

Pecos-Barstow-Toyah Independent School District
Athletic Department
1201 S Park St
Pecos, TX 79772

PECOS ATHLETIC HANDBOOK



“If you haven’t won the respect of your opponents, you haven’t won anything!”

PREFACE

The purpose of this manual is to orient you in the operation of the Pecos Athletic Program.

At the bottom of the front cover is the key to our athletic mentality. It is a quote from "Bum" Phillips. Commit it to memory and think about the many ways in which you can win the respect of your opponents. Some of these are:

1. Play **hard**, exhibit clean competition at all times.
2. **Never** give up.
3. Accept the decision of officials **without complaint**.
4. **Know and observe** the rules of the game.
5. Play the game with **great enthusiasm**.
6. Be in **superior physical condition**.

PHILOSOPHY OF THE ATHLETIC PROGRAM

It is the goal of Pecos-Barstow-Toyah ISD to provide a well-rounded athletic program with opportunities for all students to participate in the sports of their choice.

Our goal is to provide an athletic program that will achieve the following objectives:

- The student-athlete will improve and maintain physical fitness (strength, endurance, agility, neuromuscular coordination, balance, and flexibility).
- The student-athlete will develop an appreciation for athletics and other related activities through participation.
- The student-athlete will develop desirable health knowledge and safety practices.
- The student-athlete will learn the importance of scholastic achievement as a prerequisite to athletic competition.
- The program will develop a value for hard work and the personal qualities of self-control, self-confidence, self-discipline, dedication, leadership, loyalty, good sportsmanship, and respect for themselves and others.

Acknowledgement of Rules

Every year, the UIL Acknowledgement of Rules Form must be signed by the athlete and his or her parent or guardian prior to participation. We will provide a copy of this form in a yearly packet that will be handed out to all athletes.

Alcohol or Illegal Drug Use

The Pecos Eagles and Lady Eagles do not use alcohol or illegal drugs of any kind. If you are caught using alcohol or illegal drugs, the discipline will range from probation to permanent removal from the Athletic Program.

While at School or at a School-Related Event:

Alcohol - As per the State Student Code of Conduct (i.e. Chapter 37), any student who, while on school property or at a school-related event on or off school property, has any dealings in any way with alcohol, will be placed in DAEP for an amount of time to be determined by the Principal (and that will be the suspension time from participating in the Athletic Program as well).

Drugs - If you are caught possessing, using, or dealing in drugs you will be dismissed from the team immediately for a minimum of **one full semester (90 days)**. The "semester" will begin after the offense on a date determined by the Athletic Director.

While in Public and NOT at School or a School-Related Event

Alcohol - 1st Offense: Any student-athlete who is issued a ticket and/or proven guilty for an alcohol incident will be suspended for a minimum of 7 days and may receive extra punishment. **2nd Offense:** The same as above except the student-athlete will be suspended from participating for a minimum for 30 days.

3rd Offense: The same as above except the student-athlete will be suspended from participating for 90 days.

Drugs - 1st Offense: Any student-athlete who fails a drug test or is issued a ticket and/or proven guilty of using drugs will be suspended for a minimum of 30 days and may receive extra punishment. **2nd Offense:** The same as above except the student-athlete will be suspended from participating for a minimum for 90 days.

3rd Offense: The same as above except the student-athlete will be suspended from participating for a calendar year.

Athletic Grading Policies

All student/athletes will be graded on the following criteria in athletics per grading period:

1. Attitude: From 1-15 points deducted for poor attitude.
2. Coachability: From 1-15 points deducted for not being Coachable.

Awards

You can be awarded one jacket in your high school career. To be eligible for a jacket, you must letter in a varsity sport. Each sport has its own criteria for lettering and it is up to the discretion of the Head Coach of the sport on who receives a letter for that sport.

Dressing Room Behavior

1. No running
2. No horseplay
3. Keep the equipment in your locker, never on the floor
4. You will be instructed in how to store your equipment in your locker
5. Be especially careful in and around the showers

Eligibility Requirements

1. You must pass all subjects.
2. In Junior High, you must pass the previous grade and be **promoted**.
3. In High School, you must have a certain number of credits:

Senior: **15** credits

Junior: **10** credits

Sophomore: **5** credits

Freshmen: **promoted** from 8th grade

Game Day

Conduct yourselves on game day in such a way that you will be emotionally and physically ready for the game. Avoid confusion. Eat properly. Use good judgment in all your behavior. Your Coaches will give you a written schedule for all procedures the afternoon and evening of the game.

The Coaches will give you an organizational plan. Stick by it and be alert at all times. Play the game the way you are taught: **Hard, Clean, & Sportsmanlike**.

