

2021-2022
HEMPHILL HORNETS
ATHLETIC HANDBOOK



“STINGERS UP”

Introduction

This Handbook defines the goals, structures, and policies for coaching and participating within the Athletic Program at Hemphill High School. The handbook provides guidelines for coaches and players to use during situations that will arise. However, it is not intended to be exhaustive or to provide specific direction for each circumstance. We rely on coaches and players to apply these guidelines with wisdom and discernment and to communicate with the Athletic Director if there are any questions or concerns.

“BUILDING CHARACTER ONE PLAY AT A TIME”

MISSION

Message to Parents and Student Athletes

This handbook is made available to you because your child/children has indicated a desire to participate in interscholastic athletics, and you have expressed your willingness to permit them to compete. We are pleased with your interest in the athletic program. We believe that a comprehensive program of student activities is vital to the educational development of our students. Participating in an athletic program is a privilege. As an athlete, you are held to higher standards in the classroom, on the field, and in the community. You are representing many people, including past athletes, your family, the community, the school, your coaches, and fellow athletes. Your involvement in athletics can be very rewarding. As an athlete, you have to carry yourself with tremendous pride. You must wear the uniform proudly. Your actions constantly reflect on others. You must realize that you are a role model for the younger members of the community. As an athlete, you have an opportunity to set a good example for those who follow you. As students elect to participate, there are many questions that both you and your child may have regarding the athletic program. The purpose of this handbook is to answer as many questions about the policies of the program as possible (i.e. keep students and parents as informed as possible in order to assist in making the athletic experience a positive one for our student athletes). We are hopeful that this handbook will be of assistance to you as your child participates in the athletic program.

Sincerely,

Tod Stark, Athletic Director

Fleashia Ford, Girls Athletic Coordinator

“STINGERS UP”

BUILDING CHARACTER ONE PLAY AT A TIME

MISSION STATEMENT

The Mission of the Hemphill Hornet Athletic Department is founded on our belief that interscholastic athletics provides educational value for our students athletes. Interscholastic athletics promotes character traits of high value which will lead to success later in life. These include the commitment to take one’s talents to the highest level of performance; embracing the discipline needed to reach high standards; learning to work with others in pursuit of a common goal; and adherence to codes of fair play, self-control and respect. Athletics will also play an important role in creating a sense of community in our school while creating a positive environment in which others wish to be a part of. . These objectives are best achieved through a broad-based program, which provides equal opportunity for all its student-athletes regardless of race, color, age, sex, disability, religion, ethnic or national origin, or sexual orientation and which is administered in accordance with the highest principles of interscholastic athletic competition.

HHS

“STINGERS UP”

The Hemphill Hornets Athletic Department Culture

Our Mission: Building Character One Play at a Time.

At Hemphill Hornet Athletics, we will strive to build character so our student-athletes will be successful on the field, in the classroom, and in everyday life. Our culture is built through our commitment to connectivity, ownership, grit, our process, and being a blessing to others.

Monday: Commitment to Ownership:

We take ownership of our actions, decisions, and outcomes. Ownership is a daily commitment to our actions in sports, the classroom, and the community.

“Two Pains - Pain of Discipline or the Pain of Regret”

Tuesday: Commitment to Grit:

We will act with courage, resolve, and strength. We will be mentally and physically stronger than our opponents. Grit is the whole ballgame. We have Grit and we will never quit.

“So What, Now What”

Wednesday: Commitment to Being a Blessing:

We play the game because we love each other. We are not looking for blessings to come into our lives, but we are looking to be a blessing in someone else’s life. No athlete is bigger than the department.

“Thank You, I Owe You”

Thursday: Commitment to Connectivity:

We will be intentional every day in connecting with our student-athletes, administration, teachers, and community. We are part of Hemphill ISD and our job is to add value to Hemphill ISD through our actions. We represent the Athletic Department, and the Athletic Department represents us.

“Keep planting grass, don’t pull weeds”

Friday: Commitment to Our Process:

Our process is simple; “Be Where Your Feet Are”. We must take control of what we can control. Be right here in the moment and do exactly what we need to do right now to finish the task.

