
ORE CITY ISD



2023-2024

ATHLETIC HANDBOOK

Ore City Athletic Department

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<https://www.ocisd.net/district/athletics>



Ore City ISD Athletic Handbook

Mission Statement – *The Ore City athletic program aims to offer students a chance to engage in a successful athletic program that is a significant aspect of their overall educational experience. Our coaches are dedicated professionals, role models, and fully comprehend the responsibility of guiding young individuals towards success in the most important game of all - life. Regardless of the outcome on the field, our athletic department will emphasize the importance of students giving their best effort, exhibiting good sportsmanship, and demonstrating respect for all individuals.*

At Ore City ISD, we want a program where:

- Athletes are successful in the classroom
- Athletes learn character and integrity
- Athletes reach their maximum potential as athletes, players, students, and people
- Athletes are excited to be a part of our program
- Athletes are better off because they were part of our athletic program

Core Values

- Attitude
- Discipline
- Team
- Excellence
- Consistency
- Effort
- Commitment
- Toughness
- Compete
- Pride

“A system should never reduce the game to the point where it simply blames the players for failure because they did not physically overwhelm the opponent. You need to have a plan even for the worst scenario. It doesn’t mean that it will always be successful, but you will always be prepared and at your best. Sell your plan by instilling confidence. The more the players gain a sense of confidence that they are prepared for anything that might come, the less likely they are to feel physically overwhelmed even if their opponent is capable of doing that.” – Bill Walsh

Constant Reminders

- Invest your time, don’t spend it
- Dominate your opponent **TODAY!**
- Do Your Job!
- Worry about what you can control
- If it were easy, everyone would do it!

The PLAN – How are we going to achieve our goals?

1. Take the “What if’s” out of the program – everything organized; no controllable surprises
2. Gain the tools to succeed through strength and conditioning
3. Learn how to succeed by mastering athletic survival skills
4. Become winners through intangibles



Ore City ISD Athletic Handbook

***Athletic Statement** – To achieve success in any endeavor, one must be dedicated, hardworking, and enthusiastic. To achieve success in athletics, one must be uncompromising when it comes to practice and preparation, both on and off the field or court. As coaches, we will provide a rewarding experience to our student-athletes in a professional and enjoyable environment by displaying respect, integrity and the highest level of ethical standards. For the participating athlete, these experiences provide an integral part of the foundation needed to be a responsible and contributing member of society.*

Introduction

This handbook serves as a comprehensive guide aligned with the policies and procedures established by the Ore City Independent School Board. It supersedes all previous publications governing the athletic teams of Ore City ISD and applies to all individuals involved, including personnel and participants in grades 6-12. The guidelines, rules, and regulations outlined within this handbook are designed to ensure the efficient operation of a high-quality athletic program. All stakeholders are expected to uphold and adhere to the information, policies, and procedures contained in this publication.

Participation

Participation in any extracurricular activities is not a guaranteed entitlement but rather a privilege.

The athletic department aims to provide opportunities for young men and women to engage in athletics. However, students are not obligated or required to take part in athletics. As athletics is considered a privilege, the coaching staff, in accordance with Ore City ISD policy and due process procedures, possesses the authority to suspend or revoke this privilege if the rules and standards of the athletic program are not followed.

For students who wish to participate in any of the team sports offered at Ore City Secondary, as well as engage in two sports, their involvement in athletics is mandatory. Student-athletes will be expected to participate in daily workouts during the designated athletic period. Students who consistently refuse to participate or frequently miss after-school practices and competitions will no longer be able to remain in the program.

Ore City ISD Sports Offered

Fall

Football: Var/JV/JH
Volleyball: Var/JV/JH
Cross Country: Var/JV/JH

Winter

Basketball: Var/JV/JH
Powerlifting: Var/JV

Spring

Track & Field: Var/JV/JH
Baseball: Var/JV
Softball: Var/JV
Tennis: Var/JV
Golf: Var/JV

***teams may be increased or reduced depending on participation numbers.*



Student-Athlete Eligibility

Student-Athlete Eligibility

Age Requirements

7th Grade:

Has not reached his/her 14th birthday on or before September 1 and has not enrolled in the 9th grade

8th Grade:

Has not reached his/her 15th birthday on or before September 1 and has not enrolled in the 9th grade

High School:

Has not reached his/her 19th birthday on or before September 1 and who initially enrolled in 9th grade no more than four calendar years ago.

