

Borger ISD

Athletic Handbook



2020-2021

Borger ISD Athletic Handbook

In order for any successful athletic department to run smoothly, all students, coaches, teachers, and administrators must be aware of all rules and guidelines that apply to the athletic department. Therefore, this handbook has been prepared in order to present an outline of the athletic policy of the Borger Independent School District. Members of the community, student athletes, and the parents of those athletes are encouraged to read and become familiar with the contents of this athletic policy. While this handbook cannot possibly cover every instance that will arise in the day to day activities of the athletic program, it represents a good faith effort to inform all of those involved in the athletic program about the guidelines that will govern their participation. The coaches of the individual sports reserve the right to issue additional sport specific requirements as needed.

Please be advised that participation in this program is dependent on strict adherence to the policies found in this handbook. Communication is the key to resolving most conflicts. Therefore, all policy questions need to be directed to the head coach of the sport in question. If the head coach fails to resolve the issue to your satisfaction, then all questions need to then be presented to the Athletic Director. The administration will become involved only after the coach and Athletic Director have had an opportunity to make a ruling. BISD believes that athletics play a vital role in the educational system of Texas.

In athletics students learn the values of good citizenship, integrity, honesty, commitment, leadership, unity, confidence, and discipline. Participation in sports also allows our athletes to experience social growth and emotional maturity. Athletic competition teaches our young men and women how to be a gracious winner or to be dignified in defeat. Athletic participation truly compliments the academic goals of the district. The taxpayers of Borger indirectly pay for everything used in the school system. This tax money provides the athletic department with equipment and builds and maintains modern athletic facilities. It is only proper that athletes take the best possible care of school property. If damage to equipment or facilities is intentional or if school issued items are lost, the athlete involved will be expected to pay for their repair or replacement. Athletes should take care of all uniforms, equipment, and facilities as if those things belonged to the athlete.

All students who are eligible under UIL rules may participate in all sports offered. (Note to Parents) Athletes must have the following forms on file to participate in athletics:

1. Physical Evaluation (Medical History Form completed annually)
2. Illegal Steroid Use Parent and Student Notification Agreement
3. Consent for treatment of minor
4. Acknowledgement of Rules
5. Parent and Student Notification/Agreement Form Illegal Steroid Use
6. Concussion Acknowledgement Form
7. Bulldog/Lady Bulldog Oath

Borger Bulldog/Lady Bulldog ATHLETIC MISSION STATEMENT

I. PROMOTE PERSONAL GROWTH OF OUR ATHLETES

- a. Athletes leave the program as better people and more prepared to live life.
- b. Take our athletes to a level that a student-athlete cannot take themselves by maximizing each athlete's academic/athletic talent and character.
- c. Our approach is based upon the core values of TRUST, CARE, RESPECT, ENTHUSIASM, and FAMILY.
- d. The primary lesson to be gained from athletics is a commitment to excel which requires DEDICATION, HARD WORK, COOPERATION, and the SUBORDINATION of the individual for the good of the team.

II. WE BELIEVE IN A STRONG WORK ETHIC THAT LEADS TO BEING THOROUGH AND PREPARED.

- a. A work ethic applies during the season, off-season, and during the summer.
- b. Understand that success requires people to work for it.
- c. Work to have a WINNING SEASON, WIN DISTRICT, PLAY IN THE PLAYOFFS AND ULTIMATELY WIN THE STATE TITLE.

III. REPRESENT BORGER IN A POSITIVE WAY

- a. We will do our best to operate our program PROFESSIONALLY and with INTEGRITY.
- b. Require athletes to fit into the ACADEMIC mission of the school.
- c. Do our best to give our athletes every opportunity to GRADUATE and achieve opportunities for Higher Education.

IV. TO PROMOTE THE ELEMENTS OF TEAMWORK AND LEADERSHIP

Develop a "FAMILY" atmosphere between our athletes and from coach to athletes.

FORWARD

This material is presented to you because your son/daughter has indicated a desire to participate in interscholastic athletics and you have expressed your willingness to permit him/her to compete. Your family's interest in our program is gratifying to the entire staff. We believe that participation in athletics or any extracurricular activity provides a wealth of opportunities and experiences that will prove to be very beneficial to everyone involved.

