Football Player Handbook
Slogans and Mottos

**Greeting** (start of the period)

Good Morning/Afternoon

**Good Morning/Afternoon**

Jacket Pride

**Never Dies**

Years

**118**

Championships

**7**

**Jacket Creed** (start of the period)

Today I will make myself a champion

**WHATEVER IT TAKES**

It will be hard and exhausting but champions make

**NO EXCUSES**

Excuses are for the weak and I am strong so through the pain and fatigue I will

**FIGHT**

When my body aches and I have no more still I will

**HUSTLE**

I demand this effort from me and my teammates; together we will

**WIN**

And Jackets

**WIN ALL THE TIME**


**Answer the Call** (Prior to the last Station)

Champions know how to finish. They finish a rep a set, they finish the play, they finish the quarter, they finish the half, they finish the game, they finish the season.

Do you have what it takes to finish- **YES I DO**

Will you do what it takes to finish- **YES I WILL**

Are you a champion- **YES I AM**

**Finish Motto** (End of Athletic Period)

They Run- **We Hustle**

They play- **We Fight**

They succeed- **We Prevail**

They step up in the 4\textsuperscript{th} - **We Finish**

The game is on the line- **We Win**

The game is on the line- **We Win**

The game is on the line- **We Win**
ALMA MATER

Hail Alma Mater
Hats off to you,
Ever you'll find us
Loyal and true.
Firm and undaunted
Always we'll be.
Hail to the school we love.
Here's a toast to thee.

JACKET FIGHT SONG

Oh, when those Alvin Jackets fall in line,
We're going to win this game another time.
And for those football boys we love so well,
Oh for those football boys we'll yell and yell and yell!

We're going to fight, fight, fight, for every score.
We'll circle in and hit that line once more.
We're going to boost those Jackets to the sky,
To the sky...

Fight! Fight! Fight!
Foundations of Excellence
Dear Jacket Football Player

I want to first thank you for your desire to play football for Alvin High School. It is a special person who can balance the demands of academics and athletics and do so with tremendous effort. We are about to begin our journey toward becoming the best football team in the state of Texas. Your leadership and your ability to follow directives will both be vital if we are to achieve our ultimate goal of becoming champions. Take it upon yourself to assume the role of a leader in whatever manner you are needed to provide it. Not all leaders lead vocally, some lead through action and by example. Whatever the type of leader you are it is vital that everything you do is in the best interest of the team. Take no action for granted and understand that nothing you do goes unnoticed. In the days ahead you will be tested for strength and speed, note that these are starting points and that no matter where you start this off-season the important thing is where you end. I have enclosed my goals for starters on the varsity level. Strive to achieve these statistics and do not doubt your ability to achieve them. As always I will do whatever I can to put you in position to achieve these lofty goals but in the end it will be up to you to execute through a commitment to excellence at all times. Throughout this off-season you will have a variety of things you need to do in order to get yourself and this team to the championship level we all want to be at. ALL OF THEM ARE IMPORTANT TAKE NO DAY FOR GRANTED AND GET STARTED RIGHT NOW.

Good luck.

Sincerely,

Coach Herrmann
Foundation of Football: Hustle, Pride, and Class

Hustle

1. Hustle is accomplishing something that you are physically or mentally not supposed to be able to do.
2. Hustle is getting the job done because you got there first or stayed with it after everyone else quit.
3. Hustle is giving everything you have to give.
4. Hustle is hating to miss because you know that you are losing ground.
5. Hustle is finding a way to be better than your opponent... "going the extra mile."
6. Hustle is when you "multiply yourself' on the playing field.
7. Hustle is not having to worry about winning because winning takes care of itself when you hustle.

Pride

1. Pride is attention to detail... doing the little things right so that when the pressure is on, you can do the big things right.
2. Pride is a commitment to things greater than yourself...God, family, your team, you school, and your future.
3. Pride is consistency... doing things right all the time, not just when it is easy or convenient.
4. Pride is priorities and maturity... putting things in order of importance and concentrating your efforts on those things that are most important to your future.
5. Pride is poise and character... how you handle yourself in stressful situations or when no one is looking.
6. Pride is responsibility... knowing your job and performing it to the best of your ability.
7. Pride is persistence... not quitting because things get a little tough or uncomfortable
8. Pride is toughness... not complaining or seeking pity, facing difficult situations with a good attitude, and seeing things through

Class

1. Class is respect for others, regardless of race, age, sex, or social status.
2. Class is having manners... saying "please, thank you, yes sir, no sir, yes ma'am, and no ma'am.
3. Class is treating a person the way you want to be treated even if that person does not treat you well.
4. Class is taking responsibility and not making excuses for your mistakes or shortcomings.
5. Class is being Alvin... not bragging or boasting about your accomplishments and not tearing down or diminishing the achievements of others.
6. Class is sportsmanship... playing with hustle and discipline within the spirit of the rules.
7. Class is seen in your appearance... presenting a neat, clean-cut image brings respect to yourself, your team, your family, your school, and your community.
ALVIN HIGH SCHOOL FOOTBALL
Sixteen Goals for Success!

**COMMITMENT**
To your family, your school, your team, and your future.

**UNSELFISHNESS**
Be a team player

**UNITY**
All for one team

**IMPROVE**
Everyday as a person, student, and a player

**BE TOUGH**
Do not allow yourself to be overcome by obstacles and adversity; find a way to get it done

**SELF DISCIPLINE**
DO THINGS RIGHT…DON’T ACCEPT LESS.

**HUSTLE**
Everywhere you go… In school and on the field

**ENThusiasm**
Be excited about what you are doing. Not everyone is capable of being a student athlete

**EliMINATE Mistakes**
Don’t beat yourself up, taking coaching and make corrections

**NEVER GIVE UP**
There is always something else you can do to improve your team’s situation

**DO NOT Accept Losing**
Winning is a choice…Make the choices to Win everyday

**NO Self-Limitations**
Expect more from yourself… Set High Standards and work to live up to them

**Expect To Win**
All the time

**Consistency**
Do Right all the time

**Leadership**
Lead by example in the hallway, in the classroom, and on the field

**Responsibility**
To your family, to the school, and to your team
Practice Attitude

Practice does not make perfect; practice makes permanent. No matter what you do, if you practice long enough, it will become part of you. Practice a bad habit and you will become great at a bad habit. Practice being second class and you will become second class. Practice being first class and you will be first class. The choices you make in tough situations will be the habits you develop. When you choose a habit you choose the end result of the habit.

The habits we choose in tough situations such as boot camp, in off-season, in spring training, and in the fall will be what we become as a team in the regular season. The habits we choose in practice will be the habits we will revert to when it gets tough in the fourth quarter of a tough ball game. You perform during the season exactly as you have practiced throughout the year.

