

LORENZO ISD



Athletic/Extracurricular Handbook 2024-2025

Objectives of Athletics/Extracurricular Activities

1. Develop CHARACTER, RESPONSIBILITY, and ACCOUNTABILITY to further our success in all we do
2. Prioritize being part of a team and the value of TEAMWORK and HARD WORK
3. Emphasize EFFORT and ATTITUDE in training and competition
4. Build SELF-CONFIDENCE and LEADERSHIP qualities to overcome obstacles
5. Uphold the HONOR of Lorenzo ISD by adhering to this handbook at all times

This handbook is a statement of LISD's expectations of student athletes and extracurricular activities participants. It does not supersede the Code of Conduct and does not dictate what a coach chooses to do with his/her athletes in certain situations.

Core Values of Lorenzo Athletics

1. Love
2. Gratitude
3. Positive Energy
4. Trust
5. Toughness
6. Accountability
7. Competition

CODE OF STUDENT CONDUCT

The conduct of a student in extracurricular activities should reflect positively on oneself, community, Lorenzo ISD, and the activity in which one is participating. The student who participates in extracurricular activities is a role model for Lorenzo ISD and fellow students and shall set and uphold the core values. Any action that reflects detrimentally to Lorenzo ISD shall not be tolerated.

PARTICIPATION IN SCHOOL ACTIVITIES & JURISDICTION

Participation in school-sponsored extracurricular activities is a privilege. Extracurricular activities regarding this policy include any club or organizations that participate in performance, contests, demonstrations or competitions.

Student participation in extracurricular activities is encouraged. Lorenzo ISD makes extracurricular activities available as an extension of the regular school program. Students engaging in extracurricular activities represent not only themselves, but also other students and the school district when performing, competing, or participating in extracurricular activities. For this reason, their behavior must be exemplary and reflect the finest attributes of Lorenzo ISD at all times and all places.

Lorenzo ISD is authorized to set higher standards for participants of extracurricular activities than it would for those students who choose not to participate in these activities. Therefore, this Athletic/Extracurricular Handbook extends beyond the *Lorenzo ISD Student Code of Conduct* not only in types of behavior prohibited, but also in corresponding consequences and jurisdiction for imposing discipline. This *Handbook* will be enforced with all students participating in extracurricular activities year round.

It is possible that a student who violates the *Lorenzo ISD Student Code of Conduct* will incur consequences from both the appropriate school administrator and from his or her coach or sponsor for the same particular violation. It is also possible that a student participating in extracurricular activities could violate the *expectations in this handbook* and be subject to discipline by a coach or sponsor without having violated the *Lorenzo ISD Student Code of Conduct*.

ACADEMICS

An athlete's primary reason for being in school is to receive an education. An athlete is expected to be proactive in their communication with the teacher as well as their Head Coach. A student may need to receive additional support or time for that class with that teacher or a tutor. However, balancing the workload of academics and athletics is an important skill in developing our student-athletes for success after high school. With this in mind, it is an expectation of the student-athlete to organize this additional help outside the hours designated for athletics. Any absences for this reason will be treated as unexcused. If a student-athlete is assigned to first period they will be required to fulfill their responsibilities to that teacher before attending any athletic practices, film, weights, etc. For any students being required to attend first period, please reference the student handbook for more information.

ELIGIBILITY

An athlete must maintain an average of at least 70 by the end of each 6 weeks to be eligible for extracurricular activities. This applies to all courses the athlete is registered in. In addition, the athlete must have the correct number of credits at the beginning of the school year to be eligible to participate in any activity (refer to UIL Athletic Code Handbook).

If an athlete fails two (2) consecutive grading periods within one school year, he/she will be subject to potential discipline, suspension, and/or dismissal from their team or the athletic program at the Athletic Director's discretion. If a student becomes ineligible due to grades, said athlete **must** attend all home games and practices to support their team. If a student that has failed misses practices, they will be considered unexcused absences.

