



AKINS ATHLETIC HANDBOOK

The primary purpose of the handbook is to acquaint you with the philosophy and policies of the Akins Athletic Program. Akins athletics is a vehicle by which thousands of people can learn more about our school and community. Akins athletics should be the model athletic program by which all others are measured. Our program should be one which prepares its athletes for life, both in winning and losing, and does it with class and integrity.

This handbook is not intended to disrupt the line of communication between the parents, the athletes, and the coaches but encourage it. It is designed to ensure that we are all headed in the same direction and this can only be accomplished when we know what is expected. We believe that we can reach our goals. The Akins administration and all members of the Akins family should have high expectations and should settle for nothing less.

"Leadership, like coaching, is fighting for the hearts and souls of young men and getting them to believe in you." Eddie Robinson

EXPLANATION OF ATHLETICS

1. Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to children. As parents, when your children become involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of the child's program.

Communication you should expect from your child's coach:

1. Philosophy of the coach
2. Locations and times of practices and contests
3. Team requirements, e.g., practices, special equipment, out-of-season conditioning

Communication coaches expect from parents:

1. Concerns expressed directly to the coach
2. Notification of any schedule conflicts well in advance

2. As your children become involved in the programs at Akins, they will experience some of the most rewarding and difficult moments of their lives. It is important to understand that there may be times when things do not go the way you or your child wish. At these times, discussion with the coach is encouraged. Examples of these situations include the treatment of your child, ways to help your child improve, concerns about your child's attitude, or academic support.

It is very difficult to accept your child's not playing as much, when, or where you may desire. It will be the coach's discretion to make all decisions about playing time or position for individual student-athletes, regardless of the score of the game or the personal feelings of the student-athlete's parents. The Akins Coaching Staff will not discuss playing time with parents or athletes. We will, