



## *Lago Vista ISD Student-Athlete Handbook and Code of Conduct*

The Lago Vista Interscholastic Athletic Program is offered to students who choose to participate in a program outside the regular school curriculum. The student-athlete must understand participation in athletics is a PRIVILEGE, not a right, and a higher standard of conduct is required.

As a participant in the Lago Vista Athletic Program, each athlete makes a commitment to give his/her best, plays to win, follows training guidelines, exhibits good conduct and fair play at all times so as to be a credit to Lago Vista ISD. Athletes, as well as coaches, are always on display. The company we keep and our actions in everyday life, both public and private, reflect our athletic program and school in a positive or negative way. Never forget this.

*It is extremely important that everyone understand that situations do arise from time to time and not every situation is listed in the handbook. When this happens, the coaching staff and athletic director, with the assistance of the campus principal, will work together to make the best decision for the program involved.*

### ***Athletic Periods***

Enrollment in the athletic periods is limited to athletes only. All sports shall practice after school. The athletic period is specifically designed for strength and conditioning. The majority of practice time will be after school. The Athletic Director will work with each head coach to develop the best strength and conditioning program for the benefit of each athlete at LVISD. Those who wish to participate are required to be enrolled in athletics unless there is an academic conflict with scheduling. The sponsor of the sport, principal, and athletic director must agree upon any exceptions. Successful completion of the off-season program prior to your sport is required. For football and volleyball, successful participation in spring semester off-season is required. For basketball, baseball, softball, and track, successful participation in fall off-season is required. Exceptions to this requirement may be granted to new students.

### ***Drug and Alcohol Use***

The following rules **apply to all athletes at all times** during his/her school career:

No smoking/vaping

No drinking of alcoholic beverages

No use or distribution of abusive drugs (marijuana, narcotics, etc.)

No involvement in criminal activity of any kind

With the first offense, the student-athlete will run twenty (20) miles within one week before he/she is allowed to compete in his/her sport. Running must be done outside practice time and must be done on the Lago Vista High School track. If a second offense occurs during the same school year, the student-athlete will be required to run forty (40) miles within two weeks before he/she is allowed to compete in his/her sport. If a third offense occurs, the student-athlete will be removed from athletics the remainder of the school year and endure suspension from athletics the upcoming school year. The student-athlete may again participate in athletics following the suspension plus completion of forty (40) miles run within two weeks' time on the Lago Vista High School track. The consequence of running does NOT expire at the end of the school year. It must be completed prior to participation in the next sport.

Sign and return this page to your coach or the Athletic Director

### ***Eligibility When Missing Part of the School Day:***

Students must be counted present for 2<sup>nd</sup> or 6<sup>th</sup> period to participate in competition that day, unless a recognized exception is presented. Recognizable exceptions include doctors' notes, court papers, immediate family deaths, or other deemed acceptable by the Athletic Director.

### ***General Expectations***

The expectations of our athletes can be simplified into three rules known as the Do Right Rules used by Lou Holtz at Notre Dame.

They are as follows:

DO RIGHT  
DO YOUR BEST  
SHOW PEOPLE YOU CARE

If we all follow these principles, student-athletes will have an athletic experience that is not limited by selfish behavior or lack of self-discipline.

What athletes can expect from our coaches:

WE ARE PEOPLE YOU CAN TRUST  
WE CARE ABOUT YOU  
WE ARE COMMITTED TO EXCELLENCE

As a coaching staff, we will try to help each athlete reach his/her full potential. Lago Vista is a place for champions, and we cannot get there without motivation, hard work, and high expectations. Students should not join the athletic program at Lago Vista High School if they do not expect to get coached.

### ***Grooming***

The student-athlete should at all times be in compliance with the LVISD Student Dress Code as outlined in the LVISD Student Handbook. In addition, the following grooming standards shall be required of all student-athletes:

- Hair must be neat and appropriate for performance and of a natural hair color.
- Boys will have no visible piercings anywhere at any time while representing LVISD.
- Girls will have no visible piercings other than earrings.
- Student-athletes should dress uniformly to their teammates during travel, when possible.
- Game attire will be identical to teammates. Individualism will not be tolerated.

### ***ISS/DAEP***

Students assigned to ISS will not be allowed to practice or participate in contests until the conclusion of their ISS placement. Student-athletes will be required to make up all missed practices/games as unexcused absences.

