

Melissa ISD

**EXTRACURRICULAR
HANDBOOK**

2012 - 2013

MELISSA ISD EXTRACURRICULAR HANDBOOK

INTRODUCTION

This handbook is designed to provide for a successful experience for students involved in extracurricular activities and the efficient operation of the Melissa ISD Extracurricular Programs. The Melissa ISD school board has approved the policies, procedures, and regulations in this handbook. The extracurricular handbook is subordinate to the Melissa ISD Student Handbook and the Melissa ISD Student Code of Conduct. Students participating in all extracurricular activities or events are additionally accountable and responsible for the rules and requirements contained within this extracurricular handbook.

It should be noted that different activities might have additional rules and regulations that go beyond what is listed in this handbook. These rules may be in addition to this handbook, but they shall not alter the rules of this handbook.

PHILOSOPHY

First, and foremost, Melissa ISD is an academic institution. Satisfactory classroom standing must be maintained at all times by students exercising the privilege of participation in extracurricular activities. Additional help, when needed in academic areas, is encouraged by all members of the staff. Prior arrangements must be made with the head coach/sponsor of that activity if practice time is to be affected for any reason.

The extracurricular programs at Melissa ISD are an integral part of the total educational program. Extracurricular activities are a vital part of the physical, mental, social, and moral growth of our students. Extracurricular programs can provide valuable lessons for practical situations. Students experience daily victories discovering within themselves the ability to overcome adversity, to develop leadership skills, to develop winning attitudes, to be hard workers, and to be a part of a team that requires sacrifice and service to others.

RESPONSIBILITIES

Participation in extracurricular activities is a privilege that carries with it responsibilities to the school, to the activity, to the student body, to the community, and to oneself. Students have a unique role to play. Their peers, teachers, and the community are constantly monitoring them. Being under this scrutiny, students must have strength of character and be aware of the role they have assumed. They must be certain they present to their peers, teachers, and community respect, sincerity, and honesty expected of a young lady or gentleman. Specific Responsibilities Expected of Melissa ISD extracurricular participants:

1. Maintain a satisfactory citizenship and behavior record in the classroom and on campus by treating teachers, administrators, and fellow students with respect.
2. Maintain passing grades in all classes.

3. Exercise self-control and display positive actions during competition and other school activities.
4. Have respect for the decisions of the officials during competition.
5. Refrain from misbehavior on and around the school property.
6. Be a law-abiding citizen both at school and away from school.
7. Display sportsmanship and class when representing Melissa ISD.
8. Be committed to attend practices, contests, and meetings of any sport or activity in which they choose to participate.
9. Abide by training rules established in this handbook and by their coach/sponsor.
10. Complete all required UIL and school paperwork prior to participation.

ATTENDANCE

It is the obligation and responsibility of participants to attend scheduled practices, contests, and meetings regularly and on time. If an unavoidable conflict arises with a practice or contest, one of the coaches/sponsors should be notified before the activity. Failure to make contact prior to the practice, contest, or meeting may result in the absence being considered unexcused.

Excused Absences:

Excused absences will be made up. The make up for an excused absence is not punishment but is administered so that the student can make up missed work and conditioning. Examples of excused absences are illness, a death in the family, school sponsored activities, or emergency situations. **Students should understand that when they have to miss, it is imperative that a coach/sponsor be notified prior to the absence.** Students should understand that habitual absences, even though they may be excused, become detrimental to their ability to perform and to their knowledge of team concepts. Habitual absences from the extracurricular activity may result in disciplinary actions, including loss of participation and/or possible suspension or dismissal from the activity.

Unexcused Absences:

Students and parents should understand that failure to notify the coach/sponsor prior to an absence will usually result in the absence being considered unexcused. Some extenuating situations will be considered an excused absence without prior notification. If there is a question as to whether it is excused or not, the lead coach or sponsor will make the decision. Unexcused absences will be made up and disciplinary action may be taken, including loss of participation and/or possible suspension or dismissal from the activity.

