



 Gonzales ISD
Athletic
Handbook

Gonzales ISD

Athletic

Handbook

2009-2010

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APACHE FOOTBALL OFFICE

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1801 Sarah Dewitt, Gonzales, TX 78629 -- Phone: 830.672.6641 -- Fax: 830.672.3687 -- Kristopher.micheaux@gonzales.txed.net

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GONZALES I.S.D.

ATHLETIC HANDBOOK

Introduction

This handbook communicates important information concerning athletic policies and procedures to our parents and students. After reviewing this information, we ask that the parents and student sign the receipt page in the back of the Handbook and return it to his/her head coach.

All information enclosed and information that is not covered in this Athletic Handbook will be left to the judgment of the Athletic Director. It should be noted that different sports might have additional rules and regulations that go beyond what is listed in this athletic handbook. All such rules must be submitted to the Athletic Director for approval.

PHILOSOPHY OF ATHLETICS

Mission Statement

The mission of Gonzales I.S.D. Athletics is to provide a competitive athletic environment while promoting and embodying the ideals of teamwork, sportsmanship, hard work and self-discipline.

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The athletic program at Gonzales I.S.D. is part of the total educational program. Athletics are a vital part of the physical, mental, social, and moral growth of our students. Sports are extracurricular activities, not designed to transcend the academic program, but to supplement it. Athletics can give students the opportunity to develop outside of the classroom, and the principles and lessons learned in the classroom can be put into practice through athletics. Gonzales I.S.D. offers its students a broad range of athletic activities from team sports like football and basketball, to more individualized sports like golf and tennis. The athletic program is designed to meet a variety of needs from team sports that teach teamwork, to individualized sports that promote lifelong wellness and recreation. Participation in athletics is a privilege that carries with it responsibilities to the school, to the sport, to the student body, to the community, and to oneself. Athletics is not a guaranteed right to every student. If one chooses to participate in athletics, one accepts certain responsibilities. With these responsibilities come valuable lessons which will enhance one's potential for success in later life. Athletics is not about winning games or getting athletic scholarships to college; athletics is about teaching the value of dedication, commitment, goal setting, hard work, fair play, sportsmanship, teamwork, and sacrifice. If one will live up to the standards set by the athletic department, athletics can and will serve as an outstanding extension of academics.

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Goals of Athletics

1. Emphasize that academics must come first and foremost.
2. Promote the development of the whole person - spirit, mind, and body - by competing with full positive effort, self-control, and exemplary conduct.
3. Provide the opportunity for students to learn the value of hard work, discipline, commitment, and teamwork.
4. Conduct an athletic program in accordance with the letter and spirit of the rules and regulations of Gonzales Independent School District and the University Interscholastic League.
5. Learn how to win and become successful.
6. Teach athletes the value of experiencing "victory with grace" and "defeat with dignity."
7. Develop sportsmanship in our athletes, coaches, and fans.
8. Have fun!

Sportsmanship Roles

A true sport shows a combination of values and attitudes, all in a positive light. Respect, fairness, courtesy, and graceful acceptance of the results are all characteristics of good sportsmanship. A good sport reflects "fair play" in every aspect of life.

Athletic Director

1. Proactively promotes sportsmanship.
2. Informs parents and other spectators of acceptable and unacceptable behaviors and insures that everyone abides by these expectations.
3. Develops athletic policies and provides support for the implementation of these policies.
4. Enforces consequences for students and athletes who violate expectations of sportsmanship.



Coach

1. Sets a good example for athletes, fans, and the community to follow.
2. Teaches good sportsmanship to athletes and parents.
3. Disciplines athletes who display un-sportsmanship like behavior.
4. Abides by the rules of the game in letter and in spirit.
5. Treat opposing players and coaches with respect.
6. Respects the judgment of the officials and their interpretation of the rules.

