



# Athlete Handbook 2017-2018

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# Leander Independent School District

## Vision

*Every student is encouraged, supported, and challenged to achieve the highest levels of knowledge, skills, and character.*

## Philosophy

We believe that an exemplary athletic program is an extension of the classroom. As such, athletics offers students an opportunity to develop and grow physically, intellectually, emotionally, and socially. The positive benefits that participation in athletics offers include, but are not limited to self-esteem, self-discipline, self-confidence, and the development of team spirit. Further, participants learn the values associated with competition and benefit from the experience of both winning and losing. For the participating athlete, these experiences provide an integral part of the foundation needed to be a productive citizen capable of leading a full and enriching life.

## Notice of Non-Discrimination

Leander Independent School District does not discriminate on the basis of race, religion, color, national origin, sex, or disability in providing education services, activities and programs, including vocational programs in accordance with Title VI of the Civil Rights Act of 1964, as amended; Title IX of the Education Amendments of 1972; and Section 504 of the Rehabilitation Act of 1973, as amended. Contact:

- Brandon Evans, Title IX Coordinator, for concerns, regarding discrimination on the basis of sex.
- Tara Stewart, Section 504 Coordinator, for concerns regarding discrimination on the basis of disability.

Leander Independent School District does not discriminate on the basis of disability by denying access to the benefits of District services, programs or activities of a public entity, or be subjected to discrimination by any public entity. To request information about the applicability of Title II of the Americans with Disabilities Act (ADA), interested persons should contact Kendra Shaffer.

## II. Introduction

The athletic program is an integral part of the total school experience for both boys and girls. It offers a variety of sports and activities to all students who have potential skill and the desire to participate.

The policies, procedures, and regulations in this handbook are in compliance with school board policies and administrative procedures. They are designed to provide for successful experiences for students and the efficient operation of the athletic program.

Leander ISD athletes must look and act with pride and dignity at ALL times. The purpose of this handbook is to establish regulations and procedures to deal with violations that occur **ON OR OFF SCHOOL GROUNDS THROUGHOUT THE ENTIRE CALENDAR YEAR.**

The handbook is designed to encourage athletes to make choices that ensure their health and safety, and provide appropriate, consistent consequences for students who violate the rules.

This handbook supersedes all prior publications governing Leander athletic teams and shall be used by all principals, coaches, and players in grades 7-12.

**You, the student athlete, are accountable and responsible for all polices contained within this handbook and for any additional ones that your respective coaches might add.**

## III. Available Sports

**The following sports are available for High School athletes grades 9-12:**

Cross Country	Baseball	Basketball	Football	Golf	Soccer
Softball	Swim/Dive	Tennis	Track & Field	Volleyball	Wrestling

**The following sports are available for Middle School athletes in grades 7-8:**

Cross Country	Basketball	Football	Track & Field	Volleyball
Soccer				

## IV. Participation

It is the goal of this athletic program to offer the opportunity of participation to every student who has the ability and desire to do so. However, no student is obligated to take part in athletics, nor is participation in athletics required. **It is also to be stressed that participation in Leander ISD's athletic program is a PRIVILEGE, not a right.** Since it is a privilege, the coaching staff, in accordance with the Leander ISD policy and due process procedures, has the authority to suspend or revoke the privilege when the rules and standards of this athletic program are not followed.

### **Practice Requirements:**

Any LISD student who wants to participate in an LISD athletic program and wishes to be part of an LISD team, is expected to attend all regularly scheduled practices and be enrolled in the athletic

period(s) --if there is a period (s) designated for that sport. (If a team has a “tryout” process, then the participant must be designated as “making the team”.)

Absences for illness, academic needs, family emergencies, or other school related functions are acceptable based on the coach’s / campus athletic guidelines.

### **AQUATICS:**

The LISD expectation for swimming / diving students is that the student should be registered in the swim class (both periods if double blocked) and have regular attendance at high school practices. Swimmers may utilize the LISD Club Participation Contract with approval from the head coach, campus coordinator, and campus principal.

