

# MABANK ISD ATHLETICS



**2025-2026  
ATHLETIC HANDBOOK**

**Mabank ISD Athletic Department**

18786 US-175  
Mabank, TX 75147

|                            |                  |                       |  |
|----------------------------|------------------|-----------------------|--|
| <b>Superintendent:</b>     | Russell Marshall | Office – 903-880-1302 | <a href="mailto:rmarshall@mabankisd.com">rmarshall@mabankisd.com</a>   |
| <b>Athletic Director:</b>  | Shawn Copeland   | Office – 903-880-1625 | <a href="mailto:swcopeland@mabankisd.com">swcopeland@mabankisd.com</a> |
| <b>Athletic Secretary:</b> | Christina Ashley | Office – 903-880-1625 | <a href="mailto:ckwagner@mabankisd.com">ckwagner@mabankisd.com</a>     |
| <b>HS Principal:</b>       | Michael Rowland  | Office – 903-880-1600 | <a href="mailto:mkrowland@mabankisd.com">mkrowland@mabankisd.com</a>   |
| <b>JH Principal:</b>       | Michael Rowley   | Office – 903-880-1670 | <a href="mailto:jmrowley@mabankisd.com">jmrowley@mabankisd.com</a>     |
| <b>Head Trainer:</b>       | Briana Thompson  | Office – 903-880-1625 | <a href="mailto:blthompson@mabankisd.com">blthompson@mabankisd.com</a> |

**ACTIVITIES OFFERED BY MABANK ATHLETICS**

**High School (Grades 9-12)**

FALL

Cross Country – Boys and Girls  
Football – Boys  
Volleyball – Girls

WINTER

Basketball – Boys and Girls  
Soccer – Boys and Girls  
Powerlifting – Boys and Girls

SPRING

Baseball – Boys  
Softball – Girls  
Track – Boys and Girls  
Tennis – Boys and Girls, Coed  
Golf – Boys and Girls

**Junior High (Grades 7-8)**

FALL

Cross Country – Boys and Girls  
Football – Boys  
Volleyball – Girls

WINTER

Basketball – Boys and Girls

SPRING

Track – Boys and Girls  
Tennis – Boys and Girls, Coed

# **THE VISION**

**The vision of the Athletic Program is to not only instill the qualities of character, hard work, and teamwork, but by being a part of a successful program, every athlete will possess confidence and have an even higher expectation to be successful in life.**

## **CHARACTER + HARD WORK = SUCCESS**

The program will, at all times, conform to the rules and guidelines set forth by the administration of the Mabank Independent School District and the University Interscholastic League (UIL). At no time should the athletic program be given more emphasis than the total education curriculum. The program should function as a part of the whole curriculum and should strive for the development of well-rounded individuals.

***Participation in extracurricular activities is a PRIVILEGE, not a right.***

Therefore, higher standards are expected from all participants as it pertains to grades, behavior both in and out of school, attendance, work ethic, and commitment. Any behavior that is deemed unbecoming of an athlete will be subject to consequences or removal from the program.

## **RESPONSIBILITIES OF THE MABANK ISD ATHLETE**

All athletes have the responsibility to play to win, give their best effort, strive for excellence, and always exhibit good conduct in a manner that is a positive example to team members, fellow students, and the community. The fact that an individual has chosen to participate in athletics is indicative that the student has taken into consideration the rewards, privileges, and pleasures obtained from participation, in addition to the responsibility of following regulations and meeting the demands of being an athlete. The privilege of representing the Mabank ISD Athletic Program coincides with the expectations of the campus principals, coaches, teachers, parents, community, and most of all, by fellow teammates and classmates. As athletes you are always on display.

The responsibilities of an athlete include, but are not limited to, the following:

- The athlete will always strive for excellence in all activities.
- The athlete will faithfully abide by all rules set forth in the athletic handbook.
- The athlete will abide by the practice schedules and complete workouts each day.
- The athlete will personally notify his or her coach when unable to attend practice and will miss practices only under extreme circumstances.
- The athlete will abide by the coaches' directions, instructions, and decisions.
- The athlete will be responsible for the proper care of all issued clothing and/or equipment.
- Most importantly, the athlete will represent Mabank ISD to the best of his/her ability to set an example to the community of the values and expectations promoted within the school district.

Athletes will be expected to:

- Respect coaches, teammates, teachers, staff, administrators, and classmates.
- Follow directions the first time they are given.
- Refrain from unsportsmanlike conduct of any manner.
- Comply with Mabank ISD Board Policies and the athletic code of conduct.