Athlete

1. Accepts the responsibility and privilege of representing the school and community.
2. Learns the rules of the game.
3. Treats opponents with the respect that is due to them as guests and fellow competitors.
4. Respects the judgment and integrity of the officials.
5. Exercises self-control and displays positive actions in public at all times.
6. Accepts both victory and defeat with pride and compassion while never being boastful or bitter.

Fans

1. Respect the players, coaches, and fans of opposing teams.
2. Parents are asked to allow coaches to coach each and every student athlete.
3. Never enter the athletic dressing area to motivate, coach, etc...
4. Know and understand the rules of the game.
5. Realize that a ticket is a privilege to observe the contest, not a license to verbally assault others or be generally obnoxious.
6. Never criticize an athlete, coach, or official.
7. Censure fellow spectators who display negative behavior.

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ATHLETICS CLASS

Athletics is a state-approved course offered by Gonzales I.S.D. Students may receive credit by successfully completing the following basic requirements:

1. Attend class regularly and promptly. Students must participate in the actual class period. Students must be directly supervised by the coach and are not allowed to leave to go to another classroom, library, computer lab, etc. Please schedule make-up work and tutorials for other classes outside of the athletics class period.
2. Dress out every day in school-issued clothing and/or equipment. Students unable to physically participate are still required to dress out and participate mentally. (Some injuries may not allow the athlete to dress out. If there is a question, the Head Coach will make the decision on the athlete dressing out or not for workout).

Sports Offered at Gonzales I.S.D.

Girls Cross Country

Boys Cross Country

Volleyball

Football

Girls Basketball

Boys Basketball

Girls Track & Field

Boys Track & Field

Softball

Baseball

Girls Golf

Boys Golf

Girls Tennis

Boys Tennis

Boys and Girls Power Lifting

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ELIGIBILITY

You must participate in at least one team sport (FB/VB/BB/SB/BB/Track) and one individual sport (CC/Power Lifting/Golf/Tennis), or two team sports to remain in the athletic period. One may participate in a sport after school only at the discretion of the coaching staff.

Academic Eligibility

In the area of academics, a good athlete becomes a good student. The character and competitiveness of the athlete should carry over into the classroom. The athletes must plan their schedule so that they give sufficient time and energy to their studies to ensure acceptable grades. In addition to maintaining good grades, an athlete should give respectful attention to classroom activities and show respect for faculty and other students at all times. Athletes can be positive leaders at school as well as in athletic competition. **Athletes must meet the UIL guidelines to be eligible for competition. They must meet standards of residence, credits toward graduation, age limits, and class schedules to be eligible for varsity competition. At any level they must meet the no pass no play expectations. They must pass all courses to be eligible unless otherwise specified by the UIL or TEA.** Students failing a course will be ineligible for competition for three weeks. Ineligible athletes, however, are still allowed to practice. If a student stays ineligible for the entire 9 weeks they will be placed on academic probation. At this time the head coach will review the athlete's grades and inform the athlete of his/her possible removal from athletics. Some students take on more than they can handle; academics come first, and removal may be the best way to insure this individual's success. Coaches will counsel and tutor the athlete when needed. The athletes will be solely responsible for their grades.



School Suspension

Athletes assigned to ISS or Alternative school may not participate in any extracurricular activity until released from ISS or Alternative school. **If a student is assigned ISS the day of an athletic event (Completed or not) that student will not be allowed to participate.** Upon your return from serving ISS, you will be counseled, the documentation will be placed in your folder and you will have to make missed conditioning. You will also be assigned make-up work from your head coach for missing your athletic period workout/game. Your second offense of ISS will be a conference with the Athletic Director and make-up work given by the Head Coach.

RULES AND REGULATIONS

Practice and Game Attendance

It is the obligation and responsibility of team members to attend all scheduled practices, meetings, and games regularly, and on time. Practice times will be scheduled and announced.