### **Tryouts:**

There may be times when it will be necessary to have tryouts for teams and cuts may be made. Tryout decisions are final and made by the head coach and his/her staff.

### **Club Participation:**

An athlete in-season for any LISD sport shall not participate in club competition at the same time without the LISD Head Coach's approval or for middle school athletes, the campus coordinator’s approval. Football Spring Training is considered in-season by the UIL and LISD. A LISD athletic event should not be missed for a club event. Consequences for missing a LISD athletic event may apply.

## **V. Athletic Periods**

Athletes at Leander ISD high schools will be afforded the opportunity to refine their athletic skills in athletic classes offered during the school day, with the exception of track. It is an expectation of the LISD athletic department that every effort be made to be enrolled in an athletic period (both periods if double blocked) if you choose to participate in athletics. The exceptions to this may result from schedule conflicts and class size problems. Athletes in a team sport should be in the athletic period. Individual sport participants will be placed in athletic classes in their respective sports. Multiple sport participants will also be placed in their respective in-season athletic class or, with the consent of the athletes, their parents, and coach, be given the opportunity to choose the athletic class that will best fit their needs.

Exceptions to enrollment in the sport’s athletic period(s), must be made with approval from the coach and campus athletic coordinator.

Athletes will not be allowed to quit the sport in progress to enroll in an off-season class unless both head coaches and the campus administration authorize the schedule change.

Middle School and High School athletes in an athletic period will receive a grade based upon the head coach’s criteria for that class.

## **VI. Responsibilities of an Athlete**

All athletes have the responsibility to give their best, play to win, follow training guidelines, and exhibit good conduct and fair play at all times so as to be a credit to their school. Athletes, as well as coaches, are always on display. We are judged by the company we keep. Our actions in everyday life, both private and public, are a direct reflection on this athletic program and our school.

**A. During competition, an athlete:**

1. Learns that both winning and losing are part of the game and learns to accept both. Be modest in victory; be gracious in defeat.
2. Has complete control of himself/herself at all times. Horseplay, display of temper, use of profanity, and disrespect for coaches, officials, or opponents will result in loss of respect for the athlete and in disciplinary action from the coach.
3. No piercings or non-natural colored hair will be allowed while representing LISD on game days. The athlete must adhere to the LISD dress code, maintain proper dress and appearance, good grooming, and personal cleanliness. All dress, hair, and clothing shall be neat and well-groomed. This is the minimum requirement of the athletic department. Individual team rules may be more stringent and provide further limitations.

**B. In the classroom, an athlete:**

1. Must realize that he/she is a student first, an athlete second. The student-athlete must give time and energy to classroom studies to ensure good and acceptable grades that meet the UIL requirements for participation.
2. Must maintain a satisfactory citizenship and behavior record by giving respectful attention to classroom activities and by treating teachers, administrators and fellow students with respect. Tardiness, horseplay, and unnecessary talking are unacceptable behavior habits that, if uncorrected by the student-athlete, may result in suspension from the athletic program.

**C. On Campus, an athlete:**

1. Must adhere to the LISD dress code, maintain proper dress and appearance, good grooming, and personal cleanliness. You are a leader and you have only one chance to make a good impression. All dress, hair, makeup and clothing shall be neat, and well-groomed. It shall not be excessive, exceptional, or designed to draw attention to the individual.
2. Will refrain from fighting, scuffling, horseplay and juvenile behavior in and around the school building.
3. An athlete suspended from their home campus will not be permitted to work out with, travel with, or participate with the team. Eligibility for subsequent contests will be left to the discretion of the coach and/or administration. See pg. 10 for more details about a placement in ISS.