A student who chooses to participate in athletics is voluntarily making a choice to develop self-discipline and put the program or team above their personal ambitions. Athletics is a privilege, not a right. We are striving for excellence and do not want our athletes to compromise proper training methods or accept mediocrity.

PHILOSOPHY OF ATHLETICS

The primary goal of Borger athletics is to foster the physical, academic, and moral development of all athletes in the program. It is our belief that the benefits of athletic participation extend beyond the courts and fields of athletic competition into the challenges of life. Therefore, we must strive to instill the self-discipline, character, work ethic, and cooperative skills that will give our athletes the best chance to succeed in any endeavor and will develop in our athletes a positive and healthy self-esteem. We feel that this can best be achieved through a fair and impartial implementation of the Athletic Handbook, establishing and

conveying clear and defined expectations, the use of achievement oriented and enthusiastic coaching methods, and an organized and collective approach to coaching. We believe that coaches must be teachers, motivators, positive role models, and must demonstrate that they genuinely care about their athletes and their profession. We recognize the importance of professional development, a close relationship with administrators, teachers, student-athletes, and the community, and the provision of clean, well maintained facilities and equipment. We advocate the equality of all students regardless of race, gender, and economic condition. Winning will always be an important catalyst for our program but our most important benchmark for success is the development of athletes who will be prepared to face any competition or challenge with their best efforts.

OBJECTIVES OF ATHLETICS

1. To learn teamwork -In order to work with others in our society one must develop self-discipline, respect for authority, and understand the value of hard work and sacrifice.
2. To be successful - one must develop a desire to excel. The desire to win is everything.
3. To be a good sport - one must be humble in victory and dignified in defeat.
4. To be physically fit - one must develop physical fitness and a desire to maintain this to a high degree.
5. To be mentally tough – allows one to persevere through difficult circumstances (such as difficult training or difficult competitive situations in games) and emerge without losing confidence.
6. To set goals - one must properly set goals and strive to reach them. He/she should always try to improve.
7. To enjoy - one should enjoy participation in athletics and gain the rewards it has to offer.

RESPONSIBILITIES OF THE SCHOOL

Transportation

To provide transportation to and from athletic contests.

Facilities, Supplies, and Equipment

To provide supplies, equipment, and facilities essential for our athletes to compete.

Student safety and development

To employ and teach proper training methods, provide properly fitted safety equipment, provide first aid to injuries, and to seek the care of a trained medical professional for emergency injuries.

RESPONSIBILITIES OF THE COACHES

1. To provide first and foremost the safety of the participating athletes.
2. To encourage the athlete to maintain passing grades in all subjects, periodically monitor student grades, and organize/conduct tutorials when necessary.
3. To schedule games and make travel arrangements.
4. To carry out any needed discipline for infractions within the athletic program.
5. To complete eligibility forms and adhere to all UIL rules.
6. To teach the skills necessary for the athlete to successfully participate in sports.
7. To teach sportsmanship and respect for officials.
8. To set the proper example of sportsmanship.
9. To take care of facilities and equipment.

RESPONSIBILITIES OF THE PARENTS

1. To give moral support to their son/daughter for their participation in athletics. This could include verbal encouragement, going to practices, games, or meets whenever possible, or participating in the Borger Athletic Booster Clubs.

2. To encourage the athlete to attend all practices, games, or meets and not to miss these events other than for illness or circumstances beyond his/her control.
3. To furnish transportation to and from school for practices, games, and meets.
4. To furnish that equipment which the school does not furnish.
5. To work with the coach in identifying and correcting potential problems.
6. To encourage the athlete to maintain passing grades in all subjects and to attend tutorials when necessary or scheduled due to unsatisfactory weekly grade sheet.

RESPONSIBILITIES OF THE STUDENT ATHLETE

1. To represent the school and community with character and good sportsmanship.
2. Other communities, as well as our own, judge our school by the conduct and attitudes of our athletes, both on and off the field.
3. To be responsible to the other members of the team. Giving less than his/her best effort is letting their teammates down.
4. To be responsible to his/her family.
5. To be responsible to the younger students in the school system by providing an example to follow. He/she should always remember that they are important role models to younger athletes.
6. To strive for academic success along with athletic success. To continue to participate and remain eligible, the athlete must meet all eligibility standards set by the school and the state.
7. To adhere to all school policies and all athletic policies.
8. To train properly and refrain from activities that are potentially harmful to their bodies.

