



2020-2021

BMHS

DEPARTMENT OF ATHLETICS

STUDENT

HANDBOOK

ATHLETIC CODE OF CONDUCT

Athletics is not a requirement for graduation and participation is strictly voluntary. Athletics, as a discipline, stresses work ethic, team play, sportsmanship, integrity and sacrifice. Should the actions of an athlete fail to exhibit these same characteristics, the privilege of participating in athletics may be forfeited. All coaches must be willing to work, within the guidelines of the Athletic Department, to help any athlete should he/she lose direction. It is our intention to help our athletes stay on course and succeed. However, when an athlete purposely or continuously violates guideline, then it is up to the Head Coach to address the situation.

ATHLETIC GUIDELINES

It is the desire of the administration and coaching staff of BMHS to communicate to its students that participation in athletics is a **PRIVILEGE, NOT A RIGHT**. Participation on athletic teams and in related activities, while being an honor, is an opportunity for young athletes to learn important lessons about the responsibilities that are assumed by individuals in leadership roles. Therefore, all athletes are expected to adhere to the following:

- Athletes will be tough competitors in the athletic arena, but outside the competitive arena they are expected to conduct themselves as gentlemen and ladies at all times, demonstrating respect for their administrators, teachers, and fellow students.
- Athletes are to display/model behaviors associated with positive leaders both in the school and in the community;
- Athletes are to exhibit good citizenship at all times;
- Athletes are to serve as positive representatives for their team, coaches, school, district, and community during competitions and interactions with rivals; and
- Athletes are expected to strive for academic excellence and to adhere to the Board-approved *Discipline Management Plan and Student Code of Conduct* as well as the Athletic Code of Conduct and Guidelines.

It is the responsibility of each Head Coach to convey to his/her team the expectations and need for adherence to team and training rules.

AVAILABLE SPORTS @ BMHS

The following sports are available for middle school and high school athlete's grades 7th – 12th.

Football:	7 th , 8 th , Freshman, Junior Varsity, and Varsity
Cheerleading:	7 th , 8 th , Junior Varsity, and Varsity
Volleyball:	7 th , 8 th , Freshman, Junior Varsity, and Varsity
Cross-Country:	Junior Varsity and Varsity
Basketball:	7 th , 8 th , Freshman, Junior Varsity, and Varsity
Soccer:	8 th , Junior Varsity, and Varsity
Wrestling:	Junior Varsity, and Varsity
Golf:	Junior Varsity and Varsity
Tennis:	Individual Junior Varsity, and Varsity (Spring Only)
Track	7 th , 8 th , Junior Varsity, and Varsity
Softball:	Freshman, Junior Varsity, Varsity
Baseball:	Freshman, Junior Varsity, Varsity
Swimming:	Varsity

ATHLETIC FORMS

To participate in athletics at BMHS, as student athlete must have a current copy of their medical physical on file with the athletic trainer and the following FWISD athletic forms must be completed on <https://fortworthisd.rankonesport.com> (Medical Emergency Card, Insurance Information and Policies, UIL Acknowledgement of Rules, UIL Cardiac Awareness Form, UIL Steroid, UIL Concussion Form)

ATHLETIC DRESS CODE

To participate in athletics at BMHS, certain standards must be maintained, one of which is acceptable grooming and dress as determined by the district Board of Trustees, the Athletic Director, the Campus Coordinator, and the head coach of each sport. Specific standards of grooming are necessary in order to provide a safe and healthy athletic environment, to express uniformity among team members, and to promote self-discipline of the student-athlete.

The student-athlete should be in compliance with the student dress code as it appears in the Student Code of Conduct and student handbook. Also, the head coach of a sport may determine additional dress code requirements for his/her sport. The athlete should be neatly dressed for competition. Each team member is to be dressed exactly the same while participating in an event. Equipment worn by the athlete should be identical to his team members with the exception of shoes. Shoes, if different, should be of the same color when possible. Game uniform tops/shirts must be worn tucked in at all times unless the top is designed otherwise.