**D. During the athletic period and practices before and after school, an athlete will:**

1. Notify the coach if he/she needs to miss a game or practice session that is scheduled. Absences from athletic period practices should be handled according to school guidelines and team rules. Missed practices will also be required to be made up. Any absence should be made up before an athlete participates in the first quarter of a contest.
2. Be on the field, court, weight room or other designated area dressed and ready to practice when the tardy bell rings or when designated by the coach. Tardiness to our class period is as inexcusable as it is to any other class.
3. Maintain neat and clean locker space. Be proud of your dressing area and keep it neat.
4. Lock all personal belongings in your locker. The school is not responsible for misplaced, lost, stolen or damaged personal property or textbooks.

5. Take a shower for hygiene purposes and for aiding the body in its temperature adjustment after workout. Rough housing, towel popping, or throwing objects is not allowed in the shower or the dressing room.

**E. During team travel, an athlete will:**

1. Travel to and from all away contests with the team. If, for some reason, you need to ride home with your parents, you must clear this with the coach before leaving for the contest (at least 24 hours in advance), and you must give a written release from one of your parents to the coach. Under no circumstances will you be released to ride with anyone other than your parents, or a person designated by your family.
2. Dress neatly and properly on all trips. Coaches will advise you regarding the proper attire. Conduct himself/herself properly on the school bus or in any school vehicle. He/she will follow the printed rules for bus ridership that govern all Leander ISD bus riders.
3. Receive permission from the coach before bringing any radios, electronic games, etc., aboard the bus.
4. Be informed of departure and return times. It is your responsibility to be on time for all departures and to inform your parents of the time to pick you up after the contest. Every effort will be made by the coaching staff to notify proper personnel as to unexpected changes in arrival time.
5. Only coaches, players, athletic trainers, and/or school administrators are allowed to ride the team bus.

All athletes must follow the LISD Student Code of Conduct at all times.

**Overnight Travel:**

There may be times when teams will be allowed overnight trips. In these instances, the athlete must:

- Abide by the curfew set by the head coach
- Not be in different gender rooms at any time
- Travel to AND from the event with the team
- Be aware that coaches may ask to check the athlete's bags before leaving for the trip.
- Adhere to the expectations for students in the LISD Student Code of Conduct.
- Not consume or be in possession of alcohol, tobacco, or other drug use (including no electronic cigarettes or inhalants)

## **VII. Eligibility**

In order to be eligible to participate in an extracurricular activity event for a six week period following the initial six weeks period of a school year, a student must not have a recorded grade average lower than a 70 on a scale of 0-100 in any course for that preceding six weeks period. A student whose recorded six weeks grade average in any course is lower than 70 at the end of a six week period shall be suspended from participation in any extracurricular activity even during the succeeding three week period. If the student is passing all classes at the three week mark, the student may regain eligibility.

## **VIII. Athlete/Parent/Coach Communication Process**

Before the start of each sport, the head coach will conduct a mandatory parent meeting regarding rules, regulations, and additional team rules will be distributed at that time.

If at any time, an athlete or parent has an issue/concern with a coach or program, the below process should be followed:

- 1) Athlete meets with the coach to discuss the problem
- 2) Parents and/or athlete meet with the coach
- 3) Parents and/or athlete meet with the campus Athletic Coordinator/Principal
- 4) Parents schedule a meeting with the district Athletic Director

Coaches should never be approached to discuss a problem or complaint immediately following a game.

## **IX. Disciplinary Procedures**

In order for an athlete to be considered in violation, one or more of the following must occur:

Athlete admits to the violation

Parent of the athlete admits to the violation

An LISD staff member witnesses the athlete in violation

An LISD administrator has reason to believe that an athlete has committed an offense

A local agency report or violation is filed

A local agency of the law makes a verbal report of a violation

Evidence such as a photograph or video is presented

\*Athletes who transfer to another school in LISD must serve any consequences issued at the previous school before being allowed to participate in any sport.