RESPONSIBILITIES OF THE BOOSTER CLUBS

This is included in the athletic handbook to avoid problems or issues that could possibly arise involving the coaches and the actions of the booster clubs. Booster clubs are very valuable to the athletic department. They assist the school in areas of fund-raising, voluntary help, and substantial fan support for athletic contests. Booster clubs aid in the development of the total programs of Borger ISD. Certain guidelines apply:

1. Booster Clubs will clear all projects with the athletic director.
2. The superintendent, principal, and/or the athletic director will have veto power over proposed activities.
3. Booster club donations to the school cannot be earmarked for any particular item or use. Suggestions may be offered and will be considered by the athletic administration.
4. Booster clubs have no authority to direct a coach or administrator in any of his/her duties.
5. Equipment and supplies purchased by the Booster Club for the athletic program become donations and become the property of the school district.
6. More information concerning the activities of booster clubs is available in the [UIL GUIDELINES FOR BOOSTER CLUBS](#) or can be accessed online at the University Interscholastic League website.

STUDENT HEALTH AND SAFETY PRACTICES

Physical Examinations –Physical exams are required each year before a student athlete can participate in any sport. Please advise the coach if an athlete possesses any physical disabilities or limitations.

Insurance –Borger ISD has purchased an insurance policy that covers all U.I.L. activities, field trips, and vocational activities. Our insurance company, for a minimal fee per student, offers additional 24 hour or school time policies. Brochures describing this policy and its costs are distributed at the beginning of each school year. It is important to note that school coverage is **SECONDARY** to any policy that the parents might have on the student athlete. However, if the student is not covered by a parent policy, this policy becomes the primary policy. Every insurance policy has deductibles and limits on benefits. Therefore,

please be advised that we cannot guarantee that our policy will pay for all medical expenses incurred during the treatment of an athletic injury. With the exception of emergencies, the athletic department must be notified, and the proper claim forms picked up before any treatment or doctor visit is scheduled for an athletic related injury. Otherwise, the insurance company may not pay the claim. Likewise, Borger ISD is not responsible for any medical expenses received while competing in an athletic activity. Feel free to schedule a time to meet with the athletic director to review the policy if you have any questions. **Emergency Release Form** - this allows the coach to seek emergency medical treatment for an injured athlete should a parent not be available for consultation.

Age Requirements (U.I.L. Rule)

Junior High - to participate in athletics at the junior high level, a student must not have turned 15 by September 1. High School - to participate in athletics at the high school level, a student must not have turned 19 by September 1 and have the proper number of credits at each grade level.

ELIGIBILITY REQUIREMENTS

A student is eligible to participate in a UIL varsity contest if the student:

1. is less than 19 years old on September 1 preceding the contest;
2. is not a high school graduate;
3. is a full-time, day student in a participating high school;
4. has been in regular attendance at the participant school since the sixth class day of the present school year or has been in regular attendance for 15 or more calendar days before the contest or competition;
5. is in compliance with state law regarding grades and credit requirements as well as rules of the Texas Education Agency and has signed an [Acknowledgement of Rules](#) form indicating this compliance;
6. is enrolled in a four-year, normal program of high school courses;
7. initially enrolled in the ninth grade not more than four years prior to participation nor was enrolled in the tenth grade no more than three years prior to participation;
8. was not recruited to play professional or collegiate sports;
9. did not represent a post-secondary institution in a contest or has not participated in a college training session or try-out to demonstrate his/her ability to colleges before completion or participation in his/her senior year in the sport or sports for which he/she is trying out for a scholarship;
10. is not in violation of the [Awards Rule](#);
11. meets the specific eligibility requirements for UIL athletic competition in [Section 403 and Section 440](#) of the [Constitution and Contest Rules](#);
12. lives with parent/legal guardian inside the school district attendance zone his/her first year of attendance or has been in attendance at the school for one calendar year;
13. has not enrolled in or audited a post-secondary athletic or physical education course;
14. has not moved for athletic purposes;
15. has not accepted money or any other valuable consideration for teaching or participating in any sport, has not competed with a paid player or been paid for allowing his/her name to be used for the promotion of any product, plan or service; has not accepted "expenses paid" college visits for recruiting purposes until his/her senior year and then within dates specified by UIL rules with a visit permit and without missing any school time; was eligible according to the fifteen-day rule and the residence rule prior to district certification.

