

BLANKET ISD



Athletic Handbook 2024-2025

Mission Statement and Philosophy of Athletics:

The mission statement of the Blanket ISD Athletics is to provide a dynamic environment which promotes commitment, dedication, hard work, sacrifice, competitiveness, teamwork, self-discipline, and pride.

Our philosophy of athletics is that it enhances a student's academic efforts by providing them with physical activity on a competitive level. At Blanket, we strive to prepare our student/athletes mentally, physically, and emotionally. This philosophy is established for on and off athletic field. If one will live up to the standards set by the athletic department, athletics can and will serve as an outstanding extension of academics. We want our athletes to become strong young men and women, and we encourage this beginning at our strong Jr. High-level program all the way through our high school program.

Athletics is an important part of the educational process. Without athletics, students would not have the real idea of hardships. I believe we have a direct impact on the student/athlete. We are here to help mold and shape them into productive and successful people. We are building our future leaders. The athletic program shapes bodies, hearts, minds, and behavior. Athletics offer opportunities to learn fitness, proficiency, team commitment, respect for others, self-control, and how to deal with both success and failure. I believe that we are here to help train them and to help them build a bright future. We can achieve this through strong discipline, good character, and creating a positive learning environment. We also must be supportive in their failures as well. Life is an ongoing change of wins and losses, up and downs, but we all must stay the course. Athletics will help build a young man or woman and help them prepare themselves for life. Athletics helps build strong unity, trust, and teaches family values as well. It teaches responsibility, commitment, and accountability. It encourages them to be the best they can be, even though the hard times. As educators and coaches, it is our job to push everyone toward becoming their best academically and athletically.

OBJECTIVES OF THE ATHLETIC PROGRAM

- I. DEVELOPMENT OF PHYSICAL FITNESS AND SKILLS
 - A. Benefits
 - 1. Improvement of physical condition
 - 2. Maintain Fitness
 - 3. Carry-over value for adulthood
 - B. Values for other competitive aspects
- II. DEVELOPMENT OF MENTAL ALERTNESS AND DEVELOPMENT
 - A. Sports offer learning situations
 - 1. Stimulates problem evaluation
 - 2. Motivates rapid and logical reasoning
 - 3. Basic principles of activity learned and applied

4. Frequent repetition provides background for decision making

B. Perseverance developed (**determined continuation with something: steady and continued action or belief, usually over a long period and especially despite difficulties or setbacks**)

III. DEVELOPMENT OF MORAL QUALITIES

A. Effect difficult to observe

1. Results seen in adult life.
2. Results seen in moral reactions
3. Sense of responsibility developed
 - a. School
 - b. Team
 - c. Coach
 - d. Self

B. Respect for authority developed

IV. DEVELOPMENT OF SOCIAL ABILITIES

- A. Athlete judged on own merits
- B. Athlete learns teamwork
- C. Athlete develops confidence, self-assurance

V. DEVELOPMENT OF EMOTIONAL MATURITY

- A. Athlete develops self-control
- B. Athlete develops ability to face emotional-arousing situations
- C. Mature attitude developed toward failure and success
- D. Carry-over value developed for adulthood

Blanket Athletic Policies

Blanket ISD offers participation in the following sports programs under the guidance of the University Interscholastic League – Austin, Texas:

Middle School (Grades 7-8)

Football

Basketball

Track

High School (Grades 9-12)

Football

Basketball

Power Lifting

Track

Tennis

Golf

Necessary Documentation:

Prior to participation, a student-athlete must have the following on file:

- Concussion Acknowledgement Form (UIL form only)
- Pre-Participation Medical History and Examination form (UIL form only)
- Parent/Student Acknowledgement of Rules form (UIL form only)
- Illegal Steroid Use form (UIL form only)
- UIL Previous Athletic Participation Form (if applicable)
- UIL Foreign Exchange Student forms (if applicable)
- Blanket ISD Athletic Handbook acknowledgement form
- Emergency Contact Information Form
- Consent to Treat Form

The school district cares about the well-being of student-athletes; however, the school District does not assume liability for injuries incurred in athletics.

