

# WEIMAR ISD



## ATHLETIC DEPARTMENT HANDBOOK 2025-2026

Athletic Director - Head Football

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# **WEIMAR ISD Student-Parent Athletic Handbook Information Acknowledgement Form**

**Student Name:** \_\_\_\_\_ **Grade:**\_\_\_\_\_

**Parent/Guardian Name:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Address:** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

This is to certify that the student named above and his/her parent or guardian has either received a copy of the Weimar ISD Student-Parent Handbook or accessed the digital copy online. My signature below indicates that I have read the handbook and understand its contents and agree to comply with its contents. The policies and procedures contained with this handbook can be changed at any time to serve the best interests of the Weimar Independent School District and the Athletic Department.

\_\_\_\_\_  
**Signature of Parent/Guardian**

\_\_\_\_\_  
**Date Signed**

\_\_\_\_\_  
**Signature of Student**

\_\_\_\_\_  
**Date Signed**

# **WEIMAR INDEPENDENT SCHOOL DISTRICT**

## **ATHLETIC DEPARTMENT**

### **MISSION STATEMENT:**

To allow student athletes the opportunity to build character through competition and grow through hard work, dedication, and perseverance.

### **Vision Statements:**

#### **Academics**

Our athletes' priority is to get an education. Academics will always take precedence over athletics. We believe very strongly that athletics and academics can work together and there is no reason that we should not strive for excellence both on the field and in the classroom.

#### **Standard of Excellence**

Students will be challenged and expected to give their best effort on the field, in the classroom, and at home. By doing so, we will have winning teams, successful students, and quality citizens.

#### **People of Character**

Athletics provides students with experiences that push them mentally, physically, and emotionally. We will strive daily to be the best version of ourselves as possible.

# WEIMAR INDEPENDENT SCHOOL DISTRICT

## ATHLETIC DEPARTMENT

### Athletic Statement

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

### Message to our players and parents:

Participation in any extra-curricular activities is not a right; it is a privilege.

### Introduction to Handbook:

The information in this handbook is in compliance with Weimar Independent School Board policies and procedures. This handbook supersedes all prior publications governing Weimar ISD athletic teams and shall be used by all personnel and participants in grades 7-12. The guidelines, rules, and regulations set forth in this handbook are designed for the efficient operation of a quality athletic program. All stakeholders will be held accountable and responsible for the information, policies, and procedures contained in the publication.

# **ATHLETIC DEPARTMENT PARTICIPATION**

It is the goal of the athletic department to offer opportunities for young men and women to participate in athletics. However, no student is obligated to take part in athletics or required to. Because athletics is a privilege, the coaching staff, in accordance with Weimar ISD policy and due process procedures, has the authority to suspend or revoke the privilege when the rules and standards to this athletic program are not followed.

Student-athlete participation in athletics is mandatory if a student wishes to participate in any of the team sports offered at Weimar ISD. Students participating in athletics must be in one major team sport or two individual sports.

Example: Football (One -sport), Cross-Country, Tennis (Two-Sport)

Weimar ISD coaches will always encourage athletes to play more than one sport in order to enhance their overall athletic ability.

Student-athletes will be required to workout each day during the athletic periods. Students who refuse to participate or consistently miss after school practice and competitions will be removed from the program.

## **ATHLETIC DEPARTMENT AVAILABLE SPORTS**

### **FALL**

FOOTBALL - BOYS - VARSITY, JUNIOR VARSITY, JUNIOR HIGH  
VOLLEYBALL - GIRLS - VARSITY, JUNIOR VARSITY, JUNIOR HIGH  
CROSS COUNTRY - BOYS/GIRLS - VARSITY, JUNIOR HIGH

### **WINTER**

BASKETBALL - BOYS/GIRLS - VARSITY, JUNIOR VARSITY, JUNIOR HIGH  
POWERLIFTING - BOYS/GIRLS - VARSITY, JUNIOR VARSITY

### **SPRING**

TRACK & FIELD - BOYS/GIRLS - VARSITY, JUNIOR VARSITY, JUNIOR HIGH  
BASEBALL - BOYS - VARSITY, JUNIOR VARSITY, JUNIOR HIGH  
SOFTBALL - GIRLS - VARSITY, JUNIOR VARSITY, JUNIOR HIGH  
GOLF - BOYS/GIRLS - VARSITY, JUNIOR VARSITY  
TENNIS - BOYS/GIRLS - VARSITY, JUNIOR VARSITY, JUNIOR HIGH

# STUDENT-ATHLETE ELIGIBILITY

## Age Requirements:

7th Grade - has not reached his/her 14th birthday on or before September 1 and has not enrolled in the 9th grade

8th Grade - has not reached his/her 15th birthday on or before September 1 and has not enrolled in the 9th grade

