

# Fruitvale ISD Athletic Policy Handbook



2023-2024

## TABLE OF CONTENT

Coaching & Administrative Staff.....	3
Mission Statement.....	4
Vision Statement.....	4
Introduction.....	4
Expectations.....	4
Participation.....	5
Joining/Quitting.....	5
Athletic Period.....	5
Attendance.....	6
Makeup.....	6
Eligibility & Grades.....	6
Appearance.....	6
Behavior.....	7
Prohibited Conduct.....	7
Anabolic Steroids & Testing.....	8
Tobacco & Vapes.....	8
Photos & Videos.....	9
ISS.....	10
Running.....	10
Parents/Guardians.....	10
Chain of Command.....	10
Injuries.....	10
Communication.....	10
Transportation.....	10
School Issued Equipment.....	11
Community/School Service.....	11
Lettering.....	11
Appeal & Dismissal.....	11
Reinstatement.....	11
UIL Link.....	12

### Coaching Staff

Albert Abshire	Head HS Football Coach, JH Assistant Football
Jason Chamberland	JH Assistant Football JH Head Baseball, Head HS Baseball, Band Director
Karen Crane	Head Volleyball, Head Softball
Felisha Easley	Head Girls Powerlift
Daniel Flowers	JH Head Softball, HS Assistant Girls Basketball, HS Assistant Baseball, JH Track
Heather Good	Head JH Cheer, Head HS Cheer, HS Assistant Track
Jeff Hague	Head Girls Basketball, Head JH/HS Cross Country, Assistant Softball
Debbie Lewis	Assistant JH Softball
Tommy Mobley	Head JH Volleyball, Head JH Girls Basketball, JH Track
Jerry Ptak	Assistant HS Volleyball,, Head JH Boys Basketball, Assistant HS Boys Basketball
Brandon Russell	JH Assistant Baseball, Head Boys Powerlift, HS Head Boys Track
Gage Sulc	Head JH Football, Assistant HS Football, Head HS Boys Basketball, Head Girls Track
Brenda Williams	Assistant Volleyball

### Administration Staff

Athletic Director: Karen Crane  
 Secondary Principal: Albert Abshire  
 Superintendent: Rebecca Bain

## **Mission Statement**

The mission of the Fruitvale ISD Athletic Department is to develop and maintain an athletic program by providing an essential part of the education process to strive for excellence while promoting a competitive environment, equitable opportunities, competency, and sportsmanship.

## **Vision Statement**

The vision of the Fruitvale ISD Athletic Department is to empower our athletic program by recognizing its excellence in competition, sportsmanship, and academic achievement. Our athletic program will achieve this by creating a culture of hard work, discipline, dedication, and perseverance amongst the student-athletes, coaches, staff, and community.

## **Introduction**

The Fruitvale ISD Athletics Handbook is a reference guide for coaches, student-athletes, parents, and the community concerning the policies that govern interscholastic athletics at Fruitvale ISD. Participation in athletics or any extracurricular activity provides a wealth of opportunities and experiences to benefit everyone involved. A student who chooses to participate in athletics chooses to develop self-discipline and put the program or team above their personal ambitions. Athletics is a privilege, not a right. We strive for excellence and do not want our student-athletes to compromise proper training methods or accept mediocrity.

## **Expectation:**

For any successful athletic department to run smoothly, all students, coaches, teachers, and administrators must be aware of all Board approved rules and guidelines that apply to the athletic department. Therefore, this handbook has been prepared to outline the athletic policy of the Fruitvale ISD. This handbook adheres to the UIL rules and guidelines. Members of the community, student-athletes, and the parents/guardians of those student-athletes are encouraged to read and become familiar with the contents of this athletic policy.

While this handbook cannot cover every instance that will arise in the day-to-day activities of the athletic program, it represents a way to inform all those involved in the athletic program about the guidelines that will govern their participation. The coaches of the individual sports reserve the right to issue additional sport-specific requirements as needed. Please be advised that participation in this program depends on strict adherence to the policies in this handbook. Communication is the key to resolving most conflicts. Therefore, all policy questions need to be directed to the head coach of the sport in question. If the head coach fails to resolve the issue to your satisfaction, all questions must then be presented to the Athletic Director.

