

# *Pecos-Barstow-Toyah ISD*

## **ATHLETIC RULES AND POLICIES**

### **FOREWORD**

Participation in athletics means more than competition between two individuals or two teams representing different schools. It teaches fair play, sportsmanship, and an understanding and appreciation of teamwork. It gives the athlete an appreciation of the fact that quitting means failure, while hard work is the most necessary ingredient of success.

With these values in mind, the policies that follow have been formulated for the use of all concerned.

*NO STUDENT IS OBLIGATED TO TAKE PART IN ATHLETICS, NOR IS IT REQUIRED FOR GRADUATION.* It is stressed that *ATHLETICS IS A PRIVILEGE*, and the *COACHES AND ADMINISTRATORS HAVE THE AUTHORITY TO REVOKE THIS PRIVILEGE WHEN THE STUDENT ATHLETE DOES NOT MEET REQUIREMENTS AND STANDARDS!*

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- As an athlete, lots of people observe and judge your conduct. Don't kid yourself – People keep a special eye on you. You're held to a higher standard than other students are. You may not always like it, but there is no way to change it. It just comes with the territory.
  - The younger kids in our community look up to you as a hero and a model to emulate – Don't kid yourself about that either.
  - It is very important that your behavior always be exemplary in those areas where people will be observing and judging you.
  - The payoffs that come with being a Pecos athlete – both in terms of the positive recognition you receive from youngsters, peers, parents, teachers, and community, and in terms of the personal fulfillment you get from being self-disciplined and achieving difficult goals – make the extra scrutiny you'll receive worthwhile in the long run.
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## **POLICIES AND RULES**

### ***I. ON THE FIELD, FLOOR OR IN THE POOL***

When Pecos athletes take the field, floor or pool, ***we will present a class act.***

In the area of athletic competition, a true athlete does *not* exhibit poor sportsmanship or illegal tactics. We expect to win; yet we also expect that our athletes be modest in victory. Losing is also sometimes part of the game, and our athletes are expected to be gracious in defeat. Congratulate your opponent on a well-contested game after play has ended. False athletes often indulge in fits of temper, put on an emotional display, or clown around when things fail to go as desired or when they are replaced by a teammate. A true athlete exercises *self-restraint and self-control* at all times.

The purpose of officials is to insure that both teams will be held to the standards of fair play. We will respect officials for the difficult – and necessary – job they do, and we will communicate that respect in the way we treat officials. It is a rule that no one except the appointed captain talks to the officials, and then only in a tone of respect – Pecos athletes ***always*** address officials as “sir” or “ma’am”.

Any behaviors contrary to those stated will reflect negatively on you, your school, your team, and your coaches, so bad behavior simply will not be tolerated. Violations of a minor nature may result

in removal from the game, and Eagle Pride training during or after workouts. Those of a serious nature may result in suspension and possible expulsion from the team or even from the athletics program.

## **II. YEAR-ROUND PARTICIPATION**

ALL football, cross-country, volleyball, basketball, powerlifting, softball, baseball, girls track, golf, tennis and swimming athletes **MUST BE ENROLLED IN THE ATHLETICS CLASS**, and must remain in the athletics class year-round in order to gain the benefits of the structured speed, weights, agility, and endurance training provided there. Once you have commenced participation in athletics, you are expected to remain in the program.

*\*There is one exception to this requirement: That is, if you are in your senior year and an unavoidable conflict in your academic schedule prevents you from enrolling in the athletics class. If you face such a case of an irreconcilable conflict in your academic schedule your senior year, you must secure the approval of the athletic director in order to participate in a sport.*

## **III. QUITTING A SPORT**

Any athlete that quits one sport cannot go to another sport until the season of the sport he/she quits is concluded. The only exception to the rule is if the two coaches involved mutually agree the change would be the best decision for the athlete. In this case, the approval of the athletic director is required.