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

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

9th Grade and Below	Promoted from a lower grade prior to beginning of school
2nd year of High School	Earned 5 credits towards graduation
3rd year of High School	Earned 10 credits total, and 5 credits from previous academic school year
4th year of High School	Earned 15 credits total, and 5 credits from previous academic school year

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

To be eligible to participate in activities after the initial six-week grading period, a student must not receive a grade lower than a 70 (other than a Weimar ISD identified advanced class) on a scale of 0-100 in any course for that preceding six-week grading period. A student who becomes ineligible may not participate in any extracurricular contest/games for three (3) school weeks. The student may regain eligibility after the seven (7) calendar day waiting period has ended following the next three (3) weeks grading period. The student-athlete must be passing all classes to regain eligibility.

# Athlete Responsibilities

## Academics

- Athletes must realize that they are students first and foremost.
- Athletes must prioritize their schedule so that they can give sufficient time and energy to their studies to ensure acceptable grades.
- Tardiness, disrespect for teachers and administrators, and unacceptable behavior will not be tolerated and will result in disciplinary action.
- Will be in attendance at school on the day of competition as required by Weimar ISD local policy.

## During Competition

- Represent himself/herself with high character at all times
- Does not resort to illegal tactics in an attempt to circumvent the rules and regulations governing athletics
- Will respect the decisions of the official in charge of athletic contests
- Realizes that outcomes will not always be in our favor, but it is how we respond that will have a lasting impact on our seasons

## On Campus

- Must maintain proper dress and grooming requirements as established by the Weimar ISD Code of Conduct
- Will seek out opportunities for participation in clubs and organizations that foster development of their leadership and organizational skills
- Will conduct himself/herself to the best of their ability to display a high level of character and maturity

## Athletic Period and Practice

- Will notify the head coach or athletic director if he/she will be absent from practice or competition
- Will report promptly for roll call and be dressed out for the daily activities
- Will maintain a neat and clean dressing and locker space
- Will not be allowed to wear school-issued equipment outside the confines of the school

## Athlete Responsibilities (cont.)

### Team travel - Athletic transportation

- All athletes will travel to and from athletic contests with the team. At the Athletic Director/Head Coach's discretion an exception can be made in case of an emergency. In addition, if the athlete is being signed out, the individual(s) taking charge of the student-athlete must sign out with the coach in charge.
- Will dress neatly and appropriately for all athletic trips
- Will conduct himself/herself properly on the school bus or school appointed vehicle
- Will be informed of the departure and return times for each trip/contest. Every effort will be made by the coaching staff to notify the proper personnel when unexpected changes occur that result in changes to the stated times.
- Will not be allowed to bring parents, family members, or friends on bus trips.

## Dress and Grooming

All Weimar ISD student-athletes are expected to dress appropriately and in a way that is respectful and in compliance with Weimar Independent School District Student Code of Conduct.

- Maintain neat, clean, and appropriately groomed hair
- Remove all jewelry prior to and during any competition and or workout
- Ensure that proper undergarments are worn at all times
- Dress appropriately for home and out of town contest as determined by their respective coach

## Athletic Attendance

It is the obligation and responsibility of team members to attend scheduled practices, contests, and meetings regularly and on time. There may be extenuating circumstances that cause an athlete to miss one of these opportunities. If you will be absent from a workout/game, you have the responsibility to notify your head coach or Athletic Director as to the reason for your absence within a day's time frame in advance.

As with any absence, there will be make-up activities that are required to be completed. The respective coach will determine the amount of make-up that the student has to complete. Failing to call in and report the absence will result in additional make-up work. Continual absenteeism will result in suspension and dismissal from the athletic team.



# Academics

The Weimar Athletic Department takes great pride in the academics of our student-athletes. Like athletics, it is the expectation that we will strive for excellence in the classroom. For those students who are struggling, we have policies that will help them stay on course to not only pass but to continue to gain credits towards graduation.

## Academic Policies

- If the athlete fails the first six weeks, he or she will be assigned lunch detention until the next grade progress report or the end of the six weeks. If the student is still failing, he or she will continue with their lunch detention assignment until the grade is brought up.
- Head coaches will monitor their athletes' attendance and maintain open lines of communication with all teachers.
- Any athlete who fails two six weeks grading periods in a row will be required to have a Parent-Athlete meeting with the Athletic Director to determine the best course of action moving forward for the athlete.

## Dropping or Quitting a Sport

There may be times when an athlete decides that it is necessary to quit a sport or drop out of the athletic program for personal reasons. If so the athlete understands that:

1. They must consult with their respective coach on the decision.
2. Return all school issued equipment.
3. He or she forfeits the right to participate in that sport and will not be able to participate in another sport until the teams' season is over that the athlete quit.
4. In addition to not starting the next sport, the athlete must complete 20 miles with the Athletics Director before or after school. The window to complete their miles is two weeks.
5. If the reason falls outside of the two week "grace" period from the day the athlete begins the sport, the above statements will stand.

