



Woodrow Wilson High School Athletic Handbook

Introduction The Woodrow Wilson High School Athletic Handbook contains important information on policies and procedures that all student-athletes and parents should be familiar with. It is important that the parent and student review the handbook to gain understanding of the athletics department.

Topics that are not covered in this document will be left to the discretion of the Athletic Director. It should be noted that different sports might contain additional rules and regulations that go beyond what is listed in this document.

This handbook is an extension of the student handbook and shall be used by all principals, coaches, and players in grades 7-12.

Philosophy: It is the philosophy of the Woodrow Wilson High School Athletic Department to complement the academic program with a quality athletic program. We will make every effort to teach character lessons through competitive athletics thereby enhancing the learning environment for athletes who participate in the program.

Participation in extracurricular activities is a privilege and not a right. It is dependent upon compliance with all applicable rules and policies. The Athletic Director has the authority to remove or deny a student's participation in a sport.

The primary purpose of athletics is not about winning games or achieving athletic scholarships. The primary purpose of athletics is to teach life lessons (hard work, dedication, commitment, sportsmanship, teamwork, and sacrifice) to our student-athletes through our strength and conditioning program and athletic competitions.

Woodrow Wilson High School Athletes are all required to exhibit the Core Values that were set for them:

- Integrity
- Juice (passion and excitement for the sport being played)
- Selfless
- Family
- E3- Earn Everything Everyday
- Relentless
- Hard-work + Dedication
- Respect

Goals For Woodrow Wilson High School Athletics are:

- To build and develop strong character in all athletes
- To teach and develop quality sportsmanship
- To infuse in athletes the qualities of hard work, discipline, commitment, and respect
- For all athletes at Woodrow Wilson High School to adopt the “**ALL-IN**” mindset
- To improve physically, mentally, and in skill level each year
- To win championships
- To be better “student” athletes
- To learn how to win with grace and lose with dignity

The “**ALL IN**” mindset sets high Expectations that will demand three things of all Athletes. Be a great student in the classroom, be an upstanding member of the community and be the best athlete you can be on the fields of play while giving every ounce of will in your body. Athletes are expected to do the following:

- Follow student rules outlined in the WWHS student handbook
- Be on time for classes, practices, and contests
- Actively participate in their academic classes daily

- Maintain passing grades in all classes
- Exercise self-control and display positive actions during academic classes and athletic events
- Be a law-abiding citizen both at school and away from school
- Display sportsmanship and class when representing Woodrow Wilson High School in competition
- Abide by the rules outlined in this document
- Complete UIL and school paperwork prior to participation
- Give 100% at all times
- Live with integrity
- Do Your Best

Levels of Athletics:

Middle School: Athletes are encouraged to try all sports at this level. Athletes will learn basic skills and will be introduced to game strategies. At this level, the athletes will also learn the importance and meaning of the team concept, commitment, and respect for fellow players, coaches, and officials. Middle School athletes competing in sports will participate in each game provided they have met all program and coaching expectations. Playing time will be at the discretion of the coach.

Sub Varsity: Athletes will build on skills learned from the middle school level and will continue to develop commitment, good sportsmanship, and respect for fellow players, coaches, and game officials. Sub varsity athletes will participate in each game provided they have met all program and coach expectations. Playing time will be at the discretion of the coach.

Varsity: Competition at the varsity level is reserved primarily for the most committed and skilled athletes. Leadership, work ethic, dedication, and enthusiasm

will also be factors in participation. The varsity level of play is extremely competitive; playing time for athletes on the varsity level is left to the discretion of the head coach. A coach's decision on playing time is final and is non-negotiable. Varsity athletes will be expected to exhibit game knowledge, commitment, skill, sportsmanship, and respect for fellow players, coaches, and officials.

Sports Offered at Woodrow Wilson High School ISD:

Fall: Boys and Girls Cross Country, Volleyball, Football, Boys and Girls Team Tennis

Winter Sports: Boys and Girls Basketball, Boys, and Girls Powerlifting

Spring Sports: Boys and Girls Track, Baseball , Softball , Boys and Girls Tennis , Boys and Girls Golf

Athletic Trainer Class is a state-approved course offered by Woodrow Wilson High School. To receive credit, students must meet the following requirements:

1. Attend class and take an active and positive role in the strength and conditioning program and any sport in which the student is participating. Students will be monitored by a coach and are not permitted to go to another classroom or activity during this time. Make-up work and tutorials should be scheduled outside of the athletic period.
2. Dress out every day in school-issued clothing. If a student is not capable of physically participating due to injuries or illnesses, the student is still required to dress out and participate mentally. Some injuries may not allow the athlete to dress out. The Athletic Director will make the decision on whether the athlete is dressing out or not for a workout.

Eligibility for the Athletic Period: To be eligible for the athletic period, athletes must participate in one of the following sports: Football, Volleyball, Basketball, Track, Baseball, or Softball.

Attendance: Athletes are required to make all scheduled practices, games, and athletic classes. In the event that an athlete will not be able to attend a practice or game, the athlete is required to notify the Head Coach of the sport to inform them of their absence. Excessive absences could be grounds for dismissal.