### **Theft** (on campus)

Taking things from other players, students, school, etc. will not be tolerated. Punishment will be handled individually by the head coach and campus coordinator and may result in expulsion from all athletic activities for up to one calendar year from date of the incident. At the end of one calendar year from the date of the incident all parties concerned may review the case, and his/her conduct during the previous year will determine reinstatement into the athletic program.

### **Arrests**

Citations or arrests on or off campus in regards to smoking, using/selling or possession of illegal drugs, drug paraphernalia, drinking alcoholic beverages, vandalism or any behavior which causes embarrassment to the team or Leander ISD may result in suspension or dismissal from the extracurricular program. Any member of an extracurricular organization must notify the head coach immediately upon any arrest or citation. Failure to notify the head coach may result in suspension or dismissal from the program.



**The following rules concerning theft, tobacco, alcohol and illegal drugs apply to all Leander ISD athletes at all times during the calendar year:**

**Tobacco**

**\*NO SMOKING OR USE OF ANY TOBACCO PRODUCTS, THIS INCLUDES E-CIGARETTES.**

The athlete who violates the above stated rules shall be subject to the following:

First Offense:

- 1) Parent notification by the Head Coach
- 2) The student will complete 15 hours of community service. The Athletic Coordinator or designee will monitor.
- 3) Extra conditioning or practice as determined by Coach/Athletic Coordinator

Second Offense:

- 1) Parent notification by the Head Coach
- 2) The student will complete 30 hours of community service. The Athletic Coordinator or designee will monitor.
- 3) Extra conditioning or practice as determined by Coach/Athletic Coordinator

Third Offense:

- 1) Parent notification by the Head Coach
- 2) The student will be suspended 3 weeks from the program and cannot participate in a game or practice until all community service hours are complete.
- 3) Extra conditioning or practice as determined by Coach/Athletic Coordinator

**Note:**

If the offense occurs during the offseason/summer, the suspension from competition will begin with the first week of competition/activity.

If the offense occurs during the sport season or period of extracurricular activity, the suspension will begin with the next competition or extracurricular activity as determined by the coach, director, or sponsor.

**Alcohol and Illegal Drugs**

**\*NO DRINKING OR POSSESSION OF ALCOHOLIC BEVERAGES**

**\*NO USE OR POSSESSION OF ILLEGAL DRUGS**

The athlete who violates the above stated rules shall be subject to the following:

First Offense:

- 1) Parent notification by the Head Coach
- 2) The student will be suspended from participation from all extracurricular competitions for a minimum of 3 weeks.
- 3) The student will complete 30 hours of community service. The Athletic Coordinator or designee will monitor.
- 4) A negative drug test taken at a family's physician's office or any other drug testing agency must be submitted to and approved by the Athletic Coordinator and the Head Coach at the expense of the student prior to returning to competition status. ONLY hair follicle or urine specimens will be accepted as a drug test. The Athletic Coordinator and ADAPT Coordinator will work with the athlete to create a timeline for this to be completed.

- 5) Student must enroll in the LISD Drug Education and Counseling Program by initially completing a substance abuse assessment with ADAPT Coordinator and following any suggestions discussed, and providing proof of completion. One parent must be in attendance with the student for the substance abuse assessment.
- 6) Student must enroll in the LISD Voluntary Drug Testing Program for random testing for remainder of career in LISD.

*\*In order to return to active competition participation, the student must be in good standing with the athletic program, completed criteria outlined in #2, #3, #4, and actively enrolled in #5 and #6.*

*\*On a first offense only, if a student self reports, the suspension will be for 2 weeks with a total of 15 hours of community service. #4-#6 will still be followed.*

