

## ***TEAM INFORMATION***

### **PRACTICES**

- Practices are Monday-Friday unless otherwise specified
- Practices are MANDATORY
- If you cannot attend a practice you need to tell your Coach prior to practice
- Once the locker room is locked for practice, you cannot go back for any reason
- Gym & locker room must be clean or team will receive discipline
- Gum is not allowed in the gym

### **ATTIRE**

Must wear issued practice clothes and athletic tennis shoes

- Jewelry is not allowed
- If you have long hair, it must be pulled back and out of your face

### **GAMES**

- On game day you need to report to the girls locker room after school and stay there until it is time to leave or set up
- You may snack before games; however, snacks must be nutritional. You must stay on campus and will not leave.
- “B” team players will stay for “A” team games! Both teams will help take down nets and set up gym before they leave the gym at a home game.
- Teams sit together and show support for the other team. On away games, only groups of 3 go the restroom.
- Uniforms **CANNOT** be worn to other sporting events, restaurants, stores, etc...(UIL rules)
- **ALL ATHLETES MUST RIDE THE BUS TO AND FROM GAMES. PARENTS CANNOT TAKE ATHLETES FROM AWAY GAMES!**

### **CLASSROOM BEHAVIOR**

- As an athlete, you are expected to maintain the best behavior in classes, hallways, and at all times!!
- If you choose to lose your composure, you will be dealt with accordingly!
- Grades must be maintained (no pass-no play)

### **BUS EXPECTATIONS**

- Athletes will abide by all bus rules (no food or drinks)
- Athletes will walk to and from the bus with the team—not by yourself!

## **UNIFORMS**

- Uniforms, workout clothes and bags will be issued at the beginning of the season (shirts and shorts). Uniforms, workout clothes and bags will be returned at the end of the season in the same condition as they were issued. Athletes will be accountable for all stains, holes, and any other damage.

## **MISC.**

- All injuries must be reported to your coach immediately.
- Parents need to pick up their athlete at the end of each practice and game on time.

## **PREPARING FOR TOURNAMENTS**

- Bag to keep all of your stuff in (YOU are responsible for keeping up with all of your items!)
- Travel shirt (in case we go to get something to eat)
- Small cooler
- Drinks/water
- Nutritional snacks to munch on in case you get hungry
- Lunch (a back up plan in case we do not get to leave to go out to eat)
- Money (for concession stand and in case we go get something to eat)
- Something to entertain yourself during the long waits between games

# **PARENTAL EXPECTATIONS**

The following information was taken from the UIL Parent Information Handbook (page 6 & 7).

[http://www.uiltexas.org/files/athletics/manuals/Parent\\_Info\\_Handbook\\_16-17pdf.pdf](http://www.uiltexas.org/files/athletics/manuals/Parent_Info_Handbook_16-17pdf.pdf)

## **~ PARENT / COACH RELATIONSHIPS ~**

Both parenting and coaching are very difficult vocations. By establishing an understanding between coaches and parents, both are better able to accept the actions of the other and provide a more positive experience for everyone.

Parents have the right to know, and understand, the expectations placed on them and their children. Coaches have the right to know that if parents have a concern, they will discuss it with the coach at the appropriate time and place.

### ***Communication parents should expect from their child's coach:***

- 1) Coach's philosophy.
- 2) Expectations the coach has for your son or daughter, as well as other players on the team.
- 3) Locations and times of practices and contests.
- 4) Team requirements, i.e., fees, special equipment needed, school & team rules, off-season expectations.
- 5) Procedures that will be followed if your child becomes injured during participation.

### ***Communication coaches expect from parents:***

- 1) Concerns regarding their son or daughter expressed directly to the coach at the appropriate time and place.
- 2) Specific concerns in regard to the coach's philosophy and/or expectations.
- 3) Notification of any schedule conflicts well in advance.

As your child becomes involved in interscholastic athletics, they will experience some of the most rewarding moments of their lives. It's important to understand there may be times when things do not go the way you or your child wishes. These are the times discussion with the coach is encouraged.

### ***Appropriate concerns to discuss with a coach:***

- 1) The mental and physical treatment of your child.
- 2) What your child needs to do to improve.
- 3) Concerns about your child's behavior.

It is very difficult to accept your child is not playing as much as you may hope. Coaches' make decisions based on what they believe is in the best interests of all students participating. As you can see from the list above, certain things can and should be discussed with your child's coach. Other things, such as those listed next, must be left to the discretion of the coach.

### ***Issues NOT appropriate for discussion with your child's coach:***

- 1) How much playing time each athlete is getting.
- 2) Team strategy.
- 3) Play calling.
- 4) Any situation that deals with other student-athletes.

