



Liberty Hill Middle School
Lady Lions Athletics Handbook

The goals of this program are:

- To develop character and promote citizenship and sportsmanship
- To teach lifelong lessons of teamwork and self-discipline
- Instill a sense of pride in self, community, and school. The physical, cognitive, and emotional development of our youth is facilitated through athletics.
- KISD Athletics will be used to enhance academics, improve positive character traits and to strive for excellence in athletic competition.

Before your student athlete can tryout, practice, or play, we need these items on file signed by parent and athlete:

- Physical and Medical History
- Acknowledgement of Rules
- General UIL information
- Athletic Student Code of Conduct
- Parent/Spectator Sport of Conduct

Athletics is a privilege. It is not a right. Our athletes are required to conduct themselves in a respectful manner at all times. You are leaders in our school and our community. You are expected to set a good example for others to follow. Expectations are high whether you are on the field of play or off. These expectations are going to be enforced and consequences will result if an athlete does not adhere to them. You cannot fail more than **2** *nine weeks* and/or have **3** or more discipline referrals. Student Athletes will be required to play at least 2 sports to be in the athletics period.

You will see that athletics requires a great deal of work. You are expected to sacrifice for a common goal. You will be expected to demonstrate a good work ethic, respect, discipline, physical/mental toughness, and a burning desire to make this year a success. We understand that some of you may not know how to emulate these behaviors but we, as your coaches, will both model and teach the expected behaviors.

EXPECTATIONS OF ATHLETES:

Athletics has many benefits, but it also comes with a great amount of responsibility. Each athlete must understand that there are daily choices in life and with each choice a consequence to follow. Good choices open the door for positive consequences or rewards. Bad choices open the door for negative consequences.

RULES:

Liberty Hill athletes must adhere to all Liberty Hill Middle School and KISD rules and policies. Athletes who chose to not follow the rules may be removed from the athletic program.

TIME:

BE ON TIME!!

-AM practice: If we have morning practice, you are expected to be at the gym at least 10 minutes before practice starts. If you are not in the gym ready to go when practice starts, you are considered late.

-PM practice: Practice will begin promptly at 3:45 pm. You are considered late if you are not ready to go at that time.

ATTENDANCE:

Our athletes are expected to adhere to KISD policies regarding attendance.

All players must attend practice and games. If a student has an excused absence from school due to an illness or family emergency, the player will be excused from athletics. It does not matter if an athlete is excused or unexcused from school on the day of a game or event. If an athlete misses school on game day, the athlete is not allowed to travel with the team or play in the game. If a player misses practice the day before a game or event, that athlete is not allowed to play in that game. The athlete may not play in another game until a missed practice or game is made up. This is not a punishment. When an athlete misses practices or games, she misses conditioning. The athlete will have a set of standard exercises to complete, before next game. This must be done before or after practice and the athletic period. It also must be completed with a coach present, so that the coach can sign off.

We understand that unexpected situation may occur and as a result, your daughter may need to miss practice. We ask that the coach be notified by the parent ahead of time in order for the absence to be excused. Any notification after the absence will not be excused.

Consequences of Unexcused absences:

- 1st time: Conference with coach, student, and parent/guardian.
- 2nd time: Coach will notify AD (Athletic Director). Conference will follow with AD, Coach, student, and parent/guardian. Consequences will range from limited playing time to a possible suspension for next game or event.
- 3rd time: Dismissal from team/program and will not receive credit for season.

*At each conference, a letter will be sent home. Everyone at each meeting will also sign a letter stating that the consequences are understood. The athlete will also be responsible for making up that missed practice.

LOCKER ROOM:

- Each athlete will have her own assigned locker. Each locker has a lock already attached. The lockers are for the athletes to keep their school issued gear and equipment.
- Only CURRENT athletes will be allowed in the locker room.
- There is to be no sharing of lockers or combinations. If you allow someone else access to your locker, you are opening yourself up to possible problems. ***The coaches and staff at Liberty Hill Middle School are not responsible for lost items or items taken from locker room.*** If school equipment or gear is lost, you are responsible for replacing those items.

