

## CREEK VALLEY ATHLETICS CAMPUS ACTION PLAN

In order for our athletic program to be at the level our coaching staff and our parents expect it to be, there are policies that must be followed throughout the year. Please read the policies below, and understand that these policies will be strictly adhered to.

### GENERAL POLICIES AND PROCEDURES

Membership in the athletic program is a privilege and the athletes will be held accountable to a high level of expectations. Athletes are expected to be on time, in attendance, and prepared for all scheduled practices and games. Athletes are expected to dress out daily in their athletic uniforms and participate in all activities to the best of their ability. Failure to participate/attend practice(s) or game(s) will result in grade reduction, reduced playing time, and/or removal from the athletic program as deemed necessary by the coaching staff. If for any reason an injury or medical condition prohibits an athlete from participating, they must continue to dress out daily and must also have a note from a guardian/parent. In addition, if this non-participation continues for a period beyond one day; a medical note is required from a licensed physician or the high school trainer. Upon returning to physical activity, the athlete must be cleared for participation by a licensed physician or high school trainer and will be expected to make up workouts that were missed before resuming regular practice and competition.

### SPORTS

Football, Volleyball, Basketball, Track, Cross Country, and Soccer are sports that will be offered at Creek Valley Middle School. Team selections will be based on the coaches' assessments of fundamentals, attitude, and behavior, in and out of the classroom, will all be taken into consideration for making a team at Creek Valley.

### PHYSICALS AND PAPERWORK

**All students participating in athletics must have a U.I.L. physical signed by a doctor each year and all Rank One online forms completed before they begin any tryouts or practices in order to be eligible to compete in athletic competitions.** Athletes must have a physical by the first day of school, otherwise, they will not be permitted to be in the athletics class.

### ATHLETIC PERIODS

1st Period- 8th Grade Athletics

8th Period- 7th Grade Athletics

### ATHLETIC PRACTICE DRESS

Athletes must wear the CVMS uniform shirt and uniform black shorts. For girls, shorts must be at least palm length to fit school dress code, hair must be pulled up. All jewelry must be removed, this includes apple or sports watches. If an athlete forgets their workout clothes, then they will be subject to consequences (loss of points on grade and reminders), will work out in their school attire, and an email will be sent home to the guardian.

### **ATTENDANCE AND TARDIES**

Attendance at practice and contests is mandatory. If an athlete is late to athletics, they will be subject to consequences. Serious consequences will result for any athlete who is caught skipping. If any player has an unexcused absence from a scheduled practice, they must make up the work missed, plus any added sanctions deemed appropriate by that sport's coach. For an excused absence, the conditioning portion of the workout missed is all that will be made up. We will never put an athlete in danger, but we do expect them to push through certain discomforts. If an athlete is unable to workout for more than 1 day, a doctor's or HHS trainer's note will be required for continued missed workouts. The Hebron training staff is available to CVMS athletes before school starting at 8 A.M. Parent notes will be considered, but are not a guarantee of missing workouts. This will be handled at the coach's discretion.

### **GAME DAY ATTENDANCE**

Athletes must be in attendance for half of the day of school to be able to participate on game night. Extenuating circumstances may be an exception to this policy if students are in attendance for a minimum of a half-day and the absence is documented by a doctor's note, or approved by the Athletic Coordinator prior to the absence.

### **OTHER SPORTS AND ACTIVITIES**

We want to always encourage our student-athletes to participate in as many sports and activities as they would like. All in-season sports should be a top priority for students. We will do our best to accommodate conflicts with other schedules by working with the sponsors of other programs at Creek Valley. However, athletes must inform coaches within 48 hours of receiving schedules for each sport, if they will have a conflict. Creek Valley athletics should have top priority over all other sports leagues not affiliated with LISD. Please be mindful of the LISD athletic policy on this matter. **Athletes missing LISD athletic events for other sports or other activities will be suspended for part of the next contest.**

### **ATHLETIC CONDUCT**

We expect all of our athletes to behave in an appropriate way in all of their classes. CVMS athletes are held to a very high standard of behavior. This includes behavior while participating in and observing athletic events. Athletes are expected to lead by example for other students in the classroom and on the court. Should an athlete not meet the expectations of the program, there will be consequences for their actions. Athletes will sit in a designated area with their teammates during the game. Athletes should exhibit good sportsmanship by cheering appropriately for their team only. They will show respect for the opposing team, the referees, and others around them. Athletes will not be allowed in the locker room during games. Athletes are expected to respect school property both at home and away games.

