prohibited from meeting with parents after games or practices unless an appointment had been prearranged.
4. Coaches are not allowed to talk about the other athletes.

As your children become involved in the programs at Baird, they will experience some of the most rewarding moments of their lives. It is important to understand that there may be times when things do not go the way you or your athlete wishes. At these times, discussion with the coach is encouraged. Examples of these situations include the treatment of your athlete, ways to help your athlete improve, concerns about your athlete's attitude, or academic performance. It will be the Coach's discretion to make all decisions about playing time or position for individual Student/Athletes, regardless of the score of the game or the personal feelings of the Student/Athlete's parents.

Coaches are professionals. They make judgments based on what they believe to be best for all students involved. As you have seen from the list above, certain things can be and should be discussed with your athlete's coach. Other things should be left to the discretion of the coach. Examples include team strategy, other Student/Athletes, playing time, etc.

Baird Bears Athletics

Fan Sportsmanship

Fan Sportsmanship Beliefs:

1. This is school athletics, our athletes are amateurs, and we compete in the spirit of good sportsmanship.
2. All fans should focus on cheering for the Bears and encouraging their son or daughter.
3. Every fan has the responsibility to avoid talking negatively about any player, team, coach, or other fans.
4. We will take all steps necessary to provide a safe atmosphere for our players, coaches, our opponents, and fans.
5. Most kids play athletics because they want to have fun and be with their friends. Let's respect and protect their right to be a kid.
6. No parent or guardian will be allowed into the players locker room without the consent of the Athletic Director.

Consequence Progression

Level 1: The Administrator will correct the un-sportsman-like behavior with a verbal warning. Any warnings issued should be documented and reported to the Athletic Director.

Level 2: Any serious or persistent un-sportsman-like behavior will result in the immediate fan removal. Any removal will be reviewed by the Athletic Director, Principal, and Superintendent. The fan will be contacted by the Principal and Athletic Director for conference.

Level 3: Severe issues will result in a suspension from athletic events for a period to be determined by the Administration.

Baird Bears Athletics

On Field Expectations

1. Athletes will be respectful of the team (the opponents and their own), the game, and its rules (to include game officials).
2. Attention to detail should be given to how we play the game.
 - Celebrate with your team, do not draw attention to yourself
 - Hand the ball to the official after every play, never leave it on the ground.
 - Avoid all conversations with officials unless performing duties as a captain or instructed by the Head Coach.
 - Play hard, but fair and do it between the whistles and lines.
3. Excessive temper flares or avoidable un-sportsman-like penalties will result in removal from the game and will be reviewed for any further suspension or removal from the team.
4. Insubordinate sideline behavior will result in the removal from the game and will be reviewed for any further suspension or removal from the team.
5. Players will show respect for the competition by kneeling during injuries and refraining from “trash” talking.
6. **Remember you are representing your team, school, community, and family. Always make them proud.**

Violation will result in corrective consequences according to the Head Coach. Continual failure may result in a minimum of competition suspension or a maximum of removal from the athletic program.

Baird Bears Athletics

Practice & Game Attendance

Practice & Game Attendance Beliefs:

1. Athletics is a privilege. This privilege is earned daily through commitment to the team in the form of time and effort. Thus, all practices and games have mandatory attendance.
2. Student/Athletes must notify the Head Coach in advance if they are going to miss practice or a game.
3. Absences without prior notification will be considered unexcused.
4. Tardies in excess of 20 minutes to the athletic period or after school practice will be considered absences and must have prior consent or must be called in. Failure to do so will result in make up conditioning according to the absence policy.
5. Parents should try to schedule outside appointments at times other than school and athletics.

Unexcused absences:

Will result in make up conditioning as well as additional "Do Rights" for not calling in to confirm the absence. May result in loss of playing time and/or game suspension.

Excused absences:

Will result in making up the conditioning of the day.

Excessive absence may result in loss of playing time.

The nature of the absence will be determined by the Head Coach.

Baird Bears Athletics

Stealing

Stealing Beliefs:

1. Stealing is not tolerated by the BISD Athletic Program and may result in the immediate removal from the program.
2. All athletes will be provided a personal lock and secured place to store their personal items.
3. Any items that will not fit in the locker may be stored on a temporary basis in the coach's office.
4. It is the responsibility of the Student/Athlete to secure their personal items.
5. All missing items should be reported immediately to the Head Coach.

Minimum Penalty:

Competition suspension and two weeks of conditioning.

Maximum Penalty:

Indefinite removal from athletics.

All cases will be reviewed by the Athletic Director.