**Head Coaches may also require his/her team members to wear a game day attire to school on game days.

ATHLETE/PARENT/COACH COMMUNICATION PROCESS & PARENTAL EXPECTATIONS

Before the start of each sport, the head coach will conduct a mandatory parent meeting regarding rules, regulations, and additional team rules will be distributed at that time.

If at any time, an athlete or parent has an issue/concern with a coach or program, the below process should be followed:

1. Athlete meets with the coach to discuss the problem
2. Parents and/or athlete meet with the coach
3. Parents and/or athlete meet with the campus Athletic Coordinator/Principal
4. Parents schedule a meeting with the district Athletic Director Coaches should never be approached to discuss a problem or complaint immediately following a game.

Parents and fans are expected to conduct themselves in a mature manner at athletic events and be respectful to officials, coaches, players, administrators and fans from both teams. Failure to do so can lead to removal from facility and possibly banned from FWISD athletic facilities and/or FWISD campuses.

FAILING TO FULFILL COMMITMENT/ QUITTING POLICY

A student should take his/her decision to join an athletic team seriously. Athletics takes hard work, time, and dedication. Any player beginning a season in a sport is expected to fulfill their commitment to that team. The whole premise of our program is built on commitment, responsibility, and a never give up attitude. Concerns and frustrations can usually be worked out with proper communication between the athlete and coach. The season is defined as the 1st official practice until the final game for teams that do not make cuts. For teams that have try-outs, the first official practice is the day after the cuts were made.

**Any athlete wishing to quit a sport must complete the following steps:

1. Meet with their coach and express his/her desire to discontinue participation in that sport. If an athlete decides to quit, there will always be a 24hr grace period.
2. Have the student athlete and parents sign the BMHS voluntary quit form stating that they are aware of their child's decision and agree.

An athlete quitting a sport in season may not begin participation in another sport until the season is completed without the written approval of the head coach of the sport they are quitting and the head coach of the sport they are entering. Participation is considered practices and try-outs outside of the athletic period, and use of facilities before or after school or athletic contests. If an athlete quits more than one sport in a calendar year, the student athlete will be removed from the Bobcat Athletic Program for the rest of the academic calendar year.

If an athlete quits a sport and is not participating in another sport, an effort will be made to have the student's schedule changed. If the athlete is not allowed to be removed from the class by the counselor's office, they must dress out and participate in the current offseason program to receive a passing grade for the class. Last, reinstatement in a sport quit by a student-athlete will not be allowed unless the head coach and athletic coordinator approve the reinstatement.

CARE AND USE OF EQUIPMENT

The athletic budget provides money to field well-equipped teams in all sports. While this equipment is not always the most expensive available, it is always good equipment and provides adequate protection where needed. With proper care, this equipment can be kept in use for the duration for which it is designed, possibly allowing budget money designated for replacement equipment to be used in other areas of the athletic program. The athlete is financially responsible for all equipment that has been issued to him/her.

Proper care of equipment relies basically on the use of common sense by the student-athlete. This includes keeping equipment as clean as possible at all times and repairing equipment as soon as possible after it is damaged.

Poorly-fitting and/or damaged equipment can be a hindrance to any athletic team and can often lead to injuries. The athlete should insure that equipment issued to him/her fits properly and is not damaged. If issued equipment does not fit properly or is damaged, the athlete should notify the equipment manager or coach.

Equipment not being used should be returned to the equipment manager or coach. Equipment should not be borrowed from other athletes. Report missing equipment immediately.

PRACTICE REGULATIONS

Practice is an integral part of developing into the best athlete a person can be. Therefore, all athletes are expected to participate to their fullest potential at all practice sessions. Absence from any practice must be approved ahead of time by the coach. Missing a practice without permission may result in extra conditioning, suspension, or removal from the team. Missing a school related athletic practice or game for a non-school athletic activity is unacceptable and could result in a suspension from participation in the following school athletic contest. All athletes are expected to follow all rules and regulations set up by the head coach. Unsportsmanlike conduct during practice sessions will not be tolerated.