The Mabank ISD Athletic Program is an integral part of the total school experience for both boys and girls. It offers a variety of sports and activities to students who have the desire to participate. The athletic program is a vital part of education. The rules, regulations, and standards set forth in this handbook are designed to provide for the efficient operation of such a program. The athlete will be held accountable and responsible for policies contained within this handbook and for any additional expectations set forth by the Head Coach.

## **ACADEMICS**

ELIGIBILITY: Athletes must have a least a 70 average in all classes at UIL grade check periods to remain eligible. ***Athletes are required to attend all practices if they become ineligible.*** Continued eligibility issues with an athlete can result in total removal from the current sport or even the athletic program.

RESPONSIBILITY: Athletes must maintain a 70 average or higher in all classes weekly. Failure to do so could result in Saturday School. Failure to attend will result in partial or full game(s) suspension. If an athlete must miss class to participate in an athletic event, they will need to notify their teachers ahead of time about the absence to see what work or assignments that athlete will be responsible for.

## **ATHLETIC PERIOD**

***The athletic period is a STRENGTH and SPEED development class that exist for students who are participating in a sport offered by Mabank ISD.*** Exception: Athletes who participate only in Golf, Tennis, Powerlifting, Cross Country, and Long-distance runners. Note: The athletic period does not focus on the development of these athletes specific to their sport nor provides the opportunity for them to play their sport during the athletic period.

AFTER THE FIRST WEEK OF SCHOOL, ATHLETES MUST FINISH THE SEMESTER AND PARTICIPATE IN ALL ATHLETIC ACTIVITIES. This means no schedule change after student quits a team or doesn't make a team. They will finish the semester participating in offseason and then can make a schedule change.

Exception: Seniors who have completed all sports they are going to play are not required to participate.

Behavior and work ethic in the athletic period can result in consequences that effect the sports the athlete plays. In-season athletes will be under the leadership of their head coach during the period. Out-of-season athletes will work together to increase athletic ability and may have days where they get to focus on skills relevant to their next sport they will play.

Students must participate in at least one of the sports below to be in the athletic period. Participating in a sport is defined by starting and completing that sport. NOTE: Due to some sports being a 'cut' sport, this could affect the student's ability to participate in athletics in the future. Coaches will have the final say on a student being allowed in athletics. Factors that affect being in athletics are participation, behavior, work ethic, and grades.

| <b>PERIOD</b>                              | <b>BOYS</b>                                   | <b>GIRLS</b>                                    |
|--|---|---|
| 1 <sup>st</sup> (7 <sup>th</sup> Grade)    | Football, Basketball, Track                   | Volleyball, Basketball, Track                   |
| 4 <sup>th</sup> (9 <sup>th</sup> Boys)     | Football, Basketball, Baseball, Track         |   |
| 5 <sup>th</sup> (10-12 <sup>th</sup> Boys) | Football, Basketball, Baseball, Soccer, Track |   |
| 8 <sup>th</sup> (HS Girls)                 |   | Volleyball, Basketball, Soccer, Softball, Track |
| 8 <sup>th</sup> (8 <sup>th</sup> Grade)    | Football, Basketball, Track                   | Volleyball, Basketball, Track                   |

Note: While all athletes are required to be in an athletic class that play the sports above, there may be exceptions for Juniors and/or Seniors who participate in the above sports. An example may be a scheduling conflict due to the athlete participating in certain classes offered by Mabank ISD. The Athletic Director must be made aware and approve these situations.

Junior High Soccer and Baseball/Softball ONLY athletes: First, we encourage them to try other sports provided at Mabank ISD. However, if they choose not to, they will not be allowed in the athletic period, but they are encouraged to take part in camps and fall/spring leagues that our Head Varsity Coaches offer in order to start building those relationships and preparing for High School Athletics.

6<sup>th</sup> Grade Pre-Athletics: Student must participate in this to be considered for 7<sup>th</sup> grade athletics.

## **ATHLETIC PERIOD ATTENDANCE**

All athletes are expected to be in attendance during the athletic period. Athletes will be held accountable for missing athletics for unexcused reasons. There are only two excused reasons: 1) not attending school at all during the day or 2) attending a MISD event. Once an athlete has missed 5 athletic periods for unexcused reasons, they could face suspension and physical consequences. Once they reach 10, they could face possible removal from the athletic program.

## **ATHLETIC PERIOD GRADING**

Athletes are NOT guaranteed to receive a 100. At the end of each nine weeks, coaches will apply the grade that the athlete has earned. Their participation, work ethic, attitude, and being coachable will be a part of the evaluation of their grade. Adjustments to their grade could be made throughout the nine-week grading period.

