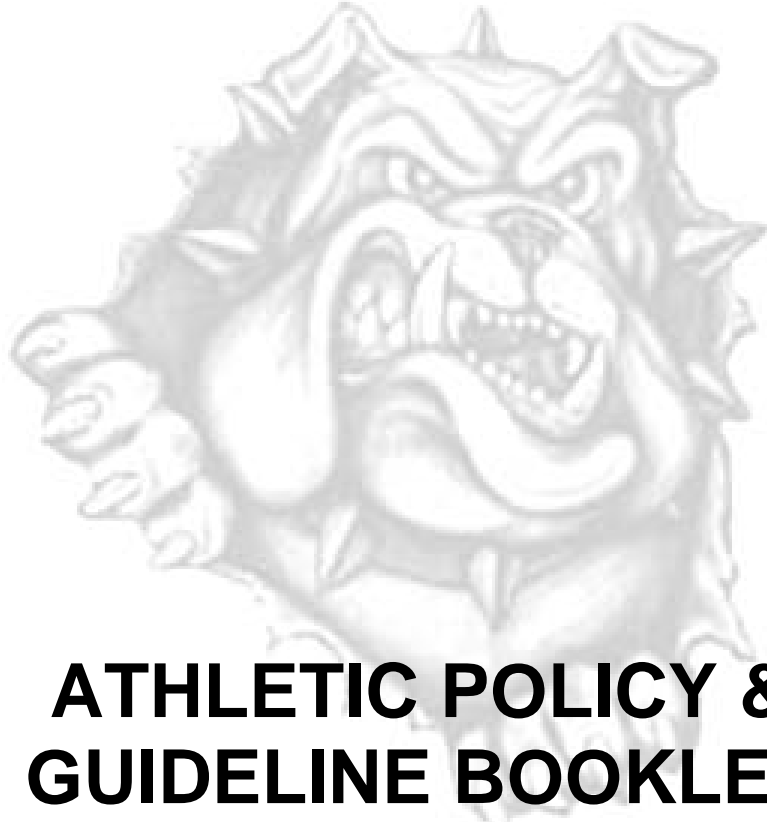


COOPER I.S.D



ATHLETIC POLICY & GUIDELINE BOOKLET 2009-2010

This Policy and Guideline Booklet was prepared and updated to better familiarize coaches, athletes, and administrators with the policies, procedures, and operations of the Cooper Independent School District's competitive athletic program. It sets forth in definite terms the procedures and guidelines we will follow at Cooper. It is an effective orientation manual for all new as well as experienced staff members. It can act as a communication instrument not only for staff members, but also for students and patrons. Please refer to this when you have questions about relative policies or procedures of departmental operations.

Ronnie Green Athletic Director
Cooper Independent School District

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CODE OF CONDUCT FOR COOPER I.S.D. ATHLETES

I. INDIVIDUAL CONDUCT AND BEHAVIOR:

A. Use of profanity - we will not allow it.

B. Stealing - taking things that do not belong to you, especially taking from your teammates will not be tolerated. An athlete caught stealing can be dismissed from the athletic program. Stealing could also be interpreted to involve school equipment NOT turned in after the season is completed.

C. Individual conduct - do everything you can to add class to our program. As an individual, don't do anything detrimental that would take away from the program. Cooper Athletes should be noted for their clean, tough, and competitive play. Praise your opponents and play beyond your ability. You will be expected to conduct yourself as a lady/gentleman at all times. We know that each of you do not have the same ability, but we expect each of you to perform to the best of your ability. Failure to adhere to the above conduct standards will result in a coach/athlete conference with possible disciplinary action.

D. Respect for Coaches - Coaches should receive "yes sir," "yes ma'am", "no sir", and "no ma'am" responses from players. Players in return will be treated with respect by the coaches. Whenever a coach is speaking with you, either individually or as a group, you should give them your undivided attention.

E. No athlete at any time should have in their possession, use, or intend to use alcohol, tobacco, or any illegal drug. Violating the illegal substance code will result in disciplinary action. Continued violations will result in suspension from athletic contests and/or program.

