

# Cameron ISD Athletic Handbook



**“Home of the Fighting Yoemen”**

Rick Rhoades, Athletic Director [rrhoades@cameronisd.net](mailto:rrhoades@cameronisd.net)  
Brian Stork, High School Principal [bstork@cameronisd.net](mailto:bstork@cameronisd.net)  
Wendy Mahan, Junior High Principal [wmahan@cameronisd.net](mailto:wmahan@cameronisd.net)  
Kevin Sprinkles, Superintendent of Schools [ksprinkles@cameronisd.net](mailto:ksprinkles@cameronisd.net)

## **Yoe Athletics**

### **Forward**

The Cameron ISD Athletic Handbook is dedicated to the athletes of Cameron Independent School District. It is designed to be the guide to give you the basic information concerning our Athletic Department.

### **Tradition**

*“Yoe Pride Never Dies”*

The Cameron Yoe Athletic Program has long been one of the most competitive programs in the state of Texas. It is our desire and goal to continue to strive to take our program to greater heights each and every year. It is our goal to consistently compete at the highest level in the state in every sport. This can only be accomplished through the dedication and hard work of the young women and men that make up our Athletic Program. Through our efforts, we can continue to build upon the great tradition that has been established over time for C.H. Yoe High School.

*“The winning tradition of the Yoemen will not be entrusted to the timid or the weak.”*

*“Do your best, don’t sweat the rest, and the winning will take care of itself.”*

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# **Cameron ISD Athletic Handbook**

## **Introduction**

This handbook is designed to provide for a successful experience for student athletes and the efficient operation of the Cameron Independent School District Athletic Program. The CISD school board has approved the policies, procedures, and regulations in this handbook. The athletic handbook is designed to co-exist with the CISD Student Handbooks and the CISD Student Code of Conduct. Student athletes in grades 7-12 are accountable and responsible to the rules and requirements contained within this handbook.

It should be noted that different sports might have additional rules and regulations that go beyond what is listed in this athletic handbook. These rules may be in addition to this athletic handbook, but they shall not alter the rules of this handbook.

## **Philosophy**

The athletic program at CISD is an integral part of the total educational program. Athletics are a vital part of the physical, mental, social, moral and character growth of our students. Athletics are not designed to transcend the academic program but to supplement it.

Athletic programs can provide valuable lessons for practical situations. Student-athletes experience daily victories discovering within themselves the ability to overcome adversity, to develop leadership skills, to develop winning attitudes, to be hard workers, and to be a part of a team that requires sacrifice and service to others. Many intangibles are taught in athletics that become lifelong lessons for the student athlete.

## **Responsibilities**

Participation in athletics is a privilege that carries with it responsibilities to the school, to the sport, to the student body, to the community, and to oneself. Athletes have a unique role to play. Their peers, teachers, and the community are constantly monitoring them. Being under this scrutiny, athletes must have strength of character and be aware of the role they have chosen. They must be certain they present to their peers, teachers, and the community respect, sincerity, and honesty expected of a young lady or gentleman.

Specific Responsibilities Expected of CISD Athletes:

1. Maintain a satisfactory citizenship and behavior record in the classroom and on campus by treating teachers, administrators, and fellow students with respect.
2. Maintain passing grades in all classes.
3. Exercise self-control and display positive actions during competition and other school activities.
4. Have respect for the decisions of the officials during competition.
5. Refrain from juvenile behavior in and around the school buildings.
6. Be a law-abiding citizen both at school and away from school.
7. Display sportsmanship and class when representing Cameron ISD.
8. Be committed to attend practices, contests, and meetings of any sport that they choose to participate in.
9. Abide by training rules established in this handbook and by their coach.
10. Complete required UIL and school paperwork prior to participation.
11. Use the techniques and skills acquired in this athletic program to become better husbands/wives, fathers/mothers, and productive members of our community.

## **Attendance**

It is the obligation and responsibility of team members to attend scheduled practices, contests, and meetings regularly and on time. If an unavoidable conflict arises with a practice or contest, one of the coaches should be notified before the workout or game. Failure to make contact prior to the practice, contest, or meeting may result in absence being considered unexcused.