**Participation:** Student-athletes are encouraged to participate in as many sports and extracurricular activities as they desire, but every athlete will only be allowed one off-season.

- Fall sports include cross country, football, cheer, and volleyball.
- Winter sports include basketball and powerlifting.
- Spring sports are baseball, softball, track, and golf.

Being a student athletic trainer or manager counts as participation if they are held to the same standard as the athletes (practices, games, etc.) The number of trainers/managers will be limited to however many are needed for a particular sport. Students who go a whole semester and do not participate in a sport will be removed from the athletic period the following semester. Every possible effort will be made to accommodate conflicting schedules. Student-athletes and managers are expected to attend all practices, meetings, and games of the sport in which they participate.

**Joining/Quitting A Sport:** Student-athletes are expected to complete the entire season of every sport they participate in. Students who choose not to join a sport on the day it begins will be given a 5-day grace period to decide whether they want to participate. After five days, it will be up to the Athletic Director to allow an athlete to join a sport.

Students who withdraw from a sport after the initial grace period of 10 school days must recognize and abide by the following:

- Students may not start any other Fruitvale ISD sports activity until the season of the sport the student quit or was dismissed from is finished. This policy applies to any freshman, JV or Varsity member. The season consists of regularly scheduled games and all playoff games at the Varsity level.
- Students must complete running 25 supervised miles before the start date of the next sport in which they intend to participate & will be suspended for no more than half of the season in the next sport they participate in. The length of the suspension will be at the discretion of the Athletic Director.
- The student will still be required to practice and attend all team functions during the suspension. Many factors can contribute to an athlete's decision to drop a sport, and each factor will be considered before consequences are determined.

**Athletic Period:** All athletes that wish to participate in athletics must be in the athletic period at the beginning of the school year if they wish to participate in sports that year. Students will not be allowed to join the athletic period in the second semester and be allowed to participate in a spring sport. Students who join in the second semester will not be eligible to participate until the next fall. The exception is for new

students who transfer in and enroll later in the school year. Any student who transfers out of the athletic period must wait until the following school year to get back into athletics.

- Students who wish to participate in team sports (football, volleyball, basketball, baseball, softball) must be in the athletic period. For individual sports (powerlifting, track, golf), it will be the decision of the head coach, athletic director, and principal whether they allow a student to participate who is not in the athletic period due to their academic schedule.

**Attendance:** Attendance in academic classes is of the utmost importance. Students who owe time for excessive absences to the district may not be allowed to participate in any extracurricular activity until the time has been made up for the owed time. The campus attendance committee may waive time if there are extenuating circumstances such as medical absences. For students to participate in practice or a game, they must be present during ADA time and the athletic period or have an excused absence on the day of the event.

**Attendance on Game Day:** Attendance in the athlete's academic classes is of the utmost importance. An unexcused absence on the day of the game will result in the athlete being unable to participate in the game that night. Athletes who have an unexcused absence the day after a game will be suspended for the next game. Repeated absences on game days or days after games may result in removal from the team and/or the athletic program. Athletics is a class; attendance will be taken daily at the beginning of the period and reported to the office. Excessive absences can result in denial of credit for the class.

**Makeup:** The amount of make-up work will be determined by the head coach for that sport. The head coach will determine if an absence is excused or unexcused. Depending on the circumstances, habitual absences may result in removal from the sport and possibly the athletic program. Grade ineligibility and game suspensions are not an excuse for missing team practice or meetings.

**Eligibility/Grades:** Students will follow the FISD grading policy and must meet the UIL eligibility guidelines to participate in any sport or extracurricular activity. Coaches will do their best to monitor grades weekly. Any athlete who fails two consecutive nine weeks may be removed from the athletic period.