TEAM CONCEPT

In the Lorenzo ISD Athletic Program, we encourage all athletes to play all sports that are offered. It is important for a school of our size to have everyone's participation and not specialize in one or two sports. Players should not leave before an event is over even if he/she is done participating. If an athlete is injured he/she shall attend all games, and practices. The TEAM always comes first and all decisions are to be made for the good of the team. Athletes are not allowed to have more than one offseason during a school year (i.e a student is not allowed to participate in only one sport in a calendar year)

CHAIN OF COMMAND

If a player or parent has a conflict and wishes to speak with a coach, there is a proper chain of command to follow:

1. The player will schedule a meeting with the coach to first address the conflict
2. The parent may schedule a meeting with the coach, the player will be present at this meeting
3. The parent may schedule a meeting with the Athletic Director
4. The parent may schedule a meeting with the Principal
5. The parent may schedule a meeting with the Assistant Superintendent
6. The parent may schedule a meeting with the Superintendent

The Lorenzo Athletic Program is designed as follows:

Jr. High Sports - All players will participate in all contests.

High School Athletics - Playing time is not guaranteed.

ATHLETIC PERIOD

If a student-athlete wants to participate in athletics, they must be in the athletic period during the school day. If a student wants to join athletics they will be required to speak to the coach first followed by administration for admittance. The athletic period will run in accordance with UIL rules and regulations. All discipline and handbook policies are to be upheld in the athletic period just the same as after school practice. At the discretion of the Athletic Director, any student-athlete that has been placed in In-School suspension may miss the athletic period for the day. However, these students will be expected to be at practice for their respective sport when the school day has ended. There will be additional mandatory conditioning/make up work assigned by the head coach that must be completed before the student-athlete is eligible to compete in a game.

ATTENDANCE

Excused absences because of illness (with a doctor's note), a school related function, a death in the family, will be considered legitimate absences and the athlete will make up the work that has been missed.

However, with the exception of an illness, athletes must have their coach's approval before any absence occurs. If an athlete is going to miss practice because of a school function, he/she must let the coach know as soon as possible and get the coach's prior approval. In situations where a student-athlete becomes ill during the day, it is their responsibility to notify a coach before going home. If at any point the in-season coach or Athletic Director deems a student-athlete's unexcused absences to be excessive, they may enforce discipline. This discipline may include conditioning/make-up work, suspension from competition, and/or dismissal from the team or the athletic program overall.

PROMPTNESS - Tardiness will result in disciplinary action according to the sport. Excessive tardiness will not be tolerated, if a student must be late he/she must contact his/her coach before the athletic period.

DOCTOR'S NOTES - If an athlete has a doctor's note, he/she may be excused from the workout. A parent's note stating a student is ill is acceptable for only **two** consecutive practices. If an athlete is too sick to go to school he/she is too sick to participate in a practice or athletic event. If an athlete misses more than half a school day due to illness, the athlete will not participate in practice or athletic events that day. Exceptions to this include funerals and doctor's/dentist's appointments with documentation. If documentation is provided the student-athlete may be eligible to participate in an athletic event that day at the discretion of their coach and Athletic Director.

INJURY, ILLNESS

If an athlete is sick or injured, he/she is expected to be at practice in a minimized role to support their teammates unless excused for the day by their in-season coach. If an athlete is injured, he/she should report the injury to the coach to review if the athlete is ready to safely participate. If an injury or illness requires a doctor's visit, the athlete should notify their coach prior to going to a doctor, unless it is an emergency. A note from the doctor needs to include; Diagnosis, Activities Allowable/Not Allowable, Treatment Options, and Next Appointment Date. An athlete will only participate after being released by the doctor. All doctor's notes will be kept on file by the Athletic Director.

SCHOOL INSURANCE

Athletes that are injured during participation in a school related event or practice are eligible for the school insurance supplemental policy. Taking a student-athlete to their primary physician without first consulting their coach could jeopardize insurance coverage provided by the district. When possible, we highly encourage parents to make an appointment with Lubbock Sports Medicine for a sports diagnosis of the injury. During the Fall semester, Lubbock Sports Medicine offers a Saturday morning clinic that is available for walk ins. More information can be found at the Lubbock Sports Medicine Website.

LOCKER ROOM

The locker room is to be treated with respect and pride will be taken in its up keep. All lockers are to be neat and clean according to the standards set by the coaching staff. Athletes should not leave valuables unattended in the locker room, Lorenzo ISD holds no responsibility for stolen/lost items. If expectations of locker room rules, privacy, and cleanliness are not followed, disciplinary measures may be used for team or individuals.