#### Second Offense:

- 1) Parent notification by the Head Coach
- 2) The student will be suspended from participation from all extracurricular competitions for a minimum of 12 weeks. Removal from athletic roll sheet will be at the head coach's discretion.
- 3) The student will complete one hundred (100) hours of community service. The Athletic Coordinator or designee will monitor.
- 4) A negative drug test taken at a family's physician's office or any other drug testing agency must be submitted to and approved by the Athletic Coordinator and the Head Coach at the expense of the student prior to returning to competition status. ONLY hair follicle or urine specimens will be accepted as a drug test. The Athletic Coordinator and ADAPT Coordinator will work with the athlete to create a timeline for this to be completed.
- 5) Student must enroll in the LISD Drug Education and Counseling Program by initially completing a substance abuse assessment with ADAPT Coordinator and following any suggestions discussed, and providing proof of completion. One parent must be in attendance with the student for the substance abuse assessment.

#### Third Offense:

- 1) Parent notification by the Head Coach
- 2) The student will be suspended from participation from all extracurricular competitions for a minimum of one calendar year. Removal from athletic roll sheet will be at the head coach's discretion.
- 3) The student will complete one hundred (100) hours of community service. The Athletic Coordinator or designee will monitor.
- 4) A negative drug test taken at a family's physician's office or any other drug testing agency must be submitted to and approved by the Athletic Coordinator and the Head Coach at the expense of the student prior to returning to competition status. ONLY hair follicle or urine specimens will be accepted as a drug test. The Athletic Coordinator and ADAPT Coordinator will work with the athlete to create a timeline for this to be completed.
- 5) Student must enroll in the LISD Drug Education and Counseling Program by initially completing a substance abuse assessment with ADAPT Coordinator and following any suggestions discussed, and providing proof of completion. One parent must be in attendance with the student for the substance abuse assessment.

**Note:**

If the offense occurs during the offseason/summer, the suspension from competition will begin with the first week of competition/activity.

If the offense occurs during the sport season or period of extracurricular activity, the suspension will begin with the next competition or extracurricular activity as determined by the coach, director, or sponsor.

**Suspension:**

Each coach will have the authority, with the concurrence of the Athletic Coordinator and the Athletic Director, to suspend or place on probation for an extended period of time, any student-athlete for major or minor infractions of rules for that team.

Any student suspended from athletics must be given:

1. The reason(s) for the suspension.
2. The time and provisions of the suspension.
3. The procedures for reentering the program.
4. Information on class schedule change or options.
5. The opportunity to appeal.

Parents of the suspended athlete will be notified **within 24 hours of suspension**.

**Appeals:**

The student and/or parent shall have the right to appeal any decision to suspend a student or expel a student from the athletic program. A request for appeal must be submitted to the head coach within **3 days** of the suspension.

An appeal by the student and/or parent of suspension or expulsion from athletics shall be considered by the appropriate school personnel, not on the basis of individual judgment(s), but on the basis of:

1. Variation from printed policy, administrative procedures, regulations, or rules and standards from membership, and participation in athletics;
2. Failure to establish reasonable documentation that the student's conduct/behavior has violated the standards for suspension or expulsion from athletics;
3. Failure to give the student/parent due process (notice of the facts being alleged) about the conduct/behavior and opportunity to refute the charges.

**Step 1- Head Coach**

- Conference with athlete and parent
- Suspension of activity
- Dismissal from activity
- Other appropriate action (Ex. Community Service, Contract, extra conditioning, etc)
- Request for appeal must be done within 5 school days.

**Step 2- Campus Athletic Coordinator/Principal**

- Accept appeal and reduce action
- Denial of appeal
- Add to action
- Other appropriate action
- Request for appeal must be done within 5 school days.

### Step 3- District Athletic Director

Only appeals of a permanent removal from the extracurricular activity may reach this level of the process.

- Accept appeal and reduce action
- Denial of appeal
- Add to action
- Other appropriate action
- Cannot appeal this final decision

### **Placement in Alternative Education (LEO)**

Any athlete placed in the Alternative Education Program (LEO) will be ineligible for participation in the athletic program for the duration of their placement. At the conclusion of the LEO placement, the Athletic Director, Campus Coordinator, and Head Coach will determine a reinstatement plan for each individual athlete. Suspension from competitions and the ability to return to the athletic periods and teams will be addressed in the plan.