- Grades of 100 will not be given automatically. Each student-athlete will begin every nine weeks with a 100 and maintain that grade by dressing out and participating every day. If a student-athlete dresses out but refuses to participate satisfactorily in all workouts and drills assigned for that day, it could result in a grade penalty.

**Appearance:** Student-athletes are expected to dress for school, and travel, on game days in a "like manner" to be determined by the head coach of that team. All visible tattoos must be covered at the student-athlete's expense during travel to and from, and participation in, any athletic event. Student-athletes must remove piercings to participate in athletic events. All school dress code rules apply; athletes must meet the additional standards above to represent the school district.

**Behavior:** Because participation in athletics is a privilege and not a right, FISD is authorized to set higher standards for participants of athletics than for those who choose not to participate. Therefore, the Athletic Policy extends beyond the FISD Student Code of Conduct not only on types of behavior prohibited but also in corresponding consequences and jurisdiction for imposing discipline. \*This code applies at all times, on or off campus, while participating in an activity or not, during the school year as well as holidays, weekends, and summer.

- Student-athletes are expected to abide by all rules and regulations of the athletic program, school district, and community. Failure to abide by those rules will result in disciplinary action and may result in removal from the athletic program. The coaching staff or Athletic Director will determine consequences on an individual incident basis.
- **Respect:** Student-athletes are always expected to show respect toward coaches, teachers, administrators, all school personnel, and sports officials. Proper manners should always be displayed, and confrontations always avoided. Appropriate disciplinary action will be determined by the coaching staff or Athletic Director for incidents of disrespect. Disrespect will not be tolerated, and continual problems in respect may result in removal from the athletic program, no matter who you are or how good of an athlete you are.

### **Prohibited Conduct: Alcohol, Drugs, and Paraphernalia**

\*\*Violations of the Prohibited Conduct Policy may be established by:

1. Student Admission
2. Admission by parent/guardian of student
3. Violation witnessed by FISD staff member
4. Issuance of a local agency report or citation
5. Video or picture evidence reviewed by administration
6. Failure of school drug test

Participation by a student/athlete in a social gathering where alcohol or drugs are illegally served will not be tolerated. Participation at these gatherings could lead to consequences for the athlete and possible removal from the program. \*\*Note: Attendance at social events (i.e. wedding reception or professional sporting event) where alcohol is legally served to adults is not a violation of this code because alcohol is not being served illegally.

**Alcohol/Drugs:** Alcohol and drugs are illegal for student-athletes and detrimental to long-term health and athletic success. If it is proven that an athlete is using any of these (on campus or off) they will face the following disciplinary action in accordance with the Fruitvale Independent School District Student Policy:

- **First Offense:** For a student to regain eligibility for extracurricular activities:
  1. Parents and students are required to meet with the Athletic Director and campus principal.
  2. The student must serve a suspension from all extracurricular activities (tryouts included) for 60 calendar days. The suspension will be reduced to 45 days if the student provides proof of at least 4 sessions within 30 days of drug counseling from a certified drug counselor approved by Fruitvale ISD.
  3. The student must test at every school-provided opportunity for one calendar year. If the student does not test positive for that year, he/she will return to random test status.
  
- **Second Offense:** In order for a student to regain eligibility for extracurricular activities:
  1. Parents and students are required to meet with the Athletic Director and campus principal.
  2. The student must serve a suspension from all extracurricular activities (tryouts included) for 180 days. The suspension will be reduced to 120 days if the student provides proof of a passed drug test from a certified drug counselor approved by Fruitvale ISD. The student must pass a hair follicle that the student will be required to pay for. The student must test at every school-provided opportunity for the remainder of his education career at Fruitvale ISD.
  
- **Third Offense:** The student will be suspended from extracurricular activities for the remainder of his/her educational career at Fruitvale ISD.

**Cost:** The District shall not be responsible for any cost incurred during drug counseling or testing other than that done according to District policy.