General Statement to Athletes and Parents:

According to University Interscholastic League rules, being in athletics is a privilege and not a right. When a young man or young woman signs up for athletics and becomes a member of the team, he or she is making a commitment. The students and their parents should know they are obligated to follow the rules and regulations of the program. The students should realize that they are not forced to participate. It is voluntary; therefore, they are expected to follow rules in order to remain a member of the team.

Parents should encourage their son or daughter to achieve success in athletics. Success is defined as participating at 100% of the individual ability. We can never expect athletes to do more than they are capable; however, we do want them to obtain their full potential. Supportive parents can instill this desire in student athletes and it will remain with them long after their playing days are over.

Academics:

The character and hard work of an athlete should carry over into the classroom. As an Athlete, you must have the discipline to plan your weekly schedule so that you ensure sufficient time to study and maintain acceptable grades. In addition, an athlete should give respectful attention to classroom activities, and show respect to the faculty and to other athletes at all times. We will have weekly grade checks throughout the school year. This allows the coaching staff to be aware of any and all student grade situations. The coaching staff will do whatever it takes to motivate the athlete in the classroom. Coaches will also be responsible for mentoring an athlete in jeopardy of failing academically.

Quitting Policy

Anyone quitting a sport will be allowed to participate in another sport only when following these conditions:

1. The athlete must be approved for re-admittance by the Athletic Director and the Head Coach of that sport.
2. The athlete must complete 10 miles within a 10 school days period.
3. The extra conditioning will not begin until the next sport's season starts.

4. These must be completed before the athlete is allowed to participate in competition.

The Athletic Director may, at his discretion, make an exception to this rule when an event outside the control of the athlete or his/her family causes the athlete to drop a sport. A clear understanding is to be reached by the time the sport is dropped.

A onetime 24-hour grace period will be allowed. This means that if an athlete quit a sport and decides to come back to that sport WITHIN 24 hours, he/she will be allowed to do so under the following guidelines:

1. Come to the coach by athletic class the following day and express his/her intentions of rejoining the sport and the reasons why.
2. Make up any practice that he/she missed. All make-up must be completed before participating in an athletic contest.
3. A second offense will be removal of the athlete for that sport.

(Being removed from a team is the equivalent to quitting a sport).

Missing Practice/Games & Showing up for Practice Late:

You will be required to be at every practice or game of the sport that you choose to compete in. Unless there is a family emergency, death, and or illness (Doctor's note), missing for another school activity will be excused. You will be expected to be at practice and at all games. It will be your responsibility to contact the Head Coach and notify them of any and all absences, failure to do so will result in a strike and/or discipline at the discretion of each head coach. Players are expected to make up any missed practices/games. Make up work/punishment will be administered at the discretion of the Head Coach. Any Player who misses a practice, shows up late, or leaves early must remember that missing practice time is disruptive to the entire team. Repeated violations could result in loss of playing time, and/or removal from team. A student will not sit out of practice unless a student has a note from a doctor.

Athletic Period:

Dressing out every day in school issued clothing and or equipment will be required. Some injuries may not allow dressing out, if this is in question please see the Head Coach. Athletes in season will follow the workout determined by the Head Coach of that sport and the Athletic Director. All athletes not in season will follow an off season workout determined by the Athletic Director. All athletes are required to go through off-season in the fall and the spring in order to participate in athletics. This means that you must go through off-season the semester preceding the sport in which you will participate; you also are required to be in off-season while your sport is in season.

Attendance for Athletic Period:

Do not skip class. Do not be tardy. If you must miss the athletic period and/or practice, be sure that it cannot be helped. Do not make appointments during the time to be devoted to athletics unless another time is not available. If you must be absent, call and talk to one of the coaches before the athletic period. If you are absent for any reason, you must bring a note from a doctor, parent, or guardian.

Injury or Illness:

Any student-athlete that is injured during the course of the season or has an illness of a minor nature and is unable to participate due to this injury or illness must continue to follow all expectations, rules, and regulations, if the student-athlete wishes to remain a part of the team. The student-athlete will not participate but will be required to attend all practice sessions and sit with the team during competitions. Failure to attend practices and competitions can result in dismissal from the team. Athletes learn from each practice session, whether they are actually working out or simply observing. If an athlete misses workout due to an injury or illness, a note from a parent or doctor is required. Missing practice for any reason could result in missing competition. Missing more than three practices for medical reasons will require an official doctor's note. If a student has restrictions for one sport due to an injury, they may not compete in another sport until cleared by physician. All student/athletes that have experienced an injury may not return until written documentation from the physician has been given to the coach.

