

WEST OSO

INDEPENDENT SCHOOL DISTRICT

CONRADO GARCIA - SUPERINTENDENT OF SCHOOLS



DEPARTMENT OF ATHLETICS HANDBOOK 2021 – 2022



WE AREWEST

*Personalization. Collaboration. Trust.
Every Student. Every Hour. Every Day.*

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.

Sincerely,

Cheryl Fillmore
Director of Athletics
West Oso ISD



Important

Upon review of the West Oso ISD Athletic Handbook for 2021-2022, 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 2021-2022 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 2021- 2022.

(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 grade.
 - 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.
 - E. Any students who have been truant the previous school year and owe make up hours at the start of the new school year will not be allowed to participate in the athletic class unless it has been approved by the athletic director. Participation will not be allowed in any sport until the end of the 1st 6 weeks at which time the student must be passing all classes.
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. If a student is enrolled in a AP or Pre-AP Honors class, they will be exempt for a maximum of 1 class per semester.

∞ 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. If the actions continue, then the Director of Athletics will make a final decision on the next disciplinary action to be taken.

- a. Student Athlete contract (parent must be present)
- b. Removal from athletic program for 1 full semester
- c. Removal from athletic program for 1 full year
- d. Permanent removal

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. Negative behavior outside of school may affect participation in athletics. The Director of Athletics will have the final decision pending upon recommendation of head coach.
- 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) will be subject to consequences listed in this handbook.

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 will 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 details of the ejection and 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 must notify the parent and the Director of Athletics about 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. Director of Athletics along with campus principal will determine final decision of suspension or removal from program.

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 or given verbal consent to the head coach or coach in charge.

An Early Release Notification needs to be submitted for approval by the campus principal & Director of Athletics. A copy of athletes along with their school ID numbers will be sent to the entire campus staff 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, parent permission has been given either verbally or written.

The district attendance policy will be enforced with all student athletes. Athletes must be present at school at least half a day to participate in a game(s) on the scheduled day unless in the case of a medical appointment, family bereavement or any school function. A written excuse from the appropriate professional should be provided.

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.

GENERAL GUIDELINES

∞SPORT PROGRAMS

A. PARTICIPATION IN MULTIPLE SPORTS

1. 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.
2. 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. If competition has begun the athlete may attend practices of the new sport but cannot participate in games until the season of the old sport is over. A student/athlete quitting a sport after the first contest will forfeit any award for that sport.
3. 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. All athletes must enroll in the athletic class during the particular season of the sport that they are participating in unless there is an academic schedule conflict, a class is needed to meet graduation requirements by the intended graduation date.

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 should be enforced by the head coach and supported by the coaching staff. Major rules are governed by UIL/West Oso ISD policies and administrative guidelines and regulations.

Attendance

1. Athletes may not be doubled punished (punished by campus administrations & coach)
2. Athletes should attend every scheduled practice and be on time. Athletes should inform the head coach thru verbal or written notice of nonattendance/tardiness unless an emergency prohibits them to do so. No punishment will be given for excused absence/tardy. Excused absence/tardy include: family/emergency, medical excuse, academics, dual sport/activity. Examples of punishment includes: non-travel, non-play, nonstarter, physical activity outside of team's workout on missed day.
3. Head coach should notify the parent and document ongoing discipline problems. Director of Athletics will be notified about any ongoing rule violations.
4. No head coach will remove an athlete from a program without appropriate documentation or without a district/UIL violation being committed. Director of Athletics will make final decision.
5. Athletes will have a minimal of 7 days after a sport begins to join without being denied non-participation or punishment. After this time practice make up should reflect the physical activity missed OR non-participation of games to reflect the number of practices missed. If an athlete is an underclassman provisions may be made by the head coach for the athlete to participate in sub varsity play. Modified rules will apply for transfer athletes. Sports that start before the academic school calendar will extend the 7 days of non-participation.

In subornation

1. Disrespect towards the coaching or campus staff will not be allowed through verbal, body language or action.
2. Athletes may receive a game/travel suspension for such violation. A suspended athlete may not travel.

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 season 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 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 director of athletics and communication to the parents of athletes via pre-season parent information meeting.

General Requirements for Lettering

6. 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 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 (attendance of practices, games, rehabilitation and the display of team support during the time of the athlete's recovery will be taken into consideration). Playing in only pre-season scrimmages on a varsity team is not a mandatory criterion of lettering.
3. 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 4 years.
4. An underclassman that has completed 3 full varsity seasons in the same varsity sport. The jacket will be awarded/fitted at the completion of the season and received. No student who withdraws from West Oso High School before the awards are given will be eligible to receive a jacket award. Any monies that the parent pays toward the jacket will be forfeited.
 - 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 at the end of the season of the athlete's senior year.
 - A 4 year cheerleader.
 - 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.

- All required forms must be completed in their entirety and returned to the athletic trainer before a student participates in any try-out, practice, athletic class, athletic competition or summer workouts.
- The student is required to use the Pre-participation - physical examination form designated by the state/athletic trainer. 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.
- All injuries must be cleared by the athletic trainer and may need a doctor's excuse before returning. All excuses are at the discretion of the athletic trainer.
- All injuries should be first seen by the athletic trainer unless critical to the athlete's health.

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. 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
COACHING ASSIGNMENTS
2021-2022

Director of Athletics: Cheryl Fillmore
Boys Coordinator: Brad Smithey
Girls Coordinator: Venita Tryon

BOYS

Basketball: Dominique Richardson (Head)
Baseball: Joe Gonzales (Head)
Cross Country: Ricardo Garza
Football Coaches: Brad Smithey (Head)
Golf: Andrew Wilburn
Powerlifting: Andrew White
Tennis: Carlos Lerma (Head)
Track:

GIRLS

Basketball: Quincy Sims (Head)
Cross Country: Marisa Reyes
Golf: Delyla Gonzalez
Tennis: Carlos Lerma (Head)
Softball: Delilah Pacheco (Head)
Track: Venita Tryon (Head)
Volleyball: Cheryl Fillmore (Head)

WEST OSO JUNIOR HIGH SCHOOL
COACHING ASSIGNMENTS
2021-2022

Director of Athletics: Cheryl Fillmore
Coordinator: Anthony Odom

BOYS

Football: Christopher Olsen
Basketball: Anthony Odom
Track: Ricardo Garza, Christopher Olsen
Cross Country: Ricardo Garza
Tennis: Carlos Lerma

GIRLS

Volleyball: Chanta Gidrey
Basketball: Stacy Simmons
Track: Stephenie Rhodes
Cross Country: Marisa Reyes
Tennis: Carlos Lerma

DISTRICT ATHLETIC TRAINER

Joshua Bunnel