

SUNRAY



Athletic Handbook

2023 -2024

Sunray Athletics

The Board of Education establishes policy for the athletic programs of Sunday ISD. The following policies shall provide guidelines for the overall administration of the athletic program. In cases where action must be taken, and the School Board has not provided guidelines for administrative action, the Superintendent shall have the power to act, and the action of the Superintendent shall be presented to the School Board at its regular meeting to alert the Board of the need for policy.

- The School Board accepts the University Interscholastic League UIL rules and delegates to the Athletic Director and appropriate building Principal responsibility in all matters pertaining to interscholastic athletics.
- The Athletic Director oversees the day-to-day operation of the athletic program and reports to the appropriate building Principal on all matters relating to the Athletic Program
- Varsity Head Coaches are to maintain the program fidelity for the sport that they are coaching and report directly to the Athletic Director
- JV Coaches, Jr. High Coaches, and Assistant Coaches should plan their programs in collaboration with the Head Varsity Coach for the sport in which they are coaching
- All correspondence relating to athletics should be brought to the attention of the Team Coach, followed by the Varsity Coaches, followed by the Athletic Director, proceeding with the chain of command.

Chain of Command

- 1 Team Coach
- 2 Head Coach
- 3 Athletic Director
- 4 Building Principal
- 5 Superintendent
- 6 School Board

PARTICIPATION RULES

Parent Permission

No student shall be eligible to practice or play until the Athletic Director (AD) has on file a signed copy of a *Physical*, an *Anabolic Steroid Use and Random Testing Form*, a *Concussion Acknowledgement Form*, a *Sudden Cardiac Arrest Awareness Form*, an *Acknowledgement of Rules Form*, and a *Student Drug Testing Consent Form* (all forms available upon request).

Physical Fitness

The athlete must pass a physical before being allowed to participate in practice of any sport. Athletes take these physicals in grades 7, 9, and 11. Athletes who are injured to the point of requiring medical attention must get a release from a medical professional before returning to practice. If an athlete obtains an injury that requires said medical attention, he or she will need another physical the following year.

Participant Insurance

Participants must be covered by accident/injury insurance prior to participation. They may carry school-offered insurance or provide the school with documentation that they are covered by a private insurance carrier. A document signed by the student and parent verifying insurance coverage must remain on file in the athletic administrative office; this form is in your physical packet.

Dress Code

The Sunray school dress code will be followed for all activities, while traveling to and from a competition/event, and also while at an overnight competition. Exemptions from the school dress code are workout/practice gear and or game/event uniforms.

- No Jewelry will be worn during athletic practices or competitions.
- No facial hair will be allowed during athletic practices or competitions

Athletic period

All athletes participating in **football**, **basketball**, or **track** will be required to attend the athletic period (during the school day).

**Athletes not participating in football, basketball, or track are not required to attend the athletic period.*

Illegal Drugs, Tobacco, and Alcohol

The primary rules and consequences are covered in the Extracurricular Code of Conduct, but the program coaches will punish the athletes additionally, and as follows:

- 1st Offense:
 - 10 Roller Derbies or 5 Green Miles (must be completed before return-to-play)
- 2nd Offense:
 - Football, Track, Golf, Tennis: 1 Game/Meet Mandatory Suspension
 - Basketball, Baseball, Softball: 2 Game/Meet Mandatory Suspension
 - 20 Roller Derbies or 10 Green Miles (Must be completed before return-to-play)
- 3rd Offense:
 - Removal from Athletics

Mandatory Drug and Alcohol Testing Policy

Any student who participates in interscholastic extracurricular activities must submit to randomized Drug and Alcohol testing during the academic school year (form and signature required).

The consequences for testing positive are covered above and in the District Testing Packet.

Eligibility

All students must maintain an average of 70 or above in every class (Grades will be reported at the end of each six weeks). At that time, if a student's average in any class is below 70, he or she will be placed on a three-week ineligibility list and suspended from all games/events for the duration of the three-week period.

At the end of the three-week period, grades will again be checked to determine whether or not the athlete has improved the average. If, at that time, ALL GRADES ARE ABOVE 69 (no grade lower than a 70) he or she will regain eligibility. If, however, the student still has at least one grade lower than a 70, he or she will remain ineligible for another three-week period, after which, grades will be checked again.

**Dual-credit courses—for which a college professor is responsible for grade-reporting—will be considered on an individual basis.*

Discipline

Students have the legal right to attend school, but the same right does not extend to participation in extracurricular activities, especially in consideration of the following:

1. Truancy
 2. Theft
 3. Vandalism
 4. Disrespect
 5. Violations of the law
 6. Vulgar or profane language
- Coaches and program leaders will primarily refer to the student code of conduct when administering discipline
 - Coaches and program leaders may choose to enforce additional consequences (discipline administered by program) above and beyond those delineated in the student code (discipline administered by a building principal)
 - Coaches and program leaders may revoke the privilege of participation at any time for a range of disciplinary reasons, including, but not limited to:
 - flagrant misconduct
 - poor sportsmanship
 - excessive absenteeism
 - failure to meet scholastic standards.

Policy on quitting a sport

The summer session and the first week of all seasons will be seen as a grace period, but any athlete who quits after the first week of a sporting season will not be allowed to participate in any other sport until that season—the one he or she quit—is over, and until he or she has run a penalty of 15 miles.

Ex: if a player quits basketball, he or she will not be allowed to join baseball until the basketball team is no longer playing and his or her 15 miles of running has been completed.