Poor effort during practice will not be accepted. Work as hard in practice as you intend to play in a game. Inappropriate effort in practice may result in reduced playing time or suspension from future athletic contests.

TRAVELING TO OFF-CAMPUS CONTESTS

All student-athletes in middle school and high school at BMHS are representatives of our community, school, and coaches. Therefore, it is expected that all student-athletes will dress in an acceptable manner on trips and conduct themselves in a manner that reflects pride in self and community. At a minimum, the school dress code should be worn at all times when representing BMHS athletic program. Coaches may impose stricter dress requirements on athletes. Violations may result in suspension and possible expulsion from the team or athletic program. Athletes are expected to be on time for all contests. Time of departure will be set by the coach. Tardiness may result in discipline consequences within the program.

Traveling representatives of BMHS should show respect for opposing teams' facilities and any other venues visited. Abuse of any facilities will not be tolerated. Behavior in restaurants and other public places must be appropriate at all times.

Athletes will be expected to make all trips to and from contests on district-provided transportation. Athletes will be expected to return on this transportation unless there is an emergency situation or when parents are present and prior arrangements have been made for the student-athlete to leave with them. Arrangements for alternate transportation after an athletic event must be made between the parents and the coach. This arrangement must be in writing. Parents will have to fill out and sign a transportation release form. Athletes will not be allowed to leave with anyone other than their own parent(s)/guardians.

CLASSROOM BEHAVIOR / SCHOOL DISCIPLINE

Student-athletes are expected to be leaders inside and outside of the classroom. Therefore, a student-athlete who is a habitual problem in the classroom and/or receives repeated poor conduct grades may be suspended from a team on a temporary or permanent basis. In addition, a student-athlete may receive additional athletic consequences for inappropriate behavior in the classroom or for other violations of the Student Code of Conduct.

A student-athlete will be ineligible to participate in any athletic activities (games, practices, meetings, etc.) while serving out-of-school suspension or assignment to metro.

ATHLETE EJECTION FROM CONTEST

If an athlete is ejected or suspended from a contest by an official or coach, it is the Head Coach's responsibility to notify the Executive Director of Athletics as soon as possible as per UIL rules. The athlete will receive an automatic one game suspension. A second ejection may lead to possible suspension from the team.

The ejected athlete is required to provide in writing to the Executive Director of Athletics preventative measures designed to avert future athlete ejections.

CONDUCT, & DISCIPLINARY PROCEDURES

(THEFT, TOBACCO, ALCOHOL, ILLEGAL DRUGS, & FELONY OFFENSE)

In order to maintain a sound body physically, mentally, and emotionally and to demonstrate characteristics expected of a student-athlete at BMHS, participants in athletics must refrain from the following:

- Use or possession of any tobacco products
- Use, possession, or under the influence of any alcoholic beverage
- Use, possession, or under the influence of marijuana or other controlled substance, abusive glue or aerosol, or any other mood-altering or behavior-altering drug
- Insubordination, disrespect, disobedience to coaches and/or officials
- Participation in illegal activities of stealing, fighting, hazing, indecent exposure, or public lewdness
- Participation in any illegal activities resulting in adjudication of the individual

In order for an athlete to be considered in violation, one or more of the following must occur:

- *An Athlete self-reports the violation (Any athlete that self-reports and needs help will be given the opportunity and support to receive help and dealt with on a case by case basis.)*
- *A BMHS administrator has reported that an athlete has committed an offense*
- *A local agency report or violation is filed*
- *A local agency of the law makes a verbal report of a violation Evidence such as a photograph or video is presented*

The following rules concerning theft, tobacco, alcohol, illegal drugs, and felony offenses apply to all BMHS athletes at all times during the calendar year:

➤ **Theft**

An athlete guilty of theft may be removed from athletics for one calendar year.

