

UNION GROVE ISD
ATHLETIC HANDBOOK
2022 - 2023

EXPECTATIONS FOR OUR PROGRAM -

THE ATHLETIC DEPARTMENT HERE AT UNION GROVE WILL HOLD YOU, AS AN ATHLETE, TO A VERY HIGH LEVEL OF EXPECTATIONS. WE WILL HOLD YOU ACCOUNTABLE FOR **BEING AT PRACTICE, WORKING HARD WHILE YOU ARE HERE,** AND BEING A **PERSON OF HIGH CHARACTER.**

WE WILL **NOT** ALLOW **ANY** LOWERING OF OUR EXPECTATIONS FOR **ANY** REASON. IT IS IMPORTANT THAT WE ARE ALL MOVING IN THE SAME DIRECTION. IF THERE IS ANY REASON THAT YOU, AS AN ATHLETE, CANNOT MEET THE EXPECTATIONS OF OUR PROGRAM, THEN WE WILL PART WAYS AND YOU WILL BE ALLOWED TO MOVE ON TO THE NEXT PHASE OF YOUR HIGH SCHOOL ENDEAVORS.

BEING AT PRACTICE - THIS IS THE MOST IMPORTANT EXPECTATION. PERIOD!!
YOU MUST BE AT PRACTICE, OR YOU ARE NOT GETTING
BETTER! END OF CONVERSATION!

WORKING HARD - WE, AS A COACHING STAFF, SHOULD NOT HAVE TO BEG YOU TO
WORK HARD AT A SPORT THAT YOU CHOSE TO PARTICIPATE IN.

CHARACTER - ALWAYS STRIVE TO BE THE BEST PERSON THAT YOU CAN BE.
DEDICATION, LOYALTY, COMMITMENT, AND AVAILABILITY ARE ALL
GOOD CHARACTER TRAITS.

THE EXPECTATIONS THAT WE HAVE FOR YOU AS AN ATHLETE, ARE NON NEGOTIABLE!
THERE IS NO EASY PATH TO A CHAMPIONSHIP AND WE WILL NOT TAKE THE EASY
PATH.

COME TO PRACTICE EVERY DAY WITH THE WILLINGNESS TO GET BETTER!!

EXPECT TO PRACTICE LIKE A CHAMPION!

YOU MUST BE WILLING TO BE COACHED. WE ARE GOING TO COACH HARD AND YOU
SHOULD TAKE EACH DAY AS A LEARNING EXPERIENCE.

WE EXPECT YOU TO COME EVERYDAY WITH A WILLINGNESS TO WORK AND LEARN!

DO NOT EXPECT US TO LOWER OUR EXPECTATIONS BECAUSE IT IS HARD FOR YOU!!

PRACTICE LIKE A CHAMPION!!!

MISSED PRACTICE POLICY

1. IF AN ATHLETE MISSES A PRACTICE AND HAS NOTIFIED THE COACH IN ADVANCE, HE OR SHE WILL BE EXPECTED TO MAKE UP THAT PRACTICE IN ORDER TO PARTICIPATE IN THE UPCOMING CONTEST.
2. IF AN ATHLETE MISSES A PRACTICE WITHOUT NOTIFYING THE COACH BEFORE, THEN THAT ATHLETE WILL BE SUSPENDED FOR THE UPCOMING CONTEST
3. THE ATHLETIC DIRECTOR WILL HAVE THE FINAL SAY IN ANY PRACTICE POLICY VIOLATION.

IT IS IMPORTANT THAT WE DO NOT MISS PRACTICE. WE WILL BE VIGILANT IN HOLDING EACH OF YOU ACCOUNTABLE TO OUR PRACTICE SCHEDULE. WE WILL NOT TOLERATE NEGLIGENCE IN THE AREA OF PRACTICE. PRACTICE IS VITAL TO YOUR GROWTH IN THE SPORT THAT YOU ARE PARTICIPATING IN. **DON'T MISS PRACTICE!!!**

DRESS CODE POLICY

WE WILL ADOPT WHATEVER DRESS CODE THAT THE UNION GROVE SCHOOL BOARD HAS ESTABLISHED AS ACCEPTABLE. THERE WILL BE NO OTHER EXPECTATIONS AS FAR AS THE ATHLETIC DEPARTMENT IS CONCERNED. WE WILL, HOWEVER, ENFORCE ANY ADDITIONAL UIL

GRADE POLICY

IN ORDER TO PARTICIPATE IN ATHLETICS, YOU MUST MAINTAIN A PASSING GRADE DURING THE SEASON. IF YOUR GRADE FALLS BELOW PASSING AT THE 3 WEEK PROGRESS REPORT, THEN YOU WILL DO EXTRA WORK AFTER PRACTICE UNTIL YOUR GRADE IS ABOVE PASSING. THIS CANNOT BE AN ISSUE FOR OUR ATHLETES. MOST OF THE TIME YOU ARE NOT PASSING, IT IS BECAUSE YOU HAVE NOT TURNED IN WORK. MAKE SURE YOU TURN IN ALL YOUR WORK ON TIME. IT'S NOT THAT HARD TO KEEP UP WITH YOUR ASSIGNMENTS. ***DO YOUR WORK!!***

LETTERMAN POLICY

IN ORDER TO LETTER AT UNION GROVE, YOU MUST HAVE PARTICIPATED ON THE VARSITY TEAM OF THAT SPORT. THE AMOUNT OF PLAYING TIME THAT IS REQUIRED WILL BE UP TO THE HEAD COACH IN THAT SPORT. THE ATHLETIC DIRECTOR WILL HAVE FINAL SAY ON THE LETTERING OF ANY ATHLETE.

