**YJH ATHLETIC**

**HANDBOOK**

Welcome to the Young Junior High Athletic program. We would like to thank you for allowing us to have the opportunity and responsibility to coach the great student/athletes we have here at Young Junior High. In our athletic program at Young, we want to continually strive to earn and maintain the prestige of interscholastic competition and to equally fund and represent the boys and girls athletic programs. Our mission is to serve the need of each student-athlete by providing an opportunity to participate in a properly funded, competitive program which is grounded in integrity, character, respect and honesty. We have high expectations for our student/athletes and as such, our guiding philosophy and principles are based on the following:

• Instill the importance of academic success

• Teach self-discipline and self-motivation

• Teach them to how to win and develop a strong desire to become a winner

• Goal setting: individual and team goals

• Acquire self confidence

• Accept the responsibility of being a leader in the school

• Participation in athletics is a privilege and they will be held to a higher standard.

The purpose of this handbook is to familiarize both parents and players with the Young Junior High Athletic program and to provide a better understanding of Young Athletics. We hope that this handbook will answer many of your questions. If and when you need any further information please do not hesitate to contact a coach.

In order for our program to experience continued success the guidelines of this handbook must be adhered to and will be enforced. Our program is dedicated to treating all athletes fairly and giving each individual the opportunity to improve on the many skills required to successfully compete in a variety of demanding and rapidly changing sports.

Playing for Young Junior High requires a strong commitment to the game, the team and to fellow teammates. We expect all players and their parents to read this handbook in its entirety. It is vital that everyone involved understands and is willing to make this comn1itment in order for the athlete to become the best they can be. Participation in the athletic program here at Young requires time and effort but is well worth the training and experiences that will be received. We will continually stress:

• COMPETITIVENESS

• ACCOUNTABLITIY

• COMMITMENT

**ATHLETIC POLICIES**

The following information is designed to enhance the communication between the coaching staff, athlete and parent. Included in the following pages are goals of the program, rules of eligibility, attendance policies and practice/game policies.

As you read the following information, please keep in mind that it is a privilege to play and practice at Young Junior High. These rules are here to guide you in this privilege and to help you make good choices when conducting yourself as a student -athlete as you will be held to a higher standard of behavior than the regular student body.

**GOALS OF THE PROGRAM**

1. The student-athlete will develop a positive attitude towards school, team, teammates, authority, and winning and losing
2. The student-athlete will realize that winning is learning how to set realistic goals then striving to achieve these goals through hard work, practice and a competitive spirit
3. The student-athlete will respect as well as understand their own potential and observable abilities
4. The athlete will develop the ability to use and cope with losing because it can help you find a way to win.

**RULES OF ELIGIBILITY**

1. All players should 'have a vital concern about their academic standing. After the initial six weeks the "NO PASS NO PLAY "suspension is three weeks. At the end of the three week period, a review will be done. If the students' grades in ALL classes are greater than seventy then the suspension is removed and the student is once again eligible to play. During this suspension period state law allows you to practice but not participate in a competition, sit on the bench or sidelines or travel with the team. Students are expected to continue to practice in order to remain on the team and regain their eligibility.
2. Two consecutive six weeks failing in any subject may result in removal from the program for the remainder of the school year. The student must be committed to passing all classes in order to maintain their eligibility to compete.
3. We require that you not have a conduct grade lower than a B in any class. After contact with the teacher, a behavioral contract with the teacher will be established with consequences if the behavior is not altered.

**ATTENDANCE POLICIES**

By participating in the Young Junior High athletic program you are expressing a desire to become a more improved and successful athlete. As such you are expected to work your hardest in every task, be coachable and willing to learn new technical skills as well as having a positive attitude towards practice, teammates and the coaching staff.

**BY TRYING OUT AND MAKING A TEAM HERE AT YOUNG YOU ARE MAKING A COMMITMENT NOT ONLY TO YOURSELF BUT TO YOUR TEAMMATES AS WELL.**

If you feel that you have too many other outside commitments that will affect you and your teammates then you may need to reconsider trying out for a team.