## **ATHLETIC SPORTS PASS**

Athletes get to attend all HOME MISD sporting events for FREE. They still must present their tickets to enter for FREE. **No ticket, No free entry.** Athletes that are ineligible or suspended from school will not be given free access. NOTE: Athletes are to be on their best behavior at all sporting events.

## **ATHLETIC SUSPENSION**

The Athletic Director may suspend or place on probation any athlete for an infraction of the standards set forth in this athletic handbook. The Athletic Director empowers the coaching staff to enforce and maintain all policies and standards described in the Athletic Handbook. Communication will be maintained between the coaching staff, the Athletic Director, and the campus Principal when infractions warrant suspension from athletic activities.

## **ATTENDANCE**

Athletes must attend a minimum of a half-day (4 Class Periods) in school to be eligible for a practice or a game. (Emergency situations can override this rule per the decision of the Athletic Director). A missed game or practice will carry additional consequences. As with any other activity, please be aware that excessive tardiness or absences will result in loss of playing time or even dismissal from the team. Sport-specific drills and conditioning may be required for any tardy or absence at the discretion of the head coach.

- EXCUSED - (Notification REQUIRED in ALL circumstances), missing school, doctors' appointment with note and/or death in the family.
- UNEXCUSED - (All circumstances when notification is NOT given), attending tutoring, getting suspended, vacation, SELF/Parent diagnosed injuries, and/or anything else deemed by head coach.

MINIMUM CONSEQUENCES of unexcused absences of practices, meetings, or Saturday School:

1<sup>st</sup> – ½ Game Suspension

2<sup>nd</sup> – Full Game Suspension

3<sup>rd</sup> – TWO Games Suspension (and every absence thereafter)

\*NOTE: Times 2 for sports that play more than 20 games in a season

## **BANQUETS**

Each sport will conduct their own banquet to recognize and honor the season. Athletes are expected to attend banquets of their sports they played. Sports may combine and conduct the banquet together.

## **CAMPS**

Participation in camps provided by the Mabank Athletic Department is optional, but highly encouraged. Financial assistance can be provided. Please contact the Athletic Director if needed.

## **CAPTAIN COUNCIL**

While our athletic program strives to develop all of our athletes into leaders, certain athletes will be chosen by their teammates and coaches to serve as captains to the team. Their duties will be laid out by their head coach. Being chosen as a captain comes with even higher standards than those who are not captains. Greater consequences and/or immediate removal from being a captain can take place.

## **CHAIN OF COMMAND**

Athletes and parents are expected to follow the chain of command. We believe a vital part of an athlete taking ownership is their ability to advocate for themselves. The athlete should address the concern directly with their coach. Parents should only contact coaches if the athlete is undergoing emotional or physical challenges, and/or behavior issues. Coaches will NOT meet with a parent without the athlete being present for the meeting.

## **CHARACTER**

Character is who you really are as an athlete. Athletics will help develop and reveal an athlete's character. We understand there will be times an athlete will fall or struggle. Coaches are here to coach them through those times. However, when character issues constantly arise with an athlete, that athlete can lose playing time, or be removed from the program. ***Character is an evaluation piece used to finding the very best athletes Mabank can compete with.***

## **CHARACTER DEVELOPMENT**

All sports are required to take their athletes through a character program. This will be left up to the head coach to decide which program they want to use. Athletes are expected to fully participate and failure to do so could lead to consequences, including loss of playing time or removal from the program.

## **CLASSROOM BEHAVIOR**

Athletes must maintain a satisfactory citizenship and behavior record by giving respectful attention to classroom activities and by treating teachers, administrators, and fellow students with respect. Tardiness, horseplay, fighting, disrespect, juvenile behavior, etc., are not acceptable and may result in consequences from the athletic department. This may include suspension from games or removal from the program.

## **COMMITMENT**

One of the greatest character traits an athletic program can instill in an athlete is commitment. When an athlete embraces commitment, they learn that they are competing for something bigger than themselves: school, teammates, and community. Commitment is simple. Showing up to all things offered by the Mabank Athletic Program year-round. ***Commitment is an evaluation piece used to finding the very best athletes Mabank can compete with.*** "If you are not committed to the things you want to do, but don't have to do, how will you ever be committed to things you don't want to do, but have to do?"

## **COMMUNITY SERVICE**

We believe to be a well-rounded individual it is important that athletes learn to serve others. While many of our service opportunities will just call for volunteers, in-season athletes may be required to participate in a community service event. Failure to do so can lead to the same consequences as missing a workout or practice.