Being late is considered a tardy. Each tardy will be defined as excused or unexcused. The athlete will be disciplined for an unexcused tardy. Any team member who arrives late to practice or who leaves early is disruptive to the team's improvement and game plan. It is very important that individual athletes are not pulled out of a team practice until the practice concludes. **Gonzales I.S.D. has an "open practice" policy and encourages parents of our student athletes to make at least one practice.**

The head coach should be notified immediately when an unavoidable conflict arises with a practice or a game. If the coach is notified before the workout, most absences will be excused. If the coach is not notified prior to the workout, it will be an unexcused absence. (Some situations will be considered an excused absence without a phone call. If there is a question as to whether it is excused or not, the

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Athletic Director will make the decision.) All absences can be made up. The athlete will be disciplined for an unexcused absence. Makeup work for absences will be given by the Head Coach; this workout will vary from sport to sport.

Note: Played time could be effected due to missed practices.

Injured Athletes:

Injured athletes who cannot actively participate in the workout must still follow all attendance policies. Being injured is not an excuse to miss practice. The injured athlete will be expected to dress out and participate mentally. This is also a time in which they may see the trainer for treatment. (Some injuries may not allow the athlete to dress out or attend practice. If there is a question, the head coach will make the decision on the athlete dressing out or attending the workout).

Ineligible Athletes:

Ineligible athletes shall attend and participate in workouts unless excused by the head coach. By attending and participating in workouts, the athlete may represent the team again at the end of the ineligible period.

*To inform your coach on any absence, the following phone numbers will be used:
School athletic phone number is (830) 672-6641.*

Practice and Game Attire

All athletes are required to wear school-issued equipment and clothing at all practices. Students must learn to be organized and prepared, as they will not be allowed to go home to get practice gear or game uniforms.

Athletes that are injured or unable to participate in a practice are still required to suit out and pay attention to the mental aspects of the workout. (Some injuries do not allow for the athlete to dress out. If there is a question, the Head Coach will make the decision if the athlete is required to dress out or not for workout).



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Failing to wear appropriate workout clothes or forgetting a game uniform will result in discipline to be determined by the head coach.

Anyone caught vandalizing or stealing school equipment will be subject to the harshest of punishments. This may include, but not be restricted to: **permanent dismissal from the athletic program.**

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Tobacco, Alcohol, and All Other Illegal Drugs

It is a violation for Gonzales ISD athletes to use or possess alcohol (excluding for religious ceremonies) or illegal drugs. Reported violations of this nature will be investigated by the athletic director and/or coaching staff. Verified violations will result in disciplinary action for the athlete.

- 1. First infraction – The athlete will be required to run 10 miles (or an equivalent) at a pace set by the coach.** The athlete will have 5 days to complete the running and the running will be in addition to the regular workout for that day. If the infraction occurs in season, the athlete will be suspended from the next contest or competition.
- 2. Second infraction – The athlete will be required to run 15 miles (or an equivalent) under the same guidelines as the first infraction. In addition, the athlete will be suspended for the next 2 games, contests or competitions of the sport in which he/she is participating.** If the infraction occurs during a time in which the athlete is out of season, the suspension period will be served at the start of the season of the next sport in which the athlete participates. If a season ends before an athlete is able to complete his/her suspension, the suspension will carry over to the next sport in which the athlete participates.
- 3. Third infraction – The athlete will be removed from athletics for one calendar year.** At the end of the suspension period, an athlete may regain participation privileges by requesting to complete the Athletic Re-Entry Program.
- 4. Fourth infraction – The athlete will be removed from athletics for the remainder of their high school career.** Alcohol and illegal drug violations for high school athletes will be cumulative for their high school career. Alcohol and illegal drug violations for junior high athletes will be cumulative for their junior



high career. However, if a junior high athlete has not completed his/her suspension time, the suspension will carry over to high school.

STEROIDS

Recent studies indicate that the use of steroids by high school students is on the rise. Although the drugs are dangerous and illegal to use without a prescription, reports indicate that they are readily available to be used by high school students.