1. Try to schedule outside appointments at another time other than practice times
2. You must attend every practice or game throughout the year unless you are sick at home or have a family emergency.
3. You must contact the attendance office and notify them if you are sick or are not going to be present at school. This allows the coach to alter plans if needed for that day’s practice
4. Intentional skipping of practice or the assigned athletic period is immediate grounds for removal from the athletic program. If at any point an athlete chooses to quit a sport in which he is participating, he/she may be removed from the program or not allowed to participate in subsequent sports. To do so shows a lack of desire and commitment to be in the program.
5. Missing a practice or game has a direct effect on the team and your teammates. They are counting on you to be there and do your best. Note to parents: Please be aware of the following. If you choose to use removal of athletic privileges as a form of discipline please remember that your decision will affect not only your child but others on the team as well. Athletic policy will provide for additional game suspension or possible removal from the program. In addition to this policy the student’s grade may be affected. (please see below) If you would like, please feel free to contact the coach and we will be glad to assist you with some "alternative" options

*(TEC §28.021).*

*If a student is enrolled in a class in which participation in extracurricular activities is a reasonable expectation of the class, the teacher may consider the student's participation in the extracurricular activity when assigning the grade for the grading period during which the extracurricular activity occurred. A student may not be failed in a class solely on participation in the extracurricular activity component of the class. The student should be made aware of the requirement to participate in extracurricular activities prior to or upon enrollment in the course. An exception to this provision is that a student who is ineligible to participate in an extracurricular activity as defined in 19 TAC §76.1001*

1. *shall not suffer a grade penalty for failure to participate in the extracurricular activity*

**PARTICIPATION**

There are five sports offered here at Young for boy and girl athletes.

Boys: Football, Basketball, Cross Country, Track, and Soccer

Girls: Volleyball, Basketball, Cross Country, Track, and Soccer

***Every athlete is expected to participate in at least two sports.***

**CONDUCT POLICIES**

Participation in athletics is a privilege and not a right. As stated before we will hold our athletes to a higher standard of conduct. They should be leaders in the school and as such conduct themselves in a manner that represents themselves and the program. Our belief is that the students-athletes conduct is a direct representation of this athletic program. As coaches we understand that some students may struggle with certain academic problems but good conduct is always a simple matter of making the right choices. If the student athlete decides to make poor choices that result in d-halls, suspensions or other consequences that make them miss practice, games or otherwise reflect poorly on the athletic program then a behavioral contract may be written up. If the written contract is violated by the athlete they will be removed from the program.

**TRAINING POLICIES**

1. Young Junior High is synonymous with "Zero Tolerance" You have read and signed the Student Code of Conduct prior to participation. Any drug or alcohol violation is cause for immediate removal from the program. Always remember you are representing our program and your teammates
2. Try to get at least 8 hours of sleep each night
3. Eat balanced meals. Often times success or failure can be determined by diet. Please consult a coach if you have any nutrition questions that we can help you with.

**DOCTOR’S NOTES**

Many times a student will not participate due to being sick or injured. If this occurs during a workout or practice the Coach will make the judgment call as to whether or not the student will be allowed to participate any further.

 A student may bring a note from a parent which will only be good for up to 3 days. After that a doctor’s note must be submitted. If a doctor’s not is not presented and the student is still unable to participate, the parent will be contacted that day. Once parent contact has been made, the coach will make the determination if there need to be a reduction in the students’ weekly grade.

**PRACTICE/GAME DAY POLICIES**

The old saying "You play like you practice" is very true. Come to practice every day ready to work and to become a better athlete.