PRIORITY OF RESPONSIBILITIES

Decisions and strategy implemented by the head coach of a varsity sport will have priority over the decisions of an assistant coach. Check with the athletic director on any conflicts.

PLAYING-TIME FOR ATHLETES

Junior High /Junior Varsity — At this level, all students will get playing time if possible. The goal is to play all students in the implementation of a plan to win the game.

Varsity — at this level, coaches will try to play as many students as he/she can. The object is to win the game while playing as many students as possible. Playing time at the varsity level is a decision reserved for the head coach of each sport.

OFF-SEASON- (ATHLETIC PERIOD ENROLLMENT)

In order to participate in an athletic program, the student must have been enrolled in the athletic period in the semester prior to the sport to be entered. Athletes who have not participated in a sport by the end of the 4th six weeks may be removed from athletics. All athletes must participate in an organized weight training and conditioning program during the athletic period throughout the school year to enhance and develop their athletic ability. Varsity athletes will report to their sport during the athletic period on game days at the discretion of the coaching staff.

DROPPING A SPORT

First time participants in a sport will have one week after the first game/scrimmage to choose not to participate in that sport with no consequences. If an athlete quits during the season; they will be given a 24-hour grace period to think over their decision and must fill out a **Request to Quit** form. If they decide to return during the grace period, the makeup conditioning (as an unexcused absence will need to be done for any practices missed and formally apologize to his/her team.

If they choose not to return during the grace period, they will be required to run 10 miles in 5 school days before playing another sport.

Quitting is an undesirable habit to acquire. On occasion, an athlete may find it necessary to drop a sport. The procedure for dropping a sport is the following:

1. Discuss the situation with the head coach of the particular sport
2. Meet with athletic director, coach, and parents
3. Fill out a **Request to Quit** form
4. Check in all equipment issued. Anything missing will require the school to be reimbursed.

A student quitting a sport during the season may not practice or compete on a team for another sport until the sport that was dropped has finished its entire season (a season is defined by UIL rules as to the first day a student may compete and extends until the last game.) Upon dropping a sport, the student-athlete will still remain in the Borger athletic period. In the junior high, student-athletes who drop a sport will also remain in the athletic period. If the athlete chooses to leave the athletic period, he/she will not be able to participate in athletics.

MISSING GAMES, WORKOUTS, AND TARDINESS

An athlete who misses a game or workout for personal issues will be expected to make up the missed physical conditioning activities that take place during a workout or contest. This is makeup work. The same policy is in place with academic class work; missed assignments must be made up. An unexcused absence will result in makeup work and additional reminders. Except in extreme circumstances, any absence that is not reported prior to missing a game or practice is unexcused. It is the responsibility of the student / athlete to personally communicate to the coach ahead of time if a game or practice is going to be missed. The supervising coach will determine whether or not an absence is excused or unexcused and will administer and monitor the makeup work and/or reminders IF the absence requires any make-up. (No makeup will be issued if absence is due to another school event if coach was notified PRIOR to absence within 24 hours advanced notice). The requirement for excused and unexcused absences is:

Excused (illness, family emergency) workout for absence – make up previous day’s conditioning and any missed skill work and/or video study

- Unexcused workout absence – 2 Bulldog-Makers or appropriate makeup by Head Coach
- Unexcused game absence – 5 Bulldog-Makers or appropriate makeup by Head Coach
- Absence with a medical doctor note – no makeup or reminder (unless coach was not contacted prior to missing).
- **CONTACTING THE HEAD COACH OF THE SPORT IS EXPECTED.** Either through Remind, Facebook, Face to Face, email, etc. - any means whether directly or indirectly through some sort of social media. The coach must be contacted prior to practice, or it is likely to be considered unexcused.