There are situations that may require a conference between the coach and parent. These are not discouraged, as it is important for each party to have a clear understanding of the other's position. When these conferences are necessary, the following procedure is suggested to help promote resolution to the issue.

### ***If a parent has a concern to discuss with the coach, the following procedure should be followed:***

- 1) Call the coach to set up an appointment.
- 2) If the coach cannot be reached, call the athletic director and ask him or her to set up a meeting with the coach for you.
- 3) Think about what you expect to accomplish as a result of the meeting.
- 4) Stick to discussing the facts, as you understand them.
- 5) Do not confront the coach before, during or after a practice or contest. These can be emotional times for both the parent and coach. Meetings of this nature do not promote resolution of the situation, but often escalate it.

### ***What should a parent do if the meeting with the coach didn't provide satisfactory resolution?***

- 1) Call the athletic director to set up a meeting with the athletic director, coach, and parent present.
- 2) At this meeting, an appropriate next step can be determined, if necessary.

Students' involvement in co-curricular activities has been proven to increase their chances of success later in life. We hope the information contained in this manual helps make that experience more enjoyable for everyone involved.

## **~ BEHAVIOR EXPECTATIONS OF SPECTATORS ~**

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 fans.

Remember that school athletics are a learning experience for students and that mistakes are sometimes made.

Praise student-athletes in their attempt to improve themselves as students, as athletes, and as people, just as you would praise a student working in the classroom.

A ticket is a privilege to observe the contest, not a license to verbally assault others or be generally obnoxious.

Learn the rules of the game, so that you may understand and appreciate why certain situations take place.

Show respect for the opposing players, coaches, spectators and support groups.

Respect the integrity and judgement of game officials. Understand that they are doing their best to help promote the student-athlete, and admire their willingness to participate in full view of the public.

Recognize and show appreciation for an outstanding play by either team.

Refrain from the use of any controlled substances (alcohol, drugs, etc.) before, during, and after the game on or near the site of the event (i.e. tailgating).

Use only cheers that support and uplift the teams involved.

Be a positive role model at events through your own actions and by censuring those around you whose behavior is unbecoming.

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.

Game officials can ask that school administrators have unruly fans removed from a contest facility.

There is no such thing as a “right” to attend interscholastic athletics. Interscholastic athletics are considered a “privilege” and the spectator who avails themselves of it is expected to conduct himself or herself accordingly.

Keep in mind that you are a guest of the school, and that while winning is certainly an admirable goal; it is hollow if it comes at the expense of morals, ethics, and just plain common sense.

## **ATHLETIC POLICIES**

1. **DRUGS:** Will not be tolerated! First offense will result in dismissal from the team and the McAdams Jr. High Athletic program; parent contact and discipline action will be taken.
2. **ALCOHOL:** Will not be tolerated! First offense will result in dismissal from the team and the McAdams Jr. High Athletic program; parent contact and discipline action will be taken.

3. **TOBACCO:** No tobacco of any form will be permitted. First offense will result in dismissal from the team and the McAdams Jr. High Athletic program. Any tobacco product, new or used, found in the gym will result in team discipline.
4. **PROFANITY:** We do not allow it! First offense will result in disciplinary action.
5. **STEALING:** Taking things that do not belong to you, especially taking from your teammates will not be tolerated. A player caught stealing will be dismissed from our program. Depending on the seriousness of the offense, a player may also be prosecuted by law.
6. **CONDUCT:** We want to be noted for our clean, tough, competitive play. We do not shoot off our mouths on or off the field/court. Praise your opponents and play beyond your ability. We expect you to conduct yourself as ladies at all times. This means that you are to follow school rules and procedures while attending class at McAdams Junior High School. You are to act properly in class, giving your teachers and administrator's courtesy and respect. We know that each of you do not have the same ability, but we expect each of you to perform to the best of your ability. Failure to adhere to the above conduct will result in a conference with possible disciplinary action of suspension.

**SOCIAL MEDIA:** Watch what you post on Facebook, Twitter, Snapchat, Instagram etc... Make sure when you use social media that it is appropriate. You should not be wearing school issued athletic equipment at any time on any post. Disciplinary action will be taken if posts are deemed inappropriate by Athletic personnel.