**Tobacco/Vape:** If a student-athlete is caught with or proven to have used tobacco on school premises or at school-sponsored activities. Vapes will fall under the tobacco consequences unless additional substances are found in the vape. The student-athlete will face the following consequences:

- **First Offense:** The athlete will face an automatic 1-game suspension and must complete 10 miles of running before they can participate in another game/contest. The student-athlete must schedule a time with the Athletic Director to complete the running outside of the athletic period and normal practice time.

- **Second Offense:** The athlete will face an automatic 3-game suspension and must complete 15 miles of running before participating in another game/contest. the student-athlete must schedule a time with the Athletic Director to complete the running outside of the athletic period and normal practice time.
- **Third Offense and beyond:** The athlete will face an automatic 5-game suspension and must complete 25 miles of running before they can participate in another game/contest. The student-athlete must schedule a time with the Athletic Director to complete the running outside of the athletic period and normal practice time.

**Anabolic Steroid Use and Random Steroid Testing:** Texas state law prohibits possessing, dispensing, delivering, or administering a steroid in a manner not allowed by state law. Texas state law also states that bodybuilding, muscle enhancement, or increased muscle bulk or strength through steroid use by a person in good health is not a valid medical purpose. Texas state law requires that only a licensed practitioner with prescriptive authority may prescribe a steroid for a person. Any violation of state law concerning steroids is a criminal offense punishable by confinement in jail or imprisonment in the Texas Department of Criminal Justice.

- Students who participate in UIL athletic activities may be asked to submit to testing for anabolic steroids in their bodies by a certified laboratory. The results of the steroid testing may be provided to certain individuals as specified in the UIL Anabolic Steroid Testing Program Protocol, which is available on the UIL website at [www.uil-texas.org](http://www.uil-texas.org). The steroid testing results will be confidential to the extent required by law. Failure to provide accurate and truthful information could subject students to penalties as determined by UIL.

**Photos/Videos:** No photos/videos are to be taken in the locker rooms.

- **1st offense:** one-game suspension for that sport at the time of the offense. Also, the student will not be allowed to take their phone into the locker room and will turn their phone into a coach before entering the locker room.
- **2nd offense:** two-game suspension for that sport at the time of the offense. The student will not be allowed to take their phone into the locker room and will turn their phone in to a coach before entering the locker room.
- **3rd offense:** The athlete will be removed from the team for the remainder of the season and run 10 miles before participating in the next sport. The athlete will not be able to have their phone in any locker room for the remainder of the year.

The following constitutes picture/video taking in the locker room:

1. An admission by the student of taking a photo or video in the locker room.
2. Their parent reports them taking a picture in the locker room.
3. They post the picture/video on their social media site- the district needs to confirm that it was done by the student and not a peer who picked up the phone.

4. Any other evidence that proves the student was responsible for the picture being taken, such as holding the phone in the picture of a selfie or being in the photo and it is posted to social media.

**ISS:** Students who are assigned ISS will not be allowed on the school campus after hours to practice, participate or attend any contest on the day they are in ISS. Any missed practices will count as an unexcused absence.

**Running:** Running for consequences must be completed non-stop. Once a student stops, the session is done for the day. Students are required to run at least 1 mile per session, and all running must be completed. All running must be completed before resuming play.

**Parents/Guardians:** Coaches will be more than willing to meet with parents and discuss their child's situation under the following guidelines: a) schedule a meeting with the coach during his/her conference hour: meetings before or after practices or games are counter-productive because emotions tend to run high at these times. b) the coach will discuss with the parent anything that pertains to their child and what they need to do to get better or improve their situation c) at no time in the meeting will the coach discuss playing time, strategy, or any student-athlete that is not the child of the parent involved in the meeting. d) If the meeting becomes hostile at any time for either party, the meeting will end. e) The athletic director will not meet with any parents about a coach until the parents have met with or tried to meet with that coach unless there are legal privacy issues at stake. Parents/Guardians are not allowed to approach a coach, officials, or Athletic Director before, during, or after a practice or game.