### Placement in In-School Suspension (ISS)

- A student assigned to ISS will not be able to participate in athletics or practices until released from ISS and all days served. ANY time that an athlete is placed in ISS, she will sit out part of the game at the following athletic event.

### Suspension from School

- Athletes that are suspended from school will not participate in any practices or events during their suspension. Athletes that have been suspended will not participate in the two events following their suspension and are subject to possible removal from the team.

### Continued failure to abide by the athletic policies could result in the following:

#### Dismissal from a Team

- Repeated failure to attend practice
- Two referrals to ISS
- School Suspension or DAEP placement
- Failure to follow the guidelines of the extracurricular student code of conduct
- Repeated failure to attend games or meets
- Causing repeated disruptions in the classroom
- Attitude or actions that is detrimental to the best interest of the program or school
- Parents or guardians of any athlete who is dismissed from the team will be notified prior to the dismissal.
- Any student who withdraws from a team will not be permitted back on the team. That athlete will still be allowed to participate in the remaining sports for that year.
- All Team Dismissals are done with the sole discretion of the Head Coach and Campus Coordinator.

#### Dismissal from Athletics

- Attitude or actions that are detrimental to the best interest of the program or school
- Failure to meet all requirements necessary for participation
- Multiple referrals to ISS
- Repeated School Suspension
- Student withdraws from a team and does not plan to participate in any other sports
- Any student caught stealing in the dressing room will be removed from athletics immediately and school disciplinary actions will occur
- Failure to follow the guidelines of the extracurricular student code of conduct
- Repeated non-compliance with UIL academic standards could result in dismissal from the athletic program.
- Parents or guardians of any athlete who is dismissed from athletics will be notified prior to the dismissal.
- Dismissal from Athletics is done with the sole discretion of an Administrator and the Campus Coordinator.

### Uniforms

Athletes must change out of their uniforms before they leave to go home after each athletic event. **If an athlete is unable to return their uniform on the night of the contest, then they must ride the bus back to school and change when they arrive.** This policy helps prevent lost uniforms.

### LOCKER ROOM, EQUIPMENT, AND THEFT

Lockers and equipment, which is school property, will be issued to each player and a record will be kept. It is the athlete's responsibility to take care of their equipment. The athlete will pay for any lost or stolen equipment. All equipment will remain at school unless instructed otherwise by a coach. Athletes may not wear equipment home, wear another athlete's equipment, leave equipment out or have a messy locker room. Any violation will result in disciplinary action. The locker room is a special place for the athletes on campus. Therefore, it is to be treated as such. Any items picked up by the coaching staff will be held until Friday of that week, and then will be disposed of. **Stealing will not be tolerated!** Any athlete caught stealing will be removed from the program for the remainder of the school year. Cell phones, music devices, etc. are brought to school at your own risk and should be locked up. No cameras or phone use are allowed in the locker rooms at any time. A coach is assigned to the locker room during all transition periods, but we cannot observe everything that goes on. If there is any behavior going on that should not be, please encourage your athlete to talk to one of the coaches. Anything they share will be kept confidential.

### SUBSTANCE ABUSE

Alcohol, tobacco, and drugs will not be tolerated at any time in our program. Punishment will be dealt with through our Code of Conduct policies and could range from suspension to removal from the program.