“See a Little, See a Lot - See a Lot, See Nothing

“STINGERS UP”

HEMPHILL HORNETS’ CODE

The Hemphill Hornets are committed to excellence. This code defines who the Hemphill Hornets are and how a Hornet acts.

- **They accept responsibility.**

*The student athlete does not look for excuses, they always accept their role in the good and bad situations that will arise in sports and life.

- **They lead courageously**

*The student athletes are not afraid to make the right choice, they do not succumb to peer pressure but consistently make the right decision.

- **They enact justice on behalf of others**

*The student athlete demonstrates courage and empathy to stand up for their teammates and peers when no one else will.

- **They accept God’s greater rewards**

*The student athlete demonstrates the ability to see and accept the small but powerful gifts (lessons) found in life’s obstacles.

**ANY STUDENT WHO WISHES TO PLAY A SPORT AT
HEMPHILL ISD MUST BE IN ATHLETICS.**

“STINGERS UP”

RESPONSIBILITIES OF THE COACHES

1. To provide first and foremost the safety of the participating student-athletes
2. To encourage the student-athletes to give maximum effort in the classroom and to periodically monitor student grades to ensure academic success
3. To schedule games and to make travel arrangements
4. To carry out any needed discipline for infractions within the athletic program.
5. To complete eligibility forms and to adhere to all UIL rules
6. To teach the skills necessary for the student-athlete to successfully participate in sports
7. To teach sportsmanship and respect for officials
8. To set the proper example of sportsmanship
9. To take care of equipment and facilities

RESPONSIBILITIES OF THE STUDENT-ATHLETES

1. To represent the school and the community with character and good sportsmanship. Other communities, as well as our own, judge our school by the conduct and attitudes of our student-athletes, both on and off the field.
2. To be responsible to the other members of the team. Giving less than his/her best effort is letting their teammates down.
3. To be responsible to his/her family. The student-athlete should not do anything that will bring shame or dishonor to his/her parents.
4. To be responsible to the younger students in the school system by providing an example to follow. He/she should always remember that they are important role models to younger student-athletes.

PARENT SUPPORT

HHS Athletics encourages family members to share in our athlete's education by attending games and showing positive, constructive support. If a parent has a question, the athletic staff welcomes the opportunity to talk. Discussions on the field are often not conducive to the topic as they are usually incomplete and public. If the conversation involves an individual's performance, it certainly deserves both privacy and time. Please call the coach and arrange a convenient time to meet. It is the responsibility of the parent/spectator to:

1. Keep cheering positive and supportive.
2. Avoid actions, language and gestures which offend visiting teams, coaches, and individual players.
3. Show appreciation of good play by both teams.
4. Learn the rules of the game in order to be a better-informed spectator.
5. Treat all visiting teams in a manner in which you would expect you and your child to be treated.
6. Accept the judgment of coaches and officials. Remain Seated in spectator areas during competition.
7. Encourage other spectators to participate in the spirit of ethical and sporting behavior.
8. Support abstinence from the use, abuse, and resulting negative influence of drugs, including alcohol, and tobacco.
9. Recognize and help reinforce that this is interscholastic athletics and NOT professional sports. The goals of each are very different and should be remembered as such.
10. MOST IMPORTANT... As an adult, you are being relied upon as a positive role model on our sidelines. Your children as well as others are watching. We are all involved in the education process. Your support is greatly appreciated.

ATHLETE/PARENT/COACH COMMUNICATION PROCESS

PARENT/COACH RELATIONSHIP

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each role, we are better able to accept the actions of the other and provide greater benefit to athletes.

As parents, when your children become involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

COMMUNICATION YOU SHOULD EXPECT FROM YOUR CHILD'S COACH

- Philosophy of the coach
- Expectations the coach has for your child as well as all players on the squad.
- Locations and times of all practices and contests
- Team requirements, team rules, special equipment, off- season recommendations for improvement of skills.
- Procedure, should your child be injured during participation.

- Discipline, that results in the denial of your child's participation.

