

**WESTWOOD
ATHLETIC DEPARTMENT**

**Information for
Parents and Athletes**



ATHLETIC PROGRAM

GOAL: To develop our athletes to be productive individuals through commitment, dedication, discipline, and adversity. We stress the importance of commitment to themselves, an education, and the athletic program. We ask them to dedicate their time and efforts to become the best student/athlete they can be. We want our athletes to be disciplined not only in athletics, but in the school environment as well. We work with the athletes to overcome adversity by building on the positives and learning from the negatives.

ATHLETE ACCOUNTABILITY Any athlete serving an DAEP placement will be on probation for a six week period following his return to the school, and must be passing all classes and be in good standing with the office before return to the program.

PROGRAM RULES: We require our athletes to follow all school rules and rule governing U.I.L athletics. All athletes entering the program must be passing all classes at the time of entry, and be in good standing with the front office. The use of obscenities or actions not becoming of an athlete will not be tolerated. In addition, for workouts both in-season and athletic conditioning period, we have two simple rules:

1. Be on time.
2. Come ready to work.

DISCIPLINING ATHLETES: We expect all athletes to follow team rules and regulations set by the coach. All athletes will be handled as individuals, but the consequences will remain the same. No athlete comes before the team; no one athlete makes a team. In disciplining athletes for team violations, we use the "three strikes your out" policy. On the first offence, the athlete will be disciplined and phone call to the parent. On the second offence, the discipline will double, with a parent conference to follow. On the third offence the athlete will be removed.

GRADE MONITORING: We have a successful system of coaching mentorship. Coaches are assigned to players in monitoring their classroom work. Coaches are required to check with players and teachers periodically during the grading periods. Grade checks are done every three weeks on all athletes. In the event an athlete receives a failing notice, mandatory tutorial is required. It is the responsibility of the coach to have the athlete in tutorial. Coaches will not lobby or ask a teacher to pass an athlete. It is the responsibility of the athlete to make the grade. Athletes that fail to pass two *consecutive* six week grading periods will be put on probation during the third six week period. Failure to pass the third six

week grading period will result in removal from athletic program until passing at the end of a six week period.

FACILITIES: Coaches are assigned to locker rooms to monitor before and after workout activities. It is the responsibility of the coaches to make sure the athletes take care of their locker room area. All coaches will be in the locker rooms before and after workouts to interact with the athletes. Coaches will not leave the facilities before the athletes, unless an emergency should occur.

SCHOOL FACULTY: Classroom teachers are important in the progress made in our athletes and programs. No coach will ask or pressure a classroom teacher to change or alter an academic grade. It is the student/athlete responsibility to make the academic grade. Coaches will help in the attitude and effort that is given by the athlete in the classroom. Coaches will be available for conferences concerning an athlete's progress in the classroom.

COMMUNITY INVOLVMENT: It is important that coaches become involved in the community to provide leadership to its youth. Coaches may hold events that will bring the community and athletes together. All coaches will have athletic events posted in the media to inform the community of their program. Reports or summaries of games will be posted in a positive manner listing as many athletes participating as possible. No coach will use excuses for loses or poor play in the media.

SHARING ATHLETES: Coaches will encourage athletes to compete in all U.I.L. school sponsored activities. Coaches will share athletes to create a total athletic program. It is the ability of skilled athletes that take programs to the next level. Strong programs have athletes competing in all sports.

JUNIOR HIGH PROGRAMS: Junior High athletes are the lifelines to a solid and successful high school program. Therefore we encourage our Junior High athletes to compete in all three sports. The goal of our Junior High program is to teach the fundamentals of the sport in season. We have an "all play" concept wherein the coach will attempt to allow each athlete to get playing time in every contest. We divide our athletes into "A" and "B" squads. The "A" teams is geared for the advanced or skilled athlete that is ready to compete at a higher level. The "B" teams are geared for athletes that are new to the sport or not yet physically developed to compete at a higher level. Junior High athletics is designed for the athletes to develop skills that will allow them to compete at the High School level. It is important that Junior High students enjoy athletics, as well as, developing good work habits.

WEIGHT PROGRAM: The most important ingredient in building a solid program is the weight room. Our athletic program lifts year round. We are dedicated to the weight room both in season and off season. Our lifts are designed to build on the major muscle areas. We work the hip and leg areas to develop explosion type muscle. The shoulder, chest, and back are worked to develop bulk strength. Our program is designed to positively challenge the athlete both physically and mentally in every workout. Commitment, hard work, and dedication can be achieved in the weight room. An athlete can see, feel and believe the results of his/her work daily. This builds on the self-esteem and confidence of every athlete working to better them self.

IN SEASON SPORTS: We have a practice that all coaches and athletes will support and promote the sport in season. Each team deserves the respect and support from the entire athletic program. Our program is built on the unity the athletes have developed between themselves. This unity comes through hard work and commitment to each other. We do not allow an athlete competing in one sport to start working out for another sport until the season is over. All in season sports will practice before or after the school hours, *if facilities allow*, with the athletes going thru the athletic conditioning period during school athletic period. *All athletes will be release from the athletic conditioning period on game days to their respective coaches.* Gym availability in volleyball and basketball seasons will have the flexibility to adjust their workouts/offseason accordingly to meet the needs of all the athletes.

With prior approval of the Athletic Director, each sport may have a set of specific rules/guidelines for athletes and/or coaches that complement and extend the general rules of the Athletic Department.