# Physical - Medical - Insurance Requirements

All athletes are required to have a file of the following documents in the athletic office. These documents will be updated on a yearly basis.

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

Athletic insurance will be offered to all students who are participating in UIL sponsored activities. This is a secondary policy that will pay after claims have been filed with the athlete's primary insurance provider. If the athlete has no other coverage, then this coverage becomes the primary provider. Policy requirements are subject to change yearly and do have limitations. If you have questions or concerns about the insurance coverage, contact the Athletic Department for answers.

## Illness and Injuries

The following procedures are set up to insure the best possible course of action for an athlete that is injured or becomes ill.

- Report all injuries to the coach or athletic trainer immediately.
- If an athlete is too ill or injured to practice, then he or she must report to an athletic trainer or coach or bring a written note from a doctor that specifies the illness or injury along with the number of days the athlete is to miss.
- Parent notes will not be accepted to miss practice.
- Secure the required insurance documents if additional professional care is required.
- During the athletic period, injured/ill athletes are required to dress out and will report to the athletic trainer for treatment or consultation. Then, rejoin the group and observe the workout.
- Provide the athletic trainer with pertinent information and instructions from medical/professional caregivers.
- If ill, contact your coach or athletic office to report your absence.
- The goal of our training staff is to return the athlete to competition as quickly and safely as possible.
- Consult with the athletic trainer for rehabilitation and treatment schedules.

# Athletic Equipment

The Weimar ISD Athletic Department will provide the majority of the equipment needed by student-athletes. It is their responsibility to take care of any issued equipment. Athletes should:

- Make sure equipment is properly fitted and in good condition.
- Wash all clothing items as prescribed by your coach.
- Lockers and locker rooms are to be kept clean and neat.
- Athletic equipment is meant to be used at school or at contests and not worn home or in the community without the permission of the coaching staff.
- At the conclusion of an athletic competition, equipment will be checked in and athletes will be responsible for any and all lost equipment.
- Hudl is a video tool that the Coaches and Athletes both use to be successful. It is a privilege that the student-athlete has access to practice and game footage. If a student-athlete(s) misuse this tool, they will be removed from it. (Ex. posting videos on social media platforms in a negative manner.) This is a great tool for game prep as well as recruiting.

# Discipline Management

As with any privilege that gives satisfaction or reward to the participant, there must be a price to pay in order to reap those benefits. The following rules and policies give a clear indication of exactly what is expected and demanded of you as a member of this program.

## Procedures

Intervention by the supervising coach or coach who observes the misbehavior
Documentation on the behavior or incident
Communication with parent(s) or guardian regarding continuous misbehavior or actions
Appropriate school administration will be informed as dictated by action or policy

## Discipline Options

Verbal reprimand/warning	School Service
Conference with the student	Probation
Parent/coach conference	Suspension from competition
Parent/coach/Athletic Director conference	Removal from the sport
Physical Activity	Removal from the athletic department

## Discipline Management (cont.)

The student and/or parent shall have the right to appeal any decision concerning the enforcement of the discipline program concerning probation, suspension, or expulsion.

### Appeals Process

Conference with the coach
Conference with the Athletic Director (appeals past this must be filed in accordance to the FNG policy)
Conference with the campus principal
Conference with the superintendent
Communication with Weimar ISD Board of Education

*Appeals must be submitted in writing within ten (10) days of notification of probation, suspension, or expulsion.*

Appeals shall be considered by the appropriate school administrator based on:

- Variation from printed policy, administrative procedures, rules, regulations and standards from membership and participation in the athletic program.
- Failure to provide due process to students and parents

Student offenses are divided into categories according to their severity. Each category has an accompanying sequence of consequences. Consequences for disciplinary actions are based on the student's discipline history and accompanying standards.

# Discipline Management Categories

## Category 1

Excessive tardiness to activities w/o permission	Rude/discourteous, disruptive behavior
Missing/skipping a practice or contest	Destructive behavior towards people, equipment, or property
Profanity	Violation of bus/transportation rules
Failure to comply with team rules or coach directives	Violation of district standards for dress and grooming

### Consequences

Verbal reprimand/warning	School Service	Probation
Written reprimand	Physical conditioning	Suspension

## Category 2

Repeated Category 1 offenses
Disruptive Behavior: harassment, bullying, hazing
Vandalism of school property
Assignment to in-school detention/ISS
Insubordination

### Consequences

Written Reprimand	School Service	Restitution for damages
Physical conditioning	Probation	Suspension