## **CRIMINAL CHARGES**

Depending on the severity of the crime and the outcome, an athlete may be suspended for one or more games, dismissed from that sport for the remainder of the season, or dismissed from the athletic program for the remainder of the year. If the athlete is not found guilty or all charges are dropped, then the athlete will be reinstated into the athletic program.

## **DIET / HYDRATION / SLEEP**

If there is an area of an athlete's life that coaches have no control of, it is diet, hydration, and sleep. As an athlete, they should be concerned with all things that affect them physically and mentally. The coaching staff will educate the athletes year-round in helping them become the very best athlete they can be. However, at the end of the day, the athlete will need to make the choice to follow the guidelines to reach their full potential.

## **DRESS CODE**

In addition to following the Mabank ISD Board approved dress code, athletes have additional expectations regarding hairstyle and jewelry. No athlete will wear piercings of any kind while during practice or during games, in accordance with UIL rules and regulations, for safety reasons. Athletes will also be required to maintain a hairstyle suitable for athletic competition. Suitable may be defined as (1) not impairing vision (2) suitable in length as to not create a safety hazard (3) not promoting disunity.

## **DROPPING / QUITTING A SPORT**

It is the philosophy of the Mabank ISD Athletic Program that athletes should finish what they begin. An athlete may not quit one sport to play another sport. The following procedures should be followed in order to drop/quit a sport:

1. Talk to the head coach to see if a solution can be reached. (A parent conference may be required)
2. The athlete must then set up a meeting with the Athletic Director. (HS Athletes Only)
3. All equipment issued to the athlete must be returned in the same shape as it was when it issued to the athlete. Payment for any lost or damaged clothing and equipment will be required. This matter must be resolved before the athlete can begin participating in his/her next sport.
4. An athlete must wait until the first sport has completed its season before they are allowed to participate in the next sport. However, athletes who choose to quit a sport during the two-week 'tryout window' will not be subject to this consequence. The tryout window is defined as the 14-calendar day period of time beginning with the first official practice of the particular sport's season.

The Athletic Director reserves the right to prohibit any athlete from joining a team or sport if that athlete has routinely failed to complete seasons in other sports that they have started, whether due to conduct, attitude, or poor academic performance. Failure to participate in the mandatory off-season program may also constitute dismissal from the athletic program. Routinely quitting sports may result in dismissal from the athletic program.

A student who is in Athletics and wants to get out of athletics must continue to participate in athletics until the end of the semester or possibly the end of the school year. Failure to participate, attitude, and being coachable will lead to the student's grade in athletics being affected. NOTE: Any student who gets out of athletics and then decides to return the next year or semester must serve that amount of time in offseason training before being allowed to participate in an athletic contest. They must attend all practices still. Some of the time missed in athletics can be made up by being committed during the summer. Athletic Director will have final say.

## **DRUG / ALCOHOL / TOBACCO / VAPE / STERIOD USE**

It is the philosophy of Mabank ISD that our extracurricular programs shall be free of the items listed above. The basis for this is founded upon and by the following:

- Use of these items is illegal for school-age students.
- Abuse of these products has been shown to create short-term and long-term health and safety risks.
- Athletes using these products may not be capable of fulfilling commitments and responsibilities toward themselves, teammates, and the school.
- Use of these products can diminish the student's mental and/or physical performance.
- Athletes should be positive role models who demonstrate pride and honor to their school, community, and family.

**1<sup>st</sup> Offense:** 14 calendar day's suspension. Must attend practices and workouts. Parents must meet with Athletic Director. (If not currently in a sport, suspension will begin in the next sport once games begin)

**2<sup>nd</sup> Offense:** 45 calendar day's suspension. Must attend practices and workouts. Parents must meet with Athletic Director. Must enroll in some counseling program to get help. (Suspension begins once games begin)

**3<sup>rd</sup> Offense+:** 365 calendar day's suspension. Must attend athletic period. Parents must meet with Athletic Director. Must enroll in some counseling program to get help. (Suspension begins right away)

NOTE: See Dropping/Quitting a sport if the athlete chooses to do this because of the suspension.

## **DRUG TESTING**

All students participating in athletics or sports here at Mabank ISD are subject to being drug tested. Please see district policy on drug testing. Failing a drug test will lead to the same consequences as listed above.

## **"EARN THE RIGHT TO WIN"**

We believe Championships are EARNED before they are WON. Athletes who are committed, hardworking, coachable, and a great teammate have earned the right to win. When a team full of athletes embrace this concept, then they will experience what very few each season get to, being CHAMPIONS.