Excused Absences From Practice: If an athlete calls his/her head coach and notifies them of his/her absence, that student's absence will be counted as excused. Excused absences will be made up. The make-up work for an excused absence is not punishment but is make up for missed training and conditioning. An athlete who misses practice for a non-school-related absence in a game week shall not start the upcoming game. Make-up for missing practice must be done for the athlete to participate in the upcoming game.

If an athlete does not call his/her head coach to notify them of his/her absence, that student' will be counted as unexcused. 3 Unexcused Absences From Practice will result in a suspension and a parent meeting to address the athlete's standing in athletics. Some extenuating situations will be considered an excused absence without prior notification. If there is a question as to whether the absence is excused or not, the head coach and/or the athletic director will make the decision. Unexcused absences will be made up, and the athlete will also have discipline. An athlete who misses practice for a non-school-related absence in a game week shall not start the upcoming game. Make-up for missing practice must be done for the athlete to participate in the upcoming game.

RESET: Students assigned to RESET will have discipline and make-up conditioning for each day in RESET for missing the athletic period or sport. 2 RESET occurrences will result in a parent meeting informing the family that the athlete will be put on an athletic contract after their next RESET occurrence.

DAEP: Students in AEP will be required to run 24 miles in 8 school days in order to be in good standing in athletics. The athlete will not be permitted to play a sport until the discipline is completed. A parent meeting will be held before moving forward with the matter. The student will be put on an athletic contract after their first offense. If the rules of the contract are broken, the athlete will be dismissed from Woodrow Wilson High School Athletics for the remainder of their high school career.

Strength and Conditioning Program: All high school athletic periods will be dedicated to the Strength and Conditioning program, or S/C, a minimum of 2 days per week. This program is designed to improve the athletic ability of each athlete. It is not for any single sport, but to make the athlete better at all sports. S/C will

consist of, but is not limited to, strength building, conditioning, mental toughness exercises, team building, and agility exercises. The Athletic Director will decide whether to add to or take away from the 2 days per week in S/C. Note: The JH athletic periods will be used for practice for those athletes who are currently participating in a sport. All out-of-season JH athletes will go through strength and conditioning.

Academic Eligibility and Tutorials:

Academic Grade Checks: Grade Checks are done on a weekly basis. We place heavy emphasis on zeroes in the grade book in order to stress how detrimental they are to maintaining eligibility and honor roll. We use paper grade forms and check Skyward to ensure academic success.

Athletes must make at least a 70 in all academic classes to be eligible to participate in UIL competition. If a grade below 70 is made on a six weeks report card (during the 1st 6 weeks) (during spring eligibility is based on our 9 weeks grading cycle), the athlete is not eligible for participation in any UIL competition for 3 weeks. However, they are permitted and mandated to participate in practice and S/C. After the 3-week period with no participation, if the student-athlete has at least a 70 in all classes, they will regain eligibility to participate in UIL competition.

Student-athletes will have their grades checked often. If the head coach of a sport or the Athletic Director feels like the athlete needs after-school tutorials, the student will be required to go to a scheduled tutorial class and then report to the practice of the sport in which they are involved.

If a student stays ineligible for the majority of the school year, there will be a review of the athlete's grades, at which time his participation in athletics will be reviewed. The athlete will be informed of his/her removal from athletics if the decision to remove the student is reached.

Coaches may tutor or arrange tutorials for students when necessary. However, the athletes, not the teachers or coaches, are responsible for the grades they earn.

Sport Seasons An athlete in a sport may not start practice in another sport in a different season until the current sport has ended, unless the permission of both coaches involved has been granted.

Example 1: A basketball player may not attend track practice nor participate in track meets until basketball is over.

Example 2: An athlete in powerlifting can start baseball in January, provided he gets approval from the powerlifting coach and the baseball coach.

Example 3: If seasons overlap where the athlete has multiple competitions, head coaches will coordinate the athlete's participation.

Conduct Athletes may face disciplinary action, including possible suspension or expulsion, for demonstrating behavior that is detrimental to the team. Examples of unacceptable behavior include, but are not limited to:

- Inappropriate language
- Unwilling attitude, poor work ethic
- Disrespect to the coaching staff
- Nonresponsive to a coach's request
- Argumentative attitude
- Disregard for rules
- Negative effect of morale

Ejection or Removal From a Sporting Event: Any athlete who is removed from a sporting event, by a coach or by an official, for unsportsmanlike conduct, will face the following consequences:

1. Suspension from the next scheduled game if the AD and HC deem the action necessary.
2. Appropriate discipline to be administered by the Athletic Director or Head Coach of the sport.
3. Repeated ejections could be grounds for removal from the athletic program.

Note: If, after a review of the ejection by the Athletic Director, the ejection is deemed to be arbitrary or unsubstantiated, the athlete may not face the consequences for an ejection.