### *Excused Absences:*

Excused absences will be made up. The make up for an excused absence is not punishment but is administered so that the athlete can make up missed work and conditioning. Examples of excused absences are illness, a death in the family, school sponsored activities, or emergency situations. **Athletes should understand that when they have to miss, it is imperative that a coach be notified prior to the absence.** The high school athletic number is 697-2675. If you cannot reach anyone at the high school athletic number, you may call the high school office at 697-3902 and leave a message for the coaches. Junior high athletes or parents may call the Junior High at 697-2131 and talk with a coach or leave a message with the office.

Athletes should understand that habitual absences, even though they may be excused, become detrimental to their ability to perform and to their knowledge of team concepts. Habitual absences will result in disciplinary actions, including loss of playing time and/or possible suspension or dismissal from the team.

*Unexcused Absences:*

Athletes and parents should understand that failure to notify the coach prior to an absence will usually result in the absence being considered unexcused. Some extenuating situations will be considered an excused absence without prior notification. If there is a question as to whether it is excused or not, the head coach and/or athletic director will make the decision. Unexcused absences will be made up and disciplinary action will be taken. Disciplinary action for unexcused absences will be as follows:

1<sup>st</sup> unexcused absence – make up work plus additional disciplinary exercise.

2<sup>nd</sup> unexcused absence – make up work plus suspension from the next contest.

3<sup>rd</sup> unexcused absence – dismissal from the sport.

Unexcused absences will accumulate on a per sport/per season basis.

*Injured Athletes:*

Injured athletes who cannot actively participate in the workout must still follow all the attendance policies. Being injured is not an excuse to miss practice. The injured athlete will be expected to dress out and participate mentally. This is also a time in which they may see the **Athletic Trainer** for treatment. (Some injuries may not allow the athlete to dress out or attend practice. If there is a question, the head coach will make the decision on the athlete dressing out or attending the workout). **If a Yoe High School athlete is injured, it is their responsibility to attend morning treatments at 7:00 A.M. If the athlete fails to show up for their treatment they may be required to participate in the daily workout.**

*Ineligible Athletes:*

Ineligible athletes shall attend and participate in workouts unless excused by the head coach. By attending and participating in workouts, the athlete may represent the team again at the end of the ineligible period.

*ISS:*

An athlete placed in ISS is not allowed to participate in a game or contest during his/her placement, but he/she is allowed to practice after school. Failure to report to after school workout will result in an unexcused absence for the athlete unless prior notification is given by the athlete that he/she is missing for a justifiable reason. It is the athlete's responsibility to find out if their team is working out after school and find out the time of the workout.

*Tardy:*

It is also very important for a team member to be on time and to remain at a practice for its duration. Any team member who arrives late to practice or who leaves early is disruptive to the

team's improvement and game plan. Athletes that are tardy or that leave practice early will be expected to do make up work for the time they missed. Habitual tardiness will result in disciplinary action including possible suspension or dismissal.

## **Academics**

Athletes must realize that they are students first and athletes second. Athletes must plan their schedule so that they can give sufficient time and energy to their studies to ensure acceptable grades. Athletes must be passing all subjects at the six weeks grading period in order to be eligible to play. Athletes failing a course will be ineligible for competition for three weeks. They may regain eligibility after three weeks if they are passing all subjects at that time. If not, they remain ineligible for another three weeks.

Athletes that habitually earn failing grades on grade reports and/or progress reports become a detriment to the athletic program. They are showing neglect in their responsibility and obligation to their team and the athletic program. They are also neglecting their main purpose for attending school.

Athletes are encouraged to maintain all their grades throughout the school year. Tutorials are available for students that are struggling with their grades. Athletes are encouraged to take advantage of the tutorials and/or other resources that are available to help them with their grades. Failure to take care of his/her grades will result in the athlete being placed on academic probation or removed from athletic competition or the athletic program.

**Any athlete who fails two six weeks grading periods during a semester will be placed on academic probation for the next semester.** Their grades will be closely monitored, and they will be expected to show improvement in their grades during the probationary period. **Any athlete on academic probation that fails two six weeks during the semester of their probation, will be removed from the athletic competition for the next semester.** At the end of the suspension period, the athlete may regain participation privileges by requesting to complete the Athletic Re-Entry Program.

## **Dress Code/Personal Appearance**

Athletes are expected to dress neatly, be well groomed in school and follow the school dress code at any activity representing the school. They should recognize that appearance, expression, and actions always influence people's opinions of athletes, the team, and the school. Athletes who habitually violate dress and grooming standards will be subject to disciplinary action including suspension if the violations are not corrected.

