

West Oso

Independent School District

Conrado Garcia - Superintendent of Schools



Department of Athletics Handbook 2018 - 2019



We areWest

Personalization. Collaboration. Trust.

WEST OSO ISD Athletic Department Overview

INTRODUCTION

We hope this handbook will serve as a reference guide, answering some of the questions that will concern you during the course of the year. Please call the athletic office anytime you have a concern or question.

The University Interscholastic League is the governing body of the athletic programs in Texas Public Schools. The West Oso ISD Board of Education, administrators, coaches and teachers fully support the UIL and its enforcement of the rules.

Understand that athletics is designed to accommodate students who have the ability and emotional stability to handle competition, as we know it in the West Oso ISD. Therefore, not all students are capable of competing in the West Oso ISD athletic program. One of the difficult tasks faced as a coach is making the judgment as to who should be selected to compete in this program. Students are not obligated to take part in athletics, nor is it required for graduation. It should be stressed that being a member of an athletic team is a privilege and not a right. Since it is a privilege, the coach has the authority to revoke the privilege when rules are not followed.

We are all aware that being involved in athletics demands a lot of time and dedication from coaches and players alike. As a coach, your players and program reflect your attitudes, beliefs and your work ethic. This does not necessarily translate into a superb won-loss record but it does mean that your players and program will have discipline, responsibility and a strong work ethic if you demonstrate these traits. Never assume that each athlete is born with these traits. Rather, these traits need to be brought out through a developmental process by you, the coach. We all desire an athletic program that will support the mission of West Oso ISD and we ask that all of you involved work hard to make this a reality.

Cheryl Fillmore
Director of Athletics
West Oso ISD



Important

Upon review of the West Oso ISD Athletic Handbook for 2018-2019, please complete the information below, sign and return this page to your Athletic Director or Campus Coordinator.

I have accessed the West Oso ISD Athletic Handbook for 2018-2019 and will abide by the guidelines and procedures of the West Oso ISD District.

I understand that I can review a hard copy of this document on my Campus or in the West Oso ISD athletic department.

My signature certifies that I have accessed the West Oso ISD On-line Athletic Handbook for 2018-2019.

(Print your name)

(Your signature)

(Date)

(Campus or District Location)

It is the responsibility of the campus athletic coordinator to keep a current signed copy on file in their campus athletic office for each campus staff member.

West Oso ISD Athletic Department Vision Statement

The Vision of the West Oso ISD athletic department is to provide student-athletes a safe and healthy environment that promotes and supports academic, athletic and personal achievement. Athletic programs of the WOISD Athletic Department will encourage and empower student-athletes to become better students, athletes, leaders and citizens; to prepare for the transition to the next level of participation both academically and athletically.

West Oso ISD Athletic Department Mission Statement

Consistent with the mission of the West Oso ISD, the West Oso ISD athletic department will provide an athletic program that helps develop the whole person through education and competition. In addition, the program will provide student-athletes an opportunity to pursue and understand the values of attitude, character, commitment, leadership, sportsmanship, responsibility, accountability, decision-making, work ethic and team.

WEST OSO ISD ATHLETIC PROGRAM OBJECTIVES

1. Involve as many students as possible in a positive athletic environment.
2. Instill in all students an exemplary work ethic and the qualities of: accountability, citizenship and a high degree of sportsmanship.
3. **Play everyone on all sub-varsity levels if eligible and in good standing.**
4. Develop and maintain a complete and comprehensive off-season program.
5. Have all programs represented with class, character and dignity.
6. Establish successful programs so that all participants enjoy a positive learning experience.
7. Demonstrate that each of our athletic teams is well coached, highly disciplined and very well organized.
8. Establish District-wide bond of loyalty and pride that reflects the principles, integrity and attitude of the West Oso ISD.
9. Ensure that the West Oso ISD athletic department objectives support the total mission of the West Oso ISD.

A. NO PASS NO PLAY AND EXEMPT COURSES

It is essential that each head coach be responsible for the academic monitoring of his/her student-athletes.

1. A student in grades 9-12 may participate in extracurricular activities on or off campus at the beginning of the school year only if:

A. Beginning the 9th grade -- has been promoted from the 8th grade to the 9th.

B. Beginning the 10th grade -- has earned 5 credits towards state graduation.

C. Beginning the 11th grade -- has earned 10 credits towards state graduation **OR** has earned 5 credits towards state graduation in the last twelve months.

D. Beginning the 12th grade -- has earned 15 credits towards state graduation **OR** has earned 5 credits towards state graduation in the last twelve months.