➤ **Tobacco**

***NO SMOKING OR USE OF ANY TOBACCO PRODUCTS, INCLUDES ECIGARETTES.**

The athlete who violates the above stated rules shall be subject to the following:

First Offense:

- 1) Parent notification by the Head Coach
- 2) The student will complete 15 hours of community service. The Athletic Coordinator or Designee will monitor.
- 3) Extra conditioning or practice as determined by Coach/Athletic Coordinator

Second Offense:

- 1) Parent notification by the Head Coach
- 2) The student will complete 30 hours of community service and will be suspended from Competition for 1 week. The Athletic Coordinator or designee will monitor.
- 3) Extra conditioning or practice as determined by Coach/Athletic Coordinator

Third Offense:

- 1) Parent notification by the Head Coach
- 2) The student will complete 45 hours of community service and is suspended from competition for 3 weeks. The Athletic Coordinator or designee will monitor.
- 3) Extra conditioning or practice as determined by Coach/Athletic Coordinator
 - ❖ **Note: If the offense occurs during the offseason/summer, the suspension from competition will begin with the first week of competition/activity. If the offense occurs during the sport season or period of extracurricular activity, the suspension will begin with the next competition or extracurricular activity as determined by the coach. If a student athlete refuses to comply with the policy, they will not be allowed to participate in the Bobcat Athletic Program.**

➤ Alcohol and Illegal Drugs

*NO DRINKING OR POSSESSION OF ALCOHOLIC BEVERAGES

*NO USE OR POSSESSION OF ILLEGAL DRUGS

The athlete who violates the above stated rules shall be subject to the following:

First Offense:

- 1) Parent notification by the Head Coach / Athletic Coordinator
- 2) The student will be suspended from participation from all extracurricular competitions for 1 week.
- 3) The student will complete 15 hours of community service. The Athletic Coordinator or designee will monitor.

Second Offense:

- 1) Parent notification by the Head Coach / Athletic Coordinator.
- 2) The student will be suspended from participation from all extracurricular competitions for 4 weeks.
- 3) The student will complete 30 hours of community service. The Athletic Coordinator or designee will monitor.
- 4) The student will be required to meet one time each week with the school intervention specialist.

Third Offense:

- 1) Parent notification by the Head Coach / Athletic Coordinator.
- 2) The student will be suspended from participation from all extracurricular competitions for 12 weeks.
- 3) The student will complete 45 hours of community service. The Athletic Coordinator or designee will monitor.
- 4) The student will be required to meet one time each week with the school intervention specialist.

Fourth Offense:

- 1) Parent notification by the Head Coach / Athletic Coordinator.
- 2) The student will be removed from the Bobcat Athletic Program for one calendar year.

Note: If the offense occurs during the offseason/summer, the suspension from competition will begin with the first week of competition/activity. If the offense occurs during the sport season or period of extracurricular activity, the suspension will begin with the next competition or extracurricular activity as determined by the coach. If a student athlete refuses to comply with the policy, they will not be allowed to participate in the Bobcat Athletic Program.

➤ **FELONY OFFENSES—See section 37.006 Texas Education Code**

Each case will be reviewed on an individual basis and disciplinary action will be taken as deemed necessary. Athletes detained or incarcerated for violations of the law may be suspended from participation in athletics pending the resolution of the case. Upon being found guilty, the athlete will be removed from athletics for one year or longer.

HAZING

Hazing is any action or activity that, regardless of location, intent, or consent of participants, causes or intends to cause: 1) physical harm, 2) mental harm, 3) anxieties, or 4) degrading or disgracing a person for the purpose of pledging, being initiated into, affiliating with, holding office in, or maintaining membership in an organization.

Hazing is an illegal activity (Texas Education Code 37.151-37.157) and is also a violation of the FWISD Student Code of Conduct. Therefore hazing under any circumstances will not be tolerated in the athletic programs of our school district. Students found to be in violation of this portion of the Athletic Code will be subject to disciplinary action through the athletic program, the school district, and the judicial system.