Baird Bears Athletics

Travel Expectations

Baird Athletes are ambassadors for our program, school, and community. They should conduct themselves in such a manner that we want our opponent to view Baird as a community that we can be proud of. A choice of participation in athletics is an acceptance of this responsibility and duty to uphold a high standard of behavior.

1. Student/Athletes will conduct themselves in a respectful manner during bus travel, eating out of town, staying overnight, or waiting for or after competitions.
2. Student/Athletes will ensure that locker room, sidelines, and benches are clean. Pick up after yourselves.
3. Student/Athletes are to respect all properties and facilities.
4. Student/Athletes are to ensure that all buses are clean after out of town trips. No trash is to be left on the buses.
5. Student/Athletes will be provided a time to eat prior to competition. They are encouraged to bring food for this time. Prior notification will be given when the Athletic Department will be responsible for feeding the athletes.
6. Student/Athletes are expected to ride to and from the event. However extenuating circumstances do occur. See procedure below.

Procedure for riding home other than school transportation:

Student/athletes may return home with their parent or guardian when the parent or guardian presents a written request to the Coach. Students will only be released in person to their parent or guardian. If a student/athlete is injured in a contest away from home, the above policy may be altered to meet the circumstances.

Baird Bears Athletics

Alcohol, Tobacco, & Drugs

The BISD Athletic Department will adhere to the Alcohol, Tobacco & Drug policy set forth in the District Student Handbook.

Baird Bears Athletics

Athlete Sportsmanship

Athlete Sportsmanship Beliefs:

1. Athletes will be held accountable for their actions on the field or court.
2. The Head Coach is responsible for distinguishing between serious un-sportsman-like conduct and routine infractions.
3. Athletes are to avoid “trash talking”.
4. Athletes are responsible for helping teammates abide by sportsmanship standards. This includes defusing situations rather than encouraging or instigating disagreements.
5. Athletes are expected to get excited and play with emotion however they should refrain from complaining or drawing attention to themselves.
6. Athletes will not be removed for competition infractions that in the judgment of the Head Coach did not have any mal-intent.

Consequence Progression

Level 1: Coach will remove the athlete from the game or practice situation. The circumstance of this removal is at the discretion of the Head Coach. After the game or practice, the Head Coach will conference with the athlete.

Level 2: A second offense will result in an athletic suspension and discipline contract as determined by the Head Coach and Athletic Director.

Level 3: If the contract is violated, the Head Coach, and Athletic Director meet to discuss athletic suspension length or removal from the sport.

Baird Bears Athletics

Character

Character Beliefs:

1. Our athletes are ambassadors of our program, school, and community.
2. Athletes will be held accountable for their behavior and citizenship in the classroom and in the community.
3. Athletes are expected to model positive behavior.
4. Athletes are expected to be involved in the community and all aspects of the athletic program.
5. Athletes will be treated with respect and will be expected to be respectful.
6. Attitude is the biggest indicator of success. Coaches, players, parents, teachers, and administrators are all responsible for helping build that positive attitude in the classroom and on the field.
7. Student/athletes are to notify their coach immediately after any “poor decision” they may make.
8. Immediate notification will be taken into consideration when deciding on discipline.

Character Education Program

We will take a few minutes out of our weekly program to teach what we have identified as strong character traits. We will teach one character trait per week. Examples:

Attitude, Caring, Citizenship, Discipline, Fairness, Goal Setting, Integrity, Leadership, Loyalty, Respect, Responsibility, Self-Image, Teamwork, and Trustworthy

Consequence Progression

Level 1: Character issues will be reported to the coaching staff. Coach will investigate and then meet with the athlete to determine additional conditioning with respect to the athlete’s behavior.

Level 2: Persistent misbehavior will result in the Head Coach and Athletic Director designing a contract and meeting with parent and player.

Level 3: If the contract is violated, the Head Coach and Athletic Director meet to discuss athletic suspension length or removal from the athletic program.

Baird Bears Athletics

Discipline

Discipline Beliefs:

1. Coaches will be fair and consistent because the lessons being taught are life long.
2. Consequences shall be equivalent to the mistake.
3. Discipline shall be handled immediately.
4. Make sure the athlete understands what they did incorrectly and outline a plan of action to improve.
5. Continual discipline issues will not be allowed to take away from the team.
6. Athletes will be held accountable for attitude, effort, and citizenship.
7. All events will be documented. Parents will be contacted when behavior becomes an issue.

Consequence Progression

Level 1: Coach will immediately discipline athletes in the regular course of practice.