Our practice attitude is the key to our success as a team. Remember: “What you do speaks so loud, I can’t hear what you say>” Albert Einstein once said “example is not the best way to teach, it is the only way to teach.” Leaders are so because of what they do, not what they say they are going to do. Every athlete must strive to be the example of the football program and what it stands for: CLASS, DISCIPLINE, DEDICATION, AGGRESSIVENESS AND TOTAL EFFORT.

When you practice-work to accomplish something-work to get better. Remember you never stay the same-you either get better or you get worse. Many people confuse activity with accomplishment. Putting in time or attending workouts insure nothing. What ensures success is what you do while you are there. It matters not where you start—what matters is where you finish! Every practice, every workout is an opportunity for you to get better individually and for us to get better as a team. The way we practice as a team this year, will be the way we play as a team in the upcoming football season.

ATTACK
SWARM
Student Athlete
Expectations and Discipline
ALVIN HIGH SCHOOL FOOTBALL
WHAT WE WILL ASK OF OUR
STUDENT ATHLETES

1. **COMMITMENT**: DEDICATION TO THE PROGRAM AND YOUR TEAMMATES

2. **TRUST**: ALLOW US TO COACH THEM, WE WILL BE DEMANDING.

3. **DISCIPLINE**: DO THINGS THE RIGHT WAY... “THE JACKET WAY”

4. **LEADERSHIP**: PROVIDE LEADERSHIP ON OUR CAMPUS...BE A POSITIVE ROLE MODEL

5. **SCHOLARSHIP**: EXCEL IN THE CLASSROOM AS WELL AS ON THE FIELD.

6. **LOYALTY**: TO YOUR COACHES AND YOUR TEAMMATES

7. **HARD WORK**: PRACTICE AND PLAY LIKE CHAMPIONS!

8. **HUSTLE**: ON THE FIELD AND IN THE CLASSROOM DISPLAY MAXIMUM EFFORT

9. **TEAM**: TOGETHER EVERYONE ACHIEVES MORE

10. **SACRIFICE**: BEING A STUDENT ATHLETE IS NOT EASY, IT IS THOSE THAT SACRIFICE THAT WILL REAP THE BENEFITS OF ATHLETICS
High School Football Lettering Policy

Players that conclude the football season on the varsity football team in "good standing" are eligible, at the head coach's discretion, to letter.

"Good Standing" may be defined, but not limited to, the following factors/issues:

1. Participation
2. Academic Eligibility
3. Attendance
4. In-school citizenship
5. Conduct
6. Character
7. Cleared from equipment lists

Equipment Policies

1. Any lost equipment will be replaced by the equipment room coordinator at a cost of 5 dollars per item (smaller items such as a mouthpiece for $1 will be at his discretion). If you do not have the money we will issue the equipment and write your name down. No player with any debt will be eligible to letter, attend the banquet, or receive their diploma. Borrowed gear will be kept by the equipment room manager.
2. Equipment that is left out in the locker room will be collected by the locker room monitors and kept in a bin that they can distribute to the owner after they do 20 push-ups per item left out. The bin should be kept in the shoe/lost and found equipment room.
3. Major Equipment lost such as helmets and shoulder pads will be replaced at cost of that piece of equipment.

Academic Plan

Our athlete's first priority is to get an education. It is our responsibility, as coaches, to emphasize the importance of an education, to prioritize academic achievement and to take an active role in helping our athletes realize educational success. We will have the players set goals for academic achievement just as we do for athletic accomplishment and we will continually monitor their academic progress throughout the year. Our plan for the academic success of our student athletes is as follows:

1. We will create an environment in athletics that promotes self-esteem, positive attitudes, and good character. We want the students to feel good about their involvement in athletics and enhance their desire to be a part of the team. We feel that by promoting confidence, we will increase self-motivation, which is arguably the most important key to future individual successes.
2. We will build and maintain a positive rapport with teachers so that we can work TOGETHER on the academic and behavioral progress of our students.
3. Breakfast check will be done each morning to ensure healthy choices by the athletes and to make sure they arrive to school on time. On Mondays weekly assignment sheets should be handed out. Athletes who do not regularly attend breakfast check should be addressed by their position coach.

4. Players grades should be checked by their position coach each Thursday and players with grades below a 75 should be sent to the academic coach and sent on to mandatory 6:30 am study hall. Non compliance to study hall should be handled by the position coach.

5. Saturday Study Hall will be run by the freshman staff and all varsity players must have their week’s assignment completed before leaving. Sub varsity players will turn in their assignment sheets signed by their parents Monday at breakfast check. Any non compliance should be handles by the position coach.

**Injury Policy and Plan of Action**

A. Levels of Injuries

   i. **Red Jersey**- Can participate in all drills but is not to be taken to the ground. This is typically used to bring a player back into action who has either been out for a while or who is in danger of aggravating an injury.

   ii. **No Pads**- (Probably) Player is out for a day or two but will be able to play in the game. The player will wear his helmet, jersey and pants without pads. He may participate in all non-contact drills. He will attend 6:30 am treatment daily.

   ii. **Grays**- (Maybe) Player is out for a short period of time. Season-During athletic period the player will follow the directive of the athletic trainers whether that is an exercise program or treatment. During after school practice he will participate in the warm-up and walk through drills. He must stay with his position throughout practice. Off-season- the player will stay with his group and perform the exercises that the injury permits and spot and assist in one in which he can't. He will attend 6:30 am treatment daily.
Out- Player is either out for the season or an indefinite period of time. Season- player will dress in orange and grays but will not be involved in practice. During athletic period the player will follow the direction of the athletic training staff and after school he will workout under the direction of the trainers outside around the team. Off-season- Player will workout on the bands or other weights in rehab room. After school player can work whatever he is available to work on. He will attend 6:30 am treatment daily.

Important Injury Policies

1. Players who do not seek counsel from the trainers are considered to not be injured and will be required to participate in both athletic period and practice.

2. Training room hours are 6:30 am to 7:15 am and should be attended for anyone who wants taping, or that took off a play during practice.

3. Doctor notes are the only notes we accept for sitting out from athletics and be careful on seeking doctor advice for minor pains. It is always advised to see the trainers first.

4. Muscle soreness and fatigue are not injuries. Athletes will be pushed to learn the difference between pain and injury.

Joining the Team

1. In order to join the team a player must be a freshman or new to Alvin high school.
2. If the player is not either of the number 1 requirement than they may only join at the start of off-season, no one after January.
3. You must go through off-season to play in the fall.
4. Those that are removed or quit may have one second chance and only if they have two sponsors, are in good academic standing and are not going to be a Senior.
5. Summer Workouts are an important part in the physical preparation of our student athletes. Position coaches should maintain regular contact with players during the summer and make sure that they are in attendance.

Hustle Policy

1. We want our kids to run everywhere they go in the white. Run in and out of the huddle, run between drills, run off and on the field, and run to get water.
2. Do not allow walking on the field, in the weight room, or on the mat at any time. Walking show laziness and leads to a failure of effort and ultimately losing.
Student Athlete Discipline and Duty

Grooming Rules

1. No facial hair
2. No hair below the top of the ears
3. No earrings or piercings (will be taken up)
4. No jewelry on the field or weight room
5. Be sensible with clothing-no sagging, explicit shirts, etc.