Personal Belongings:

Student-athletes should not leave personal items, especially jewelry or money, cell phones in areas unsupervised. The Athletic department does have locks available upon request. Blanket ISD and the Athletic Department are not responsible for lost or stolen items.

TEAM TRAVEL:

All regular school transportation rules and regulations apply when on an athletic trip. All student-athletes are expected to ride the transportation provided by Blanket ISD, to all competitions. The approval of the head coach must be obtained for a student-athlete to return home with his/her parent/guardian.

Parents/guardians must sign the student-athlete out if they are not returning home with the team. If the student-athlete is to return home with someone other than a parent/guardian, a note from the parent is required at least 24 hours before the competition.

Drug/ Alcohol/ Tobacco Policies:

If you are in the possession of the any of these substances and/or arrested or receive a citation for these substances the following actions will result:

- Tobacco/E-Cigarettes: Discipline at Coaches' discretion (1st Offense), 2nd offense strike/discipline
- Alcohol: Strike, discipline at Coaches' discretion
- Drugs/ Steroids: Strike, discipline at Coaches' discretion

Felony Law Violations:

Any athlete charged and convicted of a felony offense must meet with a campus review committee before being allowed to represent BISD in any athletic contest.

ISS/AEP/ Code of Conduct:

Refer to the Student Handbook

ATHLETIC CODE

PREAMBLE:

Participation in athletics not only requires certain skills, but also involves carrying out the goals and objectives of learning fair play, sportsmanship, and an understanding and deep appreciation for teamwork. Participation in athletics means assuming responsibilities unique to the participant. Because the participant is closely observed by the public, his behavior must be above reproach on the field, in the classroom, on the campus, on trips, in keeping training rules and in other areas relating to the participant. The participant must keep in mind that their action in everyday life, both public and private, is a direct reflection upon their team and school. Certain guidelines are important to the total success of a good program. The participant must know these guidelines and understand their relationship to them. They must feel a desire to assume responsibility for their actions, on or off the field. Knowing what is expected of them and knowing that the code will be enforced fairly to all concerned will aid them in their endeavor to assume the role of a “special” student and representative of their school and community.

I. ON THE FIELD/COURT

- A. Profanity and Illegal tactics will not be used
- B. Winning and Losing is part of the game
 - 1. Humble in Victory
 - 2. Gracious in Defeat
- C. Athlete displays Self-Control
- D. Athlete knows the importance of officials
 - 1. Officials insure both teams a fair and safe game.

II. IN THE CLASSROOM

- A. Students plan time for sufficient study.
- B. Students are affected by University Interscholastic League rules.
- C. No varsity player may drop to sub-varsity level because of grades.
- D. Students must continue to work out with the team after becoming ineligible, and may not participate in games/events until they become eligible.
- E. Weekly grade checks will be done on each student that is participating in the sport that is in season.

III. ON/OFF CAMPUS

- A. Behavior and appearance according to school standards.
- B. Athletic leaders must set good examples.
- C. Participation in any illegal act is not permitted.
- D. Violations may result in discipline, suspension, or even expulsion—depending upon the acts committed.
- E. Suspension from school can result in an athlete being ineligible for one contest.

IV. HAIR POLICY and TATTOOS

- A. All athletes, trainers, and managers that represent our school will have a hair-cut, to be determined by School and Athletic Policy.
- B. All athletes will have clean shaven faces.
- C. Tattoos are at the discretion of the Athletic Director

V. ON TRIPS

- A. Behave in a manner in keeping with the athletic and school code.

VI. TRAINING RULES

- A. Rules apply to all athletes all the time (off-season, in-season, summer)
 - 1. No use of tobacco, alcoholic beverages, or drugs.
 - 2. No participating in illegal acts.
- B. Athletes are all responsible for their actions.