## **EVALUATION PLAN (CRUISE SHIP)**

To maintain continuity across all programs, coaches will utilize the "Cruise Ship" evaluation plan. Here is a snippet of that plan:

| <b><i>CAPTAIN</i></b>         | <b><i>CREW</i></b>                               | <b><i>PASSENGER</i></b>   | <b><i>STOWAWAY</i></b>                                     | <b><i>PIRATE</i></b>  |
|-------------------------------|--|---|--|---|
| -AD<br>-Head Coaches of Teams | -Assistant Coaches<br>-Athletes who are Captains | -Committed Athletes<br>-Hard Working Athletes<br>-Great Teammates | -Athletes who are part-time<br>-One foot in, one foot out  | -Those who have influence in a negative manner<br>-Intentionally and frequently does not comply |
|                               | We want all athletes to strive for this          | Most athletes will fall into this category                        | A time period of grace to become a passenger, then removal | Removal from the program right away   |

## **FACILITIES / EQUIPMENT**

Athletes are expected to always take care of all facilities and equipment. Normal wear and tear are expected, misuse and vandalism are not. Athletes will be financially held responsible. NOTE: Athletes will NOT be able to participate in their next sport until equipment from previous sport is turned in or paid for.

## **FEES**

Mabank ISD does NOT charge a participation fee. However, athletes are financially responsible for keeping up with all issued equipment and fundraiser items. Saying an item was lost or stolen does NOT release them of the liability to this item. Athletes are not allowed to participate in a sport if they are not completely financially cleared. If fees carry over to the summer, athletes will not be allowed to join athletics if they are not cleared. ALL FEES will be turned in to the school's office as well. Each sport will share their equipment fees in their code of conduct. The specific equipment issued out to all athletes by the Athletic Department are locks (\$10) and laundry straps (\$5).

## **FUNDRAISING**

While we do have a strong athletic budget here at Mabank, the budget is meant to cover the normal costs of yearly items needed. While we will never require an athlete to fundraise a specific amount, we will set expectations that we believe are achievable if the athlete is giving their best effort to contribute to the athletic

program. Athletes who are given fundraising items lose, misplace, or get stolen those items will be held financially responsible for them. Failure to take care of this can lead to consequences, or removal from the program. NOTE: Next-Up in athletics can be affected if athlete does not give their best effort.

### **GAME CONDUCT / SPORTSMANSHIP**

The Mabank ISD Athletic Program stresses exemplary behavior and attitude during practice and competitions. Unsportsmanlike conduct will not be tolerated. Athletes should be positive role models for other students and the community. Athletes will be respectful to other contestants, fans, and to all coaches and officials. Technical foul penalties for unsportsmanlike or flagrant conduct and ejections will not be tolerated. An athlete that is administered an unsportsmanlike penalty or technical foul will be subject to disciplinary actions up to but not limited to loss of play or suspension from the next game or removal from the program entirely.

### **HARD WORK**

Hard work is striving to give your very best effort in all things. Coaches will push our athletes to give their very best in all activities. Hard work is NOT breathing hard, getting tired, or sweating. ***Hard work is an evaluation piece used to finding the very best athletes Mabank can compete with.*** “No one ever regretted hard work.”

### **HAZING / BULLYING**

Any athlete involved with any form of initiation or hazing, or exhibitions of public ridicule will be removed from the team. ***HAZING IS AGAINST THE LAW.*** It will not be tolerated. Bullying of others, whether that be of teammates or classmates, will not be tolerated. Consequences shall be applied and possible removal from the team can happen as well.

### **ILLNESS**

Any athlete that attends school will be expected to participate in workouts or practice. Being absent from school does excuse them from participation in practice if they have contacted the coach to let them know they will be out sick. No prior contact, it becomes unexcused. However, if they do miss a practice from being out sick, it is understood that they may be behind in the preparation to compete and playing time could be affected. Athletes who miss several days consecutively due to an illness may not be allowed to play at the discretion of the head coach. ***Parent notes are not acceptable forms of excusing a sick athlete who is present to sit out of workouts or practice.*** If they are sick, they need to stay home in most cases. We will still require the athlete to sit out, but it will be unexcused. Only notes from a doctor will be accepted as excused.