(The above eligibility criteria apply only to the following sports: Football, Volleyball, Team Tennis, Golf, Swimming, and Cross Country.)

2. In order to be eligible to participate in an extracurricular activity for a six week period following the first six week period of a school year, a student must not have a recorded grade average lower than 70 in any course for that preceding six weeks.

3. A student whose six-week grade average, in any course, is lower than 70 at the end of any 6 week period shall be suspended from participation in any interscholastic activity during the succeeding three week period. If, at the end of the three weeks period, the student is passing all classes, that student will become eligible 7 days after the grade was officially earned for the remainder of that current 6 weeks. Validation of the 3 weeks grade is made with the Gradebook grade report through the campus coordinator or campus principal.

4. Students may practice with their respective teams while they are on academic suspension.

5. Students may also participate in pre-season scrimmages while on academic suspension.

6. At the end of any 3-week ineligibility period in which a student has attained a course grade average of at least 70 in each course taken, any suspension from participation shall be removed after the 7-day grace period.

7. Extracurricular activities shall be limited from the beginning of the school week through the end of the school week to no more than one contest or performance per activity. Practice outside the school day shall also be limited to a maximum of eight hours per school week per activity.

8. Students who also assist the coach, such as student managers, must meet all academic eligibility requirements even though they do not participate in the actual performance or contest.

9. A student receiving an incomplete in a course is considered ineligible until

the incomplete is replaced with a passing grade for that grading period in a designated amount of time.

10. A student who fails a course becomes ineligible seven days after the last day of the six weeks period. **For a complete listing of all grace period dates, see the athletic website.**
11. The WEST OSO ISD Athletic department validates grades with a report card or grade report from Gradebook. An athlete **will not** submit his/her grades.
12. A Del Mar College Student who is an athlete and receives a grade of 69 or below in that college course will be exempt from the No Pass No Play Rule.

∞ ATHLETIC CODE OF CONDUCT

Athletics is not a requirement for graduation and participation is strictly voluntary. Athletics, as a discipline, stresses work ethic, team play, sportsmanship, integrity and sacrifice. Should the actions of an athlete fail to exhibit these same characteristics, the privilege of participating in athletics may be forfeited. All coaches must be willing to work, within the guidelines of the athletic department, to help any athlete should he/she lose direction. It is our intention to help our athletes stay on course and succeed. However, when an athlete purposely or continuously violates guideline, then it is up to the head coach to address the situation.

A. ATHLETIC GUIDELINES AND CODE OF CONDUCT

It is the desire of the administration and coaching staff of the West Oso ISD to communicate to its students that participation in athletics is a **PRIVILEGE, NOT A RIGHT**. Participation on athletic teams and in related activities, while being an honor, is an opportunity for young athletes to learn important lessons about the responsibilities that are assumed by individuals in leadership roles. Therefore, all athletes are expected to adhere to the following:

- Athletes will be tough competitors in the athletic arena, but outside the competitive arena they are expected to conduct themselves as gentlemen and ladies at all times, demonstrating respect for their administrators, teachers, and fellow students.
- Athletes are to display/model behaviors associated with positive leaders both in the school and in the community;
- Athletes are to exhibit good citizenship at all times;
- Athletes are to serve as positive representatives for their team, coaches, school, district, and community during competitions and interactions with rivals; and
- Athletes are expected to strive for academic excellence and to adhere to the Board-approved

Discipline Management Plan and Student Code of Conduct as well as the Athletic Code of Conduct and Guidelines.

As athletes in West Oso ISD, students have a responsibility to exhibit positive leadership characteristics. Participation in the athletic program and/or University Interscholastic League contests is a PRIVILEGE, NOT A RIGHT. All students participating in athletics are expected to comply with all guidelines and with the Board- approved Discipline Management Plan and Student Code of Conduct. Failure to do so may result in disciplinary consequences and/or removal from athletics.

It is the responsibility of each Head coach to convey to his/her team the expectations and need for adherence to team and training rules. The Director of Athletics must be consulted when the following rules are broken.

Any violation of the Athletic Code of Conduct (part of the athletic information packet).

ISS Assignment - An athlete is suspended from interscholastic activity while serving time in ISS until the assignment is completed. The suspension begins when the student begins his day(s) in ISS. The suspension is concluded the next day.