VII. DISCIPLINE

- A. A student is not required to take part in athletics, nor is it required for graduation. Therefore, athletics is a privilege, not a right. Since it is a privilege, when the high ideals and standards are violated, this privilege can be revoked. Athletes will look and act with pride and dignity.
- B. It is the general philosophy of the Athletic Department that we will help any individual who makes mistakes. However, if a mistake is repeated, the welfare of the team must take priority.
- C. An athlete who abuses or violates the rules and regulations of athletics will be subject to punishment such as running after practice.
- D. Individual consideration will be given for repeated violations.

VIII. PRACTICE RULES

- A. Always be on time
- B. Do not sit down
- C. Do not throw your equipment that is issued to you.
- D. The whistle means attention or listen.
- E. Always be in complete uniform on the field/court unless an injury makes it impossible to do so.
- F. Always call your head coach when it is obvious you will miss a practice or game.
- G. Correct practice wins games not horse play.

IX. DRESSING ROOM HABITS

- A. Dress as fast as you possibly can
- B. Keep atmosphere comfortable with your mind on the upcoming practice/game.
- C. If you lack equipment see the coach in charge. Do not borrow from someone.
- D. Inspect your equipment daily, any broken or damaged equipment must be attended to before practice/game.
- E. You play the way you look, feel, and act.
- F. Always wear clean clothes and socks and under garments.
- G. Always dry yourself completely after showers, particularly between toes and your hair.

- H. Watch for signs of blisters, infections from cuts, scrapes, or scratches. We need to medicate each properly.
- I. Be sure that your shoes fit properly and are laced tight.
- J. Always take care of an injury no matter how slight.

X. IN GENERAL

- A. Show your teachers and our school the highest kind of respect, it will reap dividends.
- B. We need men and women with hustle, spirit and the desire to be the best at everything they do.
- C. Ask yourself at the end of each day "Did I improve myself today?"

General Rules:

1. You should have a good appearance. You should be neat and well-groomed. There is to be no facial hair, no Fake nails.
2. Hygiene is very important. Wash your hands/take showers, doctor your scraps and cuts, and keep your practice/game equipment clean.
3. There will be no ear-rings.
4. Never miss a workout or any team function without prior consent from a Coach. Unexcused absences will not be tolerated. If you want to play---BE HERE!
5. Be on time all the time.
6. No cursing or abusive language at anytime.
7. Report any injuries to a Coach immediately following the injury.
8. ALL players, including those injured or sick, are expected to be at practices, meetings, and other scheduled events on time, unless excused by the Head Coach.
9. Each player is responsible for their equipment that has been issued to them.

Weight Room Policy:

1. No Horseplay
2. Always have a partner and never workout alone.
3. Use proper techniques when working out.
4. Use equipment properly, no slamming machines or weights around.
5. Stay busy while in the weight room, more work and less talk.
6. No Food or Drinks will be allowed in the weight room, only water.
7. Keep weights picked up off of the floor/keep them racked properly as well according to size.
8. Take Pride in the weight room.
9. Proper footwear is required. No hey dudes, open toed shoes, cleats, etc.

Dressing Room Rules:

1. "Class begins in the dressing room.

2. Pick up all equipment and anything that doesn't belong. Keep things in their proper place.
3. No horseplay or fighting.
4. Always knock and wait for a response before entering the coaches' office.
5. Never go into the equipment room without permission from a coach.
6. Take Pride in the dressing room and keep it clean.

Equipment Policy:

1. Take Pride in your equipment---Take care of it.
2. All athletes are responsible for any equipment issued to them. The loss of, cutting, or any damage must be paid for in full.
3. Items issued are not to be worn off the premises without the consent of the Coach. They are to be worn during athletic periods or competitions.
4. Each player is responsible for packing their own equipment before a trip or after a game.
5. No one shall have use of the equipment or facilities except athletic personnel without the consent of the Head Coach. All equipment used must be put back in its proper place.
6. All players must take care of equipment problems immediately after practice.
7. All players must keep their equipment clean and neat.
8. Keep your equipment in the proper place at all times
9. Always hang up your equipment where it will dry out good.
10. All equipment that is damaged must be reported immediately, so it may be fixed or replaced.
11. All athletes must return their uniforms and equipment to the head coach of each sport no later than 7 days after their last game and or competition.
12. No athlete will be allowed to check out equipment in another sport until payment for missing or destroyed equipment is made.