Level 2: Head Coach will assign after practice conditioning based on a write up or
A severe issue.

Level 3: Head Coach and Athletic Director will design a contract and meet with parent
and player.

Level 4: Head Coach and Athletic Director meet to
discuss athletic suspension length or removal from the sport.

Baird Bears Athletics

Hazing

Hazing Beliefs:

Hazing is against the law and will not be tolerated in the Baird Athletic Department.

Hazing means any intentional knowing, or reckless act occurring on or off school property directed against a student, by one person alone, or acting with others, that endangers the mental or physical health or the safety of a student for the purpose of pledging, being initiated into, affiliating with, holding office in, or maintaining membership in any organization whose members are to include other students. Under Education Code 37.152 a person commits an offense if the person commits any of the following:

- Engages in hazing.
- Solicits, encourages, directs, aids, attempts to aid another in engaging in hazing.
- Recklessly permits hazing to occur.
- Has firsthand knowledge of the planning of a specific hazing incident involving a student, or firsthand knowledge that a specific hazing incident has occurred, and knowingly fails to report that knowledge in writing to a Coach or the Athletic Director.

Major offenses deemed as hazing and will result in immediate removal from athletics for an indefinite period

Bullying:

Bullying occurs when a person intentionally hurts another person, mentally or physically out of spite.

Minor offenses of bullying will result in Student/Athlete reprimand.

Persistent minor offenses will result in a Student/Athlete and parent conference, as well as a player contract and conditioning program.

Determination of bullying and hazing will be in conjunction with local policy consistent with the school's ruling.

Baird Bears Athletics

Multiple Sport Athletes

Multiple Sport Beliefs:

As the Athletic Director I am a strong proponent of multiple sports athletes.

Playing Multiple Sports,

1. Improves competitiveness
2. Benefits all sports
3. Improves academics
4. Builds unity
5. Improves ability to pursue sports in college
6. Enhances high school experience

Our coaching staff will give every athlete the opportunity to participate in as many extra-curricular activities as possible and we will encourage our athletes to do so. This includes all Sports, Ag, Academic UIL, Band, etc.

When conflicts do arise, the coaches will get together and work out a solution so the Student/Athlete does not feel caught in the middle. If a solution cannot be found the Athletic Director will make the decision based on the following:

- The relative importance of each event.
- The importance of each event to the student.
- The relative contribution the student can make.
- How long each event has been scheduled.
- Talk with parents.

Once a decision has been made and the student has followed the decision, he/she will not be penalized in any way by either faculty, sponsor, or coach.

Baird Bears Athletics

Participation

Participation Standards:

In order for an athlete to compete in a sport, they must be enrolled in the athletic period. Only 4th year seniors, who must take a course needed for graduation during the athletic period, may do so. An athlete attending Baird ISD in the spring must participate in the off-season program to play a sport the following year.

A Baird Athlete should:

Exceed academic requirements for eligibility.

Display conduct in the classroom that is becoming of a Baird Athlete.

The student left his/her previous school in good standing.

Attempt to enter the program at the earliest available date.

Meet all eligibility requirements as established by the UIL.

Have a cleared physical evaluation by a doctor releasing the student/athlete to play.

Have permission form and paperwork completed.

All eligibility and UIL paperwork will need to be on file with the Athletic Director and the appropriate administrator.

Program Entry

Unconditional entry if all expectations are met.

Probationary entry if most of the expectations are met and a coach will vouch for the student/athlete based on their observations of his/her attitude and effort

***violations of a probationary contract could result in immediate removal of the athletic program.

Baird Bears Athletics

Quitting the Team

The Baird Athletic Department strives to discourage athletes from quitting a sport during the season. It is in the best interest of the Student/Athlete to learn to finish what they start. If a student/athlete decides to quit:

1. The Student/Athlete must bring a signed parental consent to the Athletic Director within two days of wanting to exit the sport.
2. The student and parent(s) will meet with the athletic director, head coach for an exit interview to determine the reason and review the athletic rules on quitting. This meeting will occur within three days of the athletic director receiving the parental consent letter to leave the team.

Good Standing

The Student/Athlete has completed the competitive season and/or is participating in off season.

The athlete decided not to play prior to the end of trial period which is prior to the first competition.

The athlete has met with the Head Coach prior to when the athlete stops coming to practice.

The athlete has displayed class and character under all circumstances related to their decisions not to play.

Any player who quits a sport is not eligible to participate in another until the first sport is complete. Any player who quits a sport forfeits all rights to any post season awards or honors.