**The West Oso ISD Athletic Code of Conduct in its entirety can be found on the West Oso ISD athletic website.

B. ATHLETE EJECTION FROM CONTEST

If an athlete is ejected or suspended from a contest by an official or coach, it is the head coach's responsibility to notify the Director of Athletics as soon as possible as per UIL rules. The athlete could possibly receive an automatic one game suspension. A second ejection may lead to possible suspension from the team.

- Ejected athlete's coach is required to provide in writing to the Director of Athletics preventative measures designed to avert future athlete ejections.

C. USE OF ILLEGAL DRUGS OR ALCOHOL

The **Athletic Code of Conduct** will be followed when this rule is violated. Head coaches have the right to remove, suspend, or correct an athlete whose conduct or actions are detrimental or distracting to the team and integrity of West Oso ISD Athletics or any other such violations of which the Head coach deems necessary to inform the Director of Athletics.

During the school day no student/athlete is allowed to transport himself/herself to any off-campus practice facility unless, prior to the trip, a parent or guardian has completed a **WEST OSO ISD PERMISSION FOR STUDENT/PARENT-PROVIDED TRANSPORTATION** form.

An Early Release Notification needs to be submitted for approval to the Campus Principal and AD for any student trip which will cause athletes to miss academic classes.

All WEST OSO ISD athletes must travel with the team. All athletes must return with the team unless, prior to the trip, a parent or guardian has completed a **STUDENT TRAVEL RELEASE** form that entitles the student/athlete to be released to the custody of the parents at the completion of the activity or event.

GENERAL GUIDELINES

∞SPORT PROGRAMS

A. PARTICIPATION IN MULTIPLE SPORTS

West Oso ISD Athletic department guidelines allow and encourage a student/athlete to compete in multiple sports as long as the student/athlete can abide by all team rules and regulations and there is no seasonal conflict. **No coach shall discourage any athlete from participating in multiple sports.**

A student/athlete who decides to quit one sport and enter another will be ineligible for participation in another sport until the end of the season in the sport for which he/she has quit, or unless the head coaches of both sports mutually agree to the student/athlete's participation. A student/athlete quitting a sport after the first contest will forfeit any award for that sport.

The West Oso ISD athletic department does not endorse player cuts but realizes that there are certain sports where cuts are necessary due to financial parameters or game management.

B. OUTSIDE PARTICIPATION

A student can participate on a non-school team while participating on a school team of the same sport. However, missing a school event to participate in a non-school event will count as an unexcused absence.

**Refer to Sports Medicine Guidelines regarding student injuries that occur during non-school participation.*

Club Sports – Make every effort to coexist without jeopardizing UIL/West Oso ISD guidelines regarding participation/recognition and coaching.

C. PARTICIPATION CONCEPTS

7th grade thru Sub-Varsity: **Everyone participates (if meets eligibility requirements and is in good standing)**

Varsity: Play to win the contest

D. TEAM RULES

Team rules are to be established by each head coach and based on UIL/West Oso ISD policies and administrative guidelines and regulations. Team rules should be approved by the campus athletic coordinator.

ATHLETIC AWARD GUIDELINES

Sub Varsity Certificate -- Awarded to athletes who participate in a sport but do not letter.

Varsity Certificate -- Awarded to an athlete who receives a letter after the first letter no matter what the sport. An athlete can receive numerous certificates depending on whether he/she letters. Certificates will be campus based.

Letter Jacket -- Awarded one time during an athlete's high school career. The letter jacket will be provided by the school. Any additional charges to art work or patches will not be paid by the athletic department. The measuring of the jacket will take place in the spring of the year that the jacket is due to be rewarded.

Notices will be sent out by the head coach about the actual date, time and location. No student will be allowed to be measured outside the assigned day unless prior approval is given from the Athletic Director.

CRITERIA FOR LETTERING --

Refer to campus athletic department for letter jacket ordering procedure.

Each head coach is responsible for establishing and adhering to the criteria by which an athlete may letter. Basic considerations such as attendance, eligibility, sportsmanship, citizenship, training rules, participation and general attitude will be included in each coach's criteria. It is up to each head coach to inform his/her athletes of the West Oso ISD athletic award guideline criteria prior to the start of his/her specific season. Lettering criteria for each sport should also be submitted to the campus athletic coordinator and communication to the parents of athletes via pre-season parent information meeting.