In Season Dress Code

Monday- Slacks, button up shirt and tie- Back to Work Monday (Set the tone)
Tuesday & Wednesday- on their own "Be sensible"
Thursday- Jeans and sub varsity game day shirt or Jacket spirit shirt
Friday- Varsity game day polo and khakis; sub varsity players wear a nice shirt and khakis

Classroom

No player should be outside of class for any reason. Bathroom breaks should be taken during the passing period to ensure we attain the maxim amount of knowledge during classroom instruction. Players who are caught outside of class will be dealt with by the position coach. Treat in the same manner as a note from the teacher. Tardies show a lack of hustle and hustle is a vital element to our program. Tardies that we are made aware of should be handles in the same manner as a note from the teacher.

Lockers and Locker Room

Your locker is yours and your locker is your team's. If your locker looks bad then you are bad, if your teams locker room looks bad then your team is bad. We must instill a sense of pride in their locker rooms. Lockers will follow illustration in each locker room. Failure to comply should be noted by the locker room monitor and passed on to that position coach. Groups and individuals will be assigned locker room duty and are responsible for making sure everything is off the ground and cleaned. Any equipment left out will be collected by the locker room monitor and given to the position coach and only given back after punishment, if it is lost it will be replaced at cost.

Game Days

We must create an atmosphere of focus. Student athletes should be on time for all meetings, equipment issues, and the bus. Be ready to play.
Coaches Office Rules

1. Do not enter without knocking.
2. Respect the sanctity of the office. This is not a kid's hang out. People in the office work!
3. Do not use as storage for your things if it's too valuable for the locker room don't bring it to school.

Discipline Management Plan

The football coaching staff at Alvin High School considers discipline to be the cornerstone on which to build our program.

We believe that participation in extracurricular activities, especially football is a privilege. Our student athletes must be willing to conform to established standards of behavior in the classroom, community and playing field.

The greatest attributes our players will derive from participating in our program will be self discipline and sense of team concept. Participation in athletics provides young people with one of the purest avenues to acquire these traits.

Jacket football players will be held accountable for all rules and regulations posted in their student handbooks, rules specific to participation in athletics, as well as certain standards which will set them apart as good citizens and gentlemen.

We strongly believe that our athletes have the responsibility to serve as leaders and positive role models for their peers. They should set an example of appropriate conduct and cooperation on our campus.

In order to make this plan work we will need the help, support and trust of our parents, faculty and administration.

Our Coaching Staff is committed to implementing a Proactive Discipline Management system. We realize that our players are going to make mistakes. Our role as coaches and mentors will be to guide them to desired behaviors that will make them successful now and in the future. All discipline will be firm, fair and consistent. We will establish standards of behavior and practices that go beyond the expectations of normal students. We feel that the most important aspect of our discipline plan is the daily positive reinforcement of the value of total commitment to the Alvin High School Football Program and the values and ideals upon which it will be built.

In addition to the rules and regulations posted in student and athletic handbooks we will incorporate rules concerning grooming, attendance, and punctuality, maintenance of equipment / locker room and academics.
The Program will be based on three simple guidelines:

1. **Do Right**: know the difference between right and wrong. Do what is right and avoid those things you know to be wrong.
2. **Don’t do anything to embarrass your Family or Team**: Your conduct reflects on both groups. You have a responsibility to represent them to the best of your ability.
3. **Treat others the way you wish to be treated**: Treat all people you come in contact with dignity and respect.

**Consequences**

Our players will learn that there will be consequences for inappropriate actions. Consequences can be handled on both an individual and team basis.

**Team Consequences**: Many times discipline will be handled on a team wide basis. This type of consequence is designed to reinforce the team concept and each individual's accountability to the team.

**Individual Consequences**: Discipline can also be handled on an individual basis for violations of team policies and individual conduct.

**Major Offenses**

We base our discipline policy off of a three strike rule. Offenses in which we deem to be a strike on the student athlete's record will be handled by a formal meeting with the student in which the negative behavior is addressed and reiterated that it will not be tolerated. First offense will be a meeting with the position coach, second with the coordinator of their side of the ball, and the third with the head coach and they will no longer be a part of the team. Removal from the team can only be rectified after the season and the student athlete must find two members of the team willing to sponsor them. These sponsors will be responsible for their student athlete's behavior and any punishment they encounter the sponsors must be willing to do as well.

**Practice Attendance**

Attendance is mandatory for practice during the fall and the spring. A missed practice without contacting either the player's position coach or the head football coach will constitute an unexcused absence and result in Jacket reminders. Practice that are missed and called in will be excused with extra conditioning so that the player does not fall behind. Three excused misses will equal an unexcused miss and be counted as an unexcused absence. Obviously extreme circumstances will be taken into consideration and an exception at the discretion of the head football coach. If a pattern of missing practice is noted the player may then become subject to a strike.
Our Commitment

We are committed to establishing a proactive, positive, position in regards to discipline in our program. We feel we would be doing our players a gross injustice if we did not make this kind of effort. We want our players to know we are. We care for them as team members; but also as individuals. We want our players to learn that they are accountable for their actions. They must learn that they are accountable for their actions. They must learn to make good decisions. The bottom line is: We want every boy that comes into our football program to leave a better man from the experience.

No Excuses No Explanations

While there most certainly may be cases in which a personality conflict leads to issues between a teacher and a student and there may be extenuating circumstances that lead to behavior issues we must not allow for a grey area in the realm of discipline. No excuses means that we will not accept stories for "why" something took place and instead focus on what behaviors lead to a successful student. No explanations means regardless of the story the punishment remains the same. First e-mail from a teacher will be a coach conference and a written apology to the teacher, the second will be 400 yards on the king sled, the third is 1,000 yards on the sled and any after that will be counted as a strike. SRC will be an automatic 500 yards on the tire or sled and an after school detention will be treated as a missed practice.
Name __________________________ Position __________________________
Ht. ____ Wt. ____ Coach ________

Circle the number that best describes the athlete.

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**PLAYER POINT TOTAL:**

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**COACH POINT TOTAL:**

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**TOTAL POINTS:**

- 79 pts. or below: NOT READY
- 80-99 pts.: SUSPECT
- 100 pts.: PLAY MAKER

Major improvement necessary to stay in program
Must improve if want to play
Can make an impact with more improvement
Can win a State Championship with you!!
College Recruiting Plan

Dealing with colleges and the recruiting process has today become an art between balancing the desires of student athletes and their families to play at the highest level with the reality of what colleges are looking for in a student athlete. We stress two important facts when addressing this issue. The first is that any opportunity provided will be a means to achieving an academic degree which should be held in the highest esteem in this process. Very few will get to play sports for money in the future, but athletics can provide many with opportunities to further themselves and to start on a path for a great career. The second is that you need to really want to play in order to be recruited. Everyone wants to play at the University of Texas, but not everyone will have the intangibles to they are looking for. To be successful in this process the student athlete and their family need to realize that if they want to play they need to go to the schools that want them. The most important role for me to take is to keep students and families informed of their options and requirements in the process.