### **Student Quitting Policy:**

- A. Quitting cannot and will not be an acceptable practice. Athletes are encouraged to always finish what they start. "If you commit you can't quit."
- B. Any athlete that has decided to quit must schedule a meeting with the athletic director, the head coach of the sport and the athlete's parents. A sport quitting agreement form will be signed by all parties involved.
- C. Any athlete that quits any sport, at any time, will not be allowed to compete in any other sports until that season is completed. Athletes will be granted a four day grace period (beginning with their first day of practice) before a formal commitment is made. At the conclusion of that four day grace period, the athlete is committed to that sport for the duration.
- D. Any athlete that quits any sport will be suspended from that sport the following season. After the one season suspension, the athlete will be allowed to rejoin athletics. They must complete one semester in the athletic period and demonstrate championship qualities, maintain quality in the classroom, and exhibit strong character (Per athletic director's approval) before being allowed back to the sport they quit.
- E. The athletic director has final decision on the consequences of an athlete quitting a sport. If the head coach agrees that it would be in the best interest of both the program and the athlete that the athlete quit his or her sport, there will be no penalty assessed.

## **IV. UNIVERSITY INTERSCHOLASTIC LEAGUE (UIL) RULES**

- A. Pecos-Barstow-Toyah ISD is a UIL sanctioned school district, so no one shall take part in any contest or UIL competition in violation of UIL rules.
- B. It shall be the duty of all persons concerned with the Athletics program to inform student athletes of UIL rules and to comply completely with them.
- C. No Pass / No Play
  1. Students must maintain a minimal 70 average in all subjects each six-weeks in order to be eligible for UIL activities. Certain advanced courses are exempt from this provision.
  2. Students who do not pass all subjects are ineligible to participate in games or contests. They are permitted to continue to practice with their teams. Ineligible students will have their grades rechecked in three weeks to determine whether they are passing all subjects and have regained eligibility. Students who regain eligibility at the end of a six-week period will have a seven-day waiting period before being

allowed to participate in a contest.

3. An ineligible student may regain eligibility: (1) at the end of a six-weeks period (seven-day waiting period required) if all subjects, except those identified as Advanced or Honors, are passed; and, (2) at the three-week check point (seven-day waiting period) if all subjects, except Advanced or Honors courses, are passed.

## **V. IN THE CLASSROOM**

### **A. ISS, DAEP PLACEMENT OR SUSPENSION FROM SCHOOL**

As an athlete, you must hold yourself to a higher standard of behavior in the classroom regardless of your personal feelings toward them, as an athlete you should treat all teachers and classmates with respect and self-restraint. Disruptive behavior or disrespect in the *classroom* will be regarded as a violation of your commitment to your *team* and will have consequences on the field, floor or pool. Misconduct at school which results in a student being assigned to home-based instruction setting (suspension) will result in the following additional athletic discipline actions:

- 1<sup>st</sup> Offense: suspension for one contest
- 2<sup>nd</sup> Offense: suspension for remainder of the season

**NOTE:** A student assigned to In-School Suspension (ISS), Alternative Education Program (AEP), or Home-Based Suspension cannot participate in any school activities while in those placements. This does include practices.

### **B. SCHOOL ATTENDANCE AND EXTRA-CURRICULAR PARTICIPATION**

- 1) School attendance is critical to success as a student-athlete. Except in unusual circumstances, a student who is absent from school ANY part of the day may not participate in a school sponsored activity scheduled that same day. Exceptions may be granted with proper medical or other documentation (funeral, etc.) at the discretion of the principal.
- 2) Students who miss the last school day of the week may not participate in events scheduled over the weekend unless an exception is granted as in #1 above.
- 3) Students who miss ANY part of the school day or are tardy the day after a competition will be suspended for the next game unless an exception is granted as in #1 above.
- 4) Students who are injured and receiving medical treatment may not participate until released by the physician. Written documentation is required.

## **VI. BEHAVIOR, GROOMING, AND APPEARANCE STANDARDS**

Appearance on campus and on athletic trips is of great importance, because as an athlete, you are a representative of your school and community. You are expected to maintain the following standards:

- A. Keep a neat and well-groomed appearance.
- B. Don't be profane in speech or manner.
- C. Hair and facial grooming will meet the standards of school board policies.
- D. All tattoos must be removed or covered at all times. (P-B-T ISD dress code)
- E. No Sagging! No one wants to see your underwear!
- F. Caps will be worn correctly.
- G. NO earrings allowed at anytime for boys. This includes at games as a spectator.
- H. The athletic director, in cooperation with the sponsor, coach, or other person in charge of the extracurricular activity, shall regulate and enforce these guidelines.

## **VII. TEAM TRAVEL**

On trips out of town, athletes directly represent their community, their school, their coaches, and their families. Therefore, all participants will dress in an acceptable manner when traveling and conduct themselves at all times in a manner in keeping with this code.