7. **ATTENDANCE:** Do not cut class. Do not be tardy. If you miss the athletic period, be sure that it can't be helped. Don't make appointments on our time. If you must be absent, call and talk to your coach before the athletic period. You're required to make up any work missed.
8. **INJURY:** If you have an injury, tell your coaches. Your coach cannot read your mind. Your coach will refer you to the trainer who can then refer you to a physician if needed. If you must leave school due to illness, please let your coach know BEFORE you leave.
9. **RESPECT:** Coaches should receive "Yes Ma'am/Yes Sir" and "No Ma'am/No Sir" responses from players when talking to them. Players in return will be treated with respect by their coaches. Whenever a coach is speaking with you, either individually or as a group, you will give her/him your undivided attention and will establish eye contact with her/him.
10. **PROMPTNESS:** Always be on time. On trips the bus will wait for no one. Tardiness will result in disciplinary action. Playtime will be affected.
11. **DRESS:** Should be professional in uniform and out. Everyone will wear her uniform in the same manner. No one will be different. We will furnish your equipment so don't bring personal equipment from home. **DO NOT WEAR JEWELRY IN PRACTICE OR DURING THE GAME!!!** Your appearance away from the gym, especially at school should reflect the same class and pride that you show in our program. No glitter or marker marks on your body during practice or game days!! Team and practice uniforms must only be worn at school games/tournaments. **THEY ARE NOT ALLOWED TO BE WORN IN PUBLIC (UIL RULES). YOU ARE ISSUED WORKOUT CLOTHES AND YOU ARE EXPECTED TO WEAR THESE FOR PRACTICES!**

12. **APPEARANCE:** You are to adhere to any policies in the Student Handbook. Give an appearance of class.
13. **EQUIPMENT CARE:** Toilets in the locker room and in the front of the gym should always be flushed. Showers and faucets are to be turned off so that they do not drip. All trash should be thrown away in the trashcan, especially soda cans and water bottles. Clean up in and around your locker each day. Failure to adhere to this will result in discipline of the WHOLE team.

### DISCIPLINE ACTIONS

The McAdams Junior High Girls Athletic program's main focus is Education. Our students are here to learn and this will be our main concern. We strive for excellence. Excellent performance in the classroom, excellent classroom behavior and excellent behavior in and around the school is expected by our Athletes. Below you will find the discipline actions that will be taken if our Athletes cannot follow these expectations.

**1-3 Days ISS (In School Suspension)-** 1 game suspension and conference with Athlete

**4-7 Days ISS-** 2 game suspension and conference with Athlete and parent

**Over 7 days –** Team dismissal and conference with Athlete and parent

**Suspension from school-** 2 game suspensions and conference with Athlete and Parent

**More than 1 suspension-** Team dismissal and conference with Athlete and Parent

**Teacher Referral to Coaches-** 1 mile per referral

3 referrals-1 game suspension

More than 3- Conference with all parties involved—possible team suspension.

**After School Detention-** 2 miles (must be completed before next game)  
Remember you must be at practice—excessive absences results in Team dismissal.

### ABSENCES AND TARDIES FROM PRACTICE

Practice is important!! This is where we learn skills, drills and how to play. If you are not there, we cannot function as a TEAM!

**YOU ARE RESPONSIBLE FOR REPORTING TO YOUR COACH BEFOREHAND WHEN YOU WILL NOT BE AT PRACTICE!**

PLEASE MAKE DOCTORS/DENTISTS OR ANY OTHER KIND OF APPOINTMENT BEFORE OR AFTER PRACTICE!

**EXCUSED PRACTICE ABSENCES:**

**BAND SECTIONALS**—Try to schedule your sectionals around practice times

**OTHER UIL ACTIVITIES**—(EX: **DRAMA, CHOIR**) Again try to schedule around practice time.

**SICK**—Must have a note from your parent or doctor. After 3 days must have a note from a doctor

**TUTORIALS**—Must have a written request from the teacher, signed and dated

**OTHER SCHOOL CLUBS OR ORGANIZATION MEETINGS ARE NOT EXCUSED! IF YOU CHOOSE TO MISS PRACTICE, THIS COULD RESULT IN LESS PLAYING TIME! Make up practices will be assigned.**

**TARDY TO PRACTICE:** Each tardy will be handled by the player's Coach on an individual basis. Excessive tardies will result in less playing time!

## **ATHLETIC ADMISSION**

Admission and Dismissal into Girls Athletics will be determined by the Girls Athletic Coordinator and coaches. 6<sup>th</sup> graders will have an athletic tryout at McAdams to determine admission into Athletics as a 7<sup>th</sup> grader. All other students wanting to being admitted in must be approved by the Athletic Coordinator. If an athlete makes a sports team and is not in Athletics, if their schedule permits, they will be moved into Athletics. 8<sup>th</sup> graders admission is based on how well

they did during the 7<sup>th</sup> grade in Athletics. Criteria include attitude, behavior, work ethic, sports participation, attendance and grades.