## Discipline Management Categories (cont.)

### Category 3

Repeated assignment to in-school detention/ISS
Major destructive behavior/vandalism
Theft : Items above \$50 in value
Violation of athletic probation
Assault
Use/possession of alcohol/tobacco/illegal drugs/vaping
Serious persistent misbehavior as defined by Texas Agency Code Chapter 37 and Weimar ISD Board policy FOAB (Legal)
Placement in DAEP
Expulsion

### Consequences

Suspension
Removal from respective sport
Removal from total program participation (time determined by the offense)

## **Discipline Management Categories (cont.)**

### **Definitions of Probation, Suspension and Removal**

         Probation - A period of time not to exceed one(1) calendar year. An offense committed after the probationary period begins, automatically moves the student to Category 2 and a new period of probation begins. Once the probationary period is complete the student will be placed under the jurisdiction of the regular discipline program.

        Suspension - A period of time in which the student athlete is suspended from participating and attending athletic contests. Students may be required to practice during this period.

        Removal - A period of time in which the student is removed from the respective sport(s) or athletic program. The student will not practice, play or attend athletic contests.



## Standard Offenses and Consequences

Offense	Consequences
Profanity/Tardiness/Misbehavior	Immediate Redirection
Detention/Failure to comply with directives	1 - 100 yard bag push
Assignment to ISS/Unexcused Absence	1 - 15 minute drill per day
Vandalism/Use or Possession of Tobacco or Vaping/Fighting-Assault-Bullying	1 week suspension from contests and being placed on a behavior contract. Also, 1 - 15 Minute Drill per day missed
Theft/Use or possession of Alcohol/Controlled Substance	3 weeks of suspension/placed on behavior contract and will complete 2 hours of substance abuse training during the suspension. Also, 1 - 15 Minute Drill per day missed.

### Absences

#### ***Excused absence from practice or contest:***

Excused absences will be made up. The make up for an excused absence is not punishment but is administered so that the athlete can make up for missed work and conditioning. Examples of excused absences are illness, a death in the family, school sponsored activities, or emergency situations. **Athletes should understand that when they have to miss, it is imperative that the head coach be notified prior to the absence.**

#### ***Unexcused absences:***

Athletes and parents should understand that failure to notify the coach prior to an absence will usually result in being considered unexcused. Some extenuating situations will be considered an excused absence without prior notification. If there is a question as to whether it is excused or not, the head coach and or the Athletic Director will make the decision.

# Standard Offenses and Consequences (cont.)

## Consequences for absence(s)

### *Excused Absences:*

All excused absences will result in the athlete completing sport-like and game-like drills to get them caught up on what has been missed along with conditioning.

- Each head coach will design the make-up for his/her sport.
- The athlete also understands that habitual absences, even though excused, could result in loss of playing time due to missed preparation time.

### *Unexcused absences:*

1st-5th unexcused absences - athlete will complete sport specific make up work/disciplinary exercise designated by the head coach of their sport. Suspension from the contest is possible if the player is not actively completing makeup/discipline.

- Each head coach will design the make-up and physical activity for his/her sport.
- Athletes and parents should understand that loss of playing time could occur because of missed preparation time for that contest. This is in the best interest of the student's safety and the well-being of the program.

After the 6th absence the athlete will be placed on a probationary contract. Violation of the conditions of the contract could include dismissal from the sport.

Disciplinary action for unexcused absences from a contest will be as follows:

- The athlete will be placed on a probationary contract and discipline/makeup will be designated by the head of that sport and the Athletic Director. Violating the conditions of this contract could include dismissal from the sport.

## Standard Offenses and Consequences (cont.)

### ISS/OSS

- Students are ineligible for competition while serving an ISS/OSS assignment until the end of the last school day of the suspension.
- Students are expected to come to practice while serving ISS assignments.
- Below are consequences for receiving an ISS assignment:
  - 1 day assignment - 1-15 minute drill
  - 2-3 day assignment - half of a contest plus 1-15 minute drill per day
  - 4-5 day assignment - suspension for a minimum of one contest plus 1-15 minute drill per day.
  - After five referrals that resulted in ISS/OSS assignment, the athlete will be placed on a probationary contract which could include removal from athletics for a calendar year.

#### 15 Minute Drill (Girls)

8 lengths of the court towel pushes on the gym floor

Under each goal an exercise is complete

1st trip = 10 Burpees

2nd Trip = 10 Push ups

3rd Trip = 10 Sit ups

4th Trip = 10 Squat Jumps

Sprint x 2 lengths of the floor to finish the drill

#### 15 Minute Drill (Boys)

50 yard bear crawl x 2

50 yard pencil roll x 2

50 yard forward roll x 2

50 yard sprint x 2

**\*Must be actively supervised by a coach and completed in 15 minutes  
(If not completed, the athlete will try to complete the next day)**