The following is an outline of what we cover with both student athletes and their families.

I. Recruiting

A. Process
   i. Recommendations
   ii. Letters
   iii. Coaches Visit
   iv. 1st Cuts on Highlights
   v. 2nd Cut on Game film
   vi. Visits
   vii. Offers
   viii. Signing Day
   ix. Commitment vs. Signing

B. What to check for in a college offer
   i. How much of the total cost of college does it cover?
   ii. What other money can be attained to cover the shortfall?
   iii. What are the requirements to attain the other amounts of money?
   iv. Is there an opportunity for more money if I am able to secure a starting position?

C. What can the student athlete do to assist the recruiting process?
   i. Maintain a good GPA Goal: 3.0
   ii. Take SAT and ACT before the end of their junior year
   iii. Register for the NCAA Clearinghouse
   iv. Work hard- in season and off season
   v. Be coachable
   vi. Maintain communication with interested colleges
   vii. Want to play at the next level
Athletic Period
AP Policy

1. Athletic period is treated the same as any other period during the academic day. Absences will be recorded daily and the grade of the student athlete will be affected by participation. Roll will be taken by position coaches during the season and in their assigned lines during the off-season.

2. Equipment should be set prior to the start of the period. The necessary equipment will be put out by the assistant head coach in the morning so the list of needed equipment will need to be to him by the end of the after practice meeting.

3. At the conclusion of 5th period athletics all necessary practice equipment should be in place for both the freshman and varsity practices.

4. Tardies to athletic period will be handled by the locker room monitors. The punishment will be 10 Pop-ups for reasonable lateness, within 1 minute, and adding 5 pop-ups per person after that. Any tardy that is excessive, more than 5 minutes, will result in tire flips from 300-1,000 yards based on the severity. Tardy for 4th period is at 10:25. Tardy for 5th period is at 11:25. This time will be decreased in the off-season as they will not need their equipment on. If tardies become too much of an issue we will move to make a team punishment for anyone who is tardy. Excessive tardies by one player may be cause for removal from the program.

5. It is not allowed or acceptable for athletic period to be used for other class work. At no time should you tell a student athlete that they can leave or do something other than what is being done that day during athletic period. Refer all injury questions to Coach Herrmann.

6. Student athletes who quit, are dismissed from the program, or have not yet met the entrance requirements (freshman or transfers) will still be required to attend the athletic period. The first step will be to send them with a note to their counselor to have their schedule changed. If this can not be accomplished then they will be on maintenance duty for the remainder of the semester. Maintenance men will be required to check in with Coach Herrmann and check out with Coach Herrmann and will be given assignments to be completed daily. Compliance and attendance will affect their grade. Do not allow one of them to simply tell you to tell me, ultimately I am responsible for their whereabouts and I want to see them face to face. Those who have not yet met the requirements and are attempting to join the team, freshman or transfers, need to be with their position throughout the entire athletic period.

7. It is required for all football players to be enrolled in the athletic period. Failure to do so will be cause for removal from the program.

6. Rainy day AP schedule will be:
   a. Indy in the main gyms. Lose one period for travel. Bigs in the middle gym
      Off/Def Skill on the outside two gyms.
   b. Normal special teams meeting
Practice
**Practice Policies**

1. **Excused Missed Practice** - Extra conditioning following the conclusion of the next practice. Emphasize that this is not punishment, it is make-up work.

2. **Unexcused Missed Practice** - Jacket reminders to be performed at the end of the next practice and continued issue with attendance will result in a strike.

3. **Unexcused Missed Game** - Treat the same as an unexcused missed practice and they will sit the next game as well.

4. **Excused missed game** - Sit the next game unless extenuating circumstances. "Miss one for you, then you miss one for me"

5. **Rainy Day Practice schedule for after school will be:**
   a. Freshman Team 3:15-3:45 (Gym III)
   b. Freshman Wts 4:00-4:30
   c. JV/Var Wts 3:15-3:45
   d. JV Team 4:00-4:30 (Gym III)
   e. Varsity Film 3:50-4:20
   f. Varsity vs. Scout 4:30-5:20 (all non essential JV sent home) (Main Gym)
   g. Varsity 1 vs. 1 5:20-5:35
   h. Special Teams 5:45-6:00
Game Week Schedule

A. Friday Game
   a. 20 Segments Monday, Tuesday, and Wednesday
   b. Freshman 20 Segments Monday-Wednesday
   b. Lift Monday and Wednesday after practice
   c. Sub varsity Ghost game on Thursday during AP, Varsity Ghost
      Thursday After School
   d. Friday AP Sub varsity Lift and run/ Varsity Meetings and Meal
   e. Lift and stretch Saturday morning varsity only

B. Saturday Game
   a. Same as Friday with Varsity Specials/ Lifting/Meeting after school Thursday
   b. Thursday AP Varsity Team/ Friday Varsity Meetings/ Ghost game after school

C. Friday Play-off Game
   a. 18 Segments Monday, 18 Tuesday, 15 Wednesday
   b. Varsity Lifts Monday and Wednesday, JV Lifts everyday during AP
   c. Thursday Team/Specials during AP and Varsity Ghost
      After School
   d. Friday AP Varsity Meetings/Meal
   d. Lift and stretch Saturday morning

D. Saturday Play-off Game
   a. Monday After School Film/Meetings/Walk through
   b. Monday AP Review previous game film
   b. 18 Segments Tuesday, 18 Wednesday, 15 Thursday
   c. JV Lifts Daily during AP Varsity Lifts Monday, Tuesday, Thursday
   d. Friday AP Specials/Team
   e. Friday After School Ghost Game
Sub Varsity Game Day
Sub Varsity Game Day

1. We never at any time agree to a running clock unless every player has had significant minutes. If we are down we never agree to a running clock to get out of a game. Use this time to regroup the kids, explain we aren't playing against the scoreboard and that we will use the remainder of the game to get better and find out who are players are. (It should not happen very often)

2. Only issued equipment should be worn. Only one pair of socks no exceptions. They may spat their shoes only with white or black tape and it must be purchased by them. All players should have the correct protective equipment with them. Sweat bands and gloves are permitted but must be white, burnt orange, or black. No visors are to be worn unless worn during the week at practice and must be within the guidelines of the UIL. No jewelry of any kind is to be worn. Attentiveness to these items is a must.

3. Upon arrival to the stadium no headphones or cell phones may be used. The team who plays second should watch the game from a shaded area, preferably in the stands, and cheer on their teammates.