ATHLETIC CONDITIONING PERIOD: The athletic conditioning period is designed to develop and an athlete, both physically and mentally. Weight room workouts, agilities, plyometric, and stretching are daily routines to develop an athlete. Coaches expect athletes to push themselves to the next level. Athletic conditioning period is a disciplined environment that develops the character of our team. Athletes will work out every day during the period, *except for game days in which the athletes will be release to their respective coaches.*

FUNDRAISING: The Westwood Athletic Department will conduct two major fundraisers for the year. One fundraiser will be at the start of the school year and the second fundraiser will be at the mid-term, after the Christmas break. T-Shirts bought for teams or playoff games will not be used for fundraisers. Shirts can be bought but orders must be made and coaches will not solicit the community for advertisement for shirts.

WESTWOOD ATHLETICS QUITTING POLICY

Any athlete who starts a sport and quits or is removed for disciplinary reasons after the first contest will be ineligible to compete in an after-school sport for one seasonal year. The athlete will be able to re-enter when the sport they quit the previous year begins. The athlete can only re-enter if they are in good standing in the school and are passing all of their classes. The athlete must go thru the off season before the season begins.

This policy will take effect in the Eighth grade season. Athletics starting in the Seventh grade can use this year to determine whether they want to compete in a particular sport or not.

A **Re-entry Program** will allow an athlete to re-enter athletics early if they meet the following criteria:

1. The athlete must complete fifteen scheduled running days at 7:00 a.m. with a designated coach.
2. The athlete must be in good standing in the school, and passing all classes assigned.
3. The athlete may be required to seek some form of tutoring to become eligible
4. Any unexcused absences in the re-entry program can cause dismissal.
5. An athlete that completes the re-entry program will be on probation until their seasonal year is over. Any reoccurring problems can result in dismissal from the team.
6. Each re-entry program may be unique to the best interest of the student athlete and the athletic program.

The quitting policy was amended to require all athletes to fulfill their obligation to the team when they started the season. The Re-Entry Program is designed for the athlete that has made a mistake and is willing to pay the price to rejoin the team.

I have read the above policy and fully understand its contents:

Signature of Parent or Guardian

Signature of Athlete

If you have any questions concerning this policy, please call Kevin Hayes at 1-903-723-9311.

WESTWOOD ATHLETICS RE-ENTRY REQUIREMENTS

You, _____, have been given the opportunity to gain re-entry into the Westwood Athletic Program. This privilege comes with certain physical requirements of which you and your parents need to be aware. The Mental Attitude to complete the physical phase will be "Your Determination" to re-enter our program. The coaching staff will be evaluating the Mental Attitude Phase. The re-entry program will apply to all who have withdrawn or have been dismissed from the athletic program. The re-entry program will be held before school at 7:00 a.m., sharp, Monday through Friday for three weeks or fifteen workouts. The only exceptions are:

1. **Personal illness from school with parental note.**
2. **School related activity**

If a student misses without notifying a coach, the student will be given one opportunity to start the program **over**. If the student fails to notify a coach the second time, the re-entry will be denied.

Boys Re-Entry Program

1. **400 Jump Ropes-100 per session-2 minute rest between**
2. **5 sets of 15 stands-2 minute rest between**
3. **5 Field Yo-Yo's: Goal post/midfield/goal post/start**
4. **600 yards of sled pulls with 25 lbs.**

Girls Re-Entry Program

1. **400 Jump Ropes-100 per session**
2. **5 sets of 10 stands- 2 minute rest between**
3. **5 Field Yo-Yo's: Goal post/ midfield/ goal post/start**
4. **1600 meter run**

If the athlete does not reach the requirements, credit for re-entry will not be granted. Bad weather days will be indoors with an alternate plan.

In advance, I would like to welcome you back into the Athletic Program. In signing, you and your parents/guardian have acknowledged the requirements of the re-entry program and understand them fully. If you have any questions concerning the re-entry program please call Coach Hayes at 903-723-9311.

Parent's Signature

Student's Signature

Extracurricular Activities Statement

I understand that my participation in extracurricular activities at Westwood Independent School District is not a requirement of graduation.

I voluntarily consent to participate and agree to comply with applicable Interscholastic League regulations, local policies and procedures, and other rules, as may be amended, governing the specific activities in which I participate.

I further consent and submit to random testing for drugs, alcohol, or controlled substances that violate law or regulations.

I understand that if any of the following occur, I am subject to being suspended or barred from further participation in extracurricular activities for 1 calendar year:

Arrest or charge on any offense involving drugs, alcohol or controlled substances or any criminal offense;

Acknowledgement Page

We acknowledge that we have received a copy of the Westwood Athletic Handbook for the 2014-2015 school year (and thereafter until modified by the Board of Trustees) and understand that students will be held accountable for their behavior and will be subject to the disciplinary consequences and requirements outlined in the Athletic Handbook.

Signature of Student

Date

I have read the foregoing requirements and agree to my student's participation in extracurricular activities under these requirements. I consent to my student's submission to random testing for drugs, alcohol or controlled substances that violate law or regulations.

Signature of Parent or Guardian

Date

Printed signature

Please complete and sign this page: then remove it, and return to the Athletic Director. A copy of this Athletic Handbook can be found on the WISD website: www.westwoodisd.net

