



# Wester Athletics



## General Guidelines and Expectations

The coaching staff at Wester Middle School is excited to have your child as a part of our athletic program. Our coaching staff has established the norms and expectations that you and your athlete will need to be aware of in order to have a successful year. We feel these expectations are necessary to promote the success of the athletic program.

A student is not required to take part in athletics; therefore, **athletics is a privilege.** Consequently, when high ideals and standards are violated, the privilege can be revoked. All athletes will be expected to follow our Wester Core Values of ***Respect, Integrity, Service, and Excellence.*** All guidelines and expectations are to be maintained while on campus and at all athletic events. Coaches have the right to discipline athletes on their individual teams, but will exercise sound judgment in evaluating specific penalties. Keeping in mind the welfare of the team, as well as the welfare of the individual, coaches will discipline equitably.

### **Academic Expectations and Eligibility**

Wester athletes are expected to perform at their best in the classroom. To be eligible to participate in athletic contests, a student must pass all classes with a minimum of 70% each 6-week grading period.

If a student is failing a class, they are required to attend tutorials and bring a note from that teacher stating they attended tutorials. In the event that a student needs to attend tutorials, the athletes need to choose a time that does not conflict with practice schedule.

If an athlete is failing multiple classes or fails a class for two consecutive six weeks, an academic improvement plan will be created by coaches, parents, and administrators. Failure to follow the academic improvement plan may result in dismissal of the Wester Athletic Program. It is our hope that this will help guide all our athletes at Wester on the correct path academically.

### **Sports**

Wester offers the following sports to 7<sup>th</sup> and 8<sup>th</sup> grade athletes: Football, Volleyball, Basketball, Cross Country, Track, Tennis, and Soccer. Team selections will be based on coaches' assessments and the athlete's work ethic. These assessments will include, but are not limited to fundamental skills, attitude, and athlete behavior in/out of the classroom. All of these aspects will be taken into consideration for making a team at Wester.

### **Physicals**

Every student enrolled in athletics must have a **current school year** physical signed by a doctor before they begin any tryouts or practices.

### **Participation**

We encourage all of our student-athletes to participate in all of the sports Wester has to offer. There will be no cuts for Football, Track, or Cross Country. Cuts will be made in Volleyball,

Basketball, Tennis, and Soccer. Athletes that did not participate in any sports in 7th grade and were in the Athletic class period will need a recommendation from the athletic coordinator to be in athletics in 8th grade. Any student may try out for any sport, regardless of being in an athletic class period.

### **Off-Season**

Any student-athlete not participating in the current sport will be placed in an off-season program. This program will involve conditioning, functional weight training, plyometric training, and basketball, volleyball and footballs specific drills. Off-season will take place during the athletic period only and Soccer, Cross Country, and Track specific drills will not be emphasized.

### **Grading**

Athletes must be on time and prepared for workouts and games. Attendance at practices and games is mandatory even if injured. Full effort is expected at every game and practice. Athletes must follow the athletic policies as agreed to in our Wildcat Promise. For each day with full participation and compliance to the daily objective, the athlete will earn 3 points toward their total grade.

There will be grade checks every progress report period. Students will be required to log onto E-school and print their current grades within the allotted time. Failure to turn in progress report may cause athlete to lose daily athletic points.

### **Athletic Periods and Practice Times**

1 <sup>st</sup> period-	8 <sup>th</sup> Grade Boys Athletics
2 <sup>nd</sup> period-	7 <sup>th</sup> Grade Boys Athletics
7 <sup>th</sup> period-	7 <sup>th</sup> Grade Girls Athletics
8 <sup>th</sup> period-	8 <sup>th</sup> Grade Girls Athletics

Girls' athletic practices for volleyball, basketball, cross country, track, and soccer will be after school each day of the week ending at approximately 5:30 PM. Coaches will communicate in advance if a time change has been made.

Boys' athletic practices for football, basketball, track, soccer, and cross country will be held before school starting at approximately 6:45/7:00 AM. Due to weather conditions, Track and Cross Country practices may be adjusted. The boys' locker room will be open at 6:30 AM for students to get dressed. Coaches will communicate in advance if a time change has been made.