### **Placement in ISS**

Athletes placed in ISS will not be allowed to participate in extracurricular competitions until completion of the ISS placement. Consequences for receiving an ISS placement will be determined by the Head Coach and Athletic Coordinator and could include removal from the team/program.

## **X. Quitting or Dropping a Sport**

There will be times when some athletes find it necessary to quit playing a sport before, during, or after the season. Whatever the reason, an athlete must follow the steps listed below:

1. The athlete should think the whole situation through before reaching a final decision.
2. The athlete should talk to the coach to see if a solution can be reached without having to quit. A conference between the parents, athlete, and coach, or any combination thereof, may be required, and is highly recommended before an athlete will be permitted to quit.
3. If an athlete decides to quit, he/she must check out of the sport just as he/she would check out of any academic class.
4. All equipment must be turned in clean. The athlete must pay for any equipment not returned.
5. If the athlete decides to quit one sport and join another, the athlete must receive permission from the coach of the sport he/she is leaving in order to join the other sport. If the coach does not give permission, the athlete must wait until the first sport has completed its season before joining the new sport. While the athlete waits, he/she will be placed in a regular physical education class.
6. Participation in a sport an athlete has previously quit, is up to the discretion of the head coach and campus coordinator.

## **XI. Awards and Lettering (for athletes in grades 9-12)**

The school letter is among the highest awards the school bestows; the highest, of course, is the diploma. In order to letter, you must be on a varsity team and satisfy the requirements of the head

coach. A participant may letter at the coach's discretion if the participant is considered to have been of exceptional value to the team. Exceptions may include playing on a team for four years and never lettering, a letterman who is injured and is unable to complete the season, or a specialist of some type.

**NOTE:** Any student who has qualified for a letter but has been dismissed from the team for disciplinary reasons will not receive an award.

## **XII. Athletic Passes**

The Leander ISD Athletic program will issue Player Passes to those athletes participating in each sport. The following stipulations shall apply to the passes:

1. Only the player whose name appears on the pass may use it. Free admission is allowed only when the pass is presented. Without the pass, the athlete must pay the standard student admission charge.
2. Identification may be required.
3. Use of the pass may be revoked if an unauthorized person uses the pass or the holder of the pass displays unsportsmanlike conduct at any contest.
4. Passes will be issued to admit athletes to Leander ISD athletic events only.
5. If any athlete drops from a sport, the coach of that athlete must take up the player pass as a part of the issued equipment.

## **XIII. Social Media**

Student-athletes are high-profile representatives of the Leander Independent School District, and their behavior is subject to scrutiny by their peers, the campus, community, and the media. The actions of a single student-athlete can reflect positively or negatively not only on the individual student-athlete, but also on his or her team and coaches, the Athletics Department and the entire school campus. Therefore, student-athletes are expected to represent themselves and LISD with honor, dignity and integrity at all times – including when interacting on social networking websites and in other online environments. The popularity of social networking websites (e.g., Facebook, Twitter, Vine, YouTube, Instagram, Blogspot, etc.) has grown tremendously during the last few years. These websites can serve as valuable communication tools when used appropriately. The use of social media, however, has the potential to cause problems for both the student-athlete and the school environment. Almost anything a student-athlete posts on a social networking site may be viewed by others, and both the media and the general public are more likely to view the profiles of student-athletes than the profiles of other students.

