

Veribest ISD Athletic Handbook



1. **Tobacco, Alcohol, Steroid and non-therapeutic drugs:** are not allowed in our program. Any use of these products will be subject to disciplinary actions. Any disciplinary action will be aligned with the Veribest ISD Student Code of Conduct.
2. **Conduct:** We want our athletes to exhibit a high standard of class. We expect you to conduct yourself as gentlemen or ladies at all times. This means you are to follow all school rules and procedures while attending Veribest ISD. You are to act properly in class, giving your fellow students, teachers and administrators courtesy and respect. Veribest ISD athletes will demonstrate good sportsmanship at all times. As an athlete you are expected to give respect to your opponents and the officials before, during and after each contest. Remember, participating in athletics is a privilege not a right.
3. **Attendance:** All athletes are expected to be at practice on time. You may be required to make up conditioning that you miss. The coach of each individual sport will determine the appropriate amount of conditioning. Please inform the coach when you will be unable to attend a practice.
4. **Grades:** Student-Athletes are required to follow the No Pass-No Play regulations established by the TEA and UIL. Because grades are essential, athletes will be expected to maintain a passing average in all classes throughout the year. If an athlete demonstrates a chronic inability to maintain passing grades, he/she will be suspended or removed from athletics.
5. **Dress:** Everyone will wear his or her uniform in the same manner. No one will be different. Your appearance should reflect the same class and pride you show in our program. School dress code applies as well. Workout clothes will be provided. They will be worn in practice.
6. **Quitting a Sport:** Athletes who quit a sport will not be allowed to start another sport until the end of the season of the sport they quit. The first two weeks of each sport will be considered a grace period. If a student decides not to participate within the first two weeks of a sport there will be no penalty for quitting.

7. **Participation:** In accordance with UIL rules, an athlete will not be allowed to participate in an athletic contest if he/she has not been at school for at least four class periods that school day.
8. **Transportation:** You will be required to ride to and from all contests with the team unless your parents or guardians are present at the contest. You may ride home from the athletic contest with your parents if they sign a release form after the contest.
9. **Letter Jackets:** To qualify for a letter jacket you must meet the following requirements. Compete in two or more varsity sports at the District level in the same school year or compete in the same varsity sport for two years.
10. **Parent/Coach Conference Procedure:** If you have a concern to discuss with a coach, please use the following procedure.
 1. Please do not attempt to confront a coach before or after a school contest or practice. This can be an emotional time for both the parent and the coach. Meetings of this nature do not promote resolution. Productive meetings always require calm, rational attitudes in a private setting.
 2. Call the school (325-655-2851) to set up an appointment with the head coach during their conference period the next school day or when time permits.
 3. If you are not satisfied with the conference with the head coach, you may then call to set up an appointment with the principal.
11. **Athletic Physical Examination:** No student athlete will be eligible to practice or play a school sport until they have passed an adequate physical examination and have it on file with the head coach. The UIL physical form must be completed and signed by a licensed physician, a parent or legal guardian and the student.

Veribest ISD local policy requires a yearly examination for all students athletes entering the 7th, 9th & 11th grades. Students may use their own physician or attend the VHS sports physical day offered by our local clinic, specific dates and times of these physicals will be announced and posted.
12. **Injuries:** All injuries that occur while participating in athletics should be reported immediately to the coach and parents of the athlete. Please remember that coaches are neither doctors nor athletic trainers. They can make suggestions and give advice, but they are not certified to diagnose, treat, or release athletes from injury. Please obtain professional medical attention at all times. If an athlete is seriously injured, he/she must have a doctor's release before continuing practice or competing in athletic contest.

Veribest ISD Athletic Policy

I have received, read and understand the Veribest ISD Athletic policy.

Signature of student

Date

Signature of Parent/Guardian

Date