- Keep lockers clean at all times. You should clean your locker at least once a week. Please do not have messy or cluttered lockers.
- You are welcome to take your clothes home as often as you would like to clean them. Please remember that it is your responsibility to bring them back the next day.
- There will be NO FOOD or DRINKS in the locker room or gym. This includes, but is not limited to gum, suckers, soft drinks, etc. There will be no food stored in the locker room either.
- It is not acceptable to interrupt a coach from class to open the locker room. Coaches will not open the locker rooms during school.

DAILY ATTIRE:

- You must be fully dressed out every day. You will only be allowed to wear school issued gear. Dressing out is not optional. If clothes are lost or stolen, it is your responsibility to pay to replace that item(s)
- Hair must be pulled up in a ponytail and away from the face. If your hair is too short to pull up, you need to use a rubber headband.
- Glitter, ribbons, bead, clips, and bobby pins are prohibited in UIL events.
- Athletes must have appropriate shoes for practice/athletic period or game. Flat shoes are not acceptable. These include but are not limited to Converse, Vans, DC, etc. Flip flops, slide-on, boots, and heels are also not acceptable and will not be allowed in the gym.
- All girls will need sports bras for workouts, practices, and games.
- No jewelry is allowed. All athletes must adhere to the KISD jewelry policy. No facial piercings will be allowed at school or in athletics. We cannot put tape over a piercing. Once practice has started, coaches are not responsible for jewelry that was taken off.
- Athletes are not allowed to have any marking on skin. This includes but is not limited to markings from pens or markers, hickeys, etc. If markings are visible and cannot be removed before an event, the student will not play.
- Athletes will be given a uniform at the start of each season. Uniforms need to be washed and returned to the school the following school day to the coach. Failure to return the uniform could result in the athlete not playing in the next contest. Lost, misplaced, or ruined uniforms will result in the student-athlete paying for the uniform. Students who do not pay for lost or ruined uniforms will not be allowed to play another sport until that debt has been cleared.

Cell phone policy:

Athletes must follow school policy and have NO use of their electronic devices while on campus. Policy states that a student may NOT have an electronic device in his/her possession or turned on during school hours.

Outlined below is the policy regarding cell phones as it pertains to athletics, games, tournaments, meets, and practices:

- Cell phones can be used on the way back from a game or event to notify parents of our arrival time.

- Cell phones will not be allowed during practice, athletic periods, on the way to a game, on the bench, or in the stands. Our athletes are expected to be focused on the game or homework on the way to a game. Athletes should be focused on the game during a game. If an athlete is not playing, she is expected to pay attention to the game and cheer on her fellow teammates. Once practice is dismissed, there is no restriction on the use of the cell phone.
- If something occurs that you need to be aware of, I will call or text you. Please make sure that I have a good contact number at all times.

Transportation-

- All athletes must ride the bus to a game or event.
- Students are not allowed to ride with parents, guardians, family members, friends, etc. to or from games. The only exception is if there is a form on file.
- For games/events: all students will need to be picked up within 15 minutes of us returning to the school. There will be no bus to bring them home. If you are unable to come pick your daughter up, it is your responsibility to get a ride for her home. This needs to be taken care of before the game or event.
- We understand that conflicts or problems occur. Please call the coach and let her know what is going on. If this becomes a problem or routine, your daughter could be removed from the team.

HEALTH:

- Eat a healthy breakfast, lunch, and dinner every day. It is imperative that you make good decisions when it comes to your eating habits. Breakfast is offered in the mornings. Practice will be adjusted in order for your daughter to eat if she is hungry. Drink plenty of liquids and stay hydrated. Please stay away from a lot of sugar. This includes caffeinated drinks and some juices. The athletes will be given water breaks during practice.
- We will teach proper techniques for warming up and cooling down. This is very important because it will help reduce injuries.
- A parent is allowed to write a note excusing the athlete from that day. Anything more than a day will need a note from the trainer or doctor. The athlete will still be required to dress out.
- Please make sure your student reports an injury to the coach. The coach will refer the athlete to the Ellison trainer. This is of no cost to you.
- If the athlete is referred to the trainer, she cannot return to practice or games until the trainer has released them. The trainer will make recommendations on practice and participation in games. The trainer may recommend for the athlete to see a doctor. The coaching staff will abide by what the trainer recommends. An athlete will not be allowed to participate until a written release has been received.

