

CROSS PLAINS ATHLETIC CODE OF CONDUCT

The following set of rules and guidelines are for all student-athletes competing in any and all athletic events as a representative of Cross Plains Independent School District from grades 7 through 12. The basic principle of conduct under which all student-athletes of Cross Plains ISD will operate is:

Playing sports at Cross Plains ISD is not a right but a privilege.

Therefore, the expectations of student-athletes will be held at a higher standard than the general district standards and policies. Student-athletes should conduct themselves in such a manner that brings credit to themselves, their teammates, their family, their community, and to **CPISD**. Athletes should never engage in any activity or action that can be construed as inappropriate for a **CPISD** athletic team member. Dismissal from an athlete's current team or from all other **CPISD** athletic teams could result from serious infractions of these policies as well as the district and school **Code of Conduct** requirements.

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Drug, Alcohol and Tobacco Use and Testing

1. All student athletes are subject to random drug testing. Drinking, MIP, DUI, or other infractions of the law will be considered “Breaking Training” and will be treated in the same manner as a positive drug test.
 - **1st Offense:** Suspension from UIL competitions or contests for 15 days plus running 50 halos during the suspension. The athlete will continue to practice with the team and disciplinary punishment will be handled before or after workouts.
 - **2nd Offense:** Suspension for 1 calendar year, 50 halos a week for 4 weeks, and the completion of a counseling program.
 - **3rd Offense:** Removal from _____ ISD Athletic program for life.
2. Any player caught using tobacco products will be required to complete 50 halos within one week from the time of the infraction.

Attendance

1. All student athletes must be on time to all practices unless you have cleared it with a coach prior to the tardiness has occurred. Failure to call or make prior arrangements with a coach will result in an unexcused absence.
2. School contests come first and have priority over outside sporting events not associated with **Cross Plains ISD**. Missing a game or a practice in order to participate in an out-of-school contest or practice is considered an unexcused absence.
3. ISS is considered an unexcused absence.
4. Excused absences include:
 - Illness from school (if called prior to practice)
 - Doctor's or dentist's appointment – although it's preferred for these appointments to be at a time other than practice time. Coach must be called/notified prior to the appointment.
 - Family emergency or other arrangement made with a coach prior to practice or game.

If you must be absent, talk to your coach before the day of the absence.

5. An unexcused absence will have twice the makeup as an excused absence.
6. All student athletes must be on time to catch all buses to and from an athletic contest or practice or they will be prohibited from competing unless extenuating circumstances exist or arrangements were approved by the AD prior to departure to a contest. All student-athletes will ride the bus to and from all out of town contests unless the athlete's parent fills out a travel release form and gives it to the head coach 24 hours prior to the competition.

Appearance

How we present ourselves when we go to contests and attend school is extremely important to our success and the image and pride we want to represent for our school and community. Therefore, the following dress code policies will be required of all student-athletes competing for **Cross Plains ISD** both in-season and off-season sports. If you are an athlete in a **CPISD** sport, these policies will remain in effect for the entire calendar year:

1. No facial hair of any kind will be permitted on male athletes. Side-burns will be neatly trimmed above the earlobe.
2. Hair on the head should be above the collar (not touching), above earlobes and above the eyebrows and kept neat at all times.
3. No unusual haircuts or hair coloring that draws attention to an individual
4. No earrings of any kind on male athletes will be worn at anytime in school. Female athletes will be allowed to wear one earring per ear and will not be allowed to wear them during practices or games.
5. Body piercing will be prohibited for any athlete, male or female – this includes tongue, belly button, and nose piercing.
6. No caps, bandanas, or do-rags will be worn to any school function unless they are a part of the school-issued uniform.
7. No tattoos will be allowed on any student-athlete. If a student-athlete already has a tattoo, he/she must cover it entirely at all times while participating in athletics or being present on **CPISD** property.
8. All student-athletes will dress appropriately in school and at all school-sponsored events. Refer to the **CPISD** handbook for dress code rules. In addition, all male athletes will be required to have their shirttails tucked inside their pants with a belt visible at all times. Any student not following these rules will receive the appropriate punishment. Habitual violators may be removed from athletics. This rule will apply to in-school and school events.

Uniforms

1. Wear your Purple and Gold with pride at all times.
2. Everyone will wear their issued uniforms in the same manner. If we don't issue it, don't wear it. All athletes will wear their uniforms properly with shirts tucked in (this includes after contests as well as during contests).
3. Everyone will look alike at all times. No one will change clothes after a game unless the entire team changes.
4. All **CPISD** athletes will be required to dress up on all game days. No warm-ups or sweat suits will be worn on game day or to road games.
5. Players will be responsible for returning all issued equipment and uniforms. Failure to do so will result in a replacement fee for the cost of all missing items.