Eligibility for UIL Participants for the 1st Six-Weeks of Competition

9 th Grade and Below	Promoted from a lower grade prior to beginning of school
10 th Grade	Earned 5 credits towards graduation
11 th Grade	Earned 10 credits total, and 5 credits from previous school year
12 th Grade	Earned 15 credits total, and 5 credits from previous school year

Eligibility for UIL Participants after the 1st Six-Weeks of the School Year

In order to be eligible for participation in activities beyond the initial six-week grading period, a student must maintain a minimum grade of 70 (except for Ore City ISD identified advanced classes) on a scale of 0-100 in all courses during that preceding six-week grading period. If a student fails to meet this requirement and becomes ineligible, they will be prohibited from participating in any extracurricular contests or games for a period of three (3) school weeks.

To regain eligibility, the student must complete a waiting period of seven (7) calendar days following the conclusion of the next three (3) weeks grading period. It is important to note that during this waiting period, the student-athlete must also be passing all of their classes. Once these conditions are met, the student-athlete will be able to regain their eligibility for participation.



Pre-Athletics Program

The Ore City Pre-Athletics class is a Physical Education course specifically designed for 6th-grade students to prepare them for Ore City Athletics in 7th and 8th grade, as well as to instill the intention of pursuing athletic participation in high school.

Students who choose to participate in Pre-Athletics should expect daily workouts during the class period that align with the sport seasons taking place at the 7th, 8th, and high school levels.

The curriculum will also focus on developing athletic strength and conditioning, agility, and speed. The primary goal of the Pre-Athletics Program is to equip students with the necessary skills to effectively represent Ore City ISD in athletic endeavors.

Expectations for Ore City Pre-Athletics:

1. Adherence to the policies and procedures outlined in the Ore City Athletic Handbook.
2. Maintaining a positive attitude throughout the entire school year.
3. Wearing appropriate Ore City athletic attire and dressing out for class daily (attire will be issued during the first week).
4. Keeping the locker room clean and securely storing personal belongings in the designated area.

Girls Pre-Athletics

Volleyball, Basketball, Softball,
Track and Field

Boys Pre-Athletics

Football, Basketball, Baseball,
Track and Field

*** Failure to comply with these expectations and standards will result in a change in schedule and removal from the Ore City Pre-Athletics Program.*



Athlete Responsibilities

The Ore City Athletic Department places significant emphasis on the academic success of our student-athletes. Just as we strive for excellence in athletics, we expect the same dedication to achieving excellence in the classroom. For students facing academic challenges, we have established policies to support their progress, ensuring they not only pass their courses but also continue to earn credits toward graduation.

Key Academic Expectations

- Athletes must recognize that they are students first and foremost.
- Athletes should prioritize their schedules to allocate sufficient time and energy to their studies, aiming for acceptable grades.
- Tardiness, disrespect towards teachers and administrators, and any form of unacceptable behavior will not be tolerated and will result in disciplinary action.
- Athletes must attend school on the day of competition as required by Ore City ISD local policy.

Academic Policies

- Following the first progress report, athletes with a grade below 70 in any class will be required to attend tutorials.
- Head coaches will actively monitor their athletes' attendance and conduct during tutorials by maintaining open lines of communication with all teachers.
- If an athlete fails to pass two consecutive six-week grading periods, they may be temporarily removed from the athletic program until they pass a subsequent six-week grading period.

During Competition

- Athletes must consistently display high character and sportsmanship.
- Athletes will not engage with spectators during competitions.
- Engaging in illegal tactics to circumvent the rules and regulations governing athletics is strictly prohibited.
- Athletes must respect the decisions made by officials overseeing athletic contests.
- It is crucial for athletes to understand that outcomes may not always be in our favor, but our response and attitude will have a lasting impact on our seasons.

On Campus

- Athletes must adhere to the proper dress code and grooming requirements outlined in the Ore City ISD Code of Conduct.
- Actively seeking opportunities to participate in clubs and organizations that promote leadership and organizational skills is encouraged.
- Athletes are expected to always conduct themselves with a high level of character and maturity.

Athletic Period and Practice

- Athletes must inform the head coach or athletic director in advance if they will be absent from practice or competition.
- Athletes must promptly report for roll call and come prepared for daily activities in proper attire.
- Maintaining a clean and organized dressing and locker space is essential.
- Wearing school-issued equipment outside the school premises is strictly prohibited.



Athlete Responsibilities

Team Travel - Athletic Transportation

- All athletes are expected to travel to and from athletic contests together as a team. Exceptions may be granted by the Athletic Director/Head Coach in case of emergencies. If a student-athlete is being signed out, the responsible individual(s) must sign out with the coach in charge.
- Athletes should dress neatly and appropriately for all athletic trips.
- Proper conduct is expected from student-athletes on school buses or other designated school vehicles.
- Student-athletes will be provided with information regarding departure and return times for each trip/contest. The coaching staff will make every effort to notify the appropriate personnel of any unexpected changes resulting in alterations to the scheduled times.
- Parents, family members, or friends will not be allowed to accompany student-athletes on bus trips.

Dress and Grooming

All Ore City ISD student-athletes are required to dress appropriately and in a manner that demonstrates respect and compliance with the Ore City Independent School District Student Code of Conduct.

- Student-athletes must adhere to the guidelines stated in the Student Code of Conduct regarding hair and earrings.
- During the athletic period, student-athletes should wear school-issued attire.
- Proper undergarments must be worn at all times.
- Attire for home and away contests will be determined by the respective coach.
- Student-athletes are not permitted to wear anything derogatory, explicit, or offensive during school-sanctioned contests.

Athletic Attendance

It is the responsibility of team members to regularly and punctually attend scheduled practices, contests, and meetings. While there may be exceptional circumstances that cause an athlete to miss such opportunities, it is their obligation to inform their head coach or Athletic Director in advance, providing a reason for their absence.

As with any absence, there will be make-up activities that must be completed. The coach will determine the required amount of make-up work for the student. Failure to report the absence will result in additional make-up work. Consistent absenteeism may lead to suspension or dismissal from the athletic team.

Quitting a Sport

There may come a time when an athlete feels the need to quit a sport or withdraw from the athletic program due to personal reasons. In such cases, the athlete should be aware of the following guidelines:

1. The athlete must have a conversation with their respective coach regarding their decision to quit.
2. All equipment provided by the school must be promptly returned by the athlete.
3. By choosing to quit, the athlete forfeits the right to continue participating in that particular sport. Furthermore, the athlete will be ineligible to join another sport until the regular season for the team they quit is over. The same conditions apply if quitting during post-season play.
4. If the reason for quitting occurs after the two-week "grace" period from the start of the sport, the aforementioned statements will remain in effect.



Athlete Responsibilities

Athletic Equipment

The Ore City ISD Athletic Department will supply the majority of the necessary equipment for student-athletes. It is the responsibility of the athletes to properly care for the equipment provided. Here are some guidelines for athletes:

- Ensure that the equipment is correctly fitted and in good condition.
- Follow your coach's instructions regarding washing all clothing items.
- Maintain cleanliness and tidiness in lockers and locker rooms.
- The athletic equipment should only be used at school or during contests and should not be worn home or in the community without the permission of the coaching staff.
- After an athletic competition, the equipment will be checked in, and athletes will be held accountable for any lost equipment.



Parent Responsibilities

Parents play a crucial role in supporting and encouraging their children's participation in high school athletics. By understanding and fulfilling their responsibilities, parents can help create a positive and successful athletic experience for their child. The following guidelines outline the key responsibilities that parents should uphold:

Encourage Participation

Parents should encourage their child to participate in sports and promote a healthy, active lifestyle. Support their decision to join a team and emphasize the benefits of being part of a team, such as building friendships, developing discipline, and fostering physical and mental well-being.

Communicate with Coaches

Establish open lines of communication with coaches to stay informed about team expectations, practice schedules, game details, and any other important information. Be proactive in reaching out to coaches, when necessary, but also respect their time and approach them in a constructive manner.