4. Be sure that our players exemplify our teaching and philosophy at all time. They represent the school in the manner in which they act reflects on the school.

5. The first team should begin their warm-ups 30 minutes before game time.
   a. 5 Min Pre Practice format
   b. Cal for 5 min.
   c. 5 Minutes Individual
   d. Defensive pursuit and Bingo Drill 5 min.
   e. Offensive team for 8 min.
   e. Extra Point 2 min.

6. The second team should begin a static and dynamic stretch during the 4th quarter of the first game. Kickers, Quarterbacks and Centers should dress slightly before everyone else to get loose. A net should be brought for the kickers to warm-up in.
   a. At the end of the game line up in Cal lines
   b. Cal 3 min
   c. 5 Min. Individual
   d. Defensive pursuit 2 min.
   e. Offensive Team 8 min.
   e. Extra Point 2 min.
Varsity Game Day
**Varsity Game Day**

1. Only issued equipment should be worn. Only one pair of socks no exceptions. They may spat their shoes only with white or black tape and it must be purchased by them. All players should have the correct protective equipment with them. Sweat bands and gloves are permitted but must be white, orange or black. No visors are to be worn unless worn during the week at practice and must be within the guidelines of the UIL. No jewelry of any kind is to be worn. Attentiveness to these items is a must.

2. Upon arrival to the stadium no headphones or cell phones may be used. Cleats on for walking the field and hustle out upon arrival.

3. Remind players of the schedule and keep them on time.

4. Be sure that our players exemplify our teaching and philosophy at all time. They represent the school in the manner in which they act reflects on the school.

5. All coaches are to be in full game attire during warm-ups. You may come to the game in alternative clothing and change before the first wave comes out.

6. The following is the schedules for various game day times:

   7:00 Friday Home Game  
   11:25 Offense/Defense Video  
   11:45 Indy On Field Meeting  
   11:55 Last Minute Team Walk through  
   12:05 Pre Game Meal  
   3:15 Roll Call  
   3:20 Special Teams Meeting  
   3:40 Meeting with position coach (helmet check)  
   4:00 Snack/ Team Video  
   4:30 Get Gear together and Rest  
   5:00 Walk the Field

   7:00 Friday Road Game  
   11:25 Offense/Defense Video  
   11:45 Indy On Field Meeting  
   11:55 Last Minute Team Walk through  
   12:05 Pre Game Meal  
   3:10 Roll Call  
   3:15 Special Teams Meeting  
   3:30 Meeting with position coach (helmet check)  
   3:35 Get Gear together/ snack for the bus/Rest  
   4:50 Arrive at Stadium/Walk the field  
   5:10 Team Video
1:00 Saturday Road Game
8:00 Roll Call
8:05 Special Teams Meeting
8:20 Pre Game Meal
8:50 Offense/Defense Video
9:10 Last Minute Team Walk through
9:20 Meeting with position coach (helmet check)
9:25 Get Gear together/ snack for the bus/Rest
5:00 Walk the Field
10:50 Arrive at Stadium/Walk the field
11:10 Team Video

7:00 Saturday Road Game
1:00 Roll Call
1:05 Special Teams Meeting
1:20 Pre Game Meal
1:50 Offense/Defense Video
2:10 Last Minute Team Walk through
2:15 Meeting with position coach (helmet check)
2:25 Get Gear together/ snack for the bus/Rest
5:00 Walk the Field
4:50 Arrive at Stadium/Walk the field
5:10 Team Video
Preparation
Game Prep and Post Game Day Breakdown

Meeting Room Policies

1. Individual meetings will be held at the conclusion of weights or practice for 20 minutes or later in some cases, but should not last longer than 30 minutes
2. Offensive/Defensive meetings will be prior to practice.
2. Special teams meetings will be held on specified days at the conclusion of athletic period.
3. All meetings are to be treated like a practice in that they have a focused point, there is teaching and learning evident in each session.
4. Any missed meeting carries the same weight as a missed practice.

Saturday
a. Coaches arrive at 8 am
   i. Breakdown Previous game
   ii. Grade out Position Players
   iii. Weekly Awards assigned
   iv. Goal Boards updated
   vi. Stats gathered, collected, and posted
b. Players arrive at 10 am
   i. Freshman Staff will run stretching and weights
   ii. Stretch and Condition
   iii. Weights
c. Team Meeting
   i. Awards presented and the game is put to sleep
   ii. Video with position coaches and gradesheets
d. Saturday Study Table
   i. Break for lunch after film and return for study table
   ii. Run by freshman staff
   iii. When all their work is complete from the previous week they may leave.
      i. 

Monday
a. Coaches arrive 6:30 am
   i. Team Meeting @ 6:45
   ii. Special Teams @ 6:50
   iii. Off/Def @ 7:00
   iv. Dismiss @ 7:15
AISD Athletic Policies
A. AWARDS AND LETTERING

1. The present University Interscholastic League rules under Article XVI stipulates that only one (1) major award (Maximum cost ($70.00) for participation in interschool competition may be presented during a pupil’s high school enrollment in the same high school. Additional symbolic awards not to exceed $8.00 each may be purchased for each additional interscholastic activity during the pupil’s high school career.

2. Participants must meet the scholastic requirements as set forth by the University Interscholastic League in order to be eligible to receive an award.

3. Athletes in all sports will receive the same quality and type of award, for the level of participation (Varsity, Junior Varsity, etc.) regardless of the sport in which they participate.

4. Awards will conform to University Interscholastic League regulation.
   a. Varsity letter recipients in Alvin ISD will receive a jacket representing school colors identified with an interwoven letter and a symbol of the sport in which the initial letter was earned.
   b. Subsequent varsity awards will be an insert for lettering in a second sport, and bars for each year lettered in each sport played.
   c. Managers and Trainers are eligible for varsity awards, the number to receive awards and the qualifications will be determined by each head coach, trainer, and approved by the Athletic Director.
   d. Junior High School awards will be certificates.

5. Awards remain the property of the Alvin Independent School District until the student graduates. Any abuse of the honor to possess an award will result in the student being relieved of the award. We are not
interested in “Taking up” awards, but our dignity will not allow us to see an athlete degrade an award. Make awards meaningful to the athletes - do not letter a person not deserving of this honor. Identify students quitting prior to the end of season without good cause.

1. A list of individuals receiving awards must be sent to the Athletic Office for approval before awards are ordered. (DUE AT THE END OF SEASON). All nominations for named awards for athletes presented at the campus senior recognition night must be submitted to the Athletic Office by the designated date to insure proper voting, tallying and selection of winners.

Minimum Standards for Major Or Symbolic Varsity Athletic Awards
A roster of all athletes being recommended for letters must be submitted to the Athletic Director’s office within three (3) days after the close of each sport season.

Football-Athletes must participate the entire season, finish in good standing and be recommended by the head coach. Participants who enter the program during the season will letter at the discretion of the head coach.