Behavior

1. Profanity and unsportsmanlike conduct will not be tolerated. Learn to win and lose with class and discipline. Any on the field or court behavior deemed unsportsmanlike will be dealt with by enforcing disciplinary action and possible suspensions from future games. Cross Plains athletes are expected to represent our school, our community, our team, and ourselves in a positive manner at all times.
2. All students will address all coaches, teachers, officials, and other adults with “yes sir” and “no sir” or “yes ma’am” or “no ma’am.”
3. Any athlete that quits a sport, will be removed from athletics and sports for a calendar year. There will be a trial time of approximately one week at the beginning of each sport, for athletes to make sure that they want to be a part of that sport. After that trial period athletes will remain in the sport. All athletes choosing to quit a sport will have a 24-hour “cooling off” period to sleep on his/her decision. The “cooling off” period will only be used one time.
4. Stealing from your school, your teammates, or from other schools is unacceptable and will be punished by removal from the team and/or athletic program all together.
5. Student-athletes will be required to maintain the cleanliness and neatness of all equipment, lockers, locker room areas as well as other athletic areas.
6. Finally, all athletes will treat all coaches with the respect they deserve and in return they will be treated with the same respect. Be sure to have eye contact with your coach when being addressed.

Injuries

1. If you are injured or ill, you will let your coach know and he/she will take the necessary steps to get you treatment. Even if your injury or illness prevents you from working out, you will be expected to be in uniform and accompany your team throughout workouts or games, unless doing so could possibly affect your illness or injury.

Discipline Policy

Athletes are to be held to higher standards. These higher standards allow the athletes to walk tall and be proud of the program. A program that makes the members proud is well worth the effort and time put into it. This policy is to insure that each member who wants to remain a member will meet or exceed the high expectations upon which this program is built.

Any member who does not meet these expectations will not be allowed to continue in the program. It is understandable, however, that sometimes an athlete may make a mistake or have something happen that is beyond his/her control. Therefore, the following policies have been established that will allow an athlete to accept responsibility for his/her actions and will give him/her an opportunity to demonstrate his/her commitment to excellence and the desire to remain a member in good standing within this program.

Halo: The athlete runs one complete trip from a goal post, around the opposite goal post, back to the starting point. The athlete must carry a tire above his head for the duration of the run, he must not stop running, and he may not drop the tire. The athlete has 2 minutes to complete it before the next one starts. The minimum halos per day is 5.

Opportunities: This is a player's opportunity to show to teammates that the player is willing to accept responsibility and do what is necessary to prevent being a burden to the team. (Opportunities may be referred to as "ops") Ops are to be performed at the end of practice immediately before going to the locker room, and they are to be done in full dress. An athlete may not do more than one (or one half) at a time. They are to be done in the order they are assigned. Half ops are to be done as half ops and full ops will be done as full ops. They may not be added or split (i.e. doing two halves instead of a full or a full instead of two halves.) Ops are to be done on the day assigned or the player will owe an additional full op. The only exception to this is if the trainer determines a player to be injured. The trainer will make such determination each day until all ops are completed. The drills listed on the following page will be completed in the order listed, and any drill not completed in the time allowed will be repeated at the end. While doing an op, the player is required to take one minute rest between each drill. No player may participate in any game if that player owes an op or a half op. All drills will be from one side of the football field to the other side and back for a full. For halves, drills 1 and 10 will be the same as for a full op while 2-9 will be across the field and sprint back. Drill 11 will be 15 instead of 25.

Drill**Time Allowed****Full Op****Half Op**

1. Sprint (over and back twice)	40 seconds	40 seconds
2. Bear Crawl	90 seconds	75 seconds
3. Duck Walk	90 seconds	75 seconds
4. Sprint with 6 front-ups	70 seconds	60 seconds
5. Sprint with 6 rolls	70 seconds	60 seconds
6. Backwards run	60 seconds	50 seconds
7. Hop on right foot	75 seconds	60 seconds
8. Hop on left foot	75 seconds	60 seconds
9. Bunny hop (both feet)	75 seconds	60 seconds
10. Sprint (over and back twice)	40 seconds	40 seconds
11. 25 front-ups	60 seconds	45 seconds

Indiscretion**Responsibility**

Tardy to team function	Half an opportunity
Miss a team function	
Unexcused	5 halos, 2 opportunities
Excused	2 opportunities
Miss tutoring	Opportunity
Miss tutoring again	5 halos
Tardy to class	Half an opportunity
Cause problems in class	Opportunity*
Office referral	Opportunity*
In-School Suspension	5 halos, 2 opportunities per day
Failure to do consequences	Opportunity added to original
Additional opportunities reach a total of 4 more than original	Athletic Director will give a time limit to have all completed or be dismissed from program
Minor problems not covered here	Coach's discretion of any of above
Violate DAT Policy	As described in DAT Policy