

LUFKIN ISD ATHLETIC PROGRAM GUIDELINES

In these guidelines, we will outline our requirements and policies as an aid to eliminate any misunderstanding that might occur. Participation is optional and a privilege, therefore, stringent rules involving behavior, discipline, hard work, and academic achievement will be invoked for the strengthening of all athletes.

ACADEMICS:

Athletics is secondary to the classroom. You must perform in the classroom if you want to perform for our teams. You must attend all your classes with books and supplies as required by the teacher. You must address your teacher with respect at all times. We should strive to be at the top in our behavior and our grades. You must pass all courses to be eligible to play. If you do not pass, you will not play. If an athlete continues to fail, they will not be allowed to compete in athletics.

DISCIPLINE:

Discipline – doing what is necessary or right in any and all circumstances. All members of the coaching staff will emphasize discipline. The coaches expect the players to exercise self-discipline. If behavior requirements are not met, the player will complete disciplinary actions decided upon by their coaches. Discipline is not an inherited trait; it must be learned.

PLAYER CONDUCT:

The coaching staff expects each player to conduct themselves in a manner that will reflect the behavior of a mature young adult and a scholar in the classroom, in public, and as a representative of the Lufkin Independent School District. Wherever you go or whatever you do, never do anything that will bring criticism to yourself or our program. Good conduct is highly stressed on trips, in public places, and as a guest of various opponents. While representing LISD, be sincerely courteous and respectful. Leave every person you meet with a good feeling toward the Lufkin Panthers.

EQUIPMENT:

Equipment has become an expensive problem to athletic departments. Every player is solely responsible for all equipment lost or stolen. As soon as a piece of your equipment is noticed to be missing, you should notify the coach and make arrangements to replace the item(s). If the equipment is found, bring it back to the coach and you will be refunded.

LOCKER ROOM PROCEDURES:

The locker room is a place to dress. Remember to put away and **LOCK** all your possessions before and after practice. The only person responsible for your locker is you. Be sure to pick up all trash before leaving the dressing room. A messy dressing room will not be tolerated.

ACCEPTING COACHING:

Accepting coaching is perhaps the most important aspect of a player. If your coach criticizes you, don't take it personal; take it as constructive criticism. He or she is only working at making you the best athlete possible.

TEAM PLAYER:

Selfishness and Team cannot coexist. We will eliminate a selfish star to keep a team. The best players do not always win but the best team does. Attendance and punctuality are mandatory. Failures to attend or arriving late are very selfish acts.

BENCH ORGANIZATION:

Reserves will sit on the bench, pay attention, and be alert for your opportunity to play. Never ask any coach to send you into the game. The coach will ask you to go in when (s)he thinks it is the right time. Players on the bench are expected to urge their teammates on by every legitimate method. Go on or off the court/field like you mean business. You are not to question the coach on why you were removed from the game. Parents are not allowed on the bench or field during a game. Also, players should not have interaction with parents in the stands during games. After games, there will be no removing of shirt tails or any form of undressing until in the locker room.

MULTI-SPORT ATHLETES:

If an athlete is involved in more than one sport, he/she will be expected to complete the first season then, after turning in equipment and being cleared, go directly to the next sport. If an athlete chooses to quit a sport, they will not be allowed to participate in the next sport until the one they quit is complete.

SOCIAL MEDIA GUIDELINES:

Student-athletes are required to abide by all team policies and LISD student code of conduct rules when utilizing social media websites. It is not permissible to comment on injuries, officiating or team matters that could reasonably be expected to be confidential to team members. Trash talking or threatening any opponents that we play is also not allowed and will have consequences. Our student-athletes are representatives of our school and community and need to exercise good judgement in their use of social media, and to conduct these activities in a responsible and respectful manner.

CHAIN OF COMMAND:

The proper chain of command should be followed if there are any questions or problems. First, the athlete should visit with their team coach to see if an understanding can be reached. The next step would be for the athlete and their parent(s) to visit with the

team coach and/or head coach. At that time, if the situation warrants, next step would be for all involved to meet with the athletic director. If necessary, the principal will then be involved.

All specific guidelines on practices, games and travel will be up to each sports coaching staff. These guidelines/contracts will be addressed and given out before the start of each season.