TEA and the UIL request that school districts raise the awareness of the ill effects of steroids. Gonzales ISD and the athletic department agree that it is imperative that our athletes and their parents are aware of the dangers of steroid use. At the back of the handbook on pages 26-28 is a fact sheet about steroids that was created by the U.S. Department of Health and Human Services.

Athletes should also be aware that verified violations of the illegal use of steroids would be considered a violation of our illegal drug policy. The disciplinary action for this violation will be the same as the disciplinary action listed under the Alcohol/Illegal Drugs section of this handbook.



Poor Attitude

An athlete may be suspended for all or part of a sports season or from the team indefinitely for demonstrating behavior that is detrimental to the team.

Suspensions will be dealt with on an individual basis.

What is best for the team, first and foremost, and then what is best for the individual athlete will be the approach of the Athletic Department. Examples of unacceptable behavior include, but are not limited to:

1. Inappropriate language
2. Unwilling or lazy attitude
3. Disrespect to the coaching staff
4. Fighting or stealing around school or school activities
5. Negative effect on team morale
6. Being arrested on school premises by the police or for a conviction of a felony
7. Caught with any type of illegal drugs
8. Threats made toward student athletes and or coaches

Note: All suspension or removals will be handled on an individual basis.

Unsportsmanlike Behavior

Any athlete participating in an athletic event who flagrantly violates the rules of good sportsmanship should be removed from the game immediately by the coach regardless of the action taken by game officials. Consequences for a game ejection shall include: (Per Season)

1. Suspension from the next scheduled game or contest.
2. A formal letter of apology to the opponent and the game official.
3. A second ejection will result in a two game suspension.

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4. A third ejection will result in the athlete being removed from the athletic program for one calendar year.

* Ejections will be kept as an accumulative total for the duration of the athlete's career in the Gonzales I.S.D. athletic program.

Hazing

No athlete at any time, by means of practical jokes, initiation rites, horseplay, etc., will humiliate any fellow athlete. The Gonzales I.S.D. Athletic Department will not tolerate hazing in any form.

No one has to "earn his or her way" on to a team by submitting to ridicule from other members of the team. It is the duty of each team member to discourage this behavior.

Athletes found guilty of hazing will be disciplined by the Athletic Director, and Head Coach.

DISMISSAL FROM A SPORT

On some occasions, an athlete will need to be dismissed from a sport due to unacceptable behavior or violations of the Athletic handbook. The following guidelines will be in effect for any athlete that is dismissed from a sport or from athletics.

1. An athlete dismissed from a sport may be dismissed from the athletic program if the violation is deemed justifiable. See "Poor Attitude Section" for specific examples

2. An athlete dismissed from a sport will not be allowed to start another sport until the first sport is completed. If there are extenuating circumstances, the parent or guardian may request a hearing with the Athletic Director.

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Note: The final decision will be made by the Athletic Director

3. An athlete dismissed from a sport, may regain participation privileges in that sport the following season by requesting to complete the Athletic Re-Entry Program.

4. An athlete that has been dismissed or quits a sport a second time (same sport or different sport) will not be allowed to use the Re-Entry Program to regain participation privileges in athletics.

Violations that result in athletes being dismissed from junior high athletics will be cumulative for their junior high career. Violations that result in athletes being dismissed from high school athletics will be cumulative for their high school career.

QUITTING A SPORT

Quitting is an intolerable habit to acquire. Athletes that quit are also “giving up” on themselves and those that depend on them (TEAM). Commitment to being an Apache team member is one of the most valuable lessons learned in athletics. Concerns and frustrations can often be worked out with proper communication between the athlete and coach.

1. Any athlete wishing to quit a sport should notify the head coach and complete the Request to quit form. The athlete will be encouraged to wait 24 hours before making his/her decision final.

2. If an athlete quits a sport after one week, he/she will not be allowed to start another sport until the first sport is completed.

3. If an athlete begins participation in two concurrent sports, he/she will have one week to determine if it is in his/her best interest to drop one sport and concentrate on the other sport. After two weeks, if the athlete decides to quit one of the sports,



he/she will not be allowed to continue with the other sport. This will be considered as one quitting infraction.