The Athletics Department has developed this Student-Athlete Social Networking Guideline in order to:

- (i) provide recommendations and suggestions for student-athletes to help them use social media in a safe and responsible manner
- (ii) outline important rules that student-athletes must follow when using social media

### **Important Suggestions & Recommendations Regarding Social Networking Sites**

Some students mistakenly believe social networking websites have a veil of privacy about them and assume their profiles are viewed only by a close circle of friends and fellow students. To the contrary, the content on most of these sites is accessible by anyone in the general public unless security and privacy features are used. The public nature of these websites has created personal

safety and personal welfare concerns. For example, student-athletes have been stalked or sexually harassed and assaulted as a result of their Facebook profiles. Fans of opposing teams have taunted student-athletes based on information obtained from social networking sites. Student-athletes also should be aware that potential employers and graduate school admissions officers now regularly screen applicants by conducting “Google” searches of an applicant’s name and by reviewing the applicant’s social networking profiles. Students are being passed over for interviews and denied admission to universities based on the content of their profiles.

Student-athletes should be very careful about what personal information they share on the internet. For their own security, protection and welfare and that of their teammates and friends, the Athletics Department strongly recommends and advises student-athletes to:

- Keep phone numbers, physical addresses, birthdates, current whereabouts, travel plans and other personal information strictly confidential. This information should not be contained in a student-athlete’s personal online profile.
- Limit the access of others to e-mail addresses and screen carefully those whom a student-athlete may accept as “friends” on a social networking site.
- Use whatever security and privacy features are available to restrict the ability of others view a student-athlete’s site or to post pictures, messages and other content on a student-athlete’s site.
- If an individual contacts a student-athlete via a social networking site and the nature of the contact makes the student-athlete concerned for his or her safety or uncomfortable in any way, the student-athlete should immediately contact a parent, a coach, or a campus administrator.

### **Rules Regarding Social Networking Sites**

Participation in LISD Athletics is a privilege and not a right. As a condition of being a student-athlete in LISD, student-athletes must abide by the following rules related to the use of the internet and social networking sites:

1. Any postings or communications via social networking websites which disrupt either the educational or athletic environments or which advocates the violation of any school or team policy would be unacceptable.
2. Student-athletes may not post online any pictures, information or other content that might cause embarrassment to themselves, fellow student-athletes, teams, coaches, the Athletics Department or the campus (examples: obscene images or language, nudity, pictures at parties with alcohol, references to drugs, sex, or illegal activities).
3. Student-athletes may not post any content online that is unsportsmanlike, derogatory, demeaning or threatening toward any other individual, teammate, coach, faculty member, or entity (examples: derogatory comments regarding another school; taunting comments aimed at a student-athlete, coach or team at another school). No posts should depict or encourage unacceptable or illegal activities (examples: hazing, sexual harassment/assault, gambling, discrimination, fighting, vandalism, academic dishonesty, underage drinking, and illegal drug use).
4. Student-athletes may not post any content online that would constitute a violation of the LISD Student Code of Conduct.
5. Student-athletes may not post any information that is sensitive or personal in nature or is proprietary to the Athletic Department or the school which is not public information (examples: tentative or future team schedules, student-athlete injuries and eligibility status, travel plans/itineraries or information).

6. Student-athletes are required to abide by all laws related to the use of the internet (including state and federal privacy laws such as FERPA and HIPPA), and student-athletes are personally liable for any violations of those laws.

**Student-athletes in LISD are required to abide by rules set forth in these guidelines.**

**The failure to do so will be considered a violation of the student-athlete code of conduct and/or the LISD student code of conduct. The violation may result in disciplinary action by the athletics department and the campus.**

1st Offense - Warning and parent meeting with the head coach. Consequences will be determined based on the severity of the infraction and may include suspension or dismissal from the team or athletic activities.

2nd Offense – Parent meeting with the head coach and the campus Athletic Coordinator. Consequences will be determined based on the severity of the infraction and may include suspension or dismissal from the team or athletic activities.

3rd Offense – Parent meeting with the head coach, campus Athletic Coordinator, and the district Athletic Director. Consequences will be determined based on the severity of the infraction and may include suspension or dismissal from the team or athletic activities.