GRADES & POLICIES:

- UIL states that if an athlete does not pass, he or she cannot play. We will adhere to that policy. Each student is required to have a 70 or higher in each course, each six weeks.
- Discipline and grades are expected to be better than the average student.
- Grade checks will be done on a weekly basis. Any negative remarks on behavior will not be tolerated and will result in consequences.
- Any grade below an 80 will result in "D" day. Any grade below an 80 will result in tutoring twice a week. Tutoring must be scheduled around practice.
- You are expected to respect all teachers, school faculty and staff, equipment, and facilities. Adults will be given respect. Answers such as "Huh? What? Yeah. Whatever." are not acceptable. "Yes ma'am, no ma'am, yes sir, no sir" are expected responses.
- We understand that you are going to clash with some people. That is completely normal. However, you are expected to be respectful. If you are having a problem with an adult, please let one of the coaches know. We will assist you in coming up with a solution.
- It is not acceptable to speak when someone else is speaking. This includes adults and your peers. It is hard to listen if you are trying to talk over someone. You will be treated with the same respect.
- Back talk, eye rolling, lip smacking, etc. will not be acceptable.
- You are expected to keep the facilities clean and neat, this shows a sense of pride. You are expected to help maintain the equipment as well and use it for its intended purpose.
- Conduct off the field of play will be monitored. Once you are an athlete, you are easily recognized by others in the community. It is important that you remember that just because your uniform is at school on a weekend, your reputation as a member of our program and school is not still at school. The faculty, staff, and community will be watching you. Please remember that policies are in place to protect you.
- You are expected to have self-discipline and self-control. Your attitude or choice of language needs to be watched at all times. Your character will speak louder than any words you might say.
- We are not going to tolerate students who engage in risky behaviors. This includes but is not limited to drug, alcohol, and tobacco use. You are not of legal age to participate in any of these behaviors. Immediate removal from the program will result if you are found to be partaking in these behaviors.
- School policy and rules are to be adhered to at all time when at school or at a school sponsored activity. Teachers should not have to ask our athletes to be in dress code policy. You are expected to be in dress code at ALL times.
- Fighting will not be allowed. You are going to face many different situations and each situation will be dealt with accordingly. The first time that you are in a fight, your actions will result in a week of extra conditioning and boot camp. You will also miss 2 games. You will write a statement of what happened and it will be signed and kept on file with Coach Humphreys. If there is a second fight, you will write a statement of what happened. A meeting will occur between Coach Humphreys, your coach, parent, principal, and yourself. If this is your second fight, you will be removed from the team.
- Any athlete who causes embarrassment to the program or school in the opinion of the coaching staff or administration will be suspended or removed from the program.

Social Media:

- You are easily recognized in the community. You are expected to be a role model at school and out of school.
- If there are pictures or videos found on any social media that show you in a compromising situation, you will be immediately dealt with. It is not limited to being dealt with by just athletics.
- Social Media Contract

We understand that this is a LOT of information. But we do expect you to know the information above. It is your responsibility to know and adhere to rules and policies for both the athletic program and KISD.

Links:

- <http://www.uiltexas.org/athletics/manuals> UIL Parent Manual
- https://www.killeenisd.org/WebData/DocumentViewer/AthleticsHandbook_19-20.pdf
- KISD Athletic Handbook

Liberty Hill Middle School
Lady Lions
Athletic Handbook Agreement

I have received and read all the rules and policies of the Liberty Hill Middle School Athletic Department as outlined in the Athletic Handbook and parent meeting. By signing this document, I agree that I understand all rules and policies outlined.

Parent/Guardian Name (print) Date

Parent/Guardian Signature

Student Name (print) Date

Student Signature

Coach Randi Humphreys, Coordinator

Mrs. Trish Brown, Principal