COMMUNICATION COACHES EXPECT FROM PARENTS

- Concerns expressed directly to the coach
- Notification of any schedule conflicts well in advance
- Specific concern in regard to a coach's philosophy

APPROPRIATE CONCERNS TO DISCUSS WITH COACHES

- The treatment of your child, mentally and physically
- Ways to help your child improve
- Concerns about your child's behavior

It is very difficult to accept your child not playing as much as you may hope. Coaches are professionals.

- They make judgments based on what they believe to be the best for all students involved. As you have seen from the list above, certain topics can and should be discussed with your child's coach. Other topics, such as those described in the next segment, must be left to the discretion of the coach.

ISSUES NOT APPROPRIATE TO DISCUSS WITH COACHES

- Playing Time
- Team Strategy
- Play Calling
- Other Student-Athletes

COMMITMENT TO THE TEAM

Athletes are expected to attend every practice and contest, unless excused by their coach. If an athlete is in school attendance, he/she is expected at practice. Excused absences are permitted for extra help (lateness only), family illness, and death in the family, family emergencies, medical reasons, and religious observances. **Timely communication between the coach, parent and/or athlete in this situation is essential. Notify the coach in writing if your child is going to miss a practice or game.**

PROCEDURE FOR AWAY EVENTS

All members of athletic teams must travel to and from athletic contests in transportation provided by Hemphill Independent School District. We do understand that there are rare occurrences in which an emergency comes up necessitating the need to take a child home. Such occurrences would be: School functions, religious obligations and medical emergencies. Every attempt should be made to schedule any medical or dental appointments on non-game days. In the event a student is unable to travel home with a team, a note from home is required. This note should be brought into the Athletic Office for approval prior to the scheduled contest. A copy will then be given to the coach. It is the coach's responsibility to ensure that athletes behave responsibly and in accordance with the school district's bus safety guidelines. Athletes should be reminded that as team members they are representing Hemphill ISD and their behavior and decorum will reflect on their team, coach and school.

Students are not permitted to drive their automobiles to away contests or offsite practices.

LOCKER ROOMS & POSSESSIONS

Student-athletes are issued a locker for their personal use located in the athletic locker rooms or team room facility. Each athlete will be assigned locks and only the student issued the locker receives the combination. These combinations are changed every year for security reasons. Students should NOT give their combination to anyone as this compromises the security of their belongings. These locker rooms are used by a number of students throughout the course of the afternoon as teams dismiss their athletes at various times. Therefore, it is essential that personal belongings be LOCKED in their locker while at practice or competition. If athletes leave their personal possessions and belongings in an unlocked locker or out on the bench in the locker room, THEY ARE INVITING THEFT! Note: Athletes are discouraged from bringing valuable personal items to school that need to be left in the locker room facility. Excess cash, expensive jewelry, cell phones and electronics should be locked in their assigned locker

STUDENT HEALTH AND SAFETY PRACTICES

ACCIDENT OR INJURY

It is the student-athlete's responsibility to immediately report any injury to the coach as well as the Athletic Trainer (Coach Elliott). An incident report will then be completed. If a student-athlete has been removed from a practice or a contest because of any injury requiring medical attention, the student-athlete may not return to practice or competition without a physician's release.

1. **Physical Examinations** — Physical exams are required the 7th, 9th, and 11th grade year or the first year enrolled at HISD (unless a physical form signed by a doctor is submitted to our department from the previous school) before a student-athlete may participate in any sport. Parents should advise the coach if a student-athlete possesses any physical disabilities and/or limitations.

2. **Emergency Release Form** – This form allows the coach to seek emergency medical treatment for an injured student-athlete should a parent not be available for consultation.

AGE REQUIREMENTS (UIL RULE)

1. **Junior High** - To participate in athletics at the junior high level, a student must not have turned 15 by September 1st.

2. **High School** - to participate in athletics at the high school level, a student must not have turned 19 by September 1st.

ELIGIBILITY REQUIREMENTS

A student is eligible to participate in a UIL varsity contest if the student:

1. Is less than 19 years old on September 1 preceding the contest.
2. Is not a high school graduate
3. Is a full-time day student in a participating high school.