EQUIPMENT & UNIFORMS

Lorenzo ISD will issue the proper equipment for each sport. The athlete will be held responsible for his/her own equipment. Equipment that is lost or stolen will be paid for by the athlete to whom the equipment was issued BEFORE they can be eligible for their next sport. Any athlete caught in the equipment room, laundry room, or borrowing another athlete's equipment will be subject to disciplinary action and classified as stealing. Any athlete who is caught stealing from another athlete will automatically be suspended from athletics. An athlete will not be allowed to participate in another sport until his/her equipment record is cleared as returned or paid from the previous sport. Issued workout equipment is to be worn at all practices at all times. Disciplinary action will take place if required workout equipment is not used by all athletes. No equipment is to be taken home without prior consent from the Head Coach of the Sport.

Uniforms are never to be taken home and always are to be turned in after each game to be cleaned. Everyone will wear his/her uniform in the same manner - no one will dress differently. Dress on game days will be uniform with all other players according to the coach's decision for travel apparel. It is the athlete's responsibility to keep up with and care for his/her equipment.

REQUIRED FORMS

Medical Physical Examination, Medical History Form, Acknowledgement of Rules Form, Concussion Management Form, Steroids Awareness Form, Cardiac Arrest Form, and the Agreement to the Lorenzo ISD Athletic Handbook Terms.. All of these documents require a parent/guardian signature.

SCHEDULING CONFLICTS

Conflicts may arise in which an athlete will be participating in more than one school activity at once. These conflicts are handled using the following rule: A district contest will always take precedence over a non-district contest. A district contest always takes precedence over a field trip or any other school related function. The athletic department will do everything to avoid conflicts of any kind between sports or other school sponsored programs.

LETTERING AWARD REQUIREMENTS

All athletes that meet the following requirements for each sport will receive a letter for that sport. The first letter earned will be included with the letterman's jacket as allowed by the UIL Eligibility for a letterman's jacket. LISD requires that a player must participate as a Varsity Team member for 2 full

seasons of the same sport, regardless of the athlete's playing time. Other opportunities to letter will be an athlete receiving 1st Team All District or any Area, Regional, or State acknowledgements. If a player loses eligibility during a sport season and does not regain eligibility within that season, the athlete will forfeit their right for a letterman jacket for that sport season. An athlete who is unable to maintain good standing with their teachers and/or coaches throughout the school year may have their opportunities reviewed and potentially revoked at the discretion of the Head Coaches and Athletic Director.

An athlete who does not meet requirements for letter jackets, may be awarded a varsity letter at the discretion of the head coach subject to approval of the Athletic Director. Anyone who quits a sport is automatically ineligible to receive a letterman jacket from the school that year. An athlete who gets injured before meeting the requirements to letter will be taken into consideration for a varsity letter.

DRESS CODE & GROOMING

DRESS CODE FOR SCHOOL - All athletes will adhere to the approved high school/junior high school dress code. There may be more requirements asked of Lorenzo athletes than are stated in the LISD dress code. No disruptive or vulgar apparel will be tolerated in school. The Athletic Director reserves the right to ask an athlete to change his/her apparel due to it being found inappropriate or offensive.

DRESS FOR PRACTICE - All athletes will wear the equipment issued to them by the school. All athletes will wear the equipment in the same way, doing nothing to bring attention to an individual.

JEWELRY - No jewelry of any kind is to be worn by athletes at practices, games in which they are participating, or during athletic conditioning periods.

TATTOOS - Tattoos are not to be in view at any time during the school day or at any athletic or school related function. If an athlete has a tattoo it must be covered until the athlete is released from school or athletic related activities.

HAIR - Male athletes will keep their hair cut so that it is out of their eyes. Female athletes should not wear a hairstyle that covers their eyes. The Head Coach and Athletic Director will review any hairstyle that brings undue attention to an athlete. Any violation of the dress code is grounds for disciplinary action.

TRAVEL

Athletes should reflect the program core values when on school sponsored trips. Students who participate in school-sponsored trips will be required to ride in transportation provided by the school to and from the events. In extreme cases, exceptions may be made if the student's parent or guardian personally requests that the student be allowed to ride with the parent or presents a written request to the coach in charge prior to the event. The student is allowed to ride with an adult age 21 or older, designated by the parent. LISD will not be liable for any injuries that may occur in students riding in vehicles that are not provided by the district. All locker rooms and buses or vehicles used for events are to be left clean and in good condition. Any violations of travel behavior rules will result in disciplinary action. Any student-athlete who cannot meet the standards and expectations during travel or away competition may lose their opportunity to participate in away games.

LANGUAGE

Foul language or profanity of any kind will not be tolerated. Profanity is grounds for immediate disciplinary action at any time that an athlete is representing the LISD athletic program. Athletes that curse or are inappropriate in the classroom or at an event where they are representing Lorenzo will receive make up/conditioning work to be completed before the next game or event. Athletes that refuse to do the punishment will be reprimanded by loss of playing time, suspension, and/or expulsion from the program.