Poor Standing

The Student/Athlete did not complete the competitive season.

The athlete decided to quit after the first competitive game.

The athlete did not meet with the Head Coach, but rather just stopped coming to practice.

The athlete showed poor class and character in the manner in which they conducted themselves when they quit.

If an athlete quits in poor standing, he must complete make-up work before being allowed to participate in another sport. The make-up will be determined by the athletic director and head coach of the sport.

If a Student/Athlete is competing in two sports at the same time, for example track and softball and the athletes decides to quit one of the two sports he or she may forfeit the opportunity to continue competing in the other sport.

Baird Bears Athletics

Strength & Conditioning

Strength & Conditioning Beliefs:

Every Student/athlete in the Baird Independent School District will be participating in our year round strength and conditioning program. This program will be the backbone of our future success.

A Year Round Program will:

1. Reduce injuries
2. Develop and keep strength during the season
3. Improve performance
4. Build self-esteem
5. Develop unity

Our Goal is to make an average athlete good, a good athlete great, and a great athlete into a special athlete.

Our year round strength and conditioning program will benefit our athletes because we will have more strength and stamina during the 4th quarter, 5 match, last lap, or late innings, than our opponents.

Our program will be based on varsity in season and out of season sports. The Athletic Director and Head Coach of the in season sport will develop a program to improve the performance of the in season athletes.

Our off season program will be developed by the Athletic Director with the assistance of our coaching staff.

Our programs will be based on multiple joint floor grounded exercises, Olympic lifts, power lifting exercises, auxiliary lifts, agility, and flexibility drills.

Our junior high program will be developed and implemented by the Athletic Director with the assistance of our coaching staff.

POINTS OF INTEREST

1. Be Positive -- When speaking about the team or an individual performance be honest, but find the positive. Finding the good in each situation will lead to growth. Most athletes play high school sports to have fun and be with their friends. Negative comments and attitudes take the fun out of the game for the kids.
2. Team Roles – Athletics is a game for “try-ers”. Total Effort will be rewarded, but not every athlete can carry the ball. Everyone will have a role on the team, but not all the same. Playing time is determined by practice performance based on following criteria in this order: Knowledge of assignment, total effort, accountability, mental toughness, hitting ability and athletic ability. Encourage the student-athlete to work hard and be the best they can be at the role they fill. **Chances are given every day in every minute of practice.**
3. Questioning Decisions-- All team decisions are based on the following two criteria: 1) what is best for the team, and 2) what puts the student / athlete in the best position to succeed. Questioning of decisions should be done appropriately. Chain of Command will be follow. First the athlete should speak with their position coach, after practice or before school. Secondly, the parent and athlete should set up a time to speak to the position coach. Third the parent and athlete should set up a time to speak to the head coach. Fourth the parent and athlete should set up a time to speak to the Athletic Director. Athletes and Parents should present clear questions that deal with their son / daughter only and the coaches should present honest and clear answers that outline deficiencies and opportunities to improve. Parent, guardians, or family members will be prohibited from confronting a coach after a contest or game.
4. Team (Rules) – Successful programs combine **1) Common Goals with 2) Complimentary Skills, and 3) Mutual Accountability.** Athletics is a privilege that is earned through hard work. Team rules are designed to be not only fair to the athletes, but also fair to their teammates. Every athlete has a choice to do right and do their best. As parents and coaches we are obligated to help the athletes make the tough choice to do right, on and off the field / court. **We will hold each and every athlete accountable for the choices they make. We love every athlete, but we don't always love what they do.**
5. Education Responsibilities-- Insist on good grades. The parents and the coaches should do daily or weekly checks on athlete's school work. It is the parent's responsibility to see that the athlete's are doing their homework. It is the teacher's responsibility to ensure classroom diligence. It is the coach's responsibility to facilitate the educational process, good citizenship and coach the sport. Most athletes need academic structure: a place to work, adequate time to work, and encouragement to do the extra.

