

# **Olton ISD Athletic Handbook**

## **2025-2026**

### **PURPOSE OF THE ATHLETIC CODE OF CONDUCT**

The purpose of this document is to provide rules and regulations for Olton athletes/ parents to follow and be aware of. We understand that certain rules and regulations must be put in place for Olton ISD Athletics to be successful. When dealing with violations and discipline measures, the Athletic Director's discretion shall oversee all decisions. Olton ISD Head Coaches/Athletic Director shall always put their student athletes best interests ahead of all measures.

### **VALUE OF ATHLETICS**

Olton ISD and our student athletes shall understand the value of athletics and the many rewards and values that are created while being part of a team and a winning culture. These values acquired in athletics shall help our young men and women become better adults in their future. These values such as teamwork, sportsmanship, work ethic, and discipline shall always be respected and never taken for granted.

### **EXTRACURRICULAR ACTIVITIES**

Extracurricular activities also include, but are not limited to, public performances, contests, and club events. All athletic activity participants are subject to the provisions of this Athletic Policy. Student athletes and parents/guardians assume an understanding and responsibility that participation in athletics is a privilege and not a right. Therefore, rules and expectations for athletes of Olton ISD are more stringent than those of non-extracurricular school programs. In particular, infractions of the Olton Athletic Policy apply whether the infraction occurs during school hours or not. This includes weekends, holidays, and/or the summer months. The standards of the Olton Athletic Policy are independent of the Olton Student Code of Conduct. Violations of these standards of behavior that are also violations of the Student Code of Conduct may result in a student being disciplined under both standards.

### **GOALS OF THE ATHLETIC PROGRAM**

- Create and maintain expectations of academic excellence.
- Develop a commitment to the growth and maturation of character and integrity.
- Create an environment where students correct inappropriate behaviors in a timely and respectful manner.
- Help develop individuals that are positive role models for our younger students.
- Help lay the foundation that hard work, disciplined behavior, and high standards lead to success in all areas of life.
- Demonstrate loyalty to family, country, school, and team.

### **BEHAVIORAL EXPECTATIONS**

- Abide by all provisions of the Olton ISD Student Code of Conduct, as well as, the Olton Athletic Policy.
- Be on time to all practices, contests, or other scheduled events.
- Demonstrate courtesy and respect toward teachers and other students.
- Be responsible for all athletic equipment entrusted to his/her use and return it to the school in the best possible condition given reasonable wear and tear.

# **ATHLETIC EXPECTATIONS AT OLTON HIGH SCHOOL**

## **CONDUCT STATEMENT**

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

- Inappropriate language.
- Unwilling or lazy attitude, poor work ethic
- Disrespectful to any member of the coaching, teaching, or school staff member
- Disrespectful to a game official
- Display of uncontrolled temper
- Not responsive to a coach, teacher, or school staff member request
- Argumentative attitude
- Habitual disregard for rules
- Negative effect on team morale
- Unsportsmanlike behavior

## **GENERAL CONDUCT EXPECTATIONS**

The following conduct is expected of all participants. Failure to meet these expectations can result in disciplinary action by the coach:

- Students who participate in athletics will conduct themselves in a sportsmanlike manner at all times. This includes behavior toward visiting teams or hosting teams as well as the opponent's fans. Olton ISD athletes will be noted for clean, tough, competitive play.
- Students who participate in athletics will be held to a higher standard regarding grooming and game day attire.
- Athletes should arrive at practices, meetings, and events on time and prepared.
- Athletes who cannot be present for a practice, meeting, or event should call the coach as soon as they are aware that they will be absent. Missed practices, meetings, or workouts will be made up and disciplinary actions will be given for unexcused absences.
- Injured or ill students who are unable to participate, but are able to attend a practice, meeting, or event are required to dress appropriately and sit or stand with the rest of the group.
- Athletes are required to show respect at all times to coaches.
- Athletes are expected to travel to and from events with their teammates.
- Once a student has committed to a sport, they are expected to remain "all in" throughout the duration of the season.
- Athletes who violate any of the policies in place will be subject to disciplinary action.

## **CLASSROOM CONDUCT**

A good athlete is a good student. The primary purpose for being in school is to receive a quality education. Appropriating proper time and energy to studies is necessary to ensure top performance. An athlete should give respectful attention to classroom activities and show respect for students and faculty members at all times. Horseplay and unnecessary talking are not approved habits of behavior in the classroom. If these standards present a problem that the athlete is unable to correct, suspension from the team may result.

## **SCHOOL ATTENDANCE**

All Olton athletes must maintain a good attendance record. Truancy is never acceptable.

- Students must be present for half of the school day in order to compete in an athletic event.
- Students must be present for half of the school day in order to practice after school
  - Athletes not at practice will fall under the coach's attendance policy.
- Any student who falls out of the state compliance for school attendance will not be permitted to compete until the student regains compliance through Saturday school.