#### Typical Game Days:

Football:	Monday/Tuesday/ or Wednesday Nights
Volleyball:	Thursday night (2 Weekend tournaments- "A" Team)
Basketball:	Thursday night (2 Weekend tournaments- "A" Team)
Cross-Country:	Wednesday night
Track:	Either Wednesday or Thursday night
Soccer:	Girls Monday/ Boys Thursday nights and 1 Weekend tournament

### **Athletic Conduct**

Athletes are a direct reflection of Wester Middle School and are, therefore, expected to display the utmost integrity and sportsmanship prior to, during, and after competition. Athletes should show respect for all teachers, coaches, officials, teammates, opponents, fans, visitors, and school officials. Any unsportsmanlike penalties such as fighting, mouthing, taunting, etc. will be dealt with by the coach of that sport. Profanity will not be tolerated at any time. Students who have been assigned to a full day of ISS/ Thursday Night Reflection (TNR) for behavior outside of athletics will receive an additional consequence from the athletic program for failing to positively represent Wester Middle School. Consequences may range from limited playing time, suspension of a game, or suspension from the program. In the event that an athlete begins to have excessive disciplinary problems a mandatory parent /student/coach conference will be scheduled to discuss a behavioral contract. Coaches have the discretion to suspend a student from a game depending on the athlete's behavior.

### **Athletic Academics**

Academics come first here at Wester. There are multiple opportunities (Advisory, Game day study hall, etc.) for an athlete to attend tutorials and retests. The expectation for all athletes that are currently in season is to attend tutorials outside of practice times. Students who have been assigned Academic ISS, C-Hall or Thursday Night School may receive additional consequences that range from limited playing time, suspension of a game, or suspension from the program.

### **Attendance and Tardies**

Attendance at practices and contests is mandatory. Practices need to be attended from start to finish. Skipping athletics or practice for unexcused reasons will not be tolerated. Disciplinary consequences will result for any athlete who is caught skipping. If any player has an absence from a scheduled practice, they must make up the conditioning from the missed workout; excused or unexcused. In the event a student athlete becomes injured, please utilize the trainer at Centennial High School at no cost to the parent. The trainer then can provide the coaching staff with information for limited practice ability. If an athlete is unable to work out for more than 2 days in a row, a doctor's note will be required for continued missed workouts. Athletes are required to communicate with his/her coach when a practice will be missed for any reason.

### **Game Day Attendance**

Athletes are expected to be in attendance for the full day of school to be able to participate on a game night. Extenuating circumstances may be an exception to these guidelines if students are in attendance for a minimum of a half day. Students not in attendance for the full academic day must have written documentation along with athletic coordinator approval.

### **Game Day Dress**

All athletes will be asked to dress up on the competition day or wear the athletic game day t-shirts that may be purchased. We will look and behave professionally on a competition day during school, at home games, and when traveling to an away game.

### **Game Day Study Hall**

All athletes will be required to attend a game day study hall during football, volleyball, basketball, and soccer seasons. Athletes will be in a designated area to use this time to complete homework/study and eat their meal prior to their game. iPods/ music devices may be used to listen to music, however phones will not be allowed to call out, text, or use the internet without coaches' consent. If the athlete needs to attend tutoring inside the classroom they will be required to sign out with the coaches.

### **Game Day Expectations**

Upon conclusion of game day study hall, all electronic devices must be turned off and stored appropriately. The use of concession stands/restrooms are limited to between games only. Students are expected to show excellent behavior at all times during the game night. While riding on bus, sitting in the stands, inside hallways of schools or anywhere else while with the team, students are expected to behave appropriately or consequences will be given according to the student code of conduct. Athletes may receive an additional consequence from the athletic program for failing to positively represent Wester Middle School. Consequences may range from limited playing time, suspension of a game, or suspension from the program.

### **24 Hour Grace Period Rule**

Students are encouraged to see every sport through until the end of the season. We believe that quitting becomes a habit over time and should be avoided. When one commits to an activity, he/she should finish. However, if an athlete does quit, he/she will be given an initial 24-hour grace period to return. If he/she quits again, he/she will not be allowed to participate until the following season.

### **Outside Sports Leagues and Activities**

We want to always encourage our student athletes to participate in as many sports and activities as they would like. All in-season Wester Middle School sports should be given top priority. We will do our best to accommodate conflicts with other school activity schedules by working with the sponsors of other programs at Wester. Wester athletics should have priority over all other sports leagues not affiliated with Frisco ISD.

### **Locker Room, Equipment, & Theft**

Equipment will be issued and a record kept. Athletes are issued a locker with their own combination. It is the athlete's responsibility to take care of his/her equipment. The athlete will pay for any lost or stolen equipment. All equipment will remain at school unless instructed by a coach to take home. Athletes may not wear equipment home, wear another athlete's equipment, leave equipment out, or have a messy locker room. Cell phones, music devices, etc. are brought to school at his/her own risk and should be locked up when not in use. Violations of these principles will result in disciplinary action. Stealing will NOT be tolerated. Any athlete caught stealing will face school disciplinary consequences and additional athletic consequences from the athletic program including possible removal for the remainder of the school year.