AWARDS AND LETTERING

The school letter is among the highest awards the school bestows; the highest, of course, is the diploma. In order to letter, you must be on a varsity team and satisfy the requirements of the head coach. A participant may letter at the coach's discretion if the participant is considered to have been of exceptional value to the team. Exceptions may include playing on a team for four years and never lettering, a letterman who is injured and is unable to complete the season, or a specialist of some type.

NOTE: Any student who has qualified for a letter but has been dismissed from the team for disciplinary reasons will not receive an award.

ATHLETIC RELATED MEDIA INTERVIEWS

Athletes and coaches are not permitted to be interviewed in person, through social media or electronic devices, by the media without the permission of the Head Coach. The Head Coach has the right to moderate an approved interview.

ATHLETIC SOCIAL MEDIA POLICY

Student-athletes are high-profile representatives of Benbrook Middle-High School, and their behavior is subject to scrutiny by their peers, the campus, community, and the media. The actions of a single student-athlete can reflect positively or negatively not only on the individual student-athlete, but also on his or her team and coaches, the Athletic Department and the entire school campus. Therefore, student-athletes are expected to represent themselves and BMHS with honor, character, dignity and integrity at all times – including when interacting on social networking websites and in other online environments. The popularity of social networking websites (e.g., Facebook, Twitter, Vine, YouTube, Instagram, BlogSpot, Snapchat, etc.) has grown tremendously during the last few years. These websites can serve as valuable communication tools when used appropriately. The use of social media, however, has the potential to cause problems for both the student-athlete and the school environment. Almost anything student-athlete posts on a social networking site may be viewed by others, and both the media and the general public are more likely to view the profiles of student-athletes than the profiles of other students.

The Athletics Department has developed this Student-Athlete Social Networking Guideline in order to:

- 1) Provide recommendations and suggestions for student-athletes to help them use social media in a safe and responsible manner.
- 2) Outline important rules that student-athletes must follow when using social media.

Important Suggestions & Recommendations Regarding Social Networking Sites

Some students mistakenly believe social networking websites have a veil of privacy about them and assume their profiles are viewed only by a close circle of friends and fellow students. To the contrary, the content on most of these sites is accessible by anyone in the general public unless security and privacy features are used. The public nature of these websites has created personal safety and personal welfare concerns.

For example, student-athletes have been stalked or sexually harassed and assaulted as a result of their Facebook profiles. Fans of opposing teams have taunted student-athletes based on information obtained from social networking sites. Student-athletes also should be aware that potential employers and graduate school admissions officers now regularly screen applicants by conducting Google searches of an applicant's name and by reviewing the applicant's social networking profiles. Students are being passed over for interviews and denied admission to universities based on the content of their profiles posted on social media. Student-athletes should be very careful about what personal information they share on the internet. For their own security, protection and welfare and that of their teammates and friends, the Athletic Department strongly recommends and advises student-athletes to:

- Keep phone numbers, physical addresses, birthdates, current whereabouts, travel plans and other personal information strictly confidential. This information should not be contained in a student-athlete's personal online profile.
- Limit the access of others to e-mail addresses and screen carefully those whom a student-athlete may accept as "friends" on a social networking site. Be aware that friends of friends will also share information.

- Use whatever security and privacy features are available to restrict the ability of others view a student-athlete's site or to post pictures, messages and other content on a student-athlete's site.
- If an individual contacts a student-athlete via a social networking site and the nature of the contact makes the student-athlete concerned for his or her safety or uncomfortable in any way, the student-athlete should immediately contact a parent, a coach, or a campus administrator.