Parent / Coach Conferences:

Coaches would like to have an open line of communication with parents and encourage them to utilize our open door policy to discuss any situations about which we may be unaware. We would however ask that you do so in a professional manner. As parents of students involved in the BISD athletic program you have every right to understand what expectations are in place for your children. This begins with a clear line of communication from each coach and every parent in the BISD athletic program.

Communication from Coaching Staff to Parents:

The coaches ask that you understand and respect the coaching staff and not address any issues with any coach before, during, or after any practice or game. We would like to resolve any concerns you have in a quick and timely manner. Nothing productive can occur before or after a game, while both the parent and coach could be in a very emotional state of mind. Setting up an appointment at a later date can be productive for two reasons:

1. Both the coach and parent have had time to collect their thoughts.
2. It can be dealt with in a professional, private, and ethical manner.

Items appropriate for discussion:

- Concerns about your child's behavior or well being.
- Understanding why your child has been disciplined and/or treated in a fair manner.
- Expectations the coaching staff of each sport has for your child.

Items that will not be discussed with the coaching staff:

- Playing Time.
- Team Strategy.
- Play Calling.
- Student athletes that are not your children.
- Negativity toward coaches

There are many situations that can be cleared up with an open line of communication. Often we are all on the same page, but somewhere along the line there was simply a miscommunication. We feel this could be cleared rather quickly if we follow a chain of command. If there is a situation that arises we ask that parents follow the chain of command to resolve any problems that may arise.

The Chain of Command:

- Assistant (Position) Coach, if this is where the problem lies
- Head Coach of the Sport
- Athletic Director
- Principal
- Superintendent

Expectations of Parents/ Fans at all Athletic Events:

We have adhered to the TASO/UII guidelines set forth by the official's chapters. If a fan causes a stoppage of play, and the officials ask an administrator to remove a fan from the competition, or a parent addresses a coach in an unprofessional manner the Superintendent of School shall address all behavior at his discretion.

Lettering Per Sport:

The Athlete must complete the season of the sport he/she are lettering in.

- Football:
 - Freshman Year: Receive any All-District Award (1st Team, 2nd Team, Honorable Mention)
 - Sophomore Year: Play in 30% of the Varsity Games played
 - Junior Year: Any juniors who have not received a Letter Jacket by Spring Semester will have one ordered.
 - Senior Year: All Seniors at End of Sport will letter in that Sport

- Basketball Boys/ Girls:
 - Freshman Year: Receive any All-District Award (1st Team, 2nd Team, Honorable Mention)
 - Sophomore Year: Play in 30% of the Varsity Games played
 - Junior Year: Any juniors who have not received a Letter Jacket by Spring Semester will have one ordered.
 - Senior Year: All Seniors at End of Sport will letter in that Sport
- Track
 - Freshman Year: Point in any event at the district track meet or beyond.
 - Sophomore Year: Compete in 50% of the track meets attended by BISD.
 - Junior Year: Any juniors who have not received a Letter Jacket by Spring Semester will have one ordered.
 - Senior Year: All Seniors at End of Sport will letter in that Sport
- Cross Country/Tennis/Golf/Powerlifting/Academic UIL
 - Freshman Year: Advance to the Regional Meet
 - Sophomore Year: Compete in 50% of the competitions attended by BISD.
 - Junior Year: Any juniors who have not received a Letter Jacket by Spring Semester will have one ordered.
 - Senior Year: All Seniors at End of Sport will letter in that Sport
- Managers at the discretion of the Head Coach of that sport.

Agreement Form for Blanket Athletic Policy

Thank you for taking the time to review the policies of the BISD Athletic Department. Please contact the Athletic Director/Coordinator or any member of the coaching staff with additional questions or concerns regarding the contents within the Athletic Handbook. Please sign the acknowledgement form attached below and return it to a member of the coaching staff.

I have read the entire ATHLETIC POLICY MANUAL, including the rules and regulations set forth and will comply with them.

Student's Name Printed: _____

Student's Signature: _____

Parent's Signature: _____

Date: _____