Requirements:

1. Follow the dress code guidelines in the student handbook. Exception: Athletic uniforms and equipment are acceptable during workouts and competition.
2. Hair, including boy's facial hair, will be groomed to the specifications of the in-season head coach. Mustaches and beards will not be allowed.
3. Male athletes will not wear earrings at school or at any Cameron ISD event.
4. Athletes shall follow additional requests of the coach for game day or team travel.

**Conduct**

Athletes will face disciplinary action, including possible suspension or expulsion, for demonstrating behavior that is detrimental to the team. Examples of unacceptable behavior include, but are not limited to:

1. Inappropriate language
2. Unwilling or lazy attitude, poor work ethic
3. Disrespect to the teaching, administrative, or coaching staff
4. Disrespect to a game official
5. Display of temper
6. Not responsive to a coach's request
7. Argumentative attitude
8. Habitual disregard for rules
9. Negative effect on team morale
10. Unsportsmanlike behavior

Athletes will be required to follow the Discipline Management Plan for their campus.

Level I Misconduct will result in:

- Loss of playing time
- Extra conditioning

Level II Misconduct will result in:

- Loss of playing time
- Extra conditioning
- Possible suspension from their team

Level III Misconduct will result in:

- Loss of playing time
- Extra conditioning
- Possible suspension from their team
- Possible removal from the Athletic Program



#### Level IV Misconduct

- Suspension from their team
- Removal from the Athletic Department

### **Mandatory Drug Testing Program**

The purpose of the Cameron ISD mandatory drug testing program is to insure the health and safety of our students and to serve as a deterrent to the use of drugs by those students.

#### Sanctions for a Positive Drug Test:

The first confirmed positive test will result in the following consequences:

1. The student and parent(s)/guardian(s) will participate in a mandatory conference with the campus principal.
2. The student and parent(s)/guardian(s) will participate in a mandatory conference with a district-employed counselor.
3. The student must agree to mandatory drug testing during the next three random periods.
4. The student will be suspended from competition and/or public performances in all extracurricular activity(ies) for six school weeks from the date that he/she is first informed of the confirmed positive test result. If a student test positive within the final six weeks of the school year, the six weeks suspension will continue into the summer for as many weeks as performances or competitions occur, with the remainder of the six weeks to continue the following school year. This six weeks suspension shall not prevent students from competing for future offices, positions, or team/squad membership.

The second confirmed positive test will result in the following consequences:

1. The student will be suspended from participating in all extracurricular activities for twelve (12) months from the date he/she is first informed of the second positive test. Students will not be allowed to compete for future offices, positions, or team/squad memberships during the twelve (12) month suspension.
2. The student must successfully complete, at the expense of the parent(s)/guardian(s), a drug counseling program approved by the superintendent's designee.

3. The superintendent's designee shall re-admit the student in extracurricular participation after the student has successfully completed the one year suspension and the drug counseling program.
4. If the student is re-admitted, the student must agree to mandatory testing during the next six random testing periods.

The third confirmed positive test will result in permanent suspension from all extracurricular participation.

It should also be noted that if a student is ticketed and/or arrested by law enforcement officials for the possession of drugs and/or alcohol, this constitutes a positive drug test and the sanctions will be determined by the policy outlined above.

### **Dismissal from a Sport**

On some occasions, an athlete will need to be dismissed from a sport due to unacceptable behavior or violations of the athletic handbook. The following guidelines will be in effect for any athlete that is dismissed from a sport or from athletics.

1. An athlete dismissed from a sport will be dismissed from the athletic program if the violation is deemed to justify such action.
2. An athlete dismissed from a sport will not be allowed to start another sport until the first sport is completed.
3. An athlete dismissed from a sport may regain participation privileges in that sport the following season by requesting to complete the Athletic Re-Entry Program.
4. An athlete dismissed from a sport a second time (same sport or different sport) will not be allowed to use the Athletic Re-Entry Program to regain participation privilege in athletics.

### **Quitting a Sport**

Quitting is an intolerable habit to acquire. Athletes that quit are "giving up" on themselves and those that depend on them. Commitment to being a Yoemen team member is one of the most valuable lessons learned in athletics. Concerns and frustrations can often be worked out with proper communication between the athlete and the coach.

1. Any athlete wishing to quit a sport should notify the head coach.
2. The athlete will not be allowed to quit until a meeting is set up with the parents and the head coach of the sport to discuss their child's desire to quit.
3. If an athlete quits a sport after two weeks, he/she will not be allowed to start another sport until the first sport is completed.