Quitting a Sport: An athlete can withdraw from a sport within the first 5 days in which the sport is practiced or played and not face any repercussions for quitting. If

an athlete decides to quit, they must wait 24 hours before they make a final decision, to allow for the athlete a cooling-off period. An athlete who quits a sport after the 5 days will face the following consequences: The athlete will not be permitted to participate in another sport for the rest of their high school athletic career until they run 24 miles for time within a time frame of 8 school days from the time they start running. The athlete will be required to determine how many miles they will run at the start of each session. There is a minimum of 3 miles to be completed at a time. If the 24 miles have not been completed successfully within the 8 school days, the athlete will be required to start the process over at 0 miles. This discipline will be administered and monitored by the Athletic Director or a Coach.

If an athlete quits a sport while involved in two concurrent sports, the athlete will be required to follow the same discipline. However, the athlete will be allowed to participate in the sport in which he or she did not quit for 8 school days. If the discipline is not completed within the 8 school days, the athlete will be removed from the current sport until the punishment is complete.

Removal From A Sport: An athlete can be removed from a sport by the head coach of the sport with the approval of the Athletic Director if deemed necessary. If removed, to participate in another sport, the athlete will be required to do the discipline described above for an athlete who quit a sport.

Removal From the Athletic Program: The Athletic Director can remove a student from the athletic program. Re-entry is at the discretion of the AD.

Athletic Re-Entry Policy: The purpose of the athletic re-entry program is to allow an athlete an opportunity to show his/her commitment to return to the athletic program or sport. If an athlete removes himself/herself from the athletic period, it is considered quitting a sport. To re-enter the athletic period and participate in sporting events, the athlete must:

1. Receive written permission from the Athletic Director.
2. Successfully complete the requirement for athletes who have quit a sport.

Scheduling Conflicts: Conflicts will arise in which an athlete will be participating in some other extracurricular activity. These conflicts are handled using the

following rule. A district contest will always take precedence over a field trip or non-UIL event. Using this rule, all participants will be given an opportunity to compete in the major contests or events of any extracurricular activity. The Athletic Department will do everything possible to avoid conflicts of this type.

Locker Room Expectations: All athletes will be held responsible for locker room appearance. Athletes will need to bring a personal lock for their locker. Each athlete will be required to keep their locker locked at all times. The locker room will be monitored each day for any trash left out or athletic gear not in the proper place. Woodrow Wilson High School is not responsible for lost or stolen items.

3 School Issued Equipment and Uniforms: Students are responsible for all equipment and uniforms issued into their care. They are responsible for the proper upkeep and care, as well as monetary compensation for lost or mistreated items.

Expectations for Parent Behavior: Parents are to encourage their children to show good sportsmanship. Parents must also display good sportsmanship and respect for coaches, officials, and opponents. Failure to do so could result in a parent or spectator not being allowed to attend extracurricular events.

1. First offense will result in a parent or spectator being removed from the event.
2. Second offense will result in that individual not being allowed to attend the remainder of that sport's season or extracurricular activities.
3. The third offense in the same year will result in that individual being banned from all WWHS athletic and extracurricular activities for one calendar year.

Parent/Coach Conference Procedure

1. After 24 hours of the event in which the concern occurred, schedule a meeting with the coach during his/her conference period.
2. If you are not satisfied with your conference with the head coach, you can set up an appointment with the Athletic Director.
3. If you feel like the situation has not been handled appropriately, you can contact the High School Principal at this time.

Parent Conference Criteria Appropriate issues to discuss with coaches:

- Treatment of your child
- Ways to help your child improve
- Concerns about your child's behavior

Inappropriate issues to discuss with coaches:

- Team Strategy/Playing Time
- Play Calling
- Other Student-Athletes

Insurance: A supplemental insurance plan is provided by DISD for athletes. This plan covers athletes who are participating in school athletic activities. The school's supplementary insurance will cover part of what the athlete's primary insurance does not cover.

Lettering Policy: The athlete will complete the standards listed below and compete in the majority of varsity competitions.

1. 2 years of varsity competition, and the athlete will complete each season in good standing. 2. Juniors, not meeting the standards listed below, can obtain a varsity letter with

three years of participation and must complete each season in good standing.

3. Athletes must achieve the standards outlined in their respective sport and participate in the District Championship.

4. An athlete who has been injured during the season may receive a varsity letter if they competed at the varsity level, remained part of the team after the injury, and complete the season in good standing. This is at the discretion of the coach.

Incoming 7th, 9th, and 11th-grade athletes and any athlete who has never had a physical are required to have a physical examination before participating in any athletic contest. In addition to a physical examination, all athletes in every grade level each year must complete a Medical History Form and an Acknowledgment of Rules form. This must be on file with the school district prior to participating in athletic competition.

STEROIDS

- State law prohibits students from possessing, dispensing, delivering, or administering an anabolic steroid. Anabolic steroids are for medical use only, and only a physician can prescribe use.
- Bodybuilding, muscle enhancement, or the increase of muscle bulk or strength through the use of an anabolic steroid or human growth hormone by a healthy student is not a valid medical use and is a criminal offense.
- Students participating in UIL athletic competitions may be subject to random steroid testing. More information on the UIL testing program may be found on the UIL Web site at http://www.uil.utexas.edu/athletics/health/steroid_information.html.
- Athletes may be required to go through the Athletic Re-Entry Policy to return to athletics.

School Contact Information:

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