

Waltrip High School Athletic Manual



2022-2023

Waltrip Athletics



Waltrip Athletics

Vision Statement

The Waltrip Athletic Department will provide a positive and inspirational environment where preparation, hard work, discipline and commitment generate legitimate opportunities for success. The ultimate goal is to develop great young men and women!

Mission Statement

Waltrip athletic programs will develop student-athletes who are committed to academic, athletic and social excellence.

“Do Your Best!”

Core Values

- Discipline- Do what is right all the time
- Family-F.A.M.I.L.Y
- Competition (1-0) in everything we do on the field in the classroom and in the community
- Mental and physical toughness (Event+Response=Outcome)
- Energy/Effort

Athletic Program Goals

- Increase participation numbers.
- Prepare all student-athletes to be college/career ready.
- We will have a service mindset by giving back to our community.
- Keep coaches up to date on all professional development opportunities.
- Recruit, hire, and retain hungry, energetic, and loyal staff members.
- Develop a strength and conditioning plan for all athletics.
- ***“We are ONE!”*** mentality we must encourage participation in all sports.

Requirements To Participate

1. *Physical Examination*
2. *Athletic Forms Completed Online (registermyathlete.com)*
3. *Handbook/Athletic Manual Acknowledgement*
4. *Academic Eligibility- 70 or better and 5x5x5 Credit Rule*

Student-Athlete Role

- Be Respectful- “Yes sir/ma'am”
- Be a Great Communicator
- Be a Role Model
- Be Coachable
- Be Discipline
- “Bring the JUICE every day!

What Players Can Expect From Their Coaches

1. Loyalty to athletes in all areas
2. Total honesty
3. Leadership and training necessary to achieve team goals
4. Work athletes harder than athletes have ever worked before
5. Assist athletes in any way possible, now and after graduation
6. Treat athletes with respect
7. Make all decisions predicated on what is best for the team
8. Commitment to do everything within our power to make this the best athletic program in the state of Texas
9. Help athletes mature and grow into a young adult
10. Help athletes reach their goals

What Parents Can Expect From Coaches

1. Care for their child(ren).
2. Total honesty!
3. Commitment to bring out the very best in your child on and off the playing surface.
4. Establish and maintain an open line of communication.
5. Assist parents in any way possible with your child.
6. Make all decisions predicated on what is best for the team.

Program Philosophy

The three levels of competition freshman, junior varsity, and varsity are part of the same program coordinated by the head coach. The freshman and junior varsity levels are designed to teach the game and determine each athlete's level of commitment to our program and ultimately prepare them for varsity competition.

Playing Time

Perhaps the most emotional part of a student athlete being involved in high school athletics centers around playing time. Attendance, attitude, commitment, and playing skill enters into the decision. There are many decisions made on an ongoing basis by the coaching staff. It is our responsibility to decide which athletes should start a contest and at what level of play. These coaching decisions, often difficult to make, are made only by the coaching staff and are approached very seriously after having observed and evaluated the student-athlete's in practice sessions, game like situations, scrimmages, camps, and actual games. Every athlete wants to start on our sports teams, unfortunately, not all will. Also, some athletes who start the season as starters may not retain that position due to competition or caliber of play. Consequently, we feel it is important for you to understand how we will decide on playing time.

The following criteria are used in selecting teams, naming starters and developing depth charts:

- Knowledge
- Hustle/Effort
- Talent
- Accountability
- Mental and Physical Toughness

We will give EVERY athlete the opportunity to earn a position on the varsity team. It is our desire to play the BEST player, and as many people as possible.

Cut Sports Process

Choosing the members of the athletic team is the sole responsibility of the coaching staff. Prior to tryouts, the head coach shall provide the following information to all prospective members of the team and the parent/guardians.

1. Try out time and date
2. Example of drills
3. Criteria used to select a team
4. Practice/game times and commitment expected if selected
5. Parent/guardian acknowledgment

Communication

All communication between student-athletes, parents, coaches should be between the hours of 6 am-10 pm at night, unless there are some extenuating circumstances.

Chain of Command/ Due Process

Principal

Athletics Administrator

Campus Athletics Coordinator

Head Coach

Assistant Coach

When dealing with issues, please follow the chain of command above. Attempt **green**, level first then **yellow** and lastly the **red** level if problem still exists. Due process at Waltrip High school athletics must follow the above steps.

We adhere to a **24hr rule**- please do not contact a coach directly within 24 hours of a contest/game unless it is about the health and safety of a student-athlete.

Disciplinary Plan

“Discipline is not punishment, discipline is changing someone’s behavior” ~Nick Saban

Relationships and attitude is key to all discipline issues (be proactive)!

- General infractions (promptness, dress code, classroom issues, etc.)
- Major infractions (alcohol, drugs, tobacco possession, stealing, etc.)
- General infractions will be addressed as follows: Each player is allowed four strikes:

Strike 1: Coach-Player Conference/ Extra Duty

Strike 2: Coach-Player Conference with Head Coach/ Extra Duty

Strike 3: Parent Meeting/ Extra Duty

Strike 4: Parent Meeting/ Extra Duty/ Suspension from team and Discipline Contract.

- Major infractions such as alcohol, drugs, tobacco possession, stealing, etc. will be handled in strict accordance with the student code of conduct, and may lead to strike 4 of the disciplinary action plan
- We must be tough but fair with consequences

Safety

Safety is of particular concern for most parents of athletes. Whether it’s on the practice field, during the course of a game, in the weight room, or a camp activity, each athlete is instructed with the proper fundamentals and techniques to ensure we provide and sustain the safest environment. In the event of an injury outside of campus/ practice or UIL events, please notify the head coach as soon as possible. Also the protocol for all injuries should start with our H.I.S.D district athletic trainer. **Bullying** and **hazing** will NOT be permitted anywhere or anytime.