General Requirements for Lettering

1. Practice habits and attendance are criteria for lettering and are left up to the discretion of the individual head coach.
 - If an athlete fails a class that affects the season it could be considered grounds for not lettering based upon the judgment of the head coach.
2. If a player is injured in a sport, it is up to the head coach as to whether that athlete will letter.
3. Freshmen -- Varsity awards can be awarded to a freshman that meets his/her sport criteria.
4. Managers/Trainers -- Managers will receive appropriate awards based upon recommendation of head coach. Student Trainers will receive appropriate awards based upon recommendation of head athletic trainer if they have been in the trainer program for 3 years.
5. An underclassman that has completed 2 full varsity seasons in the same varsity sport. The jacket will be given in the spring of the year at the athletic banquet. No student who

withdraws from West Oso High School before the awards are given will be eligible to receive a jacket award.

6. A senior who has completed 3 years in the same sub varsity sport and 1 full season their senior year. The jacket will be given in the spring of the athlete's senior year.
7. A 4 year cheerleader who has not competed in varsity level sports.
8. A Special Olympics Athlete who competes in the state level competition.

SPORTS MEDICINE GUIDELINES (HIGH SCHOOL AND JUNIOR HIGH)

∞PHYSICAL GUIDELINES

Each athlete must be cleared by the athletic trainer prior to participation at the high school level. Each athlete must be cleared by one of the coordinators prior to participation at the junior high level.

- All **required forms** must be completed in their **entirety** and returned to the athlete's head coach or athletic trainer before a student participates in **any** try-out, practice, athletic class, open gym, open weight room, athletic competition, or travels with an athletic team for any purpose.
- The student is required to use the Pre-participation - physical examination form enclosed. **NO OTHER** physical examination form can be accepted as per the UIL **A new physical exam must be given prior to each school calendar year.** Any physical administered prior to May 1, may not be valid after August 1.

The required forms are:

1. West Oso ISD Athletic Guidelines and Code of Conduct Notification and Agreement/ Student Information
2. Parent Authorization to Consent to Treatment of Student Athlete
3. UIL Pre-Participation Physical Evaluation- Medical History and Physical Examination
4. UIL Parent and Student Notification/Agreement Form- Illegal Steroid Use and Random Steroid Testing High School Only)
5. UIL Concussion Acknowledgement Form
6. UIL Acknowledgement of Rules
7. 7. Sudden Cardiac Death Awareness Form
8. West Oso ISD Voluntary Drug Testing Agreement (High School Athletes Only)
9. Football Helmet Information Sheet/ Inspection Checklist (Football Only)

West Oso High School 2018-19 Coaching Assignments

Athletic Trainer: Joshua Bunnel

Boys Coordinator: Pete Guajardo

Girls Coordinator: Venita Tryon

Director of Athletics: Cheryl Fillmore

Boys

Basketball: Richard Jackson (Head)

Chandler Davis, Carlos Lerma

Baseball: Jamie Barrera (Head)

Ricardo Elizondo

Cross Country: Tina Luna

Football Coaches: Pete Guajardo (Head)

Michael Sandroussi, Joe Riojas, Richard Jackson, Andre Willie, Rashad Anderson, Carlos Lerma, Ricardo Elizondo, Jack Sanders, Anthony Odom

Golf: Pete Guajardo

Powerlifting: Joe Riojas, Andre Willie, Sara Willie

Tennis: Carlos Lerma (Head)

Richard Jackson

Track: Quincy Sims (Head)

Michael Sandroussi

Girls

Basketball: Cheryl Fillmore (Head)

Quincy Sims, Delyla Hoodye, Raquel Torres

Cross Country: Raquel Torres

Golf: Pete Guajardo

Tennis: Carlos Lerma (head)

Richard Jackson

Softball: Roxanne Curiel (Head)

Tina Luna

Track: Venita Tryon (Head)

Jack Sanders

Volleyball: Tina Luna (Head)

Chanta Gidrey, Caitlyn Guajardo, Venita Tryon

West Oso Jr. High School 2018-19 Coaching Assignments

Coordinator: Anthony Odom

Director of Athletics: Cheryl Fillmore

Boys

Football: Christopher Olsen, Rashad Anderson, Quincy Sims, Ricardo Garza

Basketball: Anthony Odom, Ricardo Garza, Rashad Anderson

Track: Ricardo Garza, Christopher Olsen

Cross Country: Tina Luna

Tennis: Carlos Lerma

Girls

Volleyball: Katrina Alejandro, Christina Betancourt, Roxanne Curiel

Basketball: Chanta Gidrey, Stacy Simmons, Christina Betancourt

Track: Delyla Hoodye, Stacy Simmons

Cross Country: Raquel Torres

Tennis: Carlos Lerma