F. Male athletes will not be allowed to wear earrings in the field house, gym or during any athletic contest, practice, or off-season. The athletic department will confiscate earrings.

G. Grooming and Hair – Good hair grooming must be evident at all times, so as not to obstruct the student's vision. The hair of male students should be kept in a neat, clean, and frequently trimmed style. Hair length on male students should not extend completely cover the ears, curl up or extend beyond the top of a dress shirt collar in back. Hairstyles should be neat so as not to draw undue attention or cause disruption. Hairstyles that are *unkempt* are considered disruptive. (Extreme hairstyles as determined by the coach and the athletic director, are not permitted) Male students shall be clean-shaven at all times. Sideburns should not extend below the bottom of the ear.

H. A Cooper athlete will show respect to all teachers, administrators, and other adults with whom they come into contact.

I. A Cooper athlete will be on time for all classes, practices, trips, and any other scheduled event unless he/she has notified the teacher or coach in advance.

J. Every athlete in C.H.S. and Cooper Middle School will participate in his or her classes and do his or her best in the classroom.

K. Tutorials may be required of an athlete if the athlete is failing at the 3-week period, the end of the six weeks or if a teacher has concerns about athlete's grades. Tutorials will run from 7:15-7:45. If required, athletes will be expected to report to tutorials until they have brought written proof that they are passing. Athletes will be responsible for transportation to tutorials.

L. A Cooper athlete will remember at all times when he or she is on an athletic trip that he or she is representing the school and community from the time the bus is boarded until he or she returns home.

M. The appearance of an athlete will be in accordance with good taste. This means – DO NOT try to attract attention with unusual caps, shirts. Pride in personal appearance is part of being a Cooper athlete.

N. A Cooper athlete must remember that he or she is recognized first as a Cooper athlete. With this in mind, one must think before one act, and decide if his or her actions will hurt the character of this school and its athletic program.

O. An athlete's school is one of the most important factors in his or her maturing process. High school days will always be remembered, so one must remain loyal to his/her school and its spirit.

P. Good sportsmanship is a must in being a true Cooper athlete. An athlete never loses his or her poise causing anger to be shown at his/her opponent during competition. It is natural to become angry at times during a contest or game, but a real champion can control his/her feelings and come back stronger instead of "flying off the handle," causing his or her team to be penalized. An athlete will accept the decisions of the officials and show respect for their authority. An athlete will never put on a show in front of the fans whenever he/she disagrees with an official.

Q. Athletes will suit out, in the uniform of the day, with their team every workout and/or contest regardless of injury or illness. Athletes who do not suit out in the proper uniform will be subject to disciplinary action and a reduction in their six weeks grade. Continuously not suiting out could result in dismissal from the athletic program and/or failure of the course.

R. Athletics is participation in competitive sports. Athletes must participate at a high intensity level and will be pushed, by their coaches and peers, to a level higher than thought possible. Athletes will be expected to participate in every workout and/or contest

unless the athletic trainer and/or head coach due to injury or illness excuse them. Continuously not participating could result in dismissal from the athletic program and/or failure of the course.

S. **All** athletes are expected to conform to **ALL** U.I.L. rules and Cooper I.S.D. Student Handbook rules and regulations.

1. Athletes who do not follow the athletic code may be removed from the athletic program. The removal of an athlete will be the decision of the head coach and athletic director. There will be a conference between the head coach, athletic director, the athlete, and the athlete's parent before an athlete is removed from the program.

GENERAL POLICIES AND PROCEDURES FOR STUDENT ATHLETES

I. STUDENT ATHLETE TRAVEL TO AND FROM CONTESTS:

A. All athletes are required by policy to travel to the destination of all athletic contests with the coach or sponsor by transportation means furnished by the school district.