OSS/ISS

If a student has been placed in OSS or ISS, or DAEP, that student will not be allowed to participate in any activity while suspended. This refers to games/events or practice. The day that the student gains back regular class privileges he or she also gains back regular activity privileges.

Ex: A student is put in ISS on Tuesday and will remain there until Friday. The student will not be able to participate in any activity—practice, game, or event—until the end of the day on the final day of punishment.

Injuries

The coach is responsible for the welfare and safety of his/her players. If an injury or accident occurs, the coach shall take immediate steps to care for the injured player. If an injury is serious, the coach shall attempt to contact a parent. If a parent is not available, the coach should call a doctor and/or ambulance. Each coach will have an emergency release form from each parent on file for each player. Emergency Release Forms will be part of the equipment taken to away games. All serious injuries must be reported to the Athletic Director using the Accident/Injury form.

If an athlete is injured but not seriously enough to require immediate medical attention, it is up to the student athlete to notify the coach and trainer.

**Please go through the athletic trainer before scheduling a doctor's appointment.*

Multi Sport Athletes

Some athletes will be involved in more than one sport at a time. The following guidelines shall govern which sport, contest, or practice will take precedence over the other when events conflict.

1. A team sport practice will take precedence over an individual sport practice.
2. If there is a practicing conflict between two individual sports or activities, the activity dealing with the student-athlete advancing to a district, regional, or state contest will take precedence.
3. If there is a game or contest in one activity interfering with the second activity practice or game, the higher level of advancement achieved will take precedence.
 - Ex: regular season track meet versus state playoffs in basketball. Basketball would be the higher level of advancement, so the athlete would go to the basketball game.
4. An athlete must stay with his or her current team until the end of its season before moving on to another sport.
 - Ex: if an athlete is in basketball, he or she needs to finish the basketball season before officially starting scheduled workouts for baseball or track.
5. In cases where neither sport/activity takes precedence over another (based on the guidelines above) the student will decide the activity in which he or she will participate.

INSEASON

Equipment Issued

All equipment issued to athletes shall be recorded, and it is the coach's responsibility to see that all equipment is returned in good condition. The coach shall bill a player for equipment that has been damaged, lost, or not returned. Complete uniform inventories should be submitted to the Athletic Director at the end of each season.

Absences

A student shall not practice or play in a game/event on the day he/she has been absent from any class without a medical note. Cases of emergencies, family issues, and other reasonable absences will be left up to Administrative Discretion.

Coaches in each sport or activity must keep a record of attendance. All absences from practice will be recorded and will fall into one of two categories:

Excused

An excused absence is one in which the student has communicated to a coach prior to the practice/activity that he or she will be absent.

- Students will make up excused absences (responsibly absent for any reason other than an athletic contest) with a two-mile run.

Unexcused

An unexcused absence is one in which the student has not communicated to a coach prior to the practice/activity that he or she will be absent.

- Students will make up unexcused absences (irresponsibly absent for any reason other than an athletic contest) with a two-mile run, at least one mile of which will be a green mile.

Tardies

Consistent tardies to practice may result in an 'unexcused absence' at coaches' discretion

Travel

When traveling to a game or competition, athletes should travel with their teams (administrative discretion shall apply in all cases).

When returning home from a game/event, athletes may be signed-out at the event to travel home with a parent/guardian.

Only a parent/guardian can sign-out an athlete after an athletic event.

If there is going to be anyone other than a parent bringing the athlete home, the parent must first notify and give permission to the coach.

Cases of emergency or unforeseen situations will be given administrative discretion.

POSTSEASON

Team Advancements (Football, Basketball, Baseball, Softball, Track)

If a team sport advances into the postseason, its JV athletes are also eligible to advance with that team, provided that they have been added to the Varsity Sport Eligibility List kept with the DEC. JV players will have the option to advance with the team or to move into the next sport season.

Individual Advancements (Powerlifting, Track, Tennis, Golf)

If an individual advances into the postseason alone, that individual will be allowed to keep, as a workout partner, an athlete from the same varsity sport they were a part of. This athlete will be expected to continue to work out with the individual advancing, and will accompany the individual to the next level of competition.

Alternates in the Postseason

An individual who is the alternate for a postseason event will not continue to practice unless he or she is chosen as a workout partner by an advancing athlete, or unless he or she is called-up to compete prior to that event.

**Advancing athletes choose their own workout partners—alternates aren't automatically partnered to advancing athletes by virtue of their "alternate" status.*

Lettering Policy

FOOTBALL - Participant of the Varsity team during three district games.

BASKETBALL - Participant of the Varsity team during three district games.

TRACK - Participant in the Varsity division, must score fifteen points throughout the season or one point at the district meet or beyond.

ATHLETIC TRAINER / MANAGER - Participant for 1 full year and work with one team for one entire season.

GOLF - Participant of the Varsity team and their score used in the district tournament or played beyond the district level.

CROSS COUNTRY - Participant of the Varsity team in three meets or run on Varsity at district or beyond.

POWERLIFTING - Participant of the Varsity team in at least three meets or advanced to regionals or beyond.

TENNIS - Participant of the Varsity team in three meets.

BASEBALL - Participant of the Varsity team during three district games.

SOFTBALL - Participant of the Varsity team during three district games.

NOTE:

1. All Athletes must finish the season and be in good standing and in compliance with UIL regulations. Athletic Director can amend the lettering policy to benefit the student.
2. Due to injury and the nature of, coaches may make exceptions to the above lettering policy