Rules Regarding Social Networking Sites

Participation in BMHS Athletics is a privilege and not a right. As a condition of being a student-athlete at BMHS, student-athletes must abide by the following rules related to the use of the internet and social networking sites:

1. Any postings or communications via social networking websites which disrupt either the educational or athletic team environments or which advocates the violation of any school or team policy would be unacceptable. Misuse of social media can be viewed as a form of bullying.
2. Student-athletes may not post online any pictures, information or other content that might cause embarrassment to themselves, fellow student-athletes, teams, coaches, the Athletic Department or the campus (examples: obscene images or language, nudity, pictures at parties with alcohol, references to drugs, sex, or illegal activities).
3. Student-athletes may not post any content online that is unsportsmanlike, derogatory, demeaning or threatening toward any other individual, teammate, coach, faculty member, or entity (examples: derogatory comments regarding another school; taunting comments aimed at a student-athlete, coach or team at another school).

No posts should depict or encourage unacceptable or illegal activities (examples: hazing, sexual harassment/assault, gambling, discrimination, fighting, vandalism, academic dishonesty, underage drinking, and illegal drug use).

4. Student-athletes may not post any content online that would constitute a violation of the FWISD Student Code of Conduct.
5. Student-athletes may not post any information that is sensitive or personal in nature or is proprietary to the Athletic Department or the school which is not public information (examples: tentative or future team schedules, student-athlete injuries and eligibility status, travel plans/itineraries or information).
6. Student-athletes are required to abide by all laws related to the use of the internet (including state and federal privacy laws such as FERPA and HIPPA), and student-athletes are personally liable for any violations of those laws.

Student-athletes in BMHS are required to abide by rules set forth in these guidelines. The failure to do so will be considered a violation of the student-athlete code of conduct and/or the FWISD student code of conduct. The violation may result in disciplinary action by the athletics department and the campus.

ACADEMICALLY INELIGIBLE ATHLETES

A student in grades 7-12 may participate in extracurricular activities on or off campus at the beginning of the school year only if the student has been promoted or earned the cumulative number of credits in state-approved courses indicated in the subsection.

Middle School:

7th & 8th grade promoted from the previous grade.

High School:

9th grade – promoted from 8th grade)

10th grade -5credits

11th grade-10credits **OR** has earned 5 credits towards state graduation in the last twelve months.

12th grade- 15credits **OR** has earned 5 credits towards state graduation in the last twelve months.

In order to be eligible to participate in extracurricular activities for a six-week period following the initial six-week period of the school year, a student must not have received a grade lower than a 70 on a scale of 0 – 100 in any course for that preceding six-week period. Athletes that become ineligible will regain eligibility in 3 weeks if passing all classes at the time of the UIL grade check. Athletes that fail are expected to participate in all practices but will be unable to ride with team or participate in games.

WAIVABLE COURSES- at the High School level, the UIL allows Advanced Placement Courses, Dual Credit, and Pre-Advanced Courses to be excluded from counting towards eligibility each grading period. Dual Credit elective courses are counted as a normal class and a passing grade must be achieved to be eligible. If an athlete fails one of these classes a BMHS Athletic-Academic Waiver form must be completed and turned into an athletic coordinator.

Parents must be aware of BMHS policies and grading procedures as it relates to changing from advanced placement courses to regular education classes. A copy of this district administrative guideline may be obtained from the central administration office.

ACKNOWLEDGEMENT OF ATHLETIC POLICIES

BY THE STUDENT-ATHLETE

I have read and understand the Athletic Policies for the Student Athlete at BMHS and agree that I will abide by all policies. Furthermore, I understand that my failure to abide by these policies and any other rules and regulations determined necessary by my coaches may result in suspension or removal from the athletic program.

Signature of Student-Athlete

Date

BY THE PARENT/GUARDIAN

I/we have read and understand the Athletic Policies for the Student Athlete at BMHS and agree that I/we and my/our son/daughter will abide by all policies. Furthermore, I/we understand that failure of my/our child to abide by these policies and any other rules and regulations determined necessary by his/her coaches may result in suspension or removal from the athletic program.

Signature of Parent/Guardian

Date

FORM MUST BE COMPLETED AND RETURNED TO THE HEAD COACH OF THEIR FIRST SPORT.