B. Athletes may be granted permission to return home after a contest with their parent or guardian. **THE ATHLETE MUST HAVE A SIGNED NOTE AND THE PARENT OR GUARDIAN MUST PERSONALLY CONTACT THE COACH AND ASK PERMISSION TO TRANSPORT THEIR CHILD AT THE SITE OF THE CONTEST AT ITS CONCLUSION.** No person other than parents or guardians can be granted this permission. The athletic department encourages athletes to travel home with their teammates.

ATHLETIC DRESS:

No athlete will be allowed to wear issued athletic clothing to school. This right and privilege should be reserved to practice and game participation.

Student/Athletes can wear issued athletic clothing if they are going to leave directly from school to participate in a contest. **AT NO OTHER TIME WILL THIS BE PERMITTED.**

All athletes must wear issued uniforms to all contests. Every athlete must wear his or her uniform in the same manner No one will be allowed to be different. The school will furnish your equipment so do not bring personal equipment from home. Dress should always be in good taste in uniform and out. Your personal appearance away from athletics, especially at school, should reflect the same class and pride that you show while performing in our athletic program.

Personal clothing worn to contests by athletes should not include tank tops, t-shirts with alcohol, drugs, etc., on them. Slacks, jeans or dress skirts are preferred. Girls may wear dress shorts if approved by the Head Coach of their sport and the A.D.

All Athletic Equipment will be clearly marked for identification purposes when issued to an athlete. Each article issued to an athlete is the property of the Cooper Athletic Department and is on loan to the athlete. The Head Coach of each sport will maintain in written form an equipment issuance checklist showing every item issued, the replacement cost, and its identification number. All issued equipment **MUST** be returned at the request of the Head Coach or Athletic Director regardless of the items condition.

PARTICIPATION IN VARIOUS SPORTS:

All boys and girls are to be encouraged to participate in as many sports as their interests and abilities will allow. If an athlete wants to drop a sport, they should first be directed to the Head Coach of the sport. At that time the coach will discuss the matter with the athlete. What is best for the majority of the athlete's in that sport will be of primary importance. AN ATHLETE WHO QUILTS A SPORT CANNOT PARTICIPATE IN THE NEXT SPORT UNTIL THAT SPORT IS OVER. (EXAMPLE: AN ATHLETE, WHO QUILTS BASKETBALL, WILL NOT BE ALLOWED TO PLAY BASEBALL UNTIL BASKETBALL IS OVER). IF AN ATHLETE DECIDES TO QUIT, A MEETING WILL BE HELD WITH THE HEAD COACH, ATHLETIC DIRECTOR, THE ATHLETE AND HIS OR HER PARENTS. A DECISION WILL BE MADE AT THAT TIME AS TO WHETHER THE ATHLETE WILL BE ALLOWED TO CONTINUE TO COMPETE IN ATHLETICS AT COOPER I.S.D. IF A MEETING IS NOT HELD; THE ATHLETE MAY BE REMOVED FROM ATHLETICS. IF AN ATHLETE QUILTS A SPORT TO AVOID PUNISHMENT THEY MUST COMPLETE ALL ASSIGNED PUNISHMENT BEFORE THE CAN REPORT TO ANOTHER SPORT. NO COACH SHOULD EVER ATTEMPT TO INFLUENCE AN ATHLETE TO GIVE UP PARTICIPATION IN ONE SPORT IN ORDER TO DEVOTE MORE TIME AND GREATER CONCENTRATION TO ANOTHER, UNLESS ADVISED BY THE ATHLETIC DIRECTOR.

Any athlete that wants to play football, boys' basketball or girls' basketball must go through the off-season program the spring prior. An exception may be granted to a student who moves in from another school in the summer or fall or if the athlete, head coach and athletic director agree to other terms in the spring.

DISCIPLINE OF STUDENT ATHLETES:

The coach immediately responsible for the athlete will administer the discipline of student athletes.

Discipline will be consistent and fair, and will meet the violation.

No student athlete should ever be punished for attending another school activity in which they are team or squad member. However, there may be make-up activities required for the athlete to learn any skills or to make-up conditioning they may have missed while absent.