## **RESPECT FOR COACHES**

Coaches should be addressed respectfully. Athletes shall address adults with the correct honorific followed by their last name. At no point should players address a teacher or coach by their first name. Players in return will be treated with respect by their coaches. Whenever a coach is speaking with a player, either individually or as a group, the player will give them their undivided attention.

## **APPEARANCE AND GROOMING STANDARDS**

All members of Olton ISD Athletics are expected to maintain a manner of appearance that reflects a positive image upon Olton ISD and the community of Olton. All athletes will be required to follow the Olton ISD dress code published in the Olton ISD Code of Conduct. Coaches may establish additional rules of dress for travel in their respective sports.

## **SCHOOL ISSUED EQUIPMENT**

All athletes will be issued school equipment for all practices and games. They are required to wear this equipment during the course of their season. The athlete is responsible for any equipment that is issued to them. The athlete will be required to reimburse the Olton ISD athletic department for any equipment that is lost, stolen or damaged. The cost for each item will be based on the amount that will be required to replace it.

## **PRACTICE / GAME DRESS CODE**

Every member of the Olton ISD Athletic Program will wear their uniform in the same manner. Athletes will not be allowed to dress in a manner that would cause them to stand out from the rest of their team. Coaches may implement additional dress codes within their sport.

- Each practice, every athlete will dress out in their practice gear whether they are able to participate or not.
- Athletes will wear school colors at all times. No socks, undershirts, or any clothing should be worn that is not blue, white, grey, or black.
- Athletes must cover all tattoos during practices and competitions.
- No facial hair.
- Females must have their hair pulled back before the start of practices and competitions.
- No jewelry is allowed during practices or competitions.
- Male athletes are not permitted to wear earrings at any school-related/ school-sponsored event. This includes travel, practice, games, or any time they enter an athletic facility.

## **CELL PHONES / SOCIAL MEDIA**

To ensure privacy in the dressing areas/locker rooms, there will be no cell phone usage in those areas unless permission was given by a coach at that particular time.

Due to the accessibility and use of social media in today's society, the Olton ISD Athletic Department is implementing guidelines to help our athletes understand how social media can affect their opportunities in future endeavors.

- Social Media use should not violate the Olton ISD Student Code of Conduct
- Posts should not contain language or remarks that may harm teammates or coaches, other students or representatives of other schools, including comments that may be disrespectful to opposing teams.
- Posts should not contain profane, vulgar, obscene, racial/ethnic, or offensive language.
- Photos should not contain nudity, be vulgar, obscene or offensive in nature.
- Posts should not cast a negative image or negative perception of the athlete, team, or school.

Consequences: Ultimately, the consequences for Social Media violations will be determined by the coaches, athletic director, and school officials on a case-by-case basis.

## **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 keeping with this code.

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

- Athletes will remain with their team and under supervision of a coach at all times when attending away contests.

Students who participate in school-sponsored trips shall be required to use transportation provided by the school to and from the event. An exception may be made only if the student's parent/guardian makes a written request that the student be released to the parent/guardian or to another adult designated by the parent/guardian. The District shall not be liable for any injuries that occur to students using transportation that is not provided by the school.

## **PROHIBITED CONDUCT**

Conviction of a felony or adjudication of a felony degree offense will result in an immediate removal from athletics. The student may be reinstated to the program upon a review of behavior by the athletic director, and the coach of his/her sport at the end of one calendar year. The behaviors listed below are not all-inclusive; rather they serve as a framework for student-athletes, parents, and school officials. ***All disciplinary actions will be handled on a case by case basis and reviewed by the head coach and athletic director before action is taken.***

### **Examples of Possible Offenses:**

- Use of drugs, alcohol, tobacco/vapes
- Failing Drug Test
- Theft
- Hazing
- Excessive truancy from school or practice.
- Insubordination
- Fighting
- Technical or Unsportsmanlike conduct fouls during a contest
- Violation of locker room policies
- Repeated practice absences
- Dress Code violations
- Use of profanity

**Offenses not listed that may occur will be left to the discretion of the coach and/or the Athletic Director.**

Olton Athletics will follow UIL Constitution and Contest Rules when dealing with unsportsmanlike ejections from a contest. The athletic director and head coach of the sport will review each case individually to ensure fairness to the athlete.

## **DISCIPLINARY ACTIONS**

**ISS** – Students assigned ISS may not participate in athletic competitions before/during/after school until the ISS placement is completed. However, the athlete is required to attend athletic practices, either before or after the conclusion of the regular school day.

**DAEP** – Students assigned to Disciplinary Alternative Education Program (DAEP) may not participate in any competitions or practices on the day(s) assigned to DAEP.