The makeup work and/or reminders must be done in consecutive days as quickly as possible. This is left up to the discretion of the supervising coach. Athletes who miss practice for any reason can expect limited or no playing time in the next scheduled athletic event at the discretion of the supervising coach. Unexcused absences that occur repeatedly during a season are sufficient cause for permanent dismissal from the athletic team at discretion of the supervising coach. Disciplinary action will also result from frequent tardiness, especially if it becomes habitual. A coach may, at his or her discretion, delay the makeup work and/or reminders in case of illness or personal reasons. The following circumstances are EXEMPT from makeup work and/or reminders:

- if a student turns in a doctor’s note within 2 days after the date of absence and contacted the coach prior to missing;
- if a student has a serious illness (mono, hepatitis, etc.), injury or surgery causing 24 or more days of consecutive absences from workouts and games mandated by doctor’s orders;
- if athlete misses workout and/or game due to a school sponsored activity, or if the student has a death in his/her family and/or the student attends the funeral of a family member or friend.

Note: If a doctor’s note is not received within two days after the date of absence the absence becomes an unexcused workout absence.

AWARDS

As a member of the U.I.L., the athletic department is limited to the following:

“No member school of the league shall be permitted to issue awards for participation in interschool competition in excess of \$70.00 during his or her high school enrollment in the same high school; except that additional symbolic awards not to exceed \$10.00 each may be presented for each additional interschool activity each year.” In order to receive a letter jacket in athletics, the athlete must qualify by the Borger ISD criteria.

***Juniors that have not accrued enough points by the end of their junior year shall be measured and earned a letter jacket for their senior year if they have completed their junior year in good standing.**

SENIORS

Seniors who participate in Football, Volleyball, Basketball, and Track ARE required to be in the athletic period workout until completion of those sports.

EQUIPMENT

School equipment checked out by the athlete is his/her responsibility. All equipment will be taken care of and kept in good condition. School-issued equipment and practice clothing is to remain at school. Do not wear practice clothing or practice equipment home. School-issued equipment is required to be worn during the work out phases of the program. The athletic department will launder equipment when possible. School-issued equipment is to never be taken home without permission from the head coach.

SCHOLASTIC REQUIREMENTS - NO PASS/NO PLAY

To be eligible to compete in extracurricular activities; a student must pass all subjects in which the student is enrolled. A failing grade (below 70) will eliminate a student from competition for a three week period. At the end of the three-week period, all grades will be checked, and if all grades are above a 70, then the student-athlete will regain eligibility. During a period in which the student-athlete is ineligible, he/she will be required to work out after school. An athlete will be placed on academic probation after failing two (2) consecutive six-weeks. To be able to participate in the first six weeks of the school year, the following criteria must have been met:

1. At the beginning of the 7th grade year, he/she must have been promoted to the 7th grade
2. At the beginning of the 8th grade year, he/she must have been promoted to the 8th grade
3. At the beginning of the 9th grade year, he/she must have been promoted to the 9th grade
4. At the beginning of the 10th grade year, he/she must have 5 credits toward graduation
5. At the beginning of the 11th grade year, he/she must have 10 credits toward graduation
6. At the beginning of the 12th grade year, he/she must have 15 credits toward graduation

MAINTENANCE OF ATHLETIC ELIGIBILITY

The primary goal of BISD is the academic education of all students. Academic success is our highest priority. Athletes must be successful in the classroom to be able to participate in any school sponsored extra-curricular activity. By state law, students who are failing any class at the end of a grading period become ineligible from participating in an athletic contest for a specific period of three (3) weeks. If a student does become ineligible, he or she is still required to attend all practice sessions as if they were eligible. We will have weekly tutorials that are mandatory for students and student athletes who are on the weekly failure list or assigned tutorials by teacher for extra help as needed.

ATHLETIC TRIPS

Athletes are required to travel both to and from athletic contests in school transportation. Parents may request to have a student return home with them following a contest provided that the parents pick up the student in person and the student is not returning to Borger ISD. The parent must provide written notice that the athlete will return home under their care. If the team is eating at a different location than the contest, the athletes are required to ride with the team to eat and then they may be released to the parents or legal guardian. If they do not ride with the team, then they do not eat with the team. A student may not be released to anyone other than the parents or legal guardian. In extenuating circumstances and with prior written approval, a student may be released to another adult.