The conclusion of a DAEP assignment does not guarantee reinstatement into the LVISD athletic program. If a student-athlete is assigned DAEP, he or she must make a formal written appeal to the athletic director and principal (or designee) and be interviewed by both to determine if reinstatement into athletics is warranted.

A student-athlete who is suspended from school for any reason will be ineligible from all games and practice activities during the period of suspension.

### ***Mandatory Tryouts:***

High school and middle school coaches have the prerogative to cut. Each individual sport will have its own specific policy. High school and middle school team placement will be at the discretion of the respective coaches.

### ***Practice Regulations***

A coach must be consulted prior to the event if a student-athlete must miss a practice or game. Missing a game or practice without permission may result in suspension or removal from the team.

Obey all rules set by the coach.

Profanity will not be tolerated.

Poor effort will not be tolerated.

No visible jewelry during practice.

### ***Quitting the Team***

Students who try out for a sport will be allowed a trial practice period of 2 weeks without consequences.

More than three consecutive unexcused absences in a row will be considered quitting without notification.

A 24-hour period will be allocated before the decision to quit becomes final. After 24 hours, the student-athlete will not be allowed to participate in an upcoming sport season until the sport he/she quit has been completed. In order to be reinstated as eligible to participate in the next sport, the student-athlete will be required to run twenty (20) miles completed within seven (7) calendar days, with approval from Athletic Director. The mileage must be logged by the student-athlete to include date, start time, and miles completed per session.

### ***Injury Rehab***

Our training room will be open prior to school every day. If an athlete is injured to the point he/she feels it necessary to miss a workout, the athlete will be required to participate in that day's activities unless he/she has been seen by the athletic trainer prior.

### ***Traveling***

Student-athletes must travel to and from athletic events with the team to participate in the sport. Any other transportation arrangements must be made prior to the athletic contest by contacting the coach of that sport and completing required documentation. Under no circumstances will a student-athlete be released to anyone under the age of 21.

### ***Consequences for Behavior Infractions***

Unless otherwise specified above, student-athletes will be assigned the following consequences as a result of behavior infractions:

1. Extra Duty
2. Probation/Suspension from the sport for a specified time.
3. Suspension from the athletic program.

Each sport will have its own discipline management system, defining specific consequences for minor infractions such as practice and game attendance. These will be provided to the student-athletes at the beginning of the respective sports season.

Parents will be notified in cases involving suspension. Every effort will be made to solve behavior problems before they become serious enough for suspension. However, serious misconduct or use of illicit drugs will result in immediate suspension.

### ***Appeals Process***

Since only those individuals who are closest to the problem can resolve the vast majority of concerns, it is important that they be contacted FIRST and given an opportunity to respond to any issues or concerns. Most problems will be resolved at this level.

In the case of concerns related to student-athlete behavior or performance, the staff member will usually be the classroom teacher or coach. In the case of concerns related to LVISD support staff, the appropriate contact person is the immediate supervisor or administrator.

If the matter is not resolved satisfactorily at the level closest to the problem, patrons, parents, staff members, and others who may have concerns related to district policies or practices should contact the next level of supervision. In the case of student/classroom/teacher issues that have not been resolved satisfactorily, the next step will be to contact the counselor, assistant principal, or principal, depending upon the issue and the remedy being sought. In the case of staff support employees, the next step would be to contact the appropriate supervisor or principal, depending on whether or not the staff member is assigned to an individual campus staff or to district staff.

If an informal conference does not resolve the problem, parents and students have the right to request a conference in writing with the principal within fifteen (15) days of the time the student or parent knew, or should have known, of the event or series of events causing the complaint. District forms for filing the written complaint are available upon request from the campus administration or District office.

Please see Board Policy for complete details about the formal complaint process at <http://www.lagovistaisd.net/page/lhs.STEPS>.



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I understand and consent to the responsibilities outlined in the Lago Vista Athletic Handbook/Code of Conduct. I also understand and agree that my child \_\_\_\_\_ shall be held accountable for the behavior and consequences outlined in the Lago Vista Athletic Handbook/Code of Conduct codes shall be subject to disciplinary action. I also understand that my child will not participate in any game or scrimmage until this sheet is signed and turned into the coaches. If you have questions regarding the policy handbook, please call the Athletic Director at 512-267-8300.

\_\_\_\_\_  
Student-Athlete Signature

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Date