- A. You will remain with your squad and under supervision of your coach when attending out-of-

town contests.

B. You must travel to and from out-of-town athletic contests in transportation provided by the school.

\*You may travel home with parents or legal guardians with written permission from parents or guardians and with consent from your coach. **YOU MUST SECURE A PREAPPROVED WRITTEN PERMISSION FORM FROM SCHOOL IN ORDER TO LEAVE THE EVENT WITH SOMEONE OTHER THAN YOUR PARENT.**

C. In order to travel to a game/contest with your parents you must get PREAPPROVED from the athletic director and coach.

D. If you miss the bus, it will be at the discretion of the head coach or the coach in charge if the athlete is allowed to compete.

## **VIII. LETTERING CRITERIA FOR VARSITY STUDENT ATHLETES**

Baseball, Basketball, Cross Country, Football, Golf, Softball, Tennis, Track, Volleyball, Swimming

- The athlete will participate in at least 60% of the varsity games or competitions.
- The athlete will complete the season in good standing.
- Seniors, not meeting the standards listed above, can obtain a varsity letter with two years of participation and must complete each season in good standing.
- An athlete that has been injured during the season may receive a varsity letter if they remain part of the team and complete the season in good standing (this is at the discretion of the head coach).
- In good standing means not having been removed from team or faced serious discipline action.

Power Lifting

- Girls and Boys must place in at least two meets.

Student Trainer & Student Managers

- Student Trainers and student managers will letter after completing 2 years of athletic training.

## **IX. TRAINING RULES AND TEAM RULES**

***Athletics is a privilege, not a right.*** Behavior that compromises your fitness and ability to perform, or that embarrasses the school, athletics program, or community, will result in the loss of this privilege. Consequently, the athlete who violates rules of training and honorable behavior established within the program will invite disciplinary consequences and may forfeit the privilege of participation for a specified period, up to and including permanent dismissal from the program. Coaches can initiate removal of a participant in the Athletics program if the participant fails to meet the program's standards of behavior, and the athletic director reserves the authority to decide if or when the student becomes eligible to participate again. As a student athlete, you are expected to place yourself on the "Honor System" and report yourself when a mistake or infraction occurs. You shall accept your coach's judgment regarding the handling of any case.

### **A. CAUSES FOR DISCIPLINARY ACTION, OR SUSPENSION OR DISMISSAL FROM A SPORT OR FROM THE ATHLETICS PROGRAM:**

#### **1) USE OF RESTRICTED SUBSTANCES**

When you commit to being an athlete, you commit to maintaining a higher standard of fitness, both physical and mental. Thus, the use of substances that impair your ability to perform is forbidden. Alcohol, illicit drugs and paraphernalia are all restricted by school district policy, and they all in varying degrees have a damaging affect on your ability to perform as an athlete. Any use of those substances in violation of district policy and good

athletic training standards will not be tolerated. The severity of disciplinary consequences within the athletics program will be determined accordingly.

**2) DISCIPLINARY CONSEQUENCES PURSUANT TO VIOLATION OF THE RESTRICTED SUBSTANCES RULE:**

**Alcohol / Tobacco / Unauthorized Prescription Drugs / Drugs**

- 1<sup>st</sup> Offense: Athlete will be suspended for 10% of their contests. A physical regimen outlined by the coaching staff will also be completed before return to play.
- 2<sup>nd</sup> Offense: Athlete will be suspended for 30% of their contests. A physical regimen outlined by the coaching staff will also be completed before return to play.
- 3<sup>rd</sup> Offense: Athlete will be suspended for 50% of their contests. A physical regimen outlined by the coaching staff will also be completed before return to play.
- 4<sup>th</sup> Offense: Athlete will be removed from athletics for the remainder of their P-B-T ISD career.

\*Athletes are required to report their alcohol, tobacco, drug related offenses to the athletic director as soon as possible. Any offenses that are not reported will move up one level in consequences. Alcohol, tobacco, drug related offenses are cumulative for the athlete's entire career at PBT ISD.

**3) OTHER OFFENSES**

Any other types of behavior that violate training rules or behavior that bring discredit on Pecos Athletics, will be dealt with on an individual basis by the athlete's head coach and the Athletic Director. Such violations may incur disciplinary consequences determined by the coach or Athletic Director.