Promote Good Sportsmanship

Encourage your child to display good sportsmanship at all times. Teach them to respect opponents, officials, and teammates, and emphasize the importance of fair play, integrity, and humility. Model these behaviors yourself, both on and off the field, as children learn through observation.

Provide Emotional Support

High school athletics can be demanding, physically and emotionally. Offer encouragement and reassurance to your child, especially during challenging times. Be a positive influence by focusing on their effort, improvement, and enjoyment of the sport rather than solely on outcomes or winning.

Support Academic Responsibilities

Emphasize the importance of balancing academics and athletics. Encourage your child to prioritize their schoolwork and meet academic expectations. Monitor their progress and provide necessary support to ensure they maintain a healthy academic standing while participating in sports.

Uphold Rules and Guidelines

Familiarize yourself with the rules, policies, and guidelines set forth by the school, district, and athletic association. Ensure that your child understands and abides by these rules, including eligibility requirements, code of conduct, and any drug/alcohol policies.

Be a Positive Fan

As a parent, you are your child's biggest fan. Attend their games and support them with positive cheering, demonstrating good sportsmanship towards all participants. Avoid confrontations, arguments, or negative interactions with officials, coaches, or other spectators.



Parent Responsibilities

The section below is from the UIL Parent Information Handbook. You can find the entire handbook at https://www.uil texas.org/files/athletics/manuals/Parent_Info_Handbook_22-23.pdf.

As your child becomes involved in interscholastic athletics, they will experience some of the most rewarding moments of their lives. It's important to understand there may be times when things do not go the way you or your child wishes. These are the times discussion with the coach is encouraged.

Appropriate concerns to discuss with a coach:

1. The mental and physical treatment of your child.
2. What your child needs to do to improve.
3. Concerns about your child's behavior.

It is very difficult to accept your child is not playing as much as you may hope. Coaches make decisions based on what they believe is in the best interests of all students participating. As you can see from the list above, certain things can and should be discussed with your child's coach. Other things, such as those listed next, must be left to the discretion of the coach.

Issues NOT appropriate for discussion with your child's coach:

1. How much playing time each athlete is getting.
2. Team strategy.
3. Play calling.
4. Any situation that deals with other student-athletes.

There are situations that may require a conference between the coach and parent. These are not discouraged, as it is important for each party to have a clear understanding of the other's position. When these conferences are necessary, the following procedure is suggested to help promote resolution to the issue.

If a parent has a concern to discuss with the coach, the following procedure should be followed:

1. Call the coach to set up an appointment.
2. If the coach cannot be reached, call the athletic director and ask him or her to set up a meeting with the coach for you.
3. Think about what you expect to accomplish as a result of the meeting.
4. Stick to discussing the facts, as you understand them.
5. Do not confront the coach before, during or after a practice or contest. These can be emotional times for both the parent and coach. Meetings of this nature do not promote resolution of the situation, but often escalate it.

What should a parent do if the meeting with the coach didn't provide satisfactory resolution?

1. Call the athletic director to set up a meeting with the athletic director, coach, and parent present.
2. At this meeting, an appropriate next step can be determined, if necessary.



Medical Information

Physicals and Insurance Requirements

All athletes are expected to maintain a file of the following documents in the athletic office. These documents must be updated on a yearly basis:

- Physical Form
- Acknowledgement of Rules
- Emergency Information/Consent to Treatment
- Release of Information Authorization
- Insurance Information
- Drug Testing Consent Form

Athletic insurance will be provided to all students participating in UIL sponsored activities. This insurance serves as a secondary policy that will cover costs after claims have been filed with the athlete's primary insurance provider. In cases where the athlete does not have any other coverage, this policy becomes the primary provider. Please note that policy requirements are subject to annual changes and may have certain limitations. If you have any questions or concerns regarding insurance coverage, please reach out to the Ore City Athletic Department for further information.

Illness and Injuries

The following procedures are in place to ensure the best possible course of action for injured or ill athletes:

- Immediately report all injuries to the coach or athletic trainer.
- Obtain the required insurance documents if additional professional care is needed.
- Consult with the athletic trainer for rehabilitation and treatment schedules.
- Provide the athletic trainer with relevant information and instructions received from medical or professional caregivers.
- In the event of illness, notify your coach or the athletic office to report your absence.
- During the athletic period, injured or ill athletes are required to dress out and report to the athletic trainer for treatment or consultation.
- Our training staff's goal is to facilitate the safe and speedy return of the athlete to competition.