6. **Communication** – Your son or daughter is your pride and joy. We understand and appreciate this. Teachers and coaches are here to help your son or daughter get the best education possible. Our doors are open. When problems or concerns arise take the opportunity to call the office. Many times there are two sides to each story. Most problems are usually a misunderstanding or a simple oversight. We will work to give the very best coaching product we can to every athlete. When problems do occur, we ask that you follow the athletic chain of communication: 1) First, speak with the coach directly involved, 2) Secondly, speak with the head coach of that sport, 3) Finally, with the Athletic Director. As an Athletic Director, I believe in honesty and fairness, but it puts me in an awkward position when I was not present and have not had the opportunity to inquire about the situation. Please be timely in your communication. As coaches we are not allowed to meet after games or during other times where we are responsible for the supervision of athletes. We are more than willing to meet and speak with you at the appropriate time.
7. **Class, Character & Total Effort** – The personal growth and leadership learned from participating in athletics is the most important benefit. We ask each athlete to represent themselves, the teams, our school and community with respect and integrity. When our kids fall short of these expectations, we will take measurements to improve. It is important that the parent and coach are consistent in their communication. Insist on your son or daughter's respect for team and school rules, as well as sportsmanship. Many times they will look to their parents and coaches for example in times of adversity. We all need to remember that sometimes our actions speak so loudly that the athletes can't hear what we are saying.
8. **Motivation and Confidence** – Encourage your student/athletes self image by believe in them. Motivation occurs in three ways: 1) **Comparative growth**: Encourage individual improvement. This is best achieved by setting goals. Commit to them by writing them down and communicating them to the difference-makers in their lives (not to exclude them). Remind them of the goals everyday and take the time necessary to praise them when they are achieved (2) **Competitive growth**: Competitive success vs other people, this is the most common and effective motivational tool, but it is only successful when a person is successful. Avoid comparisons with relatives it is a no-win situation for the athlete. Be careful to not fuel a jealousy between two players. We should all avoid the criticism of one player to build another. Find good in everything and encourage them "to keep on keeping on". and 3) **Collaborative achievement** (team success). Little things are what win games. Every athlete will have a roll on our team, some more than others, but every role can win or lose a game. Take the time to watch your athlete know his / her role. Discuss his or her performance after the game. Many times knowing that someone important noticed his or her effort is all the motivation they need.

9. Scholarships -- Most high school athletes play because it is fun, not because they believe they will get a scholarship. Encourage your athlete to play for the love of the game. This alleviates a lot of pressure on a youngster. Scholarships are given by college recruiters, not by high school coaches. The coaches will fill out every form that comes into our office. We will speak to recruiters when they come by. We are willing to make high light tapes and phone calls. However when it comes down to it, an athlete must have solid grades, good citizenship, be a great athlete and fit into a college system. Our program prepares athletes for success in any endeavors, but we play a very minor role in distributing college scholarships. Usually, good things happen to unselfish, hard working athletes who have good grades and are willing to play at a school whose needs meets their honest abilities.

LETTERING PROCEDURE

- 1. LIMITATION ON AWARDS.** Schools may give one major award, not to exceed \$60.00 in value, to a student during high school enrollment at the same school for participation in one of the UIL interschool competitions listed in Section 380. One additional symbolic award, not to exceed \$10.00 in value, may be presented for participation in each additional UIL activity listed in Section 380. The \$10.00 award shall not be given to a student for an activity during the same year that the major award is given for that activity. A letter jacket may be given any one time during a student's enrollment at the same school. The student may receive symbolic awards- plaques, medallions, letters- for participation in each additional UIL activity. A symbolic award may not be given to a student for an activity during the same year that the jacket is given for that activity. Schools must be very careful to see that the awarding of jackets does not overlap (i.e. football and band or volleyball and modern oratory).
- 2. LETTERING CRITERIA.** It is the policy of the athletic department to present one letter jacket to each student/athlete upon their first "lettering" of a varsity sport. Letter Jackets will be fitted at the end of the fall and spring semesters. Athletes will be eligible to be measured when they meet all of the following criteria:
 - Have completed a varsity season in a team sport.
 - Individual-Sport athletes must compete on the varsity level in half of the varsity meets and at the varsity district meet.
 - All junior athletes may be measured in the spring of their junior year if they have not already received a jacket.
 - Exceptions to any of these rules must be initiated by the head coach in writing and approved by the Athletic Director.

Each Head Coach is responsible for turning in a list of letterman to the Athletic Director for approval at the end of their respective seasons.

All patches and other special items are the responsibility of the student / athlete.

Measurement Calendar:

1. Jackets and letters are turned in and ordered in Fall and Spring on a projected list.
2. Fall measurements at the beginning of December: Football, , Cheerleading, and Cross Country
3. Spring Measurements at the beginning of April: Basketball, Baseball, Softball, Track, Band, Flags, UIL, Tennis and Golf

2008-2009 BAIRD BEARS ATHLETIC HANDBOOK

I acknowledge that I, _____
parent/guardian of _____
have received a copy of the 2008-2009 Baird Athletic Handbook
for review and reference throughout the year.

Date: _____

Parent Signature: _____

Athlete Signature: _____