## **XIV. Medical and Insurance Requirements for Athletes**

### **Student Insurance**

Leander ISD makes available accident insurance designed to assist parents/guardians with medical expenses for students. Two plans are offered for parents/guardians to purchase: At School Protection or 24-Hour Coverage. Plans and enrollment information are available online at [www.mmc-ins.com](http://www.mmc-ins.com) or call **1-800-662-2778**. Enrollment is easy if your student needs coverage. Throughout the year parents may call 512-570-0135 for additional information. Leander Independent School District High School Handbook

**Important notice:** Texas public school districts are immune for bodily injury to students and the public (except for limited liability for negligent operation and use of a motorized vehicle) as provided in the Texas Tort Claims Act, section 101.001 et seq. of the Texas Civil Practices and Remedies Code. **The District does not carry insurance on students and does not assume liability for any costs associated with an injury or for personal property that is lost, stolen or damaged.**

## **XV. Procedures When Ill or Injured**

Your health is of concern to your coach and every member of your team. In the event you feel ill or injured, report to your Athletic Trainer or School Nurse at the Middle School as soon as possible. They can assess you and guide you on going to the doctor as well as inform you of any paperwork that you will need to take with you. If you go to the doctor before seeing the Athletic Trainer or School Nurse at the Middle School, you must bring back WRITTEN instructions from the doctor as to your care.

An injury that could possibly hamper your ability to participate must be reported to the Athletic Trainer as soon as possible. Specific instructions regarding treatment by the Athletic Trainer will be given to you at the start of your season. If the Athletic Trainer sends you to the doctor, the Athletic Trainer will give you a form to take with you, if you forget/lose the form be sure that you ask for and bring back WRITTEN instructions from the doctor as to your care. If you feel that you need to see the doctor about an injury, make sure that you check with the Athletic Trainer since they have been licensed to provide proper care for you and may be able to provide you with information regarding your injury and the type of doctor you should see. Going to the doctor for an athletic injury without informing the Athletic Trainer is discouraged, but if you go to an Emergency Room or doctor without first seeing the Athletic Trainer you still need to bring back WRITTEN instructions from the doctor as to your care. A RETURN TO SCHOOL OR PE note will not suffice. The note needs to be specific in order for you to return to athletics.

Parent notes will not be accepted as a reason to miss practice. If an athlete is too ill or injured to practice then he/she must report to the Athletic Trainer or School Nurse at the Middle School or bring a written note from the doctor specifying the illness/injury and the number of days the athlete is to miss.

Whenever you are injured or have an illness of a minor nature, you may be required to dress out (but not participate) and stay with your group during the workout. You learn from each practice session, whether you are actually working out or simply observing.

Following an injury, the athlete should immediately report it to the Athletic Trainer or School Nurse at the Middle School. Even minor injuries can become serious; therefore, all injuries should be reported to the Athletic Trainer so that they may be checked and evaluated. The school nurse at the Middle School can help to determine if an Athletic Trainer or Physician evaluation is required if there is any uncertainty on the severity of injury. However, Middle School athletes are always welcome to attend treatment sessions with the Athletic Trainers at **their feeder** high school for injuries sustained during a school athletic activity. Please contact the athletic trainer at the feeder high school to schedule treatment sessions.

When injured or when considered injured, each athlete is required to receive treatment every day until released by the Athletic Trainer. Athletic periods will not be used for treatments of injuries or for the evaluation of injuries except under special circumstances. Treatment periods are before school, after school, or as designated by each campus Athletic Trainer.

If an injury should become more serious while the athlete is away from school, the athlete, or his/her parents should call the Athletic Trainer, and/or get in touch with their family physician.

If athletes desire to talk to the Athletic Trainer for any reason, they are welcomed and encouraged to do so. A time should be arranged that will not interfere with the work schedule listed above.

Cooperation with these policies will ensure that each athlete has the same opportunity to compete with the least chance for re-injury.

All athletes must follow campus athletic training room rules.