

Highland ISD Athletics Rules and Expectations

All rules will be applied fairly. If ever a question of fairness arises, please come and talk with the coach, and we will work out the problem. One thing that we want to remind everyone of is that athletics is a privilege, NOT a right. All students have the right to an education, but athletics is a choice with rules and expectations that go above and beyond the rules and expectations of the Highland ISD Student Handbook. Many times these rules and expectations are tougher and higher than the normal school situation. A great deal of pride, dedication, self-esteem, teamwork, commitment, and discipline are learned through athletics that when applied will help each student/athlete use the knowledge learned from the classroom to be successful in their future. Coaches have the prerogative of making additional rules that apply specifically to their program. Thank you for your support of the coaching staff, administration, school, and most of all our student/athletes.

Rules and Penalties:

- 1) **Hair**: No distinct two-layer cuts, drawings or designs. Athletes must keep hair neat and well-groomed. Male student's hair must not become long enough to touch the collar of a regular collared shirt, touch the eyebrows, or cover more than half of the ears. Hair must be a natural color – no abnormal hair coloring is allowed. If violation occurs, the athlete will not be allowed to represent the school in a competition.
- 2) **Earrings**: No earrings for male athletes and no unnatural piercing by any athlete. If violation occurs, the athlete will not be allowed to represent the school in a competition.
- 3) **No Facial Hair**: If violation occurs, the athlete will not be allowed to represent the school in a competition.
- 4) **No Missed Workouts**: If violation occurs: Make-up running will be left to the discretion of the coach. Athlete could lose their spot indefinitely if missing workouts becomes frequent – this includes workouts during the athletic period as well as workouts outside of the school day. We do not distinguish reason for missing workout, because this penalty is not punishment, but instead a make-up of the work that was missed during athlete's absence.
- 5) **Late to Workouts**: If violation occurs: Make-up running will be left to the discretion of the coach. Athlete could lose their spot if this becomes a habit. There again, it will not matter why one is late.
- 6) **No Missed Game**: If violation occurs: Athlete is subject to a possible game suspension at the discretion of the coach.
- 7) **Major Offenses**: Drinking, drugs, smoking or any crime such as theft, destruction of public property, etc. will result in the following:
 - First Offense**: One week suspension from competition, 10 miles (2 miles per day X 5 days per week) in addition to regular workouts, and a sincere apology to the team.
 - Second Offense**: Suspension from athletics for the remainder of the school year – Minimum of 6 months.
 - Third Offense**: Suspension from athletics for a calendar year from the date of third infraction.
- 8) **Electronic Devices**: No electronic devices may be listened to on the bus unless they are listened to from headphones. All music listened to must be free of foul language and graphic material. Unfit music will be taken up by a coach. No pictures may be taken in the locker rooms regardless of how innocent of the meaning. All pictures need to be taken outside of the locker room area.
- 9) **Bus**: Team bus will be kept clean. If it is not kept clean, the TEAM will be punished as a group & food, drinks, etc. will not be allowed on the bus on future trips.
- 10) **Attire / Headware**: No lewd attire (caps, shirts, etc.) or oversized pants will be worn. Also, no shorts may be worn to any competition, team activity, etc. Athlete will be asked to change into something else if worn. If they do not change, they will not be allowed to go with the team to the competition. Athletes will not be allowed to wear anything on their heads but caps or hats at school or at competitions. Caps or hats will be worn with their bills facing forward. Athlete will remove headwear when entering into schools or businesses. Athlete will be asked to remove illegal headwear. If athlete refuses to remove the object, they will not be allowed to be part of the team during competition.
- 11) **No Tattoos**: Athletes who already have tattoos must cover the tattoo so that it is not visible to onlookers in both practices and competitions. If they refuse to do so, then they will not be allowed to participate in practice or competition.

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I understand all of the rules and expectations for an athlete at Highland ISD and am willing to do my part in upholding these rules and expectations. I feel that the discipline and commitment that will be learned from the rules and expectations will greatly benefit my education and help me as a person.

Athlete Name: _____

Athlete Signature: _____ Date: _____

Parent Name: _____

Parent Signature: _____ Date: _____

I give my permission for the coaches at Highland ISD to provide first aid, injury prevention, injury rehab, and medical assistance to my child if the need arises. I also give permission for my child to take an electrolyte vitamin supplement to help prevent cramps, soreness, fatigue, and heat-related risk.

Parent Signature: _____