4. If an athlete quits a sport, he/she may regain participation privileges in that sport the following season by requesting to complete the Athletic Re-Entry Program.

5. An athlete quitting a sport and not wishing to participate in another sport will be removed from the athletic program and athletic class period. The schedule change will be made as soon as it is possible. In some cases this change may not be possible until the end of the semester.

6. An athlete who quits or has been removed a second time (same sport or different sport) will not be allowed to use the Re-Entry Program to regain participation privileges in athletics.

1. Quitting violations for junior high athletes will be cumulative for their junior high career.
2. Quitting violations for high school athletes will be cumulative for their high school career.

Athletic Re-Entry Application

After quitting a sport, or being removed from enrollment in the athletic period, an athlete can regain participation privileges by choosing to complete the following:

1. Any athlete wishing to re-enter must notify the head coach in writing. A conference will be scheduled with the Athlete, Parent, Coach and Athletic Director. At this time the athlete will be interviewed and a decision will be made for re-entry.

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2. If an athlete is approved to re-enter the Gonzales Athletic Program, he/she will complete a 25 mile run. These miles must be completed before or after school and at the coach's convenience. The student will not be allowed to participate until the running has been completed and all paperwork has been turned in.

3. The athlete will be on probation for a full semester. If discipline problems occur, the athlete will be dismissed from the Gonzales Athletic Program, and not allowed to reenter for an entire calendar year.

Athletes will only be allowed to use the Re-Entry Program one time during their junior high career and two times during their high school career.

Latest date to join the team:

1. All returning athletes must have gone through the off season and report at the beginning of the season or reporting date.
2. New players:
 - a. Will be handled on an individual basis.

Equipment and Uniforms

Team uniforms, warm-ups, and equipment are the property of Gonzales I.S.D. and must be treated with care. Athletes are responsible for keeping their school-issued equipment clean and secure. Do not use any equipment or protective gear that is no longer safe or functional. Get a replacement.

All athletes must return their uniforms and equipment to their coach no later than seven (7) days after their last game or competition. **Theft, loss, or damage of any equipment is the athlete's financial obligation.**

No athlete will be allowed to check out any equipment or uniform for another sport until payment for missing or destroyed equipment is made. Award recognition,



letter jackets, and the privilege of registering for classes may also be withheld until all uniforms and equipment are returned.

Locker Room

Locker rooms are provided for athletes changing into practice or game attire. Backpacks or school supplies are allowed during athletic workouts. Specific locker and locker room guidelines will vary from season to season. Specific expectations will be announced to the athletes. It is the responsibility of the athletes, not the coaches or janitors, to throw away trash, pick up equipment, and keep the locker room clean. Please lock up all valuables every day. We supply the lock...so use it. **Gonzales I.S.D. is not responsible for any loss or theft in the locker room.** Be on the safe side; do not leave cash, jewelry, or anything of value in the locker room. Quite often, certain locker rooms will be off limits due to visiting teams using them during our home games. Please be sure to remove your items on time and clean up for our guests.

Personal Appearance and Conduct

Gonzales Apaches and Lady Apaches are quite often the only contact that many people in other communities have with our school. Appearance, expressions, and actions always influence opinions of our athletes, teams, and our school. It is expected that Gonzales I.S.D. athletes will conduct themselves in a manner that will be positive for our school.

Our student/athletes will:

1. Respect fellow teammates, coaches, managers, and school officials.
2. Respect our opponent's team, coaches, managers, and school officials.
3. Respect all officials, umpires, referees, etc.

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4. Display desirable behavior, desirable language, cooperative and polite attitudes, and great sportsmanship in and out of the arena of competition.
 5. **Be well-groomed and dressed appropriately at all games and contests.**
 6. **No earrings or jewelry will be worn during any athletic activity.**

All athletes representing Gonzales I.S.D. should establish and maintain a high standard of appearance at all times. Athletes must follow the student dress code and grooming policy as outlined in the **Gonzales I.S.D. Student Code of Conduct** manual. The head coach of each sport will establish attire guidelines for the team.