### TRANSPORTATION

We will provide transportation to and from all games for the athletes. Each student-athlete must ride the bus to the game. We want to always encourage team unity, which includes riding on the bus home with teammates. **For students playing football, you must return home on the bus. Shoulder pads and helmets will not return home with you after a football game.** Parents can pick their kids up at school after the game. We understand life happens, so if you must take your child after a game, the LISD transportation form must be received before we leave for the contest. The coaches will have a sign out binder at each contest. Students must sign out before leaving with their parents. If anyone other than yourself is taking the student home then we must have 24-hour prior notice with the consent of the parent. Students who do not turn in a travel form prior to a sporting event will be required to ride the bus back to the school.

### Wildcat Training Program

All Athletes are required to play two sports. Any student-athlete not participating in the current sport will be placed in a sports training program. The purpose of the training program is to prepare students for future athletic competitions and develop individual skills. Training consists of activities focusing on speed, strength, stamina, flexibility, coordination, agility, teamwork,

confidence, and pride. In addition, specific sport skills training will be implemented when deemed appropriate by the coaching staff. **Athletes that do not participate in two sports or the training program will be removed from the athletics class, and 7th graders who do not participate in two sports, could not be permitted into the athletics program as an 8th grader.**

### PARTICIPATION

We encourage all of our student-athletes to participate in all the sports offered at Creek Valley. With this being said, every athlete must try-out for two sports. **All athletes that do not make the basketball team will run cross country. That is an LISD district athletic policy.** Unfortunately, the coaching staff will have to make roster cuts in Volleyball, Basketball, and Soccer. Athletes that do not participate in any sports in 7<sup>th</sup> grade will need a recommendation from the athletic coordinator to be in athletics in 8<sup>th</sup> grade.

### ELIGIBILITY

Athletes are held to the highest standards in the classroom. **According to the state “No Pass, No Play” policy, to be eligible to participate in athletic contests, a student must pass all classes with a minimum of 70 each 9 week grading period.** Athletes will still be required to attend practices if they lose eligibility, but they will not be allowed to play in contests, travel with the team to contests, or sit on the sideline during contests. **Failing for the 6 weeks may also be grounds for our Academic Plan, which requires mandatory tutoring and consequences in athletics.**

### Parent Policies

- Please try to avoid scheduling appointments during practice times and athletic periods. We have such a short time to learn each day, so it is important to be at all practices.
  - **If you will not be at practice, you must send an email, Canvas message, or verbally tell a coach, or your absence will be unexcused, which can affect your playing time.**
- If there is an issue that you need to speak with a coach, we require that you schedule a meeting. **Meetings are NOT to be conducted right before or immediately after a contest/practice/tryout, without a scheduled time.** Coaches will not discuss playing time with parents. For any other concerns, please allow for a 24 response window.
- An athlete MAY NOT ride home after an athletic contest with another athlete’s parent without prior written permission. This is an LISD policy. Any student caught riding home with another parent could be removed from the team. If a parent wants to take his/her own child home from a competition, he/she will need to sign out with their child’s coach after the game.
- Please respect the coaches and their families by picking up your child from school immediately following all practices, games or athletic events and no longer than 15 minutes after.
- An athlete must have a note in order to sit out of practice. A parent note is only good for one day. After that, a doctor’s note is required. The athlete is still expected to dress out and

attend all practices, yet will be withheld from physical participation, even if s/he is sick or injured.

- If the athlete has sustained an injury during a practice/contest, contact your child's coach to get the necessary information to see the athletic trainer at Hebron High School.
- When an athlete makes a team, they are expected to participate fully. That means attendance in all practices and events. If a parent is continually pulling students from athletic contests, then the athlete is subject to removal from the team.
- **Persistent non-participation may require movement to PE class.**

**Chain of Command for parent:**

If an athlete has spoken to their coach and still is having a problem then we will follow the following chain of command.

Parent and athlete speak to the Head coach of the sport

Parent speaks to the athletic coordinator

Parent speaks to the principal

**These policies and regulations are important to a successful athletic program. However, the key to a successful program comes from communication between the coaches and athletes/parents, and the athletes and parents. We encourage the parents to share in their child's athletic experience and help make it a positive and rewarding one.**