Discipline Management

Just like any privilege that brings satisfaction or rewards to participants, there is a price to be paid in order to enjoy those benefits. The following rules and policies clearly outline the expectations and demands placed upon you as a member of this program.

Absences

- Athletes must notify the coach via call or text in advance if they will be absent from athletics.
- Athletes are required to make up any missed conditioning due to an excused absence.
- Unexcused absences will result in Level 1 Discipline.
- Athletes must attend practices and games even if they are unable to participate.

Injuries

- Any injury, no matter how minor, must be reported immediately to the trainer following the workout.
- Athletes must undergo and complete necessary treatment before practice begins and continue treatment after the workout.
- It is the responsibility of athletes to follow the treatment schedule provided to them.
- Injured athletes are still required to attend practices and games.
- Return to play requires clearance from a doctor or trainer.
- Practice time limitations will be determined solely by doctors or trainers.

**Parent notes will be assessed by the trainer to determine necessary practice alterations.*

Playing Time

- Athletes must understand that football, volleyball, basketball, baseball and softball are team sports and accept their role as a valuable team member.
- At the sub-varsity levels, all players will be given playing time as long as they have attended all practices and have demonstrated good behavior in the classroom and on the field.
- Playing time at the varsity level is not guaranteed.

Higher Standard

- Athletes must dress appropriately within the athletic facility and during any athletic event.
- Athletes must remain drug and alcohol-free.

Quitting

- Athletes who choose to quit may be allowed to rejoin during the spring off-season pending a review of their academic standing and disciplinary record.
- Any athlete who quits a second time will not be permitted to rejoin the team.
- Quitting during the season will render the athlete ineligible until the season is over.



Discipline Management

Makeup activities will be implemented to encourage athletes to adhere to our rules and guidelines. Various levels of reminders will be employed based on the nature of the rule violation. Repeat offenses may result in elevated consequences, at the discretion of the head coach.

Makeup for Missed Workouts

Sport-specific conditioning will be assigned as makeup, which is not intended as a punishment.

- An absence will be considered excused if it is due to school, illness, or personal reasons. However, in order for the absence to be classified as excused, the athlete must inform the coach in advance of the practice or workout.

Level One Consequence

Sport-specific punishment (e.g., towel pushes, bear crawls, etc.)

Verbal reprimand or warning

Probation

Written reprimand

- Unexcused absence or tardiness for weights, meetings, practices, curfew, etc.
- Minor disciplinary issues (e.g., teacher email)
- Locker room disciplinary issues
- Missed academic tutorials

Level Two Consequence

Sport-specific punishment (e.g., towel pushes, bear crawls, etc.)

Probation

Written reprimand

- Behavior unbecoming of a Rebel, such as fighting, unsportsmanlike conduct, etc.
- Skipping athletic period or excessive absences
- Any time spent in in-school suspension
- Repeatedly missing academic tutorials

Level Three Consequence

Minimum 1-game suspension

Removal from respective sport

Removal from athletic program

- Major disciplinary issues (may also fall under OCISD Policies)
- Violation of drugs, tobacco, vaping, and/or alcohol policies
- Theft
- Violation of Athletic Probation
- Placement in DAEP (Disciplinary Alternative Education Program)
- Repeated assignments to in-school suspension

Please note that certain consequences may also be subject to the policies of OCISD (Ore City Independent School District).



Information Acknowledgement Form

Student Name: _____ Grade: _____

Parent/Guardian Name: _____

Phone Number: _____

Email: _____

Address: _____

I hereby confirm that the student mentioned above, along with their parent or guardian, has either received a physical copy or accessed the digital version of the Ore City ISD Athletic Handbook. By signing below, I acknowledge that I have read the handbook, understand its contents, and agree to abide by its policies. It is important to note that the policies and procedures outlined in this handbook are subject to change at any time in order to best serve the interests of the Ore City Independent School District and the Athletic Department.

Signature of Parent/Guardian

Date Signed

Signature of Student

Date Signed