**Absolutely no cameras/videos/ cell phones may be used inside the locker room at any time.**

Any athlete who is using their picture/recording device inside the locker room will face school disciplinary consequences and additional athletic consequences from athletic program including possible removal from the athletic program for the remainder of the school year.

### **Substance Abuse**

Alcohol, tobacco, and drugs will not be tolerated at any time. Punishment will be dealt with through our Code of Conduct policies and additional athletic consequences from the athletic program including possible removal for the remainder of the school year.

### **Grooming**

Students participating in athletics reflect an image by their appearance. Hairstyles, clothing, and make-up should not be disruptive. For safety reasons, absolutely **no** jewelry may be worn during practice or competition. This includes but not limited to bracelets, necklaces, facial piercings, earrings, watches, and any other jewelry on the body. Female athletes that have longer hair must have hair tied back at all times during athletic participation. Male athletes are not allowed to have facial hair or have hair in their eyes or below their collar. No body art (this includes but is not limited to temporary tattoos, ink drawing, stickers, etc.) may be visible while representing FISD and Wester. If body art/jewelry is required for religious purposes, written documentation from the religious leader must be provided to the Athletic coordinator. Our facility is equipped with showers; therefore we expect that each athlete shower after morning workouts. Deodorant is a must, but the coaching staff asks that the athletes refrain from using aerosol deodorants, body sprays, or colognes, as they can cause allergy problems for other athletes and students.

### **Transportation**

We will provide transportation to and from the games for all athletes. Each athlete must ride the bus to the games as well as back to the school. Each student must be picked up within a reasonable time (20 min) upon completion of practices and games. If students continue to have problems being picked up on time, we will document and issue up to 2 warnings. On the third offense, the athlete may be removed from the program.

We recognize that athletes may need to leave after their competition for an extreme circumstance. If an athlete needs to leave after their competition, the parent/guardian must contact the coach in *advance*. The coaching staff needs to be notified by phone or email **no later than noon** on the game day/ meet day. The parent/guardian must present a photo ID and check out their athlete with the coach upon completion of their scheduled competition. Only parent/guardians who are on the emergency check-out sheet will be allowed to check out an athlete after the competition. Students will not be permitted to leave with anyone other than a parent/guardian. If a parent/guardian does not give notification by noon on the athletic competition day regarding an early check-out, the athlete will be released to the parent, but will be required to sit out a portion of the following competition. This policy is in effect to ensure that the coaches have adequate time to communicate with each other regarding the safety and supervision of the athletes.

### **Athlete/Parent Concerns**

The policies that have been provided are important for a successful program. However, the key to a successful program comes from communication between the coaches and parents, the coaches and athletes, and the athletes and parents. We encourage the parents to share in their child's athletic experience and help make it a positive and rewarding one. We do ask that you follow the proper chain of command if a situation arises that would require the need to speak to a coach. Any concerns or questions by an athlete or parent should be brought to the attention of the proper coach in the following order:

1. Have the athlete talk to the coach. Then #2
2. Parent conference with the coach involved. Then #3
3. Parent conference with the campus Athletic Coordinator. Then #4
4. Parent conference with the Asst. Principal in charge of athletics. Then #5
5. Parent conference with the Campus Principal.

Those who choose to not follow the above procedure will be directed back by the administration to the level skipped. We know that conflict does arise and it sometimes arises at a game / meet. Please refrain from confronting a coach at the conclusion of a game/meet, as they are focused on taking care of their athletes. We ask that you wait 24 hours to allow for all parties to reflect on the situation prior to communicating.



# Wildcat Promise



As an athlete participating in the Wildcat program at Wester Middle School, I do hereby promise to read, understand, support, and abide by the Wester Middle School Athletic Guidelines and Expectations. It is my desire to be a contributing part of the Wester Wildcat Athletic Program and help make it the very best in Frisco. I will follow our Wester Core Values of ***Respect, Integrity, Service, and Excellence.***

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Athlete's Printed Name

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Grade

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Athlete's Signature

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Date

As a parent/guardian of a Wester Athlete, I have read and understand the WESTER MIDDLE SCHOOL'S ATHLETIC Guidelines and Expectations.

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Parent Signature

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Date