Basketball-Completes the season and participates in a minimum of one-third of quarters the team plays.

Track; Cross-Country; Swimming; Gymnastics-Completes the season and scores eight (8) points in major meets during the season, or places in district meet as an individual or as a member of a relay team, or is the number one athlete in an individual event in the school.

Baseball; Softball-Completes the season and participates in a minimum of one-third of the innings the team plays, or demonstrates outstanding performance as a specialist - base runner, pinch hitter, defensive player, relief pitcher, etc. which in the judgment of the coach contributes markedly to the team’s success throughout the season the play.

Tennis-Completes the season and represents the school as a member of the Varsity doubles or singles team, or participates on the Varsity level in fifty (50%) percent of the matches played during the year. Note: Team tennis participation must be 80%.
Golf-Completes the season and represents the school in the district meet as a member of the varsity team. His/her score must be used in fifty (50%) percent of district tournament or fifty (50%) percent of invitational tournaments.

Volleyball-Completes the season and participates on the varsity level in fifty (50%) percent of all games/matches.

Soccer-Completes the season and participates in fifty (50%) percent of all matches.

Powerlifting-Completes the season, participates in fifty (50%) percent of all meets, and qualifies in a meet for the regional meet.

Trainers-Completes the year and earns 500 points.

Notes:

1) The Coach of any sport, at his/her discretion, may recommend an athlete for a letter who has not met the above mentioned requirements. There are instances when a participant will contribute greatly to team success through personal effort, loyalty, attitude, etc., and if deemed worthy, he/she should receive a varsity letter and/or jacket. If an individual case occurs where an athlete is in violation prior to receiving his/her letter and/or jacket, the athletic director will review each case individually and make a decision. Each coach must check his/her roster very carefully to be sure he/she does not recommend a major award for a student who may have previously received one.

2) Sub-varsity and middle school athletes may receive participation awards upon completing the season in good standing.

B. DISCIPLINE OF ATHLETES - CONSISTENCY

1. All student athletes and their parents must sign and agree to the Athlete’s Code of Conduct and the individual sport’s rules before taking part in athletics.

1. A student is not required to take part in athletics nor is participation required for graduation. Athletics is a privilege not a right. When the high ideals and standards of the program are violated, this privilege can be revoked. Alvin Independent School District athletes are expected to act with pride and dignity.

2. The general philosophy of the Alvin Independent School District Athletic Department is that we will attempt to help an individual who makes a “mistake” if a “mistake” is repeated, the welfare of the team must take priority. (A “mistake” may mean a violation of training rules, missing practice, poor attitude, etc.)
3. Coaches have the right to discipline athletes on their individual teams. Sound judgment in evaluating specific penalties should emphasize the welfare of the team, as well as the individual. Coaches must be consistent with their discipline and use the steps outlined in the Athletic Code of Conduct. Consequences should reflect strategies that build team unity and personal character. Corporal punishment is not an approved disciplinary technique.

5. Only the head coach and junior high coordinator are allowed to dismiss athletes from their sport. Assistant coaches can assist in the validation of the removal of an athlete from the program. No athlete will be dismissed from the team before the parent is notified except with extenuating circumstances. The Athletic Director shall be notified of the removal of an athlete from a program. If necessary, the Athletic Director will intervene and make the final dismissal decision.

6. The discipline of our athletes will follow the Alvin ISD Student Code of Conduct and the Athlete’s Code of Conduct.

7. Coaches are encouraged to contact parents to garnish their support in the discipline of their child.

8. The discipline plan consequences from the Athletic Code of Conduct will be listed as proposed consequences consistent through the junior high schools and high school. Please make sure the Athletic Director and building principal knows the discipline consequences and approves or disapproves the different options.

C. ATHLETIC CODE OF CONDUCT

STATEMENT OF EXPECTATIONS
The Alvin Independent School District believes that being an athlete in this District is an honor demanding many responsibilities. Being an athlete is a PRIVILEGE, not a right.

The following are expectations for our athletes:

- Be intense competitors during the contest while exhibiting good sportsmanship and courteous behavior
- Display positive leadership
- Aspire to the highest in moral and ethical values
- Conduct themselves as ladies and gentlemen
- Show respect for others (coaches, parents, faculty, students, opponents, and officials)
- Strive to obtain a quality education, keeping this as the primary reason for attending school
- Develop and exhibit school pride

As athletes in the Alvin Independent School District, students present an image that reflects the District to both opponents and our school community. This image should be one of sportsmanship, competitiveness and pride through positive action.

Participation in athletics sponsored by the Alvin Independent School District and the University Interscholastic League is a privilege, not a right. Therefore, all students taking part in the program shall conform to all rules contained within the Alvin I.S.D. policies, the Student Code of Conduct, the Athletic Code of Conduct and the University Interscholastic League rules and regulations. When any rules are violated, on or off premises, before, during, or after school hours, the administration and/or coaches, at their discretion, shall have the right to deny the privilege of participation.

Coaches are responsible for decisions affecting the teams they coach. Such decisions include, but are not limited to the following:

- Composition of the team
- Schedules
- Playing time for individual students
- Practice time (within U.I.L. guidelines)
- Disciplinary action
- Awarding letters to athletes
- Selection of individuals to be recognized for outstanding performance
- Other rules not contradictory to the Athletic Code of Conduct

**MANDATORY ATHLETIC FORMS AND FEES**
All AISD athletes are required to have the following forms current and on file with the Athletic Department:

- Annual physical and acknowledgement of rules
- Code of Conduct
- AISD Drug Testing
- UIL Steroid
- Insurance Fee for each sport
ON THE FIELD OR COURT OF PLAY
Athletes shall not use profanity or resort to illegal tactics. They should understand that both winning and losing are part of the game. Exhibitions of temper, flagrant rule violations, taunting, and unsportsmanlike actions shall not be tolerated.

Game officials shall be respected and treated with courtesy. Any discussion of decisions made by officials shall be left to the coaches.

Any behavior that is contrary to that specified in the Athletic Code of Conduct, or any other act considered to be poor sportsmanship may result in removal from one or more contests and possible removal from the team.

PERSONAL APPEARANCE AND GROOMING
As voluntary participants in the athletic program, students in the Alvin Independent School District shall meet and maintain certain acceptable grooming and personal appearance standards. In addition to upholding the standards established in the school districts dress code, athletes shall set examples for the school and community in the area of grooming and personal appearance.

To be eligible to participate in competitive sports or practice sessions, athletes shall adhere to the following rules:

1. Hair shall be clean, well groomed, natural in color, and styled in a way that is not distracting or conspicuous.

2. Remain clean shaven. Facial hair, including mustaches, beards, goatees, and extremely long side burns, are not allowed.

3. Be neatly dressed, including proper undergarments, shoes, and socks.

4. School issued or approved clothing shall be worn during contests or practices only. No exceptions shall be made to the team uniform.