Never fake an injury. Lying around on the ground or court when you are not seriously injured is not acceptable. Losing your temper will not be tolerated. Do not showboat: When you do something good, everyone will know.

Grooming

As athletes of Pecos-Barstow-Toyah ISD we will be well-groomed throughout the school year. The Athletic Department guidelines may be stricter than the Student Dress Code for grades 7-12 of Pecos-Barstow-Toyah ISD. The Student Dress Code is approved by the Board of Trustees each year and applies to all students attending Pecos-Barstow-Toyah ISD, **but being in Athletics is a choice and you may be held to a higher standard.**

***Earrings** – Boys will not wear earrings or body-piercings of any kind. This includes while at any athletic activity, as a participant or spectator, that involves Pecos-Barstow-Toyah ISD.

Injuries

If you are injured in practice, tell your Coach immediately. If you become aware of an injury after practice, see the trainer and tell your Coach. The trainer will either take care of your injury or send you to a physician. If a player is injured, they are still expected to suit out and participate in some form of rehabilitating activity depending on the nature of the injury. If you come to school sick or become sick during the school day and remain in school, you are still expected to suit out and participate as much as possible.

Insurance

The school has an insurance program for its athletes. The school's insurance is a secondary coverage to your own primary insurance. Student athletes are not prohibited from obtaining their own coverage.

Management of Felony Crimes

In the Pecos-Barstow-Toyah ISD Athletic Department, we will follow the guide of the Texas High School Coaches Association's Code of Ethics when dealing with felony crimes.

Article IX of the THSCA's Code of Ethics states:

It will be considered a breach of the Code of Ethics to willingly allow a student/athlete who is charged with and under indictment for a felony crime to participate in an athletic contest. This action should not be considered a presumption of guilt, but rather it affords the accused athlete the time and opportunity to clear his name. The student/athlete may be allowed to remain on his athletic team as a suspended member, but should not be allowed to represent his school or community in an athletic contest while under this suspension.

Management of Other Crimes and Suspicion of Crimes

The Athletic Director, with the approval of the administration, reserves the right to suspend any student athlete, who is suspected of committing any crime, depending on the circumstances. The Athletic Department's decision will not conflict with any state or federal laws, or the State Student Code of Conduct (i.e. Chapter 37).

Medical Forms

Every athlete must have the following UIL Medical Forms signed by his or her parent or guardian each year. Our Training Staff will provide these forms in a packet to each athlete. These forms are regularly updated by the UIL and can be found at the following link <http://www.uiltexas.org/athletics/forms>

- Concussion Acknowledgement Form
- Parent/Student Steroid Agreement Form
- Pre-participation Physical Evaluation
- Sudden Cardiac Awareness Form

Missing Practice

All athletes will be punished for missing practice for an unexcused reason. The Head Coach of each sport will deem what is "excused" and "unexcused", and the Head Coach will also decide the punishment to be handed down to the athlete. There is further detail on this subject under "Practice Attendance".

Non-School Participation

Athletes at Pecos Barstow-Toyah ISD are not encouraged to participate in any non-school sports while participating in UIL sanctioned sports. If the athlete chooses to participate in non-school sports, it should be cleared with the Head Coach of the sport that is in season at the time. The athlete will not be allowed to miss practice or game time because of the non-school participation. If the athlete chooses to miss practice or game time, it will be considered an "unexcused absence".

Physical Examination

Every incoming athlete in 7th, 9th, and 11th grade must have a physical examination as outlined in the UIL guidelines. We may require an athlete to obtain a physical every year to safeguard the athlete.

Practice

1. Practice with enthusiasm. You will play like you practice. If you do not practice hard, do not expect to play.
2. Get to practice on time and be there every day.
3. Do not ever sit down or walk in practice.

Practice Attendance

You are expected to be at every practice. If for any reason you must miss practice, call or see your group Coach or the Head Coach in advance. If you do not do this, your absence is unexcused. After a phone call, it is up to the Head Coach to determine if the absence will be excused or not. Any unexcused absence will result in punishment. The punishment could range from extra work to removal from the squad depending on the circumstances. The punishment will be at the Head Coach's discretion, with the approval of the Athletic Director.

Every athlete must be in the athletic period unless the Athletic Director has given his approval otherwise. Do not make appointments during practice time or during your athletic period. This includes off-season. If you need time to make up class work, it will not be done during your athletic period or practice time.

Rules for Classroom Behavior

If you are a winner in the classroom, you will very likely be a winner in athletics. Therefore, we intend to help your teachers see that you get a good education.