Team Travel

The school will provide transportation for away contests. Team members, managers, statisticians, etc. should ride to and from the contest on school provided transportation. This policy is necessary for obvious liability reasons. In some situations athletes may be expected to travel together to and from a contest.

Athletes will travel via school vehicle, to all athletic events. Parents may sign out their child, by giving 24 hrs. advanced noticed to the coach and provide a written statement at the conclusion of the athletic activity; at this time the athlete will be released to them. This will be done to keep families together on the weekends and to give some the opportunity to return home in a timely manner. Your child will only be released to the parent and no one else. This will be allowed at the Jr. High level (Only). Once in high school, we ask the team remains together on the return trip home (unless extenuating circumstances arise). We want to encourage teamwork and unity after a win or a loss.



Team Buses

Be on time and be ready for the bus. Be appropriately dressed. Please keep the noise to a minimum and remain seated at all times. No metal spikes should be worn on buses.

Please do not leave valuables and expensive items on the bus. Restrict food and beverages to reasonable amounts. Pick up your trash and help clean the bus when arriving back at school.



LETTER AWARDS

(High school only)

Varsity:

Athletes may receive one award jacket for their high school career. If an athlete receives a jacket in another extracurricular activity, they cannot receive one for athletics. After receiving a jacket, a varsity letter will be awarded for all additional times that an athlete qualifies for lettering in any varsity sport.

Criteria for lettering:

General:

Athletes shall complete the entire scheduled season for the sport in good standing. They shall have regular practice attendance for the sport. Athletes who are injured and are unable to complete a season may be lettered at the discretion of the coach of the sport.

Football/ Basketball/ Baseball/ Volleyball:

Athletes shall compete with the varsity team for at least 50% of the season and shall, in the opinion of their coach, have made a major contribution to the team's success in order to letter.

Tennis/Track and Field:

Athletes shall compete in 50% or more of the varsity matches, tournaments, or meets or score a point at the district tournament or meet in order to letter. Athletes may also earn a letter by qualifying for regional.

Golf:

Athletes shall participate as a member of the number one team in 50% or more of the holes played through the district tournament in order to letter. Athletes may also earn a letter by qualifying for regional.

Cross Country:

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1801 Sarah Dewitt, Gonzales, TX 78629 -- Phone: 830.672.6641 -- Fax: 830.672.3687 -- Kristopher.micheaux@gonzales.txed.net

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Athletes shall participate on the varsity team in 50% or more of the meets in order to letter. Athletes may also earn a letter by qualifying for regional.

Sub-varsity:

Sub-varsity team members shall meet, at the sub varsity level, the same participation standards as are required for the varsity team in order to letter. All sub varsity lettermen shall receive an appropriate symbolic award.

Awards can be withheld by Athletic Director if:

1. Violations of school rules or athletic rules
2. If she/he quirt or is dismissed from the team prior to the end of the season.
3. Any student Athlete is convicted of a felony before awards are given.

Media Relations

The school or coach cannot control the content of sports stories and photos. The press does not guarantee accuracy in quoting or equal coverage. If interviewed, protect your credibility by giving facts in a straightforward, honest, and sincere manner. After an emotional game, it is necessary to handle the press in a patient manner. Avoid criticism of the officials and opponents. Give teammates credit whenever possible. Be aware of the fact that what you say reflects not only on yourself, but also on your team, school, and community.

College Athletic Scholarships

The coaching staff will work hard with college and university coaches to help our athletes with continuing education. We want our athletes to have the experience of playing on the college level. These coaches are usually looking for certain positions they need to fill. We will do all we can to positively inform them of our athletes' abilities and qualities. High school coaches **do not "GET"** scholarships for their athletes. Athletic scholarships from various universities and colleges are offered to



high school athletes whose talents and grades are exceptional. It must be understood that the philosophical intent of the high school athletic program is NOT to guarantee college athletic scholarships to its participants. Please contact the Counselor's Office for any information regarding scholarships or grants.