**Chain of Command:** The Chain of Command should be followed by coaches, participants, and parents/guardians.

1. Head Coach
2. Athletic Director
3. Principal
4. Superintendent

**Injuries:** Injuries or illnesses that could hamper an athlete's participation must be reported to the head coach immediately. Specific instructions regarding treatment and participation will be determined by the coach and any care orders written by a doctor. Unless an injury or illness physically impedes an athlete's ability to change clothes, the athlete will be required to dress out and observe during practice or the athletic period if the athlete is in the off-season. Due to UIL Rules and liability purposes, Parents/Guardians and fans are not allowed onto the field or court in the event of an injury unless given permission by the coach, Administrator on Duty, or Athletic Director.

**Communication:** Student-athletes are expected to contact the head coach of their particular sport before any and all absences, excused or unexcused, or may face disciplinary action.

**Transportation:** ALL athletes are expected to ride on the school-provided transportation to and from all out-of-town athletic events in which they will participate. It is up to the Head Coach if the

Parents/Guardian can sign the athlete out after games/tournaments to ride home with them. Parents/Guardians must give the head coach at least 24 hours of notice in writing if someone else is to sign their child out after a game or tournament.

**Community/School Service:** Athletes/teams may be required to participate in community/school-related service activities at various times throughout the school year.

**School-Issued Equipment:** Athletes will be issued equipment for practice and games. Keeping up with the equipment and taking proper care of it is the athlete's responsibility, and they will be held financially responsible for any lost equipment based on the head coach's price list for that sport. Failure to properly compensate for any lost equipment may result in a suspension from participation in any athletic contests until restitution has been made. At NO time are athletes to take any equipment home for any reason (this includes practice jerseys and shorts, etc). Laundry will be done daily at the school. If an athlete is caught taking equipment without permission, the athlete will be subject to running 2 miles for each item they take home.

**Lettering:** The awarding of a school letter to a student is the second highest honor of which a school is capable, the highest being a diploma. Athletes can receive only one major award from the school during their high school career, commonly a letter jacket. To the letter, you must be on a varsity team and satisfy the requirements below. After receiving one major award, the respective coach shall give the athlete certificates or similar awards each time the athlete letters in a sport. The coach of that sport must recommend the athlete. In making recommendations for Varsity awards, the coach must consider the following:

1. Conduct: as explained in this handbook.
2. Attendance: an athlete must attend scheduled practices and contests.
3. Participation: fulfillment of specific criteria for each sport as determined by the coaches of each sport in cooperation with the Athletic Director.
4. Academics: finish the season academically eligible and in good standing.
5. Other: the head coach may establish other criteria.

The letter award will be given every year for every varsity sport where an athlete fulfills the requirements for lettering. The actual letter jacket will not be awarded until a second varsity letter is earned in any sport, or a combination of sports, and the athlete's second year of participation in Fruitvale High School Athletics. The only exception to the second-year rule will be for athletes that transfer to Fruitvale High School in their senior year and meet all Varsity letter requirements.

**Appeal of Dismissal:** If an athlete is dismissed from the Athletic program, he/she has the right to appeal. Written notice of the athlete's desire to appeal the decision must be given to the Athletic Director. The appeal will be heard and decided on by a panel consisting of the Athletic Director, Superintendent, and Campus Principal. The athlete and/or their parent/guardian will be allowed to state his/her case in the hearing. Athletics is a privilege and not a right for students at FISD.

\*Any athlete removed from the athletic program will be eligible to apply for reinstatement into the program the following year. Each case will be reviewed by the Athletic Director, Campus Principal, and Superintendent. \*

UIL link: <https://www.uil texas.org/policy/constitution/athletics>

Athlete UIL Code of Conduct: <https://www.uil texas.org/files/athletics/manuals/sportsmanship-manual.pdf>

Parent Information & Code of Conduct:  
[https://www.uil texas.org/files/athletics/manuals/Parent\\_Info\\_Handbook\\_22-23.pdf](https://www.uil texas.org/files/athletics/manuals/Parent_Info_Handbook_22-23.pdf)