Ineligible Students:

Ineligible students shall attend and participate in practices unless excused by the lead sponsor. By attending and participating in practices, the student may represent the extracurricular activity again at the end of the ineligible period.

ISS:

A student placed in ISS is not allowed to participate in a game or contest during his/her placement, but he/she is allowed to practice after school. It is the student's responsibility to find out if their extracurricular activity is practicing after school and find out the time of the practice.

Tardy:

It is also very important for a student to be on time and to remain at a practice for its duration. Any student who arrives late to practice or who leaves early is disruptive to the practice. Students that are tardy or that leave practice early will be expected to do make up work for the time they missed. Habitual tardiness from the extracurricular activity may result in disciplinary action including possible suspension or dismissal from the activity.

ACADEMICS

Students must realize that they are students first and extracurricular activities come second. Students must plan their schedule so that they give sufficient time and energy to their studies to ensure acceptable grades. Students must be passing all subjects at the nine weeks grading period in order to be eligible to participate. Students failing a course will be ineligible for competition for three weeks. They may regain eligibility after three weeks if they are passing all subjects at that time. If not, they remain ineligible for another three weeks. Students that habitually earn failing grades on grade reports and/or progress reports become a detriment to the extracurricular program. They are showing neglect in their responsibility and obligation to their activity. They are also neglecting their main purpose for attending school.

Students are encouraged to maintain all their grades throughout the school year. Tutorials are available for students that are struggling with their grades. Students are encouraged to take advantage of the tutorials and/or other resources that are available to help them with their grades. Failure to take care of his/her grades will result in the student being placed on academic probation or removed from extracurricular competition or the extracurricular program. **Any student who fails two nine weeks grading periods during a semester will be placed on academic probation for the next semester.** Their grades will be closely monitored, and they will be expected to show improvement in their grades during the probationary period. **Any student on academic probation that fails two nine weeks grading periods during the semester of their probation, will be removed from extracurricular competition for the next semester.** Students attending summer school will not regain extracurricular eligibility upon the completion of the summer session.

ALCOHOL/ILLEGAL DRUGS/TOBACCO

It is a violation for Melissa ISD extracurricular students to use or possess alcohol (excluding for religious ceremonies), illegal drugs or tobacco. Verified violations will be addressed by the extracurricular coach/sponsor.

STEROIDS

Recent studies indicate that the use of steroids by high school students is on the rise. Although the drugs are dangerous and illegal to use without a prescription, reports indicate that they are readily available to be used by high school students. TEA and the UIL request that school districts raise the awareness of the ill effects of steroids. Melissa ISD agrees that it is imperative that our extracurricular students and their parents are aware of the dangers of steroid use. At the back of the handbook is a fact sheet about steroids that was created by the U.S. Department of Health and Human Services. Extracurricular students should also be aware that verified violations of the illegal use of steroids would be considered a violation of our illegal drug policy.

DRESS CODE/PERSONAL APPEARANCE

Students are expected to dress neatly and be well groomed in school and at any activity representing the school. They should recognize that appearance, expression, and actions always influence people's opinions of students, the team, and the school. Students who habitually violate dress and grooming standards may be subject to disciplinary action including suspension if the violations are not corrected.

Requirements:

1. Follow the dress code guidelines in the student handbook. Exception: Extracurricular uniforms and equipment are acceptable during workouts and competition.
2. Hair, including boy's facial hair, will be groomed to the specifications of the coach/sponsor.
3. Students involved in extracurricular activities shall follow additional requests of the coach/sponsor for event day or team travel.

CONDUCT

Extracurricular students may face disciplinary action, including possible suspension or expulsion, for demonstrating behavior that is detrimental to the extracurricular activity.

Examples of unacceptable behavior include, but are not limited to:

1. Inappropriate language
2. Unwilling or lazy attitude, poor work ethic
3. Disrespect to the sponsor or coaching staff
4. Disrespect to an event official
5. Display of temper
6. Not responsive to a sponsor's or coach's request
7. Argumentative attitude
8. Habitual disregard for rules
9. Negative effect on team morale
10. Unsportsmanlike behavior

EXTRACURRICULAR COMMITTEE

The purpose of the extracurricular committee is to address discipline situations involving students involved in extracurricular programs. The extracurricular committee will meet at the request of the coach/sponsor of an extracurricular program.