If you are doing well and behaving well in the classroom, your Coaches will know it and be very proud of you. If you misbehave or do poor work in the classroom, we will know that also. Expect to be disciplined until you get your act together.

Social Media Agreement

All Athletes of Pecos-Barstow-Toyah ISD will be required to sign a Social Media Agreement every year. This agreement will be handed out and discussed by the Head Coach of the sport they begin the school year with, and will remain in force for the entire school year for which it was signed.

Sport Changes

We want all athletes to participate in as many school-sponsored sports as possible. If an athlete quits a sport in season, he/she will not be able to participate in another sport until the entire season of the sport dropped is complete. There will be a two-week window at the beginning of each sport where this rule does not apply.

When one sport ends and another sport begins (Ex. - Football/Volleyball ends and Basketball begins), there is no "mandatory break" for the athlete as they move from one sport to the next. It is up to the incoming Head Coach if any break will be granted while in transition. It is unacceptable for an athlete to tell the incoming Head Coach, "I'm taking a break", before coming to the first scheduled practice. Punishment will be handed down, at the discretion of Head Coach, if an athlete chooses to "take a break", and miss practice without the approval of the Head Coach.

Stealing From Your Teammates

If you are caught stealing from your teammates or from the athletic department, you will be dismissed from the team immediately for a minimum of **one full semester (90 days)**. The "semester" will begin after the offense on a date determined by the Athletic Director.

Trips

1. All athletes will act like ladies and gentlemen at all times.
2. All athletes will be dressed in appropriate and neat attire. Each Head Coach will determine the attire of their athletes.
3. All athletes will ride to and from all functions with the team. Exceptions will only be made in special situations with the prearranged consent.

Your Coaches

The Head Coach is responsible for the entire team. Each of the other Coaches has a group that he or she is responsible for. You will know who your group Coach is, and you will go to him or her for many needs. Your group Coach is closely involved with you, but he/she is also involved with the total team, just as you are. We are organized in this way so that everyone can get as much Coaching and attention as humanly possible.

Your Equipment

1. Take pride in your equipment and facilities.
2. If you lose equipment, you will pay for it.
3. If you have equipment problems, see your group Coach immediately after practice and get it fixed. Do not wait until the next day.
4. All equipment that is issued may not be worn outside of the game or practice situation, unless the Head Coach has approved it.



What Your Coaches Expect From You

We expect you to do something worthwhile with your life.

We expect you to have big dreams. Anticipate having great practices, championship seasons, and a great life.

We Expect You To:

1. Graduate from Pecos High School.
2. Give your total effort to make the best of what you have.
3. Give unselfish love towards your teammates and to respect them.
4. Practice to the best of your ability.
5. Be totally honest in all your dealings.
6. Love and respect all members of your family and be a leader in building a strong family.
7. Be loyal to your school, teachers, coaches, teammates, families, and friends.
8. Be prompt.
9. Be courteous.
10. Be emotional, enthusiastic, and to always encourage.



What You Can Expect From Your Coaches

You Can Expect Us To:

1. To be loyal to you in all areas.
2. To be totally honest.
3. To provide the leadership and training necessary to achieve our goals.
4. To work you harder than you have ever worked before.
5. To assist you in any way possible now and after you graduate.
6. To treat you as a man/woman and to love and respect you.
7. To make all decisions predicated on what is best for the team, not the individual.
8. To do everything within our power to improve your environment and make this the best place in Texas to go to school and participate in Athletics.
9. To help you mature and grow as a man/woman.
10. To help you reach your goals.

PECOS ATHLETICS DISCIPLINE PROCEDURES

Our discipline policy is very simple: We are going to treat you as student-athletes in every way. You need to think that being in Athletics is like having a job. We expect you to show up every day, on time, and eager to work. If you break our rules, we are going to document your offense, and punish you. If you build a record of breaking many rules, then obviously you do not want to be a part of our program, and we will put you on probation. Once on probation, if you continue to break rules, you will be suspended from the program for an amount of time determined by the Athletic Director. If you are a continual discipline problem, you will be permanently removed from the Athletic Program. **Discipline will be administered to athletes for breaking rules, such as, but not limited to:**

1. Being late.
2. Not being properly dressed out.
3. Showing disrespect towards teachers, coaches, or teammates.
4. Failing to call before being absent.
5. Negative emails, office referrals, or ISS assignment.

An Athletic Department must have rules to be effective. These rules will apply to every athlete because each and every athlete will be treated exactly the same in similar situations. Coaches are an extension of your family. As an extension of your family, the Coaching Staff will expect and demand appropriate behavior from our athletes at all times. We will display class and respect, and the community will be proud to call us their own.