

Downing Athletic Policies 2009-2010

In order for our athletic programs to be at the level our coaching staff and hopefully our parents want them to be, there are policies that must be followed throughout the year. Please read the policies below, and understand that these policies will be strictly adhered to in the 2009-2010 school year. Athletics is intended for students who plan to participate in High School sports. If you are interested in working hard, learning about the different sports we have to offer, and giving a substantial time commitment to your school, then athletics is the right choice for you. If you are joining the class for purely social reasons, please think hard before signing this policy sheet. Starting this year, Downing is putting in place a new rule for 7th graders. **If an athlete does not participate in either volleyball, basketball, cross country, track, or soccer this year then they will not be allowed to enroll in athletics next year at Downing.** Cross Country is an example of a sport that does not limit participation but require practice attendance to participate in meets.

Grading Policy

- Each athlete will begin each six weeks with a 100 average.
- Point deductions will be as follows:
 - *1 point – each time your athlete does not wear his/her designated athletic wear.
 - 1 point per piece of jewelry or having hair down. This can be up to ten points per day if multiple infractions occur. The required athletic wear for athletics is a white t-shirt, red shorts, socks, and good athletic shoes. All sweats that are worn must be gray. All clothing is for sale through the Downing Athletic Department. **At no time during the school year should your athlete get their ears pierced or get acrylic nails.** This is a safety issue.
 - *1 point – each time your athlete is tardy to practice or the athletic period
 - * An athlete may choose to make up points for any tardies or missed games, or clothing infractions by participating in an alternate activity. This activity will be decided on by the coach of that particular sport. (An example of a makeup would be to run 1 mile to earn 1 point.) This will have to be outside of their practice time and they will have to arrange this with their coach.
- 5 points will be deducted for insubordination

Practice Policy

- If practice is missed for a non-DMS sponsored event, the athlete must participate in a make-up alternate workout as stipulated by her coach. This needs to be completed within one week of the missed practice. It is the responsibility of the athlete to come find their coach and get this alternate workout. If the athlete

chooses not to make up the missed practice, they will lose points from their grade and/or another punishment as decided on by the head coach.

- If the practice is missed due to illness or family emergency, the athlete will not be required to make up the practice, but it will still be the responsibility of the athlete to find their coach to see what they missed.

Behavior Policy

- We expect all of our athletes to behave in an appropriate way in each of their classes. Detentions and poor behavior outside athletics will result in additional consequences from the coaches. Continued failure to do so could result in the following:

Dismissal from the Team

- Repeated failure to attend practice
- Failure to follow the guidelines of the extracurricular student code of conduct
- Repeated failure to attend games or meets
- Causing repeated disruptions in the classroom
- Attitude or actions that is detrimental to the best interest of the program or school.
- Parents or guardians of any athlete who is dismissed from the team will be notified prior to the dismissal.
- Any student who withdraws from a team will not be permitted back on the team until the following year. That athlete will still be allowed to play the other sports that year.

Dismissal from Athletics

- Attitude or actions that are detrimental to the best interest of the program or school
- Failure to meet all requirements necessary for participation
- Student withdraws from a team and does not plan to participate in any other sports
- Any student caught stealing in dressing room will be removed from athletics immediately and school disciplinary actions will occur
- Failure to follow the guidelines of the extracurricular student code of conduct

Academic Policy

- In order to compete for Downing Middle School you must follow UIL rules. It is a UIL rule that all players maintain at least a 70 average in all of their classes.
- A student with a failing grade at the time of a progress report or 6 week report card will be required to attend tutoring sessions with either a coach or teacher. This session WILL NOT be during their team's practice time!!! You must have that academic teacher sign off on your tutoring sheet.

- A student will also be required to have their teacher fill out a weekly athletic progress report for his/her coach if they are participating in a sport. This is the responsibility of the athlete. This report will have a place for a grade (pass/fail) and a place to report about the athlete's attitude in the classroom. Reports of poor attitude will be taken care of by the coaches, or administration if needed.

Parent Policies

- Please try to avoid scheduling appointments during practice times and athletic periods. We have such a short time to learn each day that it is important to be at all practices.
- If there is an issue that you need to speak with a coach about, we are requiring that you schedule a meeting. Meetings are not to be conducted right before or immediately after a contest, without a scheduled time.
- An athlete **MAY NOT** ride home after an athletic contest with another athlete's parent. This is a LISD policy. Any student caught riding home with another parent will be removed from the team. If a parent wants to take their own child home from a competition, they will need to sign out with their student's coach after the game.
- Your athlete must have a note in order to sit out of practice. A parent note is only good for three consecutive days. After that a doctor's note is required. Your athlete is still expected to dress out and attend all practices even if they are sick or injured.
- If your athlete is complaining of aches and pains that are not normal you can take your child up to Marcus High School and have the athletic trainer look at them. You can get the paper to take to Marcus from your athlete's coach.
- Persistent non-participation may require movement to the PE period.
- On game days, your athlete is required to either wear the designated team shirt, or dress in Sunday dress.

Locker Room Policy

- Each athlete will be assigned a locker and will be responsible for keeping that locker organized and clean.
- Unfortunately, this year we don't have enough lockers for every student. We are asking for athletes to volunteer to share lockers with a friend. If you are willing to share a locker, please see the attached sign off sheet.
- An athlete **MAY NOT** be in the locker room without a coach's supervision.
- If you are in offseason, you may not be in the locker room before the first period bell rings. You must wait until the first bell rings to come to the locker room to get ready. **NO EXCEPTIONS.** After 8th period all athletes will need to get their things and clear out of the locker room by 4:05. Athletes who are in practice will be able to get their things at 5:00 after the practice session ends.

Downing Girls Athletic Policies 2009-2010

Parents, please sign after reading the following statement:

“I have read and understand the athletic policies for Downing Middle School.”

Signature: _____ **Date:** _____

Email: _____

Athletes, please sign after reading the following statement:

“I have read, understand, and will abide by the athletic policies for Downing Middle School.”

Signature: _____ **Date:** _____

Print Name: _____

Locker Sharing Permission Form

My daughter has my permission to share an athletic locker with

_____. (Please make sure the other athlete’s parent fills this sheet out giving their daughter permission to share with your daughter).

___ I do not want my child sharing a locker.

Signature: _____ **Date:** _____