ATHLETIC LETTERING POLICIES AND REQUIREMENTS

I. FOOTBALL

A. Freshmen, sophomore, Junior, and senior participants must participate in at least 25% of the total number of quarters played for the current football season at the varsity level.

B. A senior participant who has participated in the football program at Cooper High School for four consecutive years becomes eligible for a letter. It will be left up to the discretion of the Head Coach and/or Athletic Director to award these participants.

C. In the event that the varsity team becomes a district champion and enter the playoffs, all players who were carried as varsity roster members from the beginning of the season become eligible for a letter award. These members have to be in good standing with the athletic department and made a significant contribution to the program.

BASKETBALL

Freshmen, sophomore, Junior, and senior participants must participate at least 25% of the total number of quarters played for the current basketball season at the varsity level.

A senior participant who has participated in the basketball program at Cooper High School for four consecutive years becomes eligible for a jacket. It will be left up to the discretion of the Head Coach and/or Athletic Director to award these participants.

In the event that the varsity team becomes a district champion and enter the playoffs, all players who were carried as varsity roster members from the beginning of the season become eligible for a letter award. These members have to be in good standing with the athletic department and made a significant contribution to the program.

TRACK AND FIELD AND CROSS COUNTRY

Freshmen, sophomore, Junior, and senior participants must participate varsity level meets and score 15 points accumulative for the competitive year or one point at the District Track Meet respectively. Cross country participants must finish in the top ten at the district meet or compete in the varsity division of every varsity cross country meet during the season.

A senior participant who has participated in the track (or cross country) program at Cooper High School for four consecutive years becomes eligible for a letter jacket. It will be left up to the discretion of the Head Coach and/or Athletic Director to award these participants.

In the event that the varsity track (or cross country) team is declared the district champion, then all players who were carried as varsity roster members for the

majority of the season become eligible for a letter award. These members have to be in good standing with the athletic department and made a significant contribution to the program.

TENNIS

Freshmen, sophomore, Junior, and senior participants must represent Cooper High School in at least 50% of all matches, tournaments, and outside competition at the varsity or senior division level. To be eligible for letter award tennis participants must represent Cooper High School in District competition at the varsity division.

A senior participant could become eligible for a letter award at the conclusion of his or her senior competitive season if they had participated in at least 50% or one-half of tournament play, or matches, excluding district competition. This participant should have participated for four consecutive years in the tennis program at the Cooper H.S. and be in good standing with the Athletic Department at the conclusion of their senior season. It will be up to the discretion of the Head Coach and/or Athletic Director to award a letter under these circumstances.

Any tennis participant, whether in singles or doubles competition, placing first or second in district competition automatically becomes eligible for a letter award.

BASEBALL / SOFTBALL

Freshmen, sophomore, Junior, and senior participants must play in at least one-third of the total number of innings played in the total season. This is to include all players with the exception of reserve pitchers, catchers, and designated hitters if used. These participants must be shown to have entered into a game at least one time for one-third of the total number of games involved in the complete season.

A senior player becomes eligible for a letter award if he has been a reserve player and participated in the baseball program for four consecutive years at Cooper H.S. and is in good standing with the Athletic Department at the conclusion of his senior season. Consideration for a letter award of this type will be up to the discretion of the Head Coach and/or the Athletic Director.

In the event that the varsity team becomes a district champion and enters the playoffs, all players who were carried as varsity roster members from the beginning of the season become eligible for a letter award. These members have to be in good standing with the athletic department and made a significant contribution to the program.

GOLF

Freshmen, sophomore, Junior, and senior participants must participate in at least 50% of the scheduled tournaments at the varsity level.

A senior participant becomes eligible for consideration to receive a letter award at the conclusion of his or her senior season if they satisfy the following requirements:

1. Participate for four consecutive years in H.S.
2. Are in good standing with the Athletic department.
3. Made a significant contribution to the golf program at Cooper H.S.

VII. REMOVAL OF ATHLETIC LIETTER JACKETS Students who do not remain in good standing with the athletic department and/or school district may have their letter jacket revoked until they return to good standing or the letter jacket may be revoked indefinitely.