**DRUGS, TOBACCO, AND ALCOHOL** – Use will not be tolerated.

- According to the OISD Drug Policy, Athletes caught using drugs, or testing positive will:
  - **1st Offense** – Suspended from all in season athletic events for 15 consecutive school days. In addition, athletes will be required to run a total of 25 miles (5 miles a day for 5 days) on top of the suspensions from competition.
  - **2nd Offense** – Suspended from all in season athletic events for 30 consecutive school days. In addition, athletes will be required to run a total of 50 miles (5 miles a day for 10 days) on top of the suspensions from competition.
  - **3rd Offense** – The student will be permanently removed from athletics.
- Any athlete caught using alcohol/tobacco or legally charged with an alcohol/tobacco related offense (DWI,DUI,MIP, MIC, etc.) will:
  - **1st Offense** - Serve a 7 consecutive calendar day suspension
  - **2nd Offense** - Serve a 14 consecutive calendar day suspension

**MAJOR OFFENSES** – Any offense deemed a MAJOR offense by the Athletic Director and/or head coach will be subject to the following:

- **1st Offense** – Suspended from all in season athletic events for 5 consecutive school days. In addition, athletes will be required to run a total of 5 miles (1 mile a day for 5 days) on top of the suspensions from competition.
- **2nd Offense** – Suspended from all in season athletic events for 10 consecutive school days. In addition, athletes will be required to run a total of 10 miles (2 miles a day for 5 days) on top of the suspensions from competition.

***\*During the suspension periods, attendance at practices will be mandatory.\****

**MINOR OFFENSES** – Any offense deemed a MINOR offense by the Athletic Director and/or head coach will be subject to the following:

- **1st/2nd Offenses** – Offenses will be handled by the coach of the sport in which the athlete is currently participating according to their sport specific handbook.
- **Further Offenses** – Third and subsequent minor violations will be upgraded to a major violation.

Coaches will review all facts and circumstances surrounding a particular violation and impose appropriate disciplinary actions. Coaches will strive for consistency handing out consequences for all violations and are expected to exercise sound professional judgment in determining the discipline to be applied in each situation.



## PROCEDURES

Determination of violations of the Olton Athletic Policy will be made by the coach and/or the athletic director. Upon the determination that a **major** violation has occurred, the following individuals will be contacted:

- The student and his/her parents or legal guardian.
- The appropriate school administrator.

All **major** violations and disciplinary actions taken will be documented and kept on file while the student remains in high school. All **minor** violations should be dealt with by the coach of the sport that the athlete is in when the violation occurs.

## QUITTING

The Olton Athletic Department has a philosophy that student-athletes should finish what they start. An athlete will have a two-week grace period at the beginning of each sport season to determine if he/she wants to compete in that particular sport. After 2 weeks, the consequences stated below will be in effect:

### 1. 1st Time Quitting a Sport:

- The athlete will not be allowed to participate in any practices or games in another sport until the sport that he/she quit has concluded.
- If the athlete chooses, he/she may be reinstated into the sport that they quit by completing a total of 25 miles in 5 days. A coach must witness the miles that are run. An exception to the time frame can be made due to extenuating circumstances. That determination will be made by the athletic director and any coaches involved.

### 2. 2nd Time Quitting a Sport:

- Permanent removal from athletics.

Coaches in conjunction with the athletic director, reserve the right to prohibit any athlete from joining a team sport if that athlete has routinely had a problem with conduct, attitude, or poor academic performance.

## COMMITMENT TO A SPORT

Our athletes will display a commitment to everything that they do. A few guidelines will be implemented to assure all athletes are maintaining high standards.

- Athletes must compete in a fall and spring sport.
  - Example: Boys must be in either Football or Cross Country / Girls must be in Volleyball or Cross Country in order to be in the athletic program
- Athletes who are in-season are not allowed to practice or participate in their next sport until the sport that began 1st concludes.

- Example: Football players cannot participate in after-school basketball practice until their duties on the football team are done for that season. Basketball players cannot attend after-school baseball/softball practices until their basketball season is complete.
- Exception: Girls basketball practices will be held during the period throughout the Volleyball season. This is very common across the state during volleyball season.
- Athletes who are participating in a sport **must COMPETE** in that sport in competition above just attending practices.
  - Example: Cross Country, Golf, Powerlifting, and Tennis athletes must COMPETE in a minimum of 3 events including the district meet.
  - Exception: In the event there are not enough roster spots available, an athlete may not have the option to compete. Every effort possible must be made by coaches and athletes to get kids to compete.
  - Consequences: Students who do not fully participate in the sport that they are signed up for are subject to disciplinary action before they can participate in another sport.