While traveling on school transportation, athletes will abide by the following:

- 1) Radios, iPods, and other music devices will only be allowed with earphones. Cell phones will be allowed at the coach's discretion
- 2) All riders will assist in clean up vehicles after each trip.
- 3) Absolutely **NO PROFANITY WILL BE ALLOWED. THIS WILL RESULT IN DISCIPLINARY ACTION.** Athletes are viewed as role models for younger students.
- 4) Athletes are expected to dress in good taste while representing the school. Attire must follow Borger ISD Dress Code. The supervising coach may expect a "higher standard" of both conduct and dress.

POLICIES FOR STUDENT ATHLETES

The basic principle of conduct under which BISD students will operate is to conduct yourself in such a manner that will bring credit to yourself, your teammates, your family, and to Borger ISD. Never engage in any activity that can be construed as inappropriate for a Borger ISD athletic team member.

BISD discipline guidelines and consequences are as follows:

- Athletics is a privilege not a right.
- Bulldogs and Lady Bulldogs will act in such a manner that will bring pride and honor to Borger Independent School District. This includes school trips, competitions, restaurants, classrooms, and any other time that you are representing Borger Independent School District. **(Ejection from a game will result in punishment that is handed out by the head coach.)**
- Any student —athlete that has been placed in **AEP** will be required to makeup conditioning as an unexcused absence from workout for every day that they are in ISS or AEP and shall be completed before returning to his/her athletic team or the athletic program. *Any absence from the athletic period and/or practices or games due to AEP and or ISS is considered to be an unexcused absence.*
- Athletes must follow all rules set by the athletic department of the BISD and the U.I.L. to participate. **(Students must attend school a minimum of 4 periods on the day of a competition to compete)** Doctor's notes for well-patient visits will allow less than 4 class periods for participation.
- While coaches and teachers will make every effort to promote their students to collegiate programs, participation in BISD athletics does not ensure athletic scholarships.
- The coaches, in the best interest of the team, determine playing time. Classification, practice participation, etc. are important but not the only determining factors.

ALCOHOL

It is a violation for Borger ISD athletes to use or possess alcohol. Reported violations of this nature will be investigated by the athletic director and/or coaching staff. Verified violations will result in disciplinary action for the athlete.

First infraction – The athlete will be required to run ten (10) miles (or an equivalent) at a pace set by the coach. The athlete will have five (5) days to complete the running and the running will be in addition to the regular workout for that day. If the infraction occurs in season, the athlete will be suspended from the next contest or competition.

Second infraction – The athlete will be required to run ten (10) miles (or an equivalent) under the same guidelines as the first infraction. In addition, the athlete will be suspended for 25% of the total number of contests or competitions of the sport in which he/she is participating. If the infraction occurs during a time in which the athlete is out of season, the suspension period will be served at the start of the season of the next sport in which the athlete participates. If a season ends before an athlete is able to complete his/her suspension, the suspension will carry over to the next sport in which the athlete participates.

Third infraction – The athlete will be removed from athletic competition for one calendar year. At the end of the suspension period, an athlete may regain participation privileges by requesting to get back into the Athletic Program. At this time, the Athletic Director will make a decision as to the athlete's re-entry into the program.

Fourth infraction – The athlete will be removed from athletic competition for the remainder of their high school career. Alcohol violations for high school athletes will be cumulative for their high school career. Alcohol violations for junior high athletes will be cumulative for their junior high career. However, if a junior high athlete has not completed his/her suspension time, the suspension will carry over to high school.

ILLEGAL DRUGS

It is a violation for Borger ISD athletes to use or possess illegal drugs. Reported violations of this nature will be investigated by the athletic director and/or coaching staff. Verified violations will result in disciplinary action for the athlete.

First infraction – The athlete will be required to run ten (10) miles (or an equivalent) at a pace set by the coach. In addition, the athlete will be suspended for 25% of the total number of contests or competitions of the sport in which he/she is participating. If the infraction occurs during a time in which the athlete is out of season, the suspension period will be served at the start of the season of the next sport in which the athlete

participates. If a season ends before an athlete is able to complete his/her suspension, the suspension will carry over to the next sport in which the athlete participates.

Second infraction – The athlete will be removed from athletic competition for the remainder of the school year. At the end of the suspension period, an athlete may regain participation privileges by requesting to get back into the Athletic Program. At this time, the Athletic Director will make a decision as to the athlete's re-entry into the program.