5. Male athletes shall not wear earrings and/or body piercing items at school or at school activities. Female athletes may wear up to two earrings in each earlobe, but shall not wear any other body piercing items at school or at school activities. Absolutely no body piercing items shall be worn in practices or games.

6. Comply with all other school rules relating to dress and grooming as described in the dress code policy for students.
SUSPENSION OR REMOVAL FROM THE REGULAR SCHOOL SETTING
An athlete who is suspended or removed from the regular school setting for any disciplinary reason under the Athletic Code of Conduct shall be subject to the following:

1) First offense of 3 days or less the athlete may participate and practice and will have Level I disciplinary consequences,

2) The second offense or first offense of over 3 days the athlete will be ineligible to participate in all interscholastic activities during the periods of suspension or removal, and be subject to Level II disciplinary actions. A third suspension or removal during the same school year may result in removal from athletics for the remainder of the school year from the date of the offense.

DISRESPECT TO A TEACHER OR COACH
Any act of disrespect by an athlete to a teacher, coach, administrator, referee, or community member shall be addressed on an individual basis. Violations may result in disciplinary action, including without limitation, suspension of one game/event or more, and/or removal for the remainder of the school year.

DISRESPECT TO A TEAMMATE
Any act of disrespect or hazing, by athlete to a teammate, shall be addressed on an individual basis. Violations may result in disciplinary action, including without limitation, suspension of one game/event or more, and/or removal from athletics for the remainder of the school year.

TRAINING RULES
The training rules apply to all athletes at all times throughout their school athletic careers. Violations may result in disciplinary action, including without limitation, suspension of one game/event or more and/or removal from athletics for the remainder of the school year. A second violation may result in removal athletics for one calendar year from the date of the incident.

It is the responsibility of each head coach to convey to his/her team the expectations and need for adherence to team and training rules.

The Athletic Director must be consulted when the following violations occur:

- Use of tobacco by an athlete
- Use of an illegal drug or inhalant
- Use of alcoholic beverage
- Use of any type of anabolic steroid or any derivative
- Any other such violations of which the head coach deems necessary to inform the Athletic Director.
All infractions including use of tobacco, alcohol, drugs, or criminal activity, shall be referred to the District Athletic Advisory Council for review. Punishment will be assessed according to Alvin I.S.D. policy, the Student Code of Conduct, and the Athletic Code of Conduct and the University Interscholastic League rules and regulations.

Violations of training rules may result in removal from all athletic activities for up to one year. At the end of one calendar year from the date of the violation, the case may be reviewed for readmission to athletics by all parties concerned.

PRACTICE
Practice is an essential part of athletics and students are expected to participate except when injured or sick. During practice situations, athletes shall:

1. Consult the team coach as far in advance as possible when absence is necessary.
2. Avoid using profanity, it will not be tolerated.
3. Make every attempt to be a team member, not an individual.
4. Make every effort to see the trainer before school or practice, and not during practice.
4. An injured or sick athlete will be given an alternative assignment during the athletic period and/or after school practice.
5. All athletes will be required to make up missed conditioning if absent from practice.

THEFT
Theft from other players, students, opponents, schools, or Alvin I.S.D. school equipment shall not be tolerated. Punishment will be decided on an individual basis and may result in suspension and/or removal from all athletic activities for up to one calendar year from the date of the incident.

SCHOOL EQUIPMENT
School equipment is purchased for student use during athletic activities. The taking or wearing of athletic equipment, which is the property of Alvin I.S.D., on or off school premises at any time other than specified practices and competitions shall be considered a manifestation of theft of such equipment and punished as provided in the Student Code of Conduct and this Athletic Code of Conduct.
**LOCKER ROOM**
Safety is of primary concern in locker rooms. The following rules shall be observed:

1. No horseplay (hitting, wrestling, throwing items, popping towels, etc.)
2. Maintain school equipment as directed by coaches.
3. Keep all school equipment and personal belongings locked in the locker at all times.
4. Keep school facilities clean and help ensure their continued good maintenance.

**TRAVEL**
Because athletes represent the community, parents, school, and coaches, as well as themselves, proper conduct is expected on athletic trips. Athletes shall dress in accordance to school policy and athletic code requirements. Specific travel details are:

1. Be on time for all trips.
2. Dress neatly and in accordance to policy.
3. Be mannerly and courteous in restaurants and other public places.
4. Be quiet and orderly on the bus to avoid distractions to the driver.
5. Show respect for opponents facilities.
6. Travel with the team when leaving and returning. In emergency situations and/or when prior permission has been given by the coach, the athlete may return with parents. Athletes will only be released to their parents or legal guardian. A “Student Travel Release Form” must be filled out with a parent signature prior to the athletic trip.

**QUITTING/REMOVAL FROM ATHLETIC PROGRAM**
Any participant who quits a sport after beginning shall:

1. Discuss the situation with the coach.
2. Confer with the head coach of the sport before terminating participation in a sport.
3. Notify parent/guardian for any type of removal (disciplinary, credit recovery, no longer competing in a sport, etc.)

4. Turn in all equipment that has been issued by the school.

5. Forfeit the right to an award for the sport.

6. Forfeit the right to participate in post-season activities (sports banquets, post season ceremonies, all star games, etc.)

Athletics involves hard work, time, and dedication. Think hard before deciding to go out for a sport. Any participant who quits a sport after they have begun will not be allowed to participate in that sport again or in any other sport until the regular season has ended in the sport that he/she quit. If necessary, the Athletic Director will make a decision in regards to this matter. Parents/guardians shall be notified before a student/athlete is removed from an athletic program regardless for any reason.

OFF-SEASON
Student athletes may participate in off-season programs when they are not participating in a sport in season or while participating in another sport.

Athletes who participate in two or more sports having off-season programs shall participate on an equal basis in the off-season programs associated with each sport. Exception to this rule shall be made during the official season of the sport as determined by the University Interscholastic League calendar by agreement between the coaches of the sports.

TOBACCO VIOLATIONS
Alvin I.S.D. is a tobacco-free district. Student athletes are not permitted to use tobacco products on or off school premises, including but not limited to, cigarettes, cigars, pipes, snuff, or chewing tobacco. Violations may result in disciplinary action, including without limitation, suspension or removal from athletics.

DRUG OR ALCOHOL VIOLATIONS
Student athletes shall not possess, use, transmit or attempt to possess, use, or transmit, or be under the influence of any of the following substances on or off school premises:
1. Any controlled substance or dangerous drug as defined by the Texas Controlled Substance Act, without regard to amount, including but not limited to marijuana, any narcotic drug, hallucinogen, stimulant, depressant, amphetamine, or barbiturate.

2. Alcohol or any alcoholic beverage.

3. Any abusable glue, aerosol, paint, or any chemical substance for inhalation.

4. Any other intoxicant or mood-changing, mind-altering, or behavior-altering drug.

If the administration, after a thorough investigation, has good reason to believe the student athlete has participated in selling, giving, possessing, or being under the influence of abusive drugs (marijuana, alcohol, narcotics, steroids, crack, cocaine, etc.), he/she shall be suspended from the athletic program until guilt or innocence is determined.