1. No candy or gum allowed during games or practices.
2. No jewelry of any type is allowed during practice, games or the athletic period.
3. Must have proper workout shoes and clothes with shirts tucked in.
4. Hair must be contained.
5. Athletic uniform must be worn during all practices and during the athletic period.
6. Must ride bus to and from games unless otherwise specified.
7. You are required to stay for all games for the grade and sport that you are involved in regardless if you are on "A" or "B" team.
8. Display school and personal pride at all times. Be courteous to officials, opponents' fans and coaches both on and off the court.

**\*\*Any continuing poor practice attitude or behavior problem will warrant immediate removal from the practice. There will be a reminder issued stating the expected behavior. Any further or future incident will require a solution which may include removal from the athletic program.\*\***

**EQUIPMENT**

At the beginning of each season, equipment and practice clothes will be issued to each athlete participating in that sport. From the time it is issued the equipment and uniforms become the responsibility of the student-athlete. They are free to take it home as they see fit. At the end of the season they must return all issued equipment or they will be responsible for paying for any lost items.

**LOCKERS**

At the start of the school year, every athlete will be issued a locker with a combination. They are expected to keep all of their equipment locked in the locker when they are not practicing. During practice they should keep all of their clothes and book bags/backpacks inside the lockers as well. The lockers are secure AS LONG AS THE ATHLETE TURNS THE TUMBLER AFTER THEY CLOSE THE LOCKER. If they forget to spin the tumbler the locker will remain unlocked. The athlete should report any locker problems to a coach immediately.

**PARENT/COACH/PLAYER RELATIONSHIP**

Athletics can teach many valuable lessons such as the spirit of cooperation, self-discipline, hard work, responsibility and working as a team. However it is difficult for these concepts to take root in young players if the proper examples are not being set around them. Sometimes it is difficult to find that perfect fit between the goals and priorities of coaches and parents since they often times have different agendas. Our goal is to aspire to come to a better understanding of one another's perspectives and to develop a mutual interest in the development of not only the athletes' ability but in their attitude and social development.

We encourage the parent to ally themselves with the coach in teaching them the joys as well as the frustrations of being a team member. Sports provide an excellent opportunity to teach young men and women about the realities of a high competitive situation. They must be taught how to deal with positive and negative feedback, how to cope with adversity as well as achieving mental toughness and how to be a gracious winner.

As coaches we will have an open door policy to our athletes and their parents. Every coach has a conference time and will be glad to schedule a time to discuss any concerns you may have. During the game or practice is not an appropriate time. We highly encourage the player to talk to their coach and try to allow the coach and the player to arrive at a solution to the problem. If the above does not seem to remedy the situation then a meeting with the coach, the player and their parents will be set up to hopefully arrive at a solution.

**SPORTSMANSHIP TOWARD OFFICIALS**

Parents, students, and coaches must be aware that one of the purposes of the AISD Athletic program is to promote a spirit of friendly rivalry and respect for the rules among the players, schools and communities. Officials must be treated as partners in the educational process of competition. To extend protection and courtesy to officials, their honesty and integrity must never be questioned. It is important to remember that officials, as well as opponents, are to be regarded as guests and clean play and good sportsmanship must be put above victory at any cost.

**DAILY GRADING**

Every student will start out with a weekly grade of a 100 in the gradebook. A reduction in their grade will result in their refusal to dress out in proper uniform. This includes a school issued shirt and shorts. Their last name needs to be written on both items. Proper shoes are required. NO boots, slides, deck shoes, and slip-ons. If the criteria are not met the student will have a 10 point reduction in their weekly grade each day. If a student does not have proper attire a clean pair of loner clothes may be issued by a coach, but will still result in a 10 point reduction.

 Participation is the second apart of the students’ weekly grade. If a student chooses to not participate there will be a 10 point reduction in the daily grade. If a student is unable to dress out, they will not be able to participate, and as such would receive a 20 point reduction for no-suit and non-participation that day.

**I HAVE READ AND UNDERSTAND THE POLICIES OF THE YOUNG JUNIOR HIGH ATHLETIC PROGRAM**

**Student Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Grade \_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_**

**Parent Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Please return this signed page to you coach.