**A) TRUANCY FROM THE ATHLETICS PERIOD**

Skipping Athletics period will be treated as both a violation of normal school day attendance rules, as well as a violation of team training standards. The following consequences shall apply:

- 1<sup>st</sup> Offense: Office referral, plus a physical regimen outlined by the coaching staff will also be completed before return to play.
- 2<sup>nd</sup> Offense: Office referral, plus a physical regimen outlined by the coaching staff will also be completed before return to play.
- 3<sup>rd</sup> Offense: Suspension from Pecos Athletics program for one Athletic Year

**B) STEALING**

Stealing will not be tolerated. Any athlete caught stealing from another athlete or from the athletic department may result in being removed from athletics. Any theft of \$300 or more in value will be turned over to the P-B-T ISD School Officer.

**4) PARTICIPATION IN ATHLETICS DURING A PERIOD OF DISCIPLINARY SUSPENSION FROM CONTESTS**

The athlete who is in disciplinary suspension from contests will continue to attend practices and workouts as usual, until the required disciplinary action and the prescribed period of suspension from contests has been satisfied.

This provision does NOT apply to any athlete who has been completely suspended from participation in a sport or in the Athletics program.

**A) NOTE REGARDING OTHER BREACHES OF TRAINING STANDARDS AND OTHER DISCIPLINARY MEASURES**

The listing of infractions and disciplinary measures above shall not be construed to mean that the coaches and the Athletic Director may not at their discretion employ other disciplinary measures for breaches of training standards that have not been included in this list.

**X. ENFORCING AND FOLLOWING POLICIES**

All coaches will administer athletic policies evenhandedly. Each coach, with the assistance of the Athletic Director, is responsible for enforcement of these policies within his or her squad, team, or program during its particular season. When the athlete changes from one sport's season to the next, the new coach will take over policy enforcement.

Once an athlete has been instructed to conform to given standards, no other action should be necessary. **Athletes not wishing to comply with these guidelines are demonstrating that they no longer wish to participate in the athletics program and, therefore, are subject to dismissal.**

As an athlete, you are obligated to not only follow Athletics policies, but to also adhere to all the more general policies and rules that apply school wide to the entire student body. Understand that if you violate a school wide policy or rule, you may be disciplined not only under school policies, but may be subject also to discipline or dismissal from the athletics program.

**XI. ATHLETICS CUT POLICY**

Choosing members of athletic squads is the sole responsibility of the coach. Prior to trying out, the coach shall provide the following information to all candidates for the team:

- EXTENT OF TRY OUT PERIOD
- CRITERIA USED TO SELECT THE TEAM
- FINAL NUMBER OF TEAM MEMBERS
- PRACTICE COMMITMENT IF THEY MAKE THE TEAM
- GAME COMMITMENTS

**When a squad cut becomes a necessity**, the process will include three important elements:

- COMPETED IN A MINIMUM OF 5 PRACTICES
- BE PERSONALLY INFORMED OF THE CUT BY THE COACH
- EXPLANATION OF THE REASON

Coaches should discuss alternative possibilities for participation in that sport and/or other athletic possibilities in order to keep the student athlete engaged in athletic endeavors if that is in the best interest of the student athlete.

**XII. SUB-VARSITY ATHLETICS**

This program is organized to encourage maximum student participation. It is our philosophy to play all participants or team members during each contest. Coaches will determine playing time as the contest or game allows. Sports at this level will emphasize fundamentals and will be coordinated with the high school athletics program in terminology and discipline.

**XII. MISCELLANEOUS SUBJECTS**

**A. PRACTICE REGULATIONS**

- 1) Your coach must be contacted and consulted if you must miss a practice. If you are in school and become sick during the day, you must report to the office (unless it is during the athletics period), and then you must report to or call the field house or gym to inform your coach that you are leaving and will miss practice. Failure to inform your coach

could result in extra workouts or a one game suspension.

- 2) An unexcused absence from a scheduled practice will result in a decision by the head coach of that sport with possible:

**A. suspension for one contest following the first violation.**

**B. suspension for two contest following the second violation.**

**C. Removal from sport after third violation.**

- 3) You must obey the practice rules specifically established by your supervising coach.
- 4) Neither jobs nor detentions constitute reasons for missing a practice or a contest. Consult the coach if special arrangements, due to extenuating circumstances, must be made.
- 5) Practices or games that must be missed due to schedule conflicts with other school-related activities, such as Band, Academic UIL, FFA, Cheerleading, and so on, must be worked out ahead of time on a case-by-case basis between you and your coach. Because we are a small school, we understand that it is mutually beneficial for all programs to seek ways to equitably share our good students. While it may be necessary to make up practice in specific skills you miss in your sport due to a conflict with another school program, it is *not* the policy of the athletic department to permit disciplinary punishment for such conflicts. It *is* the philosophy of the athletic department that we will seek to accommodate within reasonable bounds other school-related activities in which our student-athletes participate, and we expect other activities to reciprocate.