If a student athlete is arrested and charged with selling, giving, possession of or under the influence of drugs, he/she will be automatically suspended from the athletic program until guilt or innocence is determined. If the student athlete is found guilty they will be suspended from all athletic participation of any kind for a period of one calendar year from the date of the first incident.

Level IV disciplinary consequences may be assessed notwithstanding any prosecution under the juvenile/criminal justice systems.

ALLEGATION OR INDICTMENT FOR FELONY CRIMES

No athlete, while under indictment for having committed a felony crime, will be allowed to participate in any capacity in the athletic program. (This is to include practice and/or games.)

When guilt or innocence is established, the re-admission to the athletic program or the penalty phase will be developed.

Any athlete who has been referred for prosecution to the juvenile justice system based on alleged felony level delinquent conduct or charged with a felony in the criminal justice system shall not be allowed to participate in any practices or games/events.

If the prosecution is unconditionally dismissed or the athlete is found not guilty, then the athlete shall be readmitted to the athletic program.
If the prosecution results in a disposition other than an unconditional dismissal or a finding of not guilty, then the athlete shall be removed from all athletic activities for a minimum of one calendar year from the date of the offense or removed for the remainder of their A.I.S.D. school career.

**DISCIPLINARY LEVELS AND CONSEQUENCES**

**Level I and II Discipline Violations:**
Disciplinary offenses in Level I and II range from mild to more severe acts of misconduct that will result in one of the following consequences:

2. Coach/athlete conference with additional sport-appropriate conditioning activities.
3. Coach/athlete/parent conference with additional sport-appropriate conditioning activities, and a contract detailing ways to improve improper behavior.
4. Persistent violations may result in removal from the athletic program.

**Level III Discipline Violations:**
Level III offenses are acts of misconduct which are serious and which disrupt the orderly educational process. Standard disciplinary options at this level include suspension, referral to law enforcement, arrest, restitution or damages, and/or assignment to AEC/ADAPT. Athletes are prohibited from participating in or attending any sports events or school-related activities during the period of removal. In addition, the Athletic Department may impose one or more of the following consequences:

2. Coach/athlete conference with additional sport-appropriate conditioning activities.
3. Coach/athlete/parent conference with additional sport-appropriate conditioning activities, and a contract detailing ways to improve improper behavior.
4. Removal from the athletic program. (drug-related infractions and felony offenses are discussed earlier)
Level IV Discipline Violations
Level IV offenses are acts of misconduct for which mandatory removal to the
SSC/ADAPT center are required. The period of removal may be until the end of the
next grading period or until the end of the year. Offenses that occur during the last
six weeks of the second semester may result in a student’s placement at the
SSC/ADAPT center for the first semester of the next year. Athletes are prohibited
from participating in or attending any sports events or school-related activities during
the period of removal. In addition, the Athletic Department may impose one or more
of the following consequences:

2. Coach/athlete conference with additional sport-appropriate conditioning
   activities.
3. Coach/athlete/parent conference with additional sport-appropriate conditioning
   activities, and a contract detailing ways to improve improper behavior.
4. Removal from the athletic program. (drug-related infractions and felony
   offenses are discussed earlier)
5. For an athlete to re-enter the athletic program after having been removed
   for any reason, the following procedure will be followed:
   a. The athlete and parent(s) will meet with the campus athletic council. At
      this meeting a contract detailing probationary re-entry into the
      athletic program will be developed. After discussing each item
      closely, all parties present will be asked to sign the contract.
   b. Upon re-entry into the program on a probationary status, the athlete
      will be suspended from any participation in competitive participation
      other than in practice for a period of ten (10) consecutive school
      days. The suspension will begin the first day of re-enrollment on the
      school campus.
   c. During the period of suspension, the athlete will be required to
      complete additional sport-appropriate conditioning activities as
      directed by the coach.
6. A second Level IV violation (school sponsored or non-school sponsored) would result in a suspension for one calendar year from the date of the second incident or removal from the athletic program for the entire school career.

ATHLETIC ADVISORY COUNCIL
The Athletic Advisory Council will be composed of the District Athletic Director, Campus Administrator, and another Alvin I.S.D. Administrator. Its function will be to gather facts, interpret facts, and render a fair and just decision in matters of athletic discipline. The Athletic Director may convene the Athletic Advisory Council whenever he/she feels it is warranted or when the potential action taken could result in suspension or removal of a student from athletics.

APPEALS
Any athlete may appeal the penalty phase for their violation of the Alvin I.S.D. Athletic Code of Conduct. The appeal should be filed through the appropriate process to see that all due process rights are provided any student athlete as required by law. The Athletic Director’s decision on a ruling made by the Athletic Advisory Council concerning a penalty assessed may be appealed by the complaint procedure outlined in the Student/Parent Handbook. An appeal of an Athletic Director’s decision or a ruling made by an Athletic Advisory Council shall be entered at Level 2 of the complaint procedure.

PLEASE SIGN AND RETURN THE NEXT PAGE TO YOUR COACH
ACKNOWLEDGMENT OF ATHLETIC CODE OF CONDUCT POLICIES

Student Athlete

I _______________________________, have read and understand the above Alvin I.S.D. Athletic Code of Conduct, sport specific training rules, and agree that I will abide by the Athletic Code of Conduct, the sport specific training rules, and all Alvin I.S.D. policies.

__________________________
__________________________
Date Signature of Athlete

Parent/Legal Guardian

I _______________________________, have read and understand the above Alvin I.S.D. Athletic Code of Conduct, the sport specific training rules, and agree that I and my son/daughter will abide by the Athletic Code of Conduct, the sport specific training rules, and all Alvin I.S.D. policies.

__________________________
__________________________
Date Signature of Parent/Legal Guardian
Calendar
**Jacket Day**

A. Pictures 9 a.m. to 11 a.m.

B. Celebration Kick-off 2:00 pm to 2:30 pm

C. Scrimmage 3:30 p.m.
   1. 3:30 p.m. to 3:35 Cal
   2. 3:35 to 3:45 Indy
   3. 3:50 pm to 3:55 take-off and pursuit
   4. 3:55pm to 4:15 pm Sub varsity scrimmage
   5. 4:15 pm to 4:40 pm Varsity Scrimmage

C. Media/ Town
   1. 1 pm to 7:00 pm
   2. Tables for Athletes to sign Autographs 5:15 pm
   3. Interview Podium for Athletes and Media 5:15 pm
   4. Games for kids and adults
   5. Booster club memorabilia sales
   6. Food

D. Pep Rally
   1. 7:30 pm to 8:30 pm
   2. Team introductions
   3. Captains Talk

D. Movie Night 8:30 pm
   1. Community Night at the Movies in the parking lot