

WEST OSO

INDEPENDENT SCHOOL DISTRICT



DEPARTMENT OF ATHLETICS HANDBOOK 2024 – 2025



“Transparency, Resiliency, Unity, Equity”

WEST OSO ISD ATHLETIC DEPARTMENT OVERVIEW

INTRODUCTION

A Message to Parents and Coaches

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 a specific 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 2024-2025, 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 2024-2025 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 2024-2025.

(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. All programs represented with class, character and dignity.
5. Establish successful programs so that all participants enjoy a positive learning experience.
6. Demonstrate our athletic teams are well coached, highly disciplined and very well organized.
7. Establish District-wide bond of loyalty and pride that reflects the principles, integrity and attitude of the West Oso ISD.
8. 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 nine (9) 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 nine (9)-week period following the first nine (9)-week period of a school year, a student must not have a recorded

grade average lower than 70 in any course for that preceding nine/**six (2024)** week grading period.

- A student whose nine (9)-week grade average, in a high school course, is lower than 70 at the end of any nine (9)-week period shall be suspended from participation in **competitive** interscholastic activity during the succeeding three (3)-week period. If, at the end of the three (3) 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 nine (9) weeks. Validation of the (3) three weeks grade is made with the Gradebook grade report through the campus coordinator or campus principal.
- Students **may practice** with their respective teams while they are on academic suspension.
- Students **may also participate** in **pre-season scrimmages and holiday competitions** while on academic suspension.
- 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.
- 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.
- The WEST OSO ISD Athletic department validates grades through a grade report from Gradebook. An athlete will not submit his/her grades.
- 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 an 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, requires 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.

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

ATHLETE EJECTION FROM CONTEST

A. EJECTIONS

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.

B. USE OF ILLEGAL DRUGS, ALCOHOL, OR VAPING ACTIVITY

Use of illegal drugs, alcohol, or vaping activity **on or off** campus will not be tolerated. The district policy and or campus punishment on such violations will be enforced. Director of Athletics along with campus principal will determine final decision of suspension or removal from program. 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.

C. TRANSPORTATION

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 at least 48 hours before departure. 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 **are expected** to travel with the team. Any athlete **not returning** with the team, must have parent permission given either verbally or written.

D. STUDENT ABSENCE

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.

E. ISS ASSIGNMENT

An athlete is suspended from UIL team competition **while** serving time in ISS. The suspension is from the day the student **begins** his day(s) and is concluded at the **end** of the assigned end day.

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. A student/athlete quitting a sport will forfeit any award for that sport **and** major awards.
- 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 (need to meet high school or college 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 or school to participate in a non-school event will count as an unexcused absence and is not aligned with UIL rules and regulations. Athletes should 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 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.
- Theft on West Oso ISD property may result in suspension and/or removal from a team.
- Vaping while participating in UIL Athletics will not be tolerated and may be grounds for dismissal from a team and or program.
- Athletes may not be doubled punished (punished by campus administrations & coach)

E. Attendance

- 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 include non-travel, non-play, nonstarter, physical activity outside of team's workout on missed day.
- An athlete may be dismissed from the team after 3 non-excused absences with the consent of the Director of Athletics.
- The head coach should notify the parent and document ongoing discipline problems. Director of Athletics will be notified about any ongoing rule violations.
- 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.
- 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.

Insubordination

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

ATHLETIC AWARD GUIDELINES

- Sub Varsity Certificate – Non varsity participant.
 - Varsity Certificate -- Varsity athlete sport.
- ***Only varsity participants will be eligible for "Athlete of the Year Honor".**
- 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

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.

- 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.
- Any student who **quits** a sport will forfeit the opportunity of receiving their jacket.
- Practice habits and attendance are criteria for lettering and are left up to the discretion of the individual head coach. **Failing** a class affects the criteria of lettering for that season.
- An injured player must have actively played 50% in a sport in order to letter.
- Managers/Trainers – Managers and student trainers will receive lettering for their participation in the same sport for 4 years.
- A **varsity** athlete that has completed 2 full varsity seasons in the same varsity sport, will be awarded at the **completion** of their **3rd** year.
- 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 UIL physical forms are:

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

WEST OSO HIGH SCHOOL
COACHING ASSIGNMENTS
2024-2025

Director of Athletics: Cheryl Fillmore

Boys Coordinator: Kenneth Johnson

Girls Coordinator: Venita Tryon

BOYS

Basketball: Chantze Avery, Joshua Prado, Samuel Flowers

Baseball: John Gonzales, Samuel Flowers, Michael Lewis

Cross Country: Ricardo Garza

Football Coaches: Kenneth Johnson, Chantze Avery, Clarence Bowman, Samuel Flowers, Marcos Zubia, Jesse Juarez-Grande, Andrew Wilburn

Golf: Andrew Wilburn

Powerlifting: Kenneth Johnson

Tennis: Jaime Barrera

Track: Regino Moreno, Christopher Olson, Joshua Prado, Marcos Zubia, Kenneth Johnson, Venita Tryon, Quincy Sims, Stephenie Rhodes, Marisa Prado, Keri Graves, Clarence Bowman

GIRLS

Basketball: Quincy Sims, Delyla Gonzalez, Erika Pena

Cross Country: Marisa Prado

Golf: Delyla Gonzalez

Tennis: Jaime Barrera

Softball: William Waddill, Briana Nuncio

Volleyball: Cheryl Fillmore, Erika Pena, Venita Tryon

WEST OSO JUNIOR HIGH SCHOOL

COACHING ASSIGNMENTS

2024-2025

Director of Athletics: Cheryl Fillmore

Girls Coordinator: Stacy Simmons

Boys Coordinator: Clarence Bowman

BOYS

Baseball: Nicholas Cambron, Cory Lewis

Basketball: Ricardo Garza, Nicholas Cambron, Stephen Garcia

Cross Country: Ricardo Garza

Football: Christopher Olson, Cory Lewis, Stephen Garcia, Cameron Williams

GIRLS

Volleyball: Bianca Flores, Anthanette Trimble

Basketball: Stacy Simmons, Bianca Flores

Cross Country: Marisa Prado

Softball: Stacy Simmons, Briana Nuncio

DISTRICT ATHLETIC TRAINER

Joshua Bunnel