#### **B. WALKING OFF THE FIELD OR COURT**

Never is it acceptable for an athlete during practice or a game to walk off or leave the field or court in frustration. It is considered giving up or quitting on the team. If an athlete walks off during a practice it will be at the discretion of the head coach whether to let them back on the team. If an athlete walks off during a game it is an automatic removal from that sport for the remainder of the season.

#### **C. SCHOOL EQUIPMENT**

- 1) You are financially responsible for all equipment checked out to you.  
Any athlete who has school equipment charged against them will not be given an award or receive his/her equipment for the next sport or the next year. Athletes who continue to owe for equipment will be referred to the principal's secretary and placed on school debt list.
  - 2) All equipment will be treated with care. It will not be abused. It will be stored and cared for in the manner prescribed by your coach.
  - 3) Theft or malicious destruction of any school or individual's equipment or property will not be tolerated.
- 1<sup>st</sup> Offense: Suspension for the remainder of the sports season and a referral of the student to the school administrator.
  - 2<sup>nd</sup> Offense: Suspension from the athletic program and a referral of the student to the school administrator.

***\*Students will be required to make restitution for property or damages.***

#### **D. LOCKER ROOM RULES**

- 1) Lockers should be kept in a neat and orderly state. Don't stuff your locker with extraneous items, or leave it in an unsightly condition.
- 2) Roughhousing, throwing objects, etc. will not be allowed in the shower or dressing room.
- 3) All showers must be turned off after use. If you are the last person using a shower, turn it off.
- 4) Soap and used tape must be put in its proper place, not on the shower or dressing room floor.
- 5) No first aid supplies will be taken from the training room without permission from the trainer.
- 6) No first aid will be prescribed by anyone other than the trainer and/or coach.
- 7) These rules apply when using opponent school's locker room.

#### **E. TEAM SPIRIT AND SPORTS PARTICIPATION**

- 1) Your personal goals and aspirations for recognitions, honors, and so forth are important. They'll drive you to work harder, but understand: for *you* to receive recognition, your

*team* must be successful. You may have all the talent of a superstar, but if you're not a team player, and your team suffers because of your selfishness, then who is going to be paying attention to your wondrous talent? Players on lousy teams don't get recognized for much. On the other hand, players on great teams get more recognition. So in order to gain recognition for yourself, you have to **take care of your team first!** Be a *team* player, help your *team* succeed, and personal recognition for you will follow.

- 2) Think of yourself as a *Pecos athlete*. Be willing to participate in *any* Pecos sport where you can make a positive contribution.
- 3) Pecos athletes should support other Pecos athletes in *every* sport, whether as a participant or a spectator.

#### **F. CONDUCT OF PARENTS, FANS, STUDENTS, AND OTHER COMMUNITY MEMBERS AT PECOS ATHLETIC CONTESTS**

- 1) Encourage spectators to always remember good sportsmanship when Pecos competes against other teams and schools. Consistently let our supporters know it's important to us that "***Pecos always presents a class act.***"

- 2) **Any spectator who is ejected from a contest by a P-B-T ISD Administrator, a Sport Official, or a Police Officer, MUST meet with the P-B-T ISD Administration before attending any other Pecos contest or event.**

Coaches, sponsors, or directors who are involved in a contest or event in which the ejection of a spectator occurs will be present at that meeting. Administrative concerns will be reviewed at this meeting. P-B-T ISD administrators shall reserve the option to restrict attendance at future Pecos contests or events.

#### **G. PARENTS BE PROMPT WHEN PICKING UP YOUR CHILD**

Please be available to pick up your child after practice, games, and out of town trips. Coaches are required to stay until the last child is picked up. If they have to wait for you, then that puts them home late for their own families. Your child's coach should be able to tell you what time to expect practice to be over, so that you can make arrangements. On all out of town trips your child will be asked to call you when we leave the interstate toward Pecos. This should give everyone enough time to be at the gym or field house. If a problem persists then your child can be removed from the athletic program.