COMMUNICATION/PARENT CONFERENCES

Both parenting and coaching are difficult vocations. By establishing lines of communication and understanding each position, we are better able to accept the actions of others and provide greater benefits to children. One purpose of this handbook is to provide a line of communication between the athletic department and parents. Hopefully, the handbook will help parents understand what is expected of their child. At the same time, the athletic department hopes to receive support from the parents in enforcing the rules and regulations of the handbook. Despite the communication, it is important to understand that there may be times when things do not go the way the athlete wishes or the parent wishes. At these times, a conference or discussion with the coach may be needed. Please understand that there are appropriate issues to discuss and there are issues not appropriate to discuss.

Appropriate issues to discuss with coaches:

1. Treatment of your child
2. Ways to help your child improve
3. Concerns about your child's behavior

Issues not appropriate to discuss with coaches:

1. Team strategy
2. Play calling
3. Other student-athletes

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Conference procedures and guidelines:

1. **Please do not attempt to confront a coach before, during, or after a contest or during a practice or game.** This can be an emotional time for both the parent and the coach. Meetings of this nature do not promote resolution. Productive meetings require calm, rational attitudes in a private setting.
2. Call the athletic department, high school or junior high to set up an appointment with the coach of your child's team, the head coach of the sport, Girls Coordinator or Athletic Director.
3. If you are not satisfied with your conference with the coach and/or coaches, you may then set up an appointment with the Athletic Director.
4. If you prefer to have a conference with a combination of the individuals above, attempts will be made to accommodate your request.



HEALTH ISSUES

Athletic Physical Examinations

No student/athlete shall be eligible to practice or play a school sport until they have passed an adequate physical examination and have it on file. The UIL physical form must be completed and signed by a licensed physician, a parent or legal guardian, and the student. Gonzales I.S.D. local policy requires a physical examination for student/athletes entering grades 7, 9, and 11. Students may use their own physician or attend the sports physical day offered locally.

Injury

The potential for injury is inherent in all interscholastic sports. Even with the best coaching, the most advanced protective equipment, and a strict observance of rules, injuries can happen. Although serious injuries are not common in supervised school athletic programs, it is impossible to eliminate the risk. Parents and students must be willing to accept the risks associated with school sports.

Athletes should report all injuries to the coach and to the athletes' parents. Please remember that coaches are neither doctors nor athletic trainers. They can make suggestions and give advice, but they are not certified to diagnose, treat, and release athletes from injury. If an athlete is seriously injured, he/she must have a doctor's release before continuing practice or competing in athletic contests.

If your child is injured at an athletic event, the coaches will do the following: 1) get emergency help, 2) contact the parent or legal guardian 3) contact the Athletic Director and Administrator, 4) be advised by emergency personnel the next and safest step to follow to insure proper care of our athlete. (If this is EMS, or hospital trip, all parties will be updated continually).

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INSURANCE

The Gonzales ISD will provide insurance coverage for interscholastic activities for the school year. The coverage period begins with the first day of two-a-days. The coverage provided is secondary to any medical insurance that you may already have. Benefits are intended to supplement other collectible insurance by assisting with balances left unpaid by your primary carrier. **If you have no other insurance, the benefits will not be adequate to cover the full cost of medical treatment.** Claim forms must be sent within 90 days of the date the athlete first receives medical care. In order to expedite payment of claims, parents/guardians of athletes who have sustained an injury as a result of athletics should obtain a claim form from the coach or Athletic Director as soon as possible. **Filing claims is the parent's responsibility.**

THE FACTS ABOUT STEROIDS

Facts

Steroids affect the heart. Steroid abuse has been associated with cardiovascular disease, including heart attack and stroke. These heart problems can even happen to athletes under the age of 30.

Steroids affect appearance. In both sexes, steroids can cause male-pattern baldness, cysts, acne, and oily hair and skin.