DRUG AND ALCOHOL POLICY

THIS IS AN ISSUE THAT I REALLY HATE TO HAVE TO ADDRESS. YOU WILL BE DRUG TESTED AT UGSD. WE INSIST THAT OUR ATHLETES MAKE GOOD DECISIONS IN LIFE ABOUT ALL THINGS. THIS IS ONE OF THOSE CHOICES THAT HAS **ZERO** POSITIVE CONSEQUENCES . YOUR BODY IS YOUR TOOL AND YOU MUST KEEP IT IN TIP TOP SHAPE!! THE ATHLETIC CONSEQUENCE WILL BE AS FOLLOWS:

1ST POSITIVE TEST - NOTIFY PARENTS AND OUT OF ATHLETICS FOR 30 DAYS

2ND POSITIVE TEST - NOTIFY PARENTS AND OUT OF ATHLETICS FOR 1 YEAR

3RD POSITIVE TEST - OUT OF ATHLETICS FOR REMAINDER OF HIGH SCHOOL

ONCE YOU HAVE A POSITIVE TEST, THEN YOU WILL BE TESTED EACH TIME THAT THERE IS A DRUG TEST, FOR THE REMAINDER OF YOUR STAY IN HIGH SCHOOL.

ALCOHOL WILL BE DEALT WITH ON A CASE BY CASE BASIS. IF YOU HAVE RECEIVED A MIP OR ANY OTHER VERIFICATION THAT YOU HAVE BEEN USING ALCOHOL, THEN YOU WILL HAVE TO COMPLETE THE 25 MILE FUN RUN BEFORE YOU CAN BE ELIGIBLE TO PARTICIPATE IN ATHLETICS.

QUITTING A SPORT

QUITTING A SPORT IS UNACCEPTABLE! WE DISCOURAGE ANY ATHLETE FROM NOT COMPLETING A SEASON. WE AT UNION GROVE FEEL LIKE IT IS NECESSARY TO YOUR GROWTH AND MATURITY, THAT WE DON'T QUIT BECAUSE IT HAS GOTTEN HARD, OR YOU DON'T LIKE THE COACH. THERE ARE CERTAIN CIRCUMSTANCES WHICH WOULD ALLOW QUITTING OF A SPORT NOT BE SUBJECT TO THE PENALTY. THESE WILL BE DETERMINED SOLELY BY THE ATHLETIC DIRECTOR.

IF AN ATHLETE QUILTS A SPORT, AT MINIMUM THEY WILL NOT BE ALLOWED TO BEGIN THE NEXT SPORT UNTIL THE SPORT THEY QUIT IS COMPLETELY OVER. THE MAXIMUM PENALTY FOR QUITTING IS 1 YEAR SUSPENSION FROM **ALL** ATHLETICS! EACH CASE WILL BE HANDLED INDIVIDUALLY AND THE ATHLETIC DIRECTOR WILL HAVE FINAL SAY IN EACH AND EVERY CASE.

POWERLIFTING POLICY

YOU MAY NOT BE IN ATHLETICS JUST TO DO POWERLIFTING! THE ATHLETIC PROGRAM IS FOR THOSE THAT PARTICIPATE IN A UIL SPORT. GOLFERS DO NOT HAVE TO BE IN ATHLETICS. POWERLIFTERS, HOWEVER, MUST BE IN ATHLETICS. IN ORDER TO PARTICIPATE IN POWERLIFTING, YOU MUST BE INVOLVED IN ANOTHER SPORT. IF YOU QUIT THAT SPORT AND POWERLIFTING IS THE ONLY OTHER ACTIVITY YOU DO, THEN YOU WILL BE REMOVED FROM ATHLETICS AND NOT ALLOWED TO POWERLIFT

INJURIES AND OUR TRAINER

IF AN INJURY OCCURS, YOU MUST SEE A COACH!! ANY INJURY THAT HAPPENS IN PRACTICE OR A GAME MUST BE SEEN BY A COACH. THE COACH WILL THEN DIRECT YOU TO SEE A DOCTOR OR WAIT TO SEE OUR TRAINER. IF YOU ARE REFERRED TO A DOCTOR BY A COACH OR TRAINER, WHATEVER HEALTH INSURANCE YOU HAVE WILL BE USED FOR PAYMENT. OUR SCHOOL INSURANCE IS A SUPPLEMENTAL INSURANCE AND WILL COVER MOST OF WHAT YOUR INSURANCE DOES NOT COVER. WE DO NOT PROVIDE FULL COVERAGE INSURANCE FOR OUR ATHLETIC PROGRAM.

IF YOU GO TO A DOCTOR WITHOUT NOTIFYING A COACH OR TRAINER, THEN YOU MAY FORFEIT THE SUPPLEMENTAL INSURANCE PROVIDED BY THE SCHOOL!!