Attendance

All students are required to promptly attend all practices, games, meetings, camps, fundraising activities and workout sessions as scheduled by their coach. In addition, ALL students are required to inform their coach PERSONALLY if they are to be absent. In order for a missed practice or tardy to be considered excused, the player must personally contact a coach through one of the following methods:

1. Call or speak to a coach or leave a message.
2. Personally tell one of the coaches that you will be late or missing practice.

NOTE: The coaching staff must accept the excuse as a valid one. For example, a player telling his coach he wants a day off is not a valid excuse.

Equipment Responsibility

Outfitting our players is a substantial cost to the program. Equipment costs continue to increase and so it is very important to keep up with all equipment issued. It is the personal responsibility of the player, and ultimately his parents or guardian to safeguard and maintain all equipment issued. Uniforms, practice and game, are supplied for the sole purpose of athletic participation. Equipment is not to be used for any other purpose. Practice clothing is to be worn at all practices and should be washed daily. ALL equipment is to be turned in by the student to his coach when called for, and no later than three (3) days after the conclusion of the season. It will be the student's responsibility to see that his CLEANED equipment is checked off by the coach upon its return. Equipment not handled this way will be deemed lost or stolen, and the student and family will be charged replacement value. Diplomas, grades and/or transcripts can be withheld until these conditions are met.

Strength and Conditioning

A proven in-season and off-season strength and conditioning program is essential to the success of any athletic program. Beyond making the athlete bigger, faster and stronger, it helps to prevent injury. All athlete's at Waltrip will be highly encouraged to be involved in our year round strength and conditioning program. We adhere to the core lift and ground based principles instituted by successful major college strength programs. Our off-season will continue during the summer and through our season to help build the total athlete.

Multi-Sport Athlete

There is no room in any high school for athletes to concentrate on one sport. We encourage our athletes to participate in a variety of sports, activities and organizations. Constant competition is good for athletes. This cross sport participation will only strengthen our overall athletic program. This also helps our students stay engaged academically to maintain our standard of “A’s and B’s, NO C’s and D’s”.

Academics

- Anything below an 80 will require mandatory tutorials.
- The student athletes will have tutorials/study hall twice a week.
- Communication will be sent out bi-weekly to faculty and staff via email.
- In partnership with staff and online with Khan Academy, we will offer STAAR/SAT/ACT workshops for Math, English and Science.
- All programs will have an academic coordinator that will track student data.
- The academic goals are 100% passing with 40% being on A/B Honor Roll

➤ NOTE: Any student who has a grade lower than 60 in an Honors, Advanced Placement, or Dual Credit course will be suspended from participation in any /UIL extracurricular activity. If a student in one of these courses has a grade between a 60-69, then a conference must be held with the student, coach, and Athletics Administrator, regarding stipulations for the student’s eligibility. During this meeting, behavior, attendance, and an academic plan including a tutorial schedule will be addressed before a decision regarding the student’s eligibility is made.

- The no-pass/no-play suspension period is three weeks (UIL, 1995).
- The student must be passing all courses and meeting the above expectations within the above-mentioned “NOTE” regarding the identified honors/advanced/dual credit classes at the end of the three-week evaluation period to regain eligibility.

Missing School Time

- Students will not participate in games if they are not present at school all day on the day of the game. Any excuses must be approved by the Athletics Administrator. If a student is at the doctor, then a doctor's note must be provided to the Athletics Administrator. Any discrepancies between the absence report and the student's excuse will be handled by the Athletics Administrator on a case-by-case basis. Coaches are to submit on their game report that a student did not play due to not being at school that day.
- A list of the students must be e-mailed to the faculty and a hard copy supplied to the campus athletic secretary. This list must be submitted 24 to 48 hours prior to the contest.

Feeder Pattern Plan

- We will establish relationships with all administrators, coaches, teachers, student-athletes.
- We will be present on campus and events as often as possible.
- We will attend games, host youth camps, and youth clinics.

Fundraising

Due to the high costs involved in maintaining and replacing equipment, our athletes are required to raise funds through designated fundraisers every year. We cannot stress enough how important this is to our program. Your complete cooperation, support and encouragement is needed to help us in ensuring that we can continue to outfit our athletes, supply practice and game equipment, and update supplies and items for every year.

Booster or Parent Clubs Goals

- Promote the program in a positive way.
- Open communication, especially concerning financial decisions, between head coaches and the board for confirmation.
- The board will be made up of elected officials.
- Stay committed to the students, not adults.

Student-Athlete Game Conduct

- Students should be transported by H.I.S.D transportation
- Show respect for the opposing players, coaches, spectators, officials and support groups.
- Any ejection will result in a suspension in the next contest. Students must also complete the H.I.S.D Athletics reinstatement protocol.

Parent/Fan Game Conduct

- Remember that you are at the contest to support and yell for your team, and to enjoy the skill and competition not to intimidate or ridicule the other team or its fan
- Show respect for the opposing players, coaches, spectators and support groups.
- Parents and spectators should be aware that the school can (and should) remove them from the premises and can prohibit them from attending future contests due to undesirable behaviors.
- The school is responsible for the behavior of their spectators. The school district can be and will be punished for actions of patrons in violation of UIL standards and rules
- District stadiums have specific rules that they require fans to follow. Please remain in accordance with the rules outlined by those stadiums.

I have received the handbook, and I understand that it is my responsibility to read and comply with the policies contained in this handbook and any revisions made to it.

Signature

Name (Print)

Date