4. Has been in regular attendance at the participant school since the sixth class day of the present school year or has been in regular attendance for 15 or more calendar days before the contest or competition
5. Is in compliance with state law regarding grades and credit requirements as well as rules of the Texas Education Agency and has signed an Acknowledgement of Rules form indicating this compliance.
6. Is enrolled in a four year, normal program of high school courses
7. Initially enrolled in the ninth grade not more than four years prior to participation nor was enrolled in the tenth grade no more than three years prior to participation
8. Was not recruited to play professional or collegiate sports
9. Did not represent a post-secondary institution in a contest or has not participated in a college training session or try-out to demonstrate his/her ability to colleges before completion or participation in his/her senior year in the sport or sports for which he/she is trying out for a scholarship
10. Meets the specific eligibility requirements for UIL athletic competition in Section 440 of the Constitution and Contest Rules
11. Lives with parent/legal guardian inside the school district attendance zone his/her first year of attendance or has been in attendance at the school for one calendar year
12. Has not enrolled in or audited a post-secondary athletic or physical education course
13. Has not moved for athletic purposes
14. Has not accepted money or any other valuable consideration for teaching or participating in any sport, has not competed with a paid player or been paid for allowing his/her name to be used for the promotion or any product, plan or service; has not accepted "expenses paid" college visits for recruiting purposes until his/her senior year and then within dates specified by UIL rules with a visit permit and without missing any school time
15. Was eligible according to the fifteen-day rule and the residence rule prior to district certification

SCHOLASTIC REQUIREMENTS (NO PASS/NO PLAY)

To be eligible to compete in extracurricular activities, a student must pass all subjects in which the student is enrolled. A failing grade (below 70) will eliminate a student from competition for a three week period. At the end of the three-week period, all grades will be checked, and if all grades are above a 70, then the student-athlete will regain eligibility. During a period in which the student-athlete is ineligible, he/she will be required to work out after school.

To be able to participate in the first six weeks of the school year, the following criteria must have been met:

1. At the beginning of the 7th grade year, he/she must have been promoted to the 7th grade.
2. At the beginning of the 8th grade year, he/she must have been promoted to the 8th grade.
3. At the beginning of the 9th grade year, he/she must have been promoted to the 9th grade.
4. At the beginning of the 10th grade year, he/she must have 5 credits toward graduation.
5. At the beginning of the 11th grade year, he/she must have 10 credits toward graduation.
6. At the beginning of the 12th grade year, he/she must have 15 credits toward graduation

OFF SEASON

All student-athletes must participate in an organized weight training and conditioning program during the athletic period throughout the school year to enhance and develop their athletic ability.

CONSEQUENCES

The head coach of a sport and the athletic director may determine the consequences for failure to follow the policy as outlined above. Consequences are to be equally enforced, and continued noncompliance can result in being suspended from athletics for a full year. Repeat offenses will result in a disciplinary action that is progressively stricter. Since circumstances surrounding each action may vary greatly, the coaching staff will make every effort to allow the punishment to fit the offense. Punishments extended in similar cases will help guide coaching decisions, but each case will stand independently, and comparisons to punishments extended to other student-athletes are not valid. Parents may schedule a conference with the coach of the sport to discuss punishment assigned to their student-athlete.

POLICIES FOR STUDENT ATHLETES

The basic principle of conduct under which HISD students will operate is to conduct themselves in such a manner that will bring credit to themselves, to their teammates, to their families, and to Hemphill ISD. Student-athletes should be mindful of these facts:

- **Athletics is a privilege, not a right.**
- Student-athletes should never engage in any activity that can be construed as inappropriate for a Hemphill ISD athletic team member.
- Hemphill Hornets will act in such a manner that will bring pride and honor to Hemphill Independent School District. This includes school trips, competitions, restaurants, classrooms, and any other time that they are representing Hemphill Independent School District
 - *While coaches and teachers will make every effort to promote their students to collegiate programs, participation in HISD athletics does not ensure athletic scholarships.
- The coaches, in the best interest of the team, determine playing time. Classification, practice participation, etc., are important but not the only determining factors.
- Communication is essential to the success of any team. The athletic department's policy is as follows: A. If students are going to miss practice, they must contact their head coach prior to that practice or game, and inform him/her why they will be absent. B. Failure to do so and/or repeat offenses may result in suspension or dismissal from the team. Note: School related absences will not result in a make-up session (ex. Student-athlete participates in Student Council activity – no make-up session)
- All clothes and equipment issued to a student-athlete are property of HISD. They must be returned or replaced if lost or damaged.
 - All athletic equipment lost will be replaced at the full value of the item. Replacement cost will be paid for any equipment not returned.
- Missing practice due to school discipline may result in reduced playing time or suspension from a contest as well as make-up drills, as this will be considered an unexcused absence.
 - The HISD dress code will be strictly enforced. (Student-athletes will not participate in games until they comply with the dress code.) This includes following dress code throughout the school day and while going to and leaving games, practices, etc.
- Stealing may result in dismissal from the team. The first offense will result in probation, and any other offense could result in dismissal from the team or program.
- It is the HISD athletic policy that all student-athletes should exemplify model behavior in the classroom and community. Failure to act accordingly will result in disciplinary action taken by the athletic department.