### **INJURIES**

All athletes that are experiencing discomfort should immediately see our trainers. They will evaluate the injury and determine if the athlete needs further evaluation. If so, they will recommend the athlete to see a doctor who specializes in sports injuries. ***WARNING: Seeing your own doctor can lead to an even longer than needed time to return to participation. Our trainers cannot override your personal doctors' requirements.*** If they are injured during the course of the season, and they are unable to participate due to this injury, they must continue to follow all expectations, rules, and regulations if the athlete wishes to remain a part of the team. The athlete will not participate but will be required to attend all practice sessions and sit with the team during competitions. Failure to attend practices and competitions can result in dismissal from the team. **NOTE: Athletes who do NOT see our trainers when injured will be held accountable for lack of participation. In other words, if an athlete is not being seen by our trainers, then coaches expect them to fully participate.**

### **ISS / DAEP**

Any athlete that is placed into an off-campus alternative education arrangement (DAEP) will not participate in practices and/or competitions for any activity for the duration of the alternative education arrangement. Extended assignment may result in dismissal from any in-season sport. Any athlete disciplined under the student code of

conduct could be subject to suspension or dismissal from the athletic program at the Athletic Director's discretion. At the discretion of administration, athletes serving in ISS may or may not be eligible to participate in any school sponsored event on days of the ISS. The athletic director will have the final say.

### **LETTERING**

Athletes may receive from the school one major award during their high school career (UIL rule). Mabank ISD awards one letter-jacket, a jacket letter, and a sport symbol to an athlete during their high school career. In order to letter in a sport, the athlete must be on a varsity team and finish the season in **good standing**. At the end of the season, the Head Varsity Coach and Athletic Director will decide if the athlete has earned a letter.

- Finishing the season on varsity does NOT include:
  - Promotion from sub-varsity to the varsity playoff roster
  - Moving to the JV within the season and returning to the Varsity for playoffs

### **LOCKER ROOM**

Every athlete will be assigned to a locker room. The locker room is to be used for changing in or out of clothes to be able to participate. It is NOT to be used for breakfast, lunch, or just hanging out. Location could change with the different seasons and sports the athlete participates in. Athletes are only allowed to be in the locker room they are assigned to. Athletes are NOT to allow non-athletes into the locker room and report this immediately to a coach. Failure to follow these rules can lead to consequences.

### **MULTI-SPORT ATHLETES**

It is our goal and expectation that as a program we embrace and encourage athletes to play multiple sports. The following is our policy in making this happen:

- In-season Sports: They have priority over offseason sports. Every athlete is expected to complete the season of play they started before moving on to another sport. Individual skills/practice may be allowed at the discretion of the HEAD coaches. However, athletes will not be allowed to participate in team activities of another sport that is not in-season.
- Games: If there is a conflict with games, a playoff game would take priority over a district game. A district game shall take priority over a non-district game. Any game takes priority over a scrimmage or a tournament game. Team sports take priority over individual sports.
- Priority Sport: Athletes who are participating in more than one sport that is in the same season, the athlete must declare which sport holds priority over the other one. This must be communicated to all coaches involved and the decision reported to the Athletic Director. In the event there is a conflict, the priority sport would be chosen. This does NOT override the GAMES section.
- If an athlete is playing in two coinciding sports and decides to quit one, there will be no consequences.

### **NECESSARY DOCUMENTATION**

Prior to participation in any practice/competition, an athlete must complete all requirements through Rank One. If a student is new to our school in grades 9-12, an UIL previous athletic participation form (PAPF) must be completed before they will be allowed to participate in a contest.

### **NEXT-UP**

This is a time period when an athlete is 8 weeks (4 weeks for JH) away from the date UIL sets for beginning their sport. This allows the athlete to begin practicing their sport during the athletic period instead of attending offseason training. **Next-Up is a privilege, not a right.** Athletes who are NOT meeting the expectations of the program can have Next-Up practices removed from them. Also, any athlete who participates in Next-Up practices decides NOT to actually play the sport they were practicing for will be suspended from participating in Next-Up for their next sport they participate in. Commitment during the summer can make up this time.

## **OVERNIGHT TRAVEL / OFF CAMPUS**

Athletes will be held to a high standard of behavior when staying overnight or off campus at a Mabank attended event. Parents and athletes must sign the MISD Overnight Trip Contract before traveling to the event. Consequences or removal from the team can happen from actions that take place.