Third infraction – The athlete will be removed from athletic competition for the remainder of their high school career. Illegal drug violations for high school athletes will be cumulative for their high school career. Illegal drug violations for junior high athletes will be cumulative for their junior high career. However, if a junior high athlete has not completed his/her suspension time, the suspension will carry over to high school.

TOBACCO

It is a violation for Borger ISD athletes to use tobacco in any form. Reported violations of this nature will be investigated by the athletic director and/or coaching staff. Verified violations will result in disciplinary action for the athlete.

First infraction – The athlete will be required to complete ten (10) miles (or an equivalent) of running at a pace set by the coach. The athlete will have five (5) days to complete the running and the running will be in addition to the regular workout for that day.

Second infraction – The athlete will be required to complete ten (10) miles (or an equivalent) of running at a pace set by the coach. The athlete will have five (5) days to complete the running and the running will be in addition to the regular workout for that day. If the infraction occurs in season, the athlete will be suspended from the next contest or competition.

Third infraction – The athlete will be required to run ten (10) miles (or an equivalent) under the same guidelines as the first infraction. In addition, the athlete will be suspended for 25% of the total number of contests or competitions of the sport in which he/she is participating. If the infraction occurs during a time in which the athlete is out of season, the suspension period will be served at the start of the season of the next sport in which the athlete participates. If a season ends before an athlete is able to complete his/her suspension, the suspension will carry over to the next sport in which the athlete participates.

Fourth infraction – The athlete will be removed from athletic competition for one calendar year. At the end of the suspension period, an athlete may regain participation privileges by requesting to get back into the Athletic Program. At this time, the Athletic Director will make a decision as to the athlete's re-entry into the program. Tobacco violations for high school athletes will be cumulative for their high school career. Tobacco violations for junior high athletes will be cumulative for their junior high career. However, if a junior high athlete has not completed his/her suspension time, the suspension will carry over to high school.

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. Borger ISD and the athletic department agree that it is imperative that our athletes and their parents are aware of the dangers of steroid use. Athletes should also be aware that verified violations of the illegal use of steroids would be considered a violation of our illegal drug policy. The disciplinary action for this violation will be the same as the disciplinary action listed under the Alcohol/Illegal Drugs section of this handbook.

DRESS CODE/PERSONAL APPEARANCE

Athletes 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 athletes, the team, and the school. Athletes who habitually violate dress and grooming standards may be subject to disciplinary action including suspension if the violations are not corrected.

PERSONAL APPREARANCE:

1. Facial hair will not be worn by male athletes that are in season.
2. Male athletes will not have any piercings (on at any school function, or in an athletic facility.)
3. All jewelry will be removed by all athletes during all athletic events.
4. Hair must be of a natural color.
5. Dress will be clean, neat, and not revealing.

THE BORGER BULLDOG/LADY BULLDOG OATH

I have read the athletic handbook and understand the policies of the athletic program. I agree to follow all rules and guidelines expressed in the handbook.

I have visited the following website and have read or requested a copy:

[UIL Parent Information Handbook](#)

I am ready to make the sacrifices and provide the effort necessary to make myself and Borger the best we can be.

I will strive to follow the following guidelines that exemplify the Bulldog/Lady Bulldog behavior.

1. I will follow all Borger ISD and UIL rules and policies.
2. I will be a leader and handle all of my academic responsibilities.
3. I will have respect for myself and those in authority.
4. I will not lie or steal.
5. I will not use alcohol, illegal drugs, tobacco, e-cig/vape products or other harmful substances.
6. I will give my best effort at all times.
7. I will not use profanity.
8. I realize the importance of practice, and I will personally strive to participate in 100% of the workouts. I am aware that missed workouts result in make-ups the day I return.
9. I will *never* be out-worked or out-competed.
10. I will always put the interests of the team above my individual interests.
11. I will treat the locker-room as if it were my home away from home. I will keep it neat and always pick up after myself.
12. I realize the terms and consequences of quitting.
13. All equipment checked out to athletes must be returned or the school will be reimbursed for each item not returned.

Athlete's Name: _____

Athlete's Signature: _____

Parent's Signature: _____