SOCIAL MEDIA

Displaying inappropriate content or behavior on social media is prohibited. Lorenzo ISD and its coaches and administrators may monitor the activity of student-athletes on social media for the protection of the student as well as the program. Inappropriate/prohibited conduct may include but is not limited to:

- Posting photos/videos or comments showing the use or condoning the use of drugs, alcohol, tobacco
- Posting photos/videos, comments, or sharing what may be deemed as obscene
- Using inappropriate or offensive language
- Violations of this policy may jeopardize an individual's status as a student-athlete

UNSPORTSMANLIKE CONDUCT/DISRESPECT

Unsportsmanlike conduct and disrespect by any LISD athlete will not be tolerated. Any athlete who is penalized for unsportsmanlike behavior or disrespect of any game official, adult, or player (opponent or teammate) will be disciplined. The discipline will follow UIL guidelines and may be furthered at the discretion of the Head Coach and Athletic Director. Repeat offenses may result in suspension or expulsion from team and/or the program.

QUITTING/DISMISSAL

Quitting a team is discouraged at Lorenzo ISD. Dismissal from a team is considered a serious action. The Lorenzo Athletic Department does want to encourage students to try activities they are unsure of. To allow this, each season begins with a one week grace period in which a student can try a sport, and move on without consequence if they choose.

If an athlete quits a sport he/she will have an initial 24 hour grace period to return, beginning from the time the athlete quit the sport. If the student decides not to quit, the athlete will have to do the makeup conditioning from the missed practice.

Athletes that quit a sport will be suspended from the upcoming season (i.e. If an athlete quits football, that student will not be allowed to play basketball in the upcoming season.) There are no exceptions to this rule.

Athletes that are dismissed from a team due to disrespect to coaches, fighting, or any other offense that results in dismissal from a team will be allowed to stay in athletics with consequences before being able to compete in the next season. Participation will be determined at the discretion of the Athletic Director

and Head Coaches. Determining factors will include grades, past conduct, attitude (past/present), and failed drug tests.

IF SENT TO DAEP: Athletes that break the Student Code of Conduct and are sent to DAEP will have the same amount of school days of suspension from athletic competition as the DAEP punishment assignment. (i.e. If an athlete goes to DAEP for 30 days, that student will also be suspended from athletic competition for 30 school days when he/she gets back.) The athlete will be required to go to practices and conditioning. If the athlete does not wish to finish out the season due to suspension, that is the same as quitting, which results in suspension from the upcoming season.

It is the philosophy of this program to teach kids to finish what they start no matter the situation or circumstances.

Vaping & Tobacco Policy

LISD prohibits the possession and/or use of tobacco or vape devices on school property or at any time during travel for extra-curricular events. For the safety of our student-athletes we intend to strictly enforce the ban on tobacco or nicotine products. If a student-athlete is found to have been in possession of any prohibited products they will face discipline through the school in accordance with the Student Code of Conduct. Following the completion of discipline enforced by the school, the student-athlete will also be required to complete a series of discipline actions for the athletic program. The Head Coach will assign said consequences with review and approval from the Athletic Director for any violation of rules.

Drug Testing Program

To ensure the health and safety of our student athletes and others who participate in extracurricular activities, we have implemented a random drug testing program. At the time your child expresses an interest in participation in an activity subject to the drug-testing program, you and your child will receive complete information about the program, which is a requirement for participation in affected activities. Please contact the school principal if you would like more information about this program or see policy FNF (LOCAL).

DISTRIBUTION OF POLICY

The District will provide each parent and student a copy of the drug-testing policy, procedures, and consent form prior to the student's participation in an affected activity.

CONSENT

Before a student is eligible to participate in extracurricular activities the student will be required annually to sign a consent form agreeing to be subject to the rules and procedures of the drug testing program. If the student is under the age of 18, the student's parent or guardian will also sign a consent form. If appropriate consent is not given, the student will not be allowed to participate in extracurricular activities.

CONFIDENTIALITY

Drug-testing results will be confidential and will be disclosed only to the student, the student's parents/guardian, and designated District officials who need the information to administer the drug-testing program.