Members of the Extracurricular Committee:

1. An administrator
2. Both athletic directors or their designee
3. Both fine arts directors or their designee
4. Sponsor of the program
5. One of the student's teachers
6. The parent is encourage to attend

The above representatives are an ideal situation. Due to time constraints, availability and other issues, all members of the committee are not required to be available for the committee to meet. An administrator, a director and the sponsor are required for there to be a valid committee.

THE FACTS ABOUT STEROIDS

Facts

Steroids affect the heart. Steroid abuse has been associated with cardiovascular disease, including heart attack and stroke. These heart problems can even happen to athletes under the age of 30.

Steroids affect appearance. In both sexes, steroids can cause male-pattern baldness, cysts, acne, and oily hair and skin.

Steroids affect mood. Steroids can make a person angry and hostile for no reason. There are recorded cases of murder attributed to intense anger from steroid use.

Steroids increase risk of infection. Sharing needles or using dirty needles to inject steroids creates a risk for diseases such as HIV/AIDS and hepatitis.

Steroids are illegal to possess without a prescription. Doctors prescribe steroids for specific medical conditions. They are only safe for use when a doctor monitors the patient.

The majority of teens are not using steroids. Among teenage males, who are most likely to use steroids, only 1.8 percent of 8th graders, 2.3 percent of 10th graders, and 3.2 percent of 12th graders reported steroid use in the past year.

Signs

How can you tell if a person is abusing steroids? Sometimes it's hard to tell. But there are signs you can look for. If a person has one or more of the following warning signs, he or she may be abusing steroids:

For Boys:

- Baldness
- Development of Breasts
- Impotence

For Girls:

- Growth of facial hair
- Deepened voice
- Breast reduction

For Both:

- Jaundice (yellowing of the skin)
- Swelling of feet or ankles
- Aching joints
- Bad breath
- Mood swings
- Nervousness
- Trembling

Questions and Answers

Q. Are steroids addictive?

A. Yes, they can be. Withdrawal symptoms include mood swings, suicidal thoughts or attempts, fatigue, restlessness, loss of appetite, and sleeplessness.

Q. How long do steroids stay in your system?

A. The length of time that steroids stay in the body varies. Injected steroids may be detected in the body for 3 to 4 months while the oral types may remain for 1 to 4 weeks.

Q. What can I do to excel in sports if I don't use steroids?

A. Focus on getting proper diet, rest, and good overall mental and physical health. These things are all factors in how the body is shaped and conditioned. Excelling in sports is achievable and done by millions of athletes without relying on steroids.

Q. What are the slang terms related to steroids?

A. Arnolds, Gym Candy, Pumpers, Stackers, Weight Trainers, Juice. Other slang terms associated with steroid use include:

- Roid rages – uncontrolled outbursts of anger, frustration, or combativeness that may result from using anabolic steroids.
- Shotgunning – taking steroids on an inconsistent basis.
- Stacking – using a combination of two or more anabolic steroids.

To learn more about steroids, contact:

Substance Abuse & Mental Health Services Administration

National Clearinghouse for Alcohol and Drug Information

800/729-6686 – TDD 800/487-4889

línea gratis en español 877/767-8432

www.ncadi.samhsa.gov

ACKNOWLEDGEMENT OF RECEIPT

I have received a copy of the Melissa ISD Extracurricular Handbook. I understand that I will be held accountable for the information outlined in this handbook.

Participant's Name (Print) _____

Participant's Signature _____

Date _____

I have received a copy of the Melissa ISD Extracurricular Handbook. I understand that all extracurricular students will be held accountable for the information outlined in this handbook. I give my approval for _____ to participate in the extracurricular program at Melissa ISD under the guidelines of the Melissa ISD Extracurricular Handbook.

Parent/Guardian Name (Print) _____

Parent/Guardian Signature _____

Date _____