Steroids affect mood. Steroids can make a person angry and hostile for no reason. There are recorded cases of murder attributed to intense anger from steroid use.

Steroids increase risk of infection. Sharing needles or using dirty needles to inject steroids creates a risk for diseases such as HIV/AIDS and hepatitis.

Steroids are illegal to possess without a prescription. Doctors prescribe steroids for specific medical conditions. They are only safe for use when a doctor monitors the patient.

Signs

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How can you tell if a person is abusing steroids? Sometimes it's hard to tell. But there are signs you can look for. If a person has one or more of the following warning signs, he or she may be abusing steroids:

For Boys:

- Baldness
- Development of Breasts
- Impotence

For Girls:

- Growth of facial hair
- Deepened voice
- Breast reduction

For Both:

- Jaundice (yellowing of the skin)
- Swelling of feet or ankles

Bad breath

- Mood swings
- Nervousness
- Trembling

Questions and Answers

Q. Are steroids addictive?

A. Yes, they can be. Withdrawal symptoms include mood swings, suicidal thoughts or attempts, fatigue, restlessness, loss of appetite, and sleeplessness.

Q. How long do steroids stay in your system?

A. The length of time that steroids stay in the body varies. Injected steroids may be detected in the body for 3 to 4 months while the oral types may remain for 1 to 4 weeks.

Q. What can I do to excel in sports if I don't use steroids?

A. Focus on getting proper diet, rest, and good overall mental and physical health. These things are all factors in how the body is shaped and conditioned. Excelling in sports is achievable and done by millions of athletes without relying on steroids.

Q. What are the slang terms related to steroids?



A. Arnolds, Gym Candy, Pumpers, Stackers, Weight Trainers, Juice. Other slang terms associated with steroid use include:

- Roid rages – uncontrolled outbursts of anger, frustration, or combativeness that may result from using anabolic steroids.
- Shot-gunning – taking steroids on an inconsistent basis.
- Stacking – using a combination of two or more anabolic steroids.

To learn more about steroids, contact:

Substance Abuse & Mental Health Services Administration

National Clearinghouse for Alcohol and Drug Information

800/729-6686 – TDD 800/487-4889

linea gratis en espanol 877/767-8432

www.ncadi.samhsa.gov



ATHLETIC DEPARTMENT

<u><i>Name</i></u>	<u><i>Position</i></u>	<u><i>Phone</i></u>	<u><i>Fax</i></u>
Kris Micheaux	Athletic Director	672.6641	672.3687
Kim Payne	Girls Athletic Coordinator	672.6641	672.3687
Joey Carazalas	JH Athletic Coordinator	672.8641	672.5445

SCHOOL ADMINISTRATORS

<u><i>Name</i></u>	<u><i>Position</i></u>	<u><i>Phone</i></u>	<u><i>Fax</i></u>
Vic Salazar	Superintendent	672.9551	672.7159
Larry Wehde	Assist. Superintendent	672.9551	672.7159
Joe Martinez	High School Principal	672.7535	672.8273
Willie Black	Junior High Principal	672.8641	672.5445

SUPPORT STAFF

Taylor Henry	District Trainer	672.6641	672.3687
Clarence Opiela	Custodial Services	672.7507	672.6939
Clarence Opeila	Maintenance Department	672.7507	672.6939
Rene Fairchild	Technology Director	672.9551	672.7159

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ACKNOWLEDGEMENT OF RECEIPT

I have received a copy of the Gonzales ISD Athletic Handbook. I understand that I will be held accountable for the information outlined in this handbook.

Athlete's Name (Print)

Athlete's Signature

Date

I have received a copy of the Gonzales ISD Athletic Handbook. I understand that all athletes will be held accountable for the information outlined in this handbook. I give my approval for _____ to participate in the athletic program at Gonzales ISD under the guidelines of the Gonzales ISD Athletic Handbook.

Parent/Guardian Name (Print)

Parent/Guardian Signature

Date



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