## **PARENT EXPECTATIONS**

We understand that you are the biggest fan of your child, and we want you to be. Please know that your child is not the only athlete on the team. Be supportive of the team and encourage your athlete to be committed, to work hard, act with great character, and be a great teammate. If you have a question or concern, ask. Do not listen to gossip or spread rumors. Please pick up your athlete on time from practices or events. ***If you do not want your athlete pushed to their potential, taught to get up when they are knocked down, yelled at, mistakes corrected, disciplined, or pushed out of their comfort zone, then Mabank Athletics is not for them.***

## **PERSONAL BELONGINGS**

Athletes should not leave personal items, especially jewelry, cell phones, or money, in areas that are unsupervised. Each high school athlete is issued a locker and combination lock to secure personal property. There will be consequences for not locking lockers or leaving their combo visible to others. ***Mabank ISD and the Mabank Athletic Department are not responsible for lost or stolen items.***

## **PLAYING TIME**

We do NOT guarantee playing time at any level. There is too much evaluating, side-by-side competition, athlete safety, and other factors that are taken into consideration to determine playing time. Playing time is earned in practice and workouts. We do not make decisions based on potential, we make decisions based from performance in practice. Not only is ability taken into consideration, but the mental aspect of the sport is a key component to playing. A player's performance in the backyard, during club sports, or in previous years is never part of the equation of earning playing time.

## **PRE-SEASON PARENT MEETING**

Every sport is required to conduct a pre-season parent meeting. Parents and athletes are highly expected to attend this meeting.

## **RECRUITING / COLLEGE SPORTS**

While it is ultimately the responsibility of the athlete to set themselves up for this opportunity, we do want to help and guide them. We will always be honest with the athlete and give them the best advice. Athletes are encouraged to visit with their coaches or the Athletic Director. The best things the athlete can do to set them up for this opportunity is to make good grades, be committed, work hard, and be a great teammate.

## **SATURDAY SCHOOL (9am-11am)**

This is setup to help the athletes improve their grades. Athletes will be notified in a timely manner if they are required to attend. Athletes who miss Saturday School will face the same consequences of missing practices. However, there are no EXCUSED reasons for missing Saturday School. Athletes who maintain a 70 or higher average never have to worry about this. See ACADEMICS and ATTENDANCE.

## **SCHOOL COLORS**

Mabank ISD recognizes Kelly Green and White as the primary school colors. Secondary colors of Gray and Black may also be used in a limited compacity upon the Athletic Directors approval. All uniforms, signage, and sponsor ads must be approved by the district administration.

## **SELECT LEAGUE / CLUB SPORTS**

In the case of a non-school related athletic event conflicts with a school related athletic event, priority will be given to the school athletic event. Missing a school related athletic practice or game for a non-school athletic activity is unacceptable and could result in a suspension from participation in the following school athletic contest. ***Sitting out of an athletic period workout is not excusable in preparation for a select / club sport.***

## **SELECTION OF TEAMS**

The head coach of each sport will determine the players on each team. The selection of teams will include, but is not limited to skill level, knowledge of sport, attitude, work ethic, commitment, and experience in the sport. Junior High and High School sub-varsity team members will receive adequate playing time based upon performance and meeting expectations. ***While we do our best to compete with as many athletes as possible, athletes are NOT guaranteed playing time at any level no matter what team they are on.***

## **SENIORS**

This is the year you have been waiting for. The Athletic Program wants this to be your most successful year. In order for this to happen, the expectations are raised to a level that will achieve this. Senior athletes should be ready to work harder than ever, serve their community more than ever, and completely invest in the younger athletes. ***Seniors who are just focused on themselves will be discovered and removed from the program.*** Every senior should be striving to make it the greatest year in Mabank history.

## **SOCIAL MEDIA**

All athletes are expected to use social media responsibly. How you conduct yourself online and in social media is a direct reflection of the athletic program and Mabank ISD. Athletes who post inappropriate messages and/or pictures will be asked to remove the post and will receive consequences that may include game suspensions and possible school discipline. Subsequent inappropriate posts will include additional consequences up to and possibly including dismissal from the team and the Mabank ISD athletic program.

## **STRENGTH AND SPEED PROGRAM**

This is the period of time during the school calendar year when athletes from any sport are not currently in a sport. It is the philosophy of the Mabank Athletic Department that athletes will participate in strength and speed activities to assure success and prevention of injuries. All athletes enrolled in an athletic period are required to participate. In-season sports are required to conduct at least two weightlifting sessions per week. The Athletic Director will have the final decision in all the above matters.

## **STUDENT MANAGERS**

The athletic program welcomes students to participate with athletic teams in a role that serves the team and the coaching staff of that team. The role of the student manager will be defined by the Head Varsity Coach. It is not limited to, but can include things such as filming, stat keeping, ball boy/girl, assisting in drills, and laundry duty. They are expected to be in attendance to all before/after school practices and games. They will be held accountable for behavior, with the team and the school, and grades. If they are ineligible, they will not be allowed to participate in game day activities. Student managers that do NOT play a sport will not be allowed in the athletic period (See athletic period). Student managers who do participate in another sport must attend offseason training during the athletic period. Exception: When the team leaves school early for a game.