4. If an athlete begins participation in two concurrent sports, he/she will have two weeks to determine if it is in his/her best interest to drop one sport and concentrate on the other sport. After two weeks, if the athlete decides to quit one of the sports, he/she will not be allowed to continue with the other sport. This will be considered as one quitting infraction.
5. If an athlete quits a sport, he/she may regain participation privileges in that sport the following season by requesting to complete the Athletic Re-Entry Program.
6. An athlete quitting a sport and not wishing to participate in another sport will be removed from the athletic program and athletic class period. The schedule change will be made as soon as it is possible. In some cases, this change may not be possible until the end of the semester.
7. An athlete who quits a second time (same sport or different sport) will not be allowed to use the Re-Entry Program to regain participation privileges in athletics.
8. Quitting violations for junior high athletes will be cumulative for their junior high career. Quitting violations for high school athletes will be cumulative for their high school career.

### **Athletic Re-entry Program**

If an athlete has quit a sport and then decides that he/she would like to participate in that sport the next season, these steps need to be taken.

1. The student needs to meet with the head coach of the sport in which he/she would like to participate. During this meeting, the coach will go over the expectations and guidelines for their particular sport. The student must agree with the expectations and guidelines set forth by the head coach of that sport.
2. The student needs to get a course change form from the counseling office. **This form needs to be filled out, signed by the parents, and returned to the head coach of the sport.**
3. The head coach will deliver the course change form to the counselor.

### **DAEP Placement**

If an athlete is placed in DAEP, he/she is put on probation and suspended from participating in the athletic program during their time in DAEP. He/she is not allowed to participate in contests or practices during the time that they are in DAEP. They are not allowed to be a part of the

team in any manner (pep rallies, presence on sideline or bench, pre or post game meals, etc) during their time in DAEP.

1. If an athlete is put into DAEP after being put on probation, he/she will be not be allowed to participate in the athletic program for the remainder of their high school career.  
Violations for junior high athletes will be cumulative for their junior high career.  
Violations for high school athletes will be cumulative for their high school career.

### **Letter Awards**

The criteria for lettering in a sport are at the discretion of the head coach of that sport. These criteria should be shared with the members of their team at the beginning of each season.

Letter jackets are ordered twice a year, once in the fall and once in the spring. The head coach of each sport will submit a list of the athletes that lettered in their sport and are eligible for a letter jacket to the Athletic Director. The date that the letter jacket representative will be on campus will be made available to the school through daily announcements. **It is the student's responsibility to get with the letter jacket representative while he/she is on campus.**

### **Team Travel**

When a team has to travel from Cameron to compete in an athletic event, the time on the school bus is considered a team function, just as a contest or a practice. Therefore, all of the members of the team should travel to and from the contest together in a school vehicle. In the event that a circumstance arises where an athlete needs to arrive or leave a contest separate from the team, arrangements need to be made with the coach responsible for his/her team before the team leaves for the contest. The coach should have a note from the parent or guardian **before** the team leaves for the trip. Parent's notes after the contest will not be allowed. This allows the coach to know exactly how many students he/she will be responsible for on the school bus or van when they leave and return from the out-of-town contest.

### **Equipment and Uniforms**

The equipment, supplies, and uniforms for each team are purchased with tax payer's monies. It is the responsibility of the Athletic Program to be good stewards of the tax payer's monies. Once equipment or uniforms are issued to an athlete, it becomes the athlete's responsibility to make sure that the equipment or uniform is returned to the coach at the appropriate time. If it is not returned to the coach, it is the athlete's financial responsibility and obligation to replace the equipment or uniform at the replacement cost of the missing item.

## **Locker Rooms**

The locker room is a restricted area solely for the use of the members of an athletic team and the coaches responsible for that team. No one else is permitted inside of the locker room.

With the recent outbreak in staph infections, it is critical that the locker room area should be kept clean and sanitized at all times. The only items that should be kept in the locker are items issued to you for the use in your sports. The locker should be kept clean and free of unnecessary items at all times.

## **Club/Select Teams**

The participation in Club sports and/or Select teams is at the discretion of the athlete and his/her parents. This is an avenue in which athletes can further their skills and enhance their playing ability as well as increase their exposure to college coaches.