• The athletic staff will practice policies designed for the protection of all student-athletes. It is the belief of the district that HISD sports competitions and practices must take precedence over all other teams or leagues. Participation on non-school teams will be consistent with the UIL Constitution and Contest Rules Handbook.

• If student-athletes start one sport, they are obligated to complete that sport before starting another sport.

.It is the student-athlete's responsibility to follow the practices established by his/her coaches

QUITTING

Quitting a sport is highly discouraged. Once a student makes a commitment to a team, that student is expected to finish the season; however, if a student does quit after a season has started, then the student will not be allowed to participate in another sport until the season of the first sport has ended, unless mutually agreed on by the head coach of the respective sport and the Athletic/Director/ Coordinator. (This includes play-off games.) Once a student-athlete has played one game then they are considered a part of the team. If a student-athlete finds it necessary to drop a sport, the procedure for dropping a sport is the following:

1. Meet with the head coach of the particular sport and discuss the situation.
2. Meet with the athletic director and parents (if necessary).
3. Check in all equipment issued.

It is the decision of the head coach to allow a student who has quit one sport to join their team. There will be guidelines that must be followed.

1. One week suspension from the new sport.
2. Will not be allowed to play in scrimmages.
3. Flip tires (10 X 100-yard tire flips)
4. 5 days of (**GET RIGHT WORKOUT**)

THEFT

- A two-week suspension from team activity. The student/athlete is still required to be at practice each day.
- Flip tires (10 X 100-yard tire flips) or Plate pushes (45-35-25) (2 X 10-5-2.5)
- Apology to the team and coaches.
- Reimbursement
- Parents have the option of filing charges for the theft.
- The head coach has the option of dismissing a student/athlete from the team.

DISMISSAL FROM A TEAM

If a student/athlete is dismissed from a team it will be treated as if the student/athlete quit the team. It will be up to the discretion of the Athletic Director/Coordination if the student/athlete is removed from athletics.

DRUG TESTING

See Hemphill ISD drug testing policy.

NON-SCHOOL SPONSORED SPORTS AND/OR OTHER ACTIVITIES

School sport participation must take precedence over other non-school activities in which the student may be involved. If the student-athlete misses practice, a game, or just is not able to perform up to their potential due to their participation in non-school activities, the coach of the school sport in which that student is participating, with the concurrence of the athletic director, should decide the appropriate actions. A season extends from the first day of the activity until the last game is completed, unless the student is released from the sport by the head coach of the sport on the last day of the regular season

HAZING

Hazing is prohibited in HISD. Hazing is any act, occurring on or off the campus, by one person alone or acting with others, directed against a student, that endangers the mental or physical health or safety of a student for the purposes of pledging, initiation into, affiliation with, holding office in, or maintaining membership in an organization. Consent to the hazing activity does not absolve the student of responsibility for the misconduct. Any student involved in hazing will be disciplined at the discretion of the head coach and Athletic Director/Coordinator.

TRAINING RULES

1. Alcohol, tobacco, and drugs (including misuse of prescription drugs or over the counter drug/chemical: Any athlete who is found in possession of using, distributing, selling, or enabling others to use such drugs.

A. **First offense:** 50% of the season. If the offense comes after 50% of the season has been completed, the suspension may carry over into the athlete's next sport season. The suspension could also include part or the entire state playoffs. A percentage of the season will be determined by game dates, not number of games. Fractions will be rounded off to the nearest whole number.