## **STUDENT PARTICIPATION**

The goal of the athletic program is to allow the opportunity of participation to all students. Athletics fosters competition and teamwork. It also represents an area of great potential, teaching dedication, perseverance, courage, poise and practicing the pursuit of excellence. However, no student is obligated to take part in athletics. ***Participation in the Mabank ISD Athletic Program is a privilege, not a right.*** Since it is a privilege, the

coaching staff has the authority to suspend or revoke the privilege when the rules, regulations, or standards of the athletic program are not followed.

### **SUMMER PROGRAM**

Our athletes have a great opportunity to improve their abilities during the summer break. This is a small commitment that leads to big results. While UIL prohibits the requirement of summer participation in order to tryout or participate on a team, the athletic program will use this as a measure of commitment to playing time. Also, athletes who do not attend the workouts provided during the summer are not allowed to participate in summer skills training, leagues, camps, or other team activities provided during the summer. We know that athletes will go on vacation, attend college camps, participate on club teams, and stay with family. This is understandable and will not be held against the athlete. However, failure to communicate these things ahead of time will not be tolerated. Please contact the Athletic Director if needed.

### **TEAM vs athlete**

As coaches, we will love the athlete, but we will always love the TEAM more. In the pursuit of developing the athlete, helping them reach their goals, and helping them become better individuals, we will always be thinking of the TEAM first.

### **TEAMWORK**

Athletes should always be striving to be a great teammate. To be one that others can rely on. To also work alongside your coaches in holding other athletes accountable and responsible to their actions. Athletes should always be positive, but also have the awareness to call out others when necessary. ***Being a great teammate is an evaluation piece used to finding the very best athletes Mabank can compete with.***

### **THEFT**

***Any athlete caught stealing, or found that they have stolen, from another athlete will be removed from the program indefinitely.***

### **TRAVEL**

All regular school transportation rules apply when on an athletic trip. Athletes will follow the school dress code for all bus trips, if not dressed in the team uniform before leaving the school. Team shirts may be issued for some sports, and athletes are expected to dress in them for each trip. Food and/or drinks will only be allowed on the bus with the approval of the coaches. ***Head Coaches reserve the right to set the expectations for travel dress code to other campuses. The coaching staff retains the right to ban any radios, electronic games, cell phones, etc. on away bus trips.***

### **TRY-OUTS**

The following sports may require try-outs in order for athletes to participate: Volleyball, Basketball, Track, Soccer, and Baseball/Softball. Athletes that do not make the team are allowed, and encouraged, to remain in athletics to prepare themselves for the next sport or the next year they try-out again. Making the team, or playing a sport that does not have try-outs, does NOT ensure that your athlete will get to play. Playing time is earned in practice.

### **TUTORING**

Tutoring is NOT a reason to miss practices, workouts, or meetings. The athlete has chosen to be an athlete. With that, there comes a responsibility to balance both academics and sports. If the athletic part begins to hinder the athlete academically, then they should just focus on the academics. There are too many unanswered questions in allowing athletes to miss athletics to attend tutoring. Athletes should take care of their academics during class time and at home.

## **UNIFORMS**

Athletes may be issued a set of practice clothes that may include but not limited to shirt, shorts, sweats, or wind-suits. These clothes will be worn during participation in athletic practice or competition only. At the end of the season/year, the issued clothes will be returned. Athletes will pay a replacement fee for all clothing or equipment not returned at the end of the year. Athletes will not be allowed to participate in the next sport until outstanding fines are paid in full. Consequences for not being dressed out in proper practice attire will be at the discretion of the head coach.

## **WARNING TO PARENTS**

**NEVER USE SPORTS AGAINST THEM.** If an athlete has a bad attitude at home, gets in trouble, or is struggling in school, please don't threaten to remove sports from them. The athletic department is here to help, and we cannot help them if they are not in athletics. Please contact us with any issues we can assist you with.

## **WEATHER**

The Mabank Athletic Department will always follow the Heat, Cold, and Lightning Safety Protocols set forth by the UIL. To view these please visit the UIL website.

***Thank you for taking the time to review the policies of the Mabank Athletic Program. Please contact the Athletic Director or any member of the coaching staff with additional questions or concerns regarding the contents in the Athletic Handbook.***