#### **H. CLUB BALL PARTICIPATION**

Once an athlete commits to a team they are expected to be present 100%. It is not acceptable for an athlete to choose their club ball team over their school team. The athlete must make a decision before he commits to either.

- 1) Athletes may NOT miss a P-B-T ISD game for a "club ball" game or practice.
  - 1st Offense - 1 P-B-T ISD game suspension.
  - 2nd Offense - Removal from the P-B-T ISD team.
- 2) Athletes may not miss a P-B-T ISD athletic practice for a "club ball" game or practice.
  - 1st Offense - P-B-T ISD game suspension.
  - 2nd Offense - Removal from the P-B-T ISD team.

#### **I. SOCIAL MEDIA**

As an athlete the P-B-T ISD Athletic Department holds you to a higher standard because you are a role model for the youth of Pecos. Any action by you that is detrimental to that image will not be tolerated. Athletes can be suspended for what they put on any social media sites. (Facebook, Vine, Twitter, etc.)

- 1) Any athlete who talks negatively about his or her team or coach will be suspended from 1 game up to 10% of the season games. This will be determined by the Athletic Director. A repeat offense could result in removal from the team.
- 2) Any athlete whose picture is posted on social media drinking or using drugs (whether true or as a joke) will be subject to the P-B-T ISD athletic policy on alcohol and/or drug use.
- 3) If any Social Media posts/pictures are questionable the Athletic Director or coach will speak to the athlete and parents will be notified.

**J. Registering for Athletics**

As a Pecos Eagles we want to encourage you to compete in multiple sports and be a part of the program. If you are a multisport athlete you must sign up for athletics for all year. You cannot just sign up for only one semester. The only exception to that is if you're a senior and you're only competing in football, volleyball or cross country.

**K. Locker rooms are off limits to Parents**

Locker rooms are off limits to parents before and after a game and practice. If you feel you need to enter the locker room. You must clear it through the head coach ahead of time. This includes hanging posters, placing goodie bags or food in the locker room.

**L. Phone usage**

Coaches may restrict the use of cell phones and other devices on school sponsored trips or athletic events.

**M. Appeal Process**

Students have the right to appeal a disciplinary action that results in dismissal from a sport or athletics. The appeal must be conducted with the parents/guardians of the athlete before the appeals committee. The committee will consist of the Athletic Director, the Principal, and the Head Coach of the sport. If the appeal results in reinstatement to the team, guidelines will be established for the athlete's return.

I, \_\_\_\_\_ and my parent/guardian, \_\_\_\_\_,

have read the Pecos Barstow Toyah ISD Athletic rules and policies and will follow the rules and policies therein.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Athlete Signature

\_\_\_\_\_  
Date

# Pecos Barstow Toyah ISD

## Sports Quitting Form

After careful consideration and evaluating my decision for at least 24 hours, I have decided that it is in the best interest for me, my coaches, and my teammates to quit my participation in the sport of \_\_\_\_\_ . I understand that I cannot participate in practice or contest in any other sport until the sport from which I am quitting is over unless permission is granted by both mutual coaches and the Athletic Director. I also understand I will not be allowed to participate in the sport I quit the following year. I will be allowed to rejoin the sport I quit once I have completed one semester in the athletic period following suspended season and demonstrated championship qualities, maintains quality in the classroom, and exhibits strong character (coaches and athletic director's approval).

\_\_\_\_\_  
Athlete signature

\_\_\_\_\_  
Parent signature

\_\_\_\_\_  
Head Coach Signature

\_\_\_\_\_  
Athletic Director Signature

\_\_\_\_\_  
Date

# Pecos-Barstow-Toyah ISD

## Excessive Absences Removal from Sport Form

I, \_\_\_\_\_ and my parents have been informed that due to excessive absences I have been suspended from \_\_\_\_\_ . I understand my suspension will be for the remainder of this season plus the following season before I will be allowed to rejoin said sport. During my suspension I must demonstrate championship qualities, maintain quality in the classroom, and exhibit strong character before I will be allowed back into the sport which I was suspended.

\_\_\_\_\_  
Athlete signature

\_\_\_\_\_  
Parent signature

\_\_\_\_\_  
Head Coach Signature

\_\_\_\_\_  
Athletic Director Signature

\_\_\_\_\_  
Date