B. **Second offense:** Suspension from athletics for a calendar year from the date of the offense.

C. **Third offense:** Permanent suspension from interscholastic athletics for the remainder of the athlete's high school career.

2. An athlete who brings undue disgrace to the school may be subject to discipline and/or suspension. Athletes, who are present at a party or event involving minors, where alcohol, tobacco, or drugs are present, will be considered to have violated this policy and will be subject to discipline and/or suspension. In addition, upon receipt of a juvenile petition from local authorities, students will be placed on discipline and/or suspension for violation of this policy.

3. Self-disclosure policy: If an athlete reports his or her violation of training rules to his or her coach or the athletic director/coordinator within 24 hours of the violation, the athlete will serve a suspension of only 25% of the season. This opportunity applies only to first offense violations. Penalties for second offense violations remain the same.

4. Student athletes are responsible for information contained in written or electronic transmissions (e.g., e-mail) and any information posted on a public domain (e.g., internet, Snapchat, Facebook, YouTube, Twitter, or Tic-toc). Inappropriate or embarrassing information or

pictures should not be posted in any public domain. Student-athletes are not precluded from participation in such online social network sites; however, student – athletes should be reminded that they serve as representatives of Hemphill High School. Any individual that is identified on a social networking site which depicts illegal or inappropriate behavior will be considered a violation of the athletic training rules and will be subject to athletic discipline and/or suspension.

5. Cleanliness and Appearance: As the appearance of athletes representing a school can bring credit or discredit to the school all Oakridge athletes are encouraged to maintain personal cleanliness and to take pride in personal grooming and wearing apparel.

6. Coaches reserve the right to discipline and/or suspend athletes for inappropriate actions or behaviors that the coach feels are necessary to maintain proper team order and unity.

7. Athletic training rules are in effect the entire calendar year.

8. An athlete cannot serve a suspension for a training rules violation in a new sport. The athlete can only serve the suspension in a sport they have been continuously (annually) competing in. For example, a fall sport athlete who violates a training rule in the winter months cannot go out for a spring sport to satisfy his or her suspension

SUSPENSIONS OF ATHLETES FROM SCHOOL THROUGH THE PRINCIPAL'S OFFICE

1. Athletes are not allowed to practice during their suspension.

2. If an athlete is suspended for the entire day of an athletic contest the athlete will not be allowed to participate in the contest.

3. If the suspension ends before the school day ends, the athlete will be allowed to participate in or attend the contest.

4. Any practice missed for skipping school will be an unexcused absence.

Individual Coach's Rules

Each head coach is encouraged to set team rules in addition to the rules in the Athletic Handbook. Rules and penalties for tardiness, curfew violations, inappropriate practice/game dress, and misconduct are examples of acceptable coach's guidelines. These rules should be given in writing to all athletes, parents, and the athletic director at the beginning of each season.

Coaches and Team Expectations

Show respect to all coaches. Do not talk or interrupt while a coach is talking. Follow all instructions.

1. Be a good communicator

- Communicate with your coaches...practices, problems, questions, concerns

2. Work hard

- 100% effort is expected every time we practice
- Tenacity: maintain a consistent work ethic
- Intensity: singleness of purpose/focus
- Technique: be a practice player first

3. Be teachable

- Be ready to learn and willing to change
- Watch, listen, learn, and adjust
- Be a student of the game

4. Put the team first

- Be an unselfish teammate
- Be eager to sacrifice personal interest/glory for the welfare of the team

5. Have a positive attitude

- Be an enthusiastic encourager
- Be aware of your body language
- Have thick skin

Acknowledgement of Athletic Handbook

I acknowledge I have been advised of my responsibility to read a copy of the HHS Athletic Handbook and have read the rules concerning the eligibility and conduct for Hemphill High School student-athletes. I understand the rules and realize that I am subject to disciplinary measures if I violate them. I do agree to participate and conduct myself in accordance with the rules of our athletic program and with other specific rules set by my coaches.

Player Signature: _____

Parent Signature: _____

Date: _____

“STINGERS UP”