## ENROLLMENT IN THE ATHLETIC PERIOD

- Students participating in team sports (cross country, volleyball, football, basketball, baseball, softball, track and field) must be enrolled in the athletic period for the entire year, unless doing so would prevent meeting academic requirements for graduation.
- Students participating only in individual sports (powerlifting, golf, tennis) are not required to be enrolled in the athletic period in order to participate – since these sports are all practiced after regular school hours.
- Athletes must compete in a fall and winter/spring sport in order to be in the athletic program.
  - Example: Boys must be in either Football or Cross Country / Girls must be in Volleyball or Cross Country along with a winter/spring sport.

The athletic period is a class. It is a part of the school day and will be treated as such. It will not be a “free” period and students are expected to make every possible attempt to attend each day. Do not make a habit of scheduling appointments during the period. Excessive absence problems, excused or unexcused, will be dealt with as **major** offenses.

## MULTIPLE SPORT CONFLICTS

Participating in multiple sports is encouraged and necessary for the athletic program to be successful. However, there will be times when those sports conflict. The following guidelines will be used in determining which sport the student will attend when a conflict exists:

- District competition will take precedence over non-district competition.
- Playoff level competition will take precedence over district competition.
- Team sports will take precedence over individual sports.



- When two or more sports conflict and there is no higher level of competition involved, the student will be allowed to choose which sport he/she will participate in on that date.
- Students should not miss a school related event or practice for a travel ball event or practice.

**We ask a lot of our student-athletes. Coaches must take every possible precaution to be certain that no actual or perceived pressure is placed upon our multiple sport athletes to attend one sport over another.**

## **LETTERING**

An athletic award requires serious sacrifices on the part of the student athlete. In order to receive an athletic award, each athlete must participate and complete the season on the varsity team, while meeting the following requirements for each sport:

- Cross Country - 4 or more meets
- Volleyball - 12 or more games
- Football - 5 or more games
- Basketball - 12 or more games
- Baseball / Softball - 12 or more games
- Tennis - 50% of matches
- Golf - 3 or more tournaments
- Powerlifting - 2 or more meets
- Cheerleading - Varsity level
- Student trainer - 1 full year

## **INJURY**

Injuries are inevitable when participating in athletics. Injuries during the school year should be reported to a coach as soon as possible. All athletes are required to attend all practices, dress out, and wear the proper equipment while injured.

- Unless the injury is an extreme circumstance, athletes need to contact the head coach AND trainer before visiting a doctor.
- All students are expected to adhere to treatment recommendations when recovering from an injury.
- Athletes will not be allowed to participate in a practice and/or game without approval of the coach and/or trainer.
- Any athlete under a doctor's care will need a written release from the physician before being allowed to return to practice and/or play.
- Athletes that are diagnosed with a concussion must be released by the physician that diagnosed them before starting the return to play protocol.

## SCHOOL INSURANCE

All students practicing for, and competing in any athletic activity under the regulation and jurisdiction of the district are covered under the insurance plan. This coverage is not full coverage. **It is a secondary policy only.** It pays for extra expenses which are not taken care of by the athlete's family insurance.

1. If your child is injured, you must contact the head coach of that sport or Athletic Director.
2. You must first file on your personal family insurance.
3. The school insurance will pay on what your personal insurance policy does not.
4. Parents are responsible for filling out forms and returning them to the Athletic Director.

## PARENT COMMUNICATION

It is a priority for coaches to maintain an open and positive line of communication with parents and/or guardians of student athletes in our athletic program. Communication is a two way process and parents and/or guardians are expected to communicate any questions or concerns that they may have to the appropriate coach.

Coaches are employed to make decisions concerning strategies, procedures, playing time, evaluation of student performance, and to determine what is best for the team. Playing time will not be discussed with parents/ guardians. Playing time is based on competition and every student will benefit from being in the Olton Athletic Program, regardless of how much playing time he/she receives. **Every team member will have a role of equal importance, but every team member will NOT receive equal playing time.**

Parent/ Guardian Expectations:

1. Be positive and supportive of your son/ daughter and their teammates.
2. Be positive and supportive of the coaching staff and the entire athletic program.
3. Be a positive example of sportsmanship and integrity to your son/daughter.
4. Notify the coach of an injury, illness, or absence in a timely manner.
5. DO NOT confront a coach before, during, or after a practice or game. Meetings of this nature usually do not promote positive resolutions and can result in suspension from school-related activities.
6. Follow the chain of command when dealing with issues, as follows:
  - STEP 1: Athlete meets with the coach BEFORE you set up a meeting.
  - STEP 2: Parent meeting with position coach/ team coach.
  - STEP 3: Parent meeting with the head coach of that sport.
  - STEP 4: Parent meeting with the Head Coach and Athletic Director
  - STEP 5: If no solution, a meeting with the superintendent can be scheduled.