SUBSTANCES SUBJECT OF DRUG/ALCOHOL TESTING

Lorenzo ISD shall not test for medical conditions under this policy. Drug testing may screen for any illegal drugs that the district, in its discretion, may choose, including, but not limited to, the following: Marijuana, cocaine, narcotics, amphetamines, methamphetamines, barbiturates, LSD, PCP; all illegal performance enhancing drugs (i.e. PED's, steroids); and Alcohol. The term "illegal drug" means all drugs that an individual may not buy, use, sell, or distribute under Federal or Texas law including prescription drugs for which a student does not have a current prescription. Lorenzo ISD will determine which drugs it will screen for prior to identifying the students that are to be tested.

COLLECTION PROCEDURES

Personnel from the drug-testing laboratory will collect urine, hair, or biological samples under conditions that are no more intrusive than the conditions experienced in a public restroom. When selected for testing, a student will be escorted to the school's testing site by a District employee and will remain under employee supervision by an employee of the same sex until the student provides the required sample.

REFUSAL TO TEST OR TAMPERING

A student who refuses to be tested when selected or who is determined to have tampered with a sample will be deemed to have a positive test result and will be subject to the appropriate consequences depending on previous positive test results, if any. If a student is absent on the day of the random test, a sample will be collected on the next day of school.

CONFIRMATION OF POSITIVE RESULTS

An initial positive test will be deemed positive. The district will not send the sample for a second test. The parent or guardian of the student may take the student ON THE SAME DAY of initial testing for a second test. The second test will not be paid for by the school district and the results will need to be documented by the testing facility and shared with the proper LISD faculty as soon as possible. The test results, if different from the initial test, must be presented to the Athletic Director or appropriate administrator for the continuation of the student evaluation. All information will be taken into consideration. Upon receiving the results of a positive drug test, the District will schedule a meeting with the student, the student's parent if the student is under the age of 18, and the coach or sponsor of the extracurricular activity, as applicable, to review the test results and discuss consequences. The student or parent will have three school days following the meeting to provide a medical explanation for a positive result.

REASONABLE SUSPICION

Any student that is showing abnormal behavior deemed by teachers, coaches, staff, or administrators will be given a drug test. A failed drug test will result in the following:

FIRST OFFENSE

-Suspended from any extracurricular activity for 30 school days. During the period of suspension, the student will be required to participate in practices.

SECOND OFFENSE

-Suspended from any extracurricular activity for the remainder of the semester and totaling no less than sixty days following the date the student and parent are notified of the test results. During the period of suspension, the student **may not** be permitted to participate in practices.

THIRD OFFENSE

-Suspended from participation in any extracurricular activity indefinitely. Student evaluation will determine if the athlete can come back after 365 days.

END OF SEMESTER SUSPENSIONS

If a student's suspension from participation in extracurricular activities is not completed by the end of the semester, the student will complete the assigned period of suspension during the following semester or during the first semester of the following school year.

APPEALS

A student or parent may appeal a decision made under this policy in accordance with FNG(LOCAL). The student will be ineligible for participation in extracurricular activities while the appeal is pending.

ALCOHOL USE

No possession or consumption of alcoholic beverages will be tolerated. These rules apply to all athletes at all times during his/her school career. The Head Coach will assign consequences for any violation of rules. Consequences will be in accordance with LISD Code of Conduct.

FELONY CRIMES

If an athlete is charged by indictment, information, or other official procedure justifying the issuance of an arrest warrant, and the nature of the alleged offense of the circumstances surrounding the alleged offense are such that the athlete's public participation in an athletic event of the school would likely be disruptive of the educational or athletic system, or the knowledge of the alleged offense in the school or community of a competing athletic team is such that the athlete's participation in an event reasonably might cause or result in disorder, then the athlete will be subject to immediate suspension from participation in any such athletic event, including the practice for such events.

DISCIPLINARY ACTION

Any athlete that does not comply with disciplinary action may be dismissed from the athletic program. This handbook provides guidelines for expectations and discipline. However, LISD and the Athletic Director reserve the right to review and alter any disciplinary plan if deemed necessary.

Student & Parent/Guardian Acknowledgment

As a prerequisite to participation in athletic activities at Lorenzo ISD, I agree that I have read, understood and will abide by all rules set forth in the Lorenzo ISD Athletic Handbook and the LISD Code of Conduct.

Student's Printed Name _____

Date of Birth _____

Signature of Student _____

Date _____

Parent Printed name _____

Signature of parent or guardian _____

Street address _____

City _____ State _____ Zip _____

Cell/Home Phone _____

Return this form to your coach.