Although these are avenues in which an athlete can increase their skill level, club sports and select team participation should never interfere or replace athletic competition at the school level. An athlete should not miss practice, games, or meets in a school athletic event to participate in a club sport or select team. Absences from school athletic events for these reasons will result in disciplinary action by the coach and the possible dismissal from the team.

## **Insurance**

Every student involved in athletics is covered by a supplemental insurance policy purchased by the district. A supplemental plan will cover the expenses that your primary insurance carrier does not cover. The plan is with the National Health Insurance Company. They can be reached at 1-800-366-8354.

## **Communications/Parent Conferences**

In order for our Athletic Department to be successful and run efficiently, there needs to be an open line of communication between the coaches, parents, and athletes. If a situation arises where the parent feels that a conference needs to be set up with the coach of their child, the following guidelines should to be followed:

1. Parent conferences need to take place during the conference period of the coach with an administrator or head coach available to facilitate the conference. **Under no circumstances will a coach have a conference with you immediately following a contest.**

2. If your child is not satisfied with his/her playing time, he/she should use the following procedure:
  - a. Set up a conference with the coach that is directly responsible for his/her team or position.
  - b. Set up a conference with his/her parents and the head coach of the team that you are participating on.
  - c. Set up a meeting with your parents and Athletic Director.
  - d. Set up a meeting with the appropriate administrator at the campus where the child is attending school
  - e. Set up a meeting with the Superintendent.

Following these guidelines will help in the resolution of conflicts in an efficient and productive manner.

### **Sportsmanship – Athletes/Parents/Spectators**

Remember that you are at the contest to support and yell for your team, and to enjoy the skill and competition - not to intimidate or ridicule the other team or its fans. Remember that school athletics are a learning experience for students and that mistakes are sometimes made.

- Praise student-athletes in their attempt to improve themselves as students, as athletes, and as people, just as you would praise a student working in the classroom. A ticket is a privilege to observe the contest, not a license to verbally assault others or be generally obnoxious.
- Learn the rules of the game, so that you may understand and appreciate why certain situations take place.
- Show respect for the opposing players, coaches, spectators and support groups.
- Respect the integrity and judgment of game officials. Understand that they are doing their best to help promote the student-athlete, and admire their willingness to participate in full view of the public.
- Recognize and show appreciation for an outstanding play by either team.
- Refrain from the use of any controlled substances (alcohol, drugs, etc.) before, during, and after the game on or near the site of the event (i.e. tailgating).
- Use only cheers that support and uplift the teams involved.
- Be a positive role model at events through your own actions and by censuring those around you whose behavior is unbecoming.

Parents and spectators should be aware that the school can (and should) remove them from the premises and can prohibit them from attending future contests due to undesirable behaviors. Game officials can ask that school administrators have unruly fans removed from a contest facility. There is no such thing as a “right” to attend interscholastic athletics. Interscholastic athletics are considered a “privilege” and the spectator who avails themselves of it is expected to conduct him or herself accordingly. Keep in mind that you are a guest of the school, and that while winning is certainly an admirable goal; it is hollow if it comes at the expense of morals, ethics, and just plain common sense. The school is responsible for the behavior of their spectators. The school district can be and will be punished for actions of patrons in violation of UIL standards and rules.

## Appendix

### Acknowledgement of Receipt Form

This acknowledges receipt of the Cameron Independent School District Athletic Handbook. The handbook should be kept for reference throughout the year for both parents and student. In accepting this Athletic Handbook, I accept the privileges and responsibilities as a participant in the Cameron ISD Athletic Program, and promise to uphold the rules and guidelines set forth in this document.

Print Name of Student: \_\_\_\_\_

Signature of Student: \_\_\_\_\_

Signature of Parent: \_\_\_\_\_

Date: \_\_\_\_\_

### Web Form

The Cameron ISD Athletic Program is now online. Due to parental concerns, it is prudent to obtain permission before using images or names of students on the Web for school use. Images and text will be used to announce honors, to promote the Athletic Program for public relations and for recruiting. You will be able to visit our site by going through the school website ([www.cameronisd.net](http://www.cameronisd.net)). Please fill out the form below indicating your responses.

The Cameron Athletic Program may use \_\_\_\_\_ picture on the Athletic website.  
(print student name here)

The Cameron Athletic Program may use \_\_\_\_\_ name on the Athletic website.  
(print student name here)

Please do not use \_\_\_\_\_ picture on the Athletic website.  
(print student name here)

Please do not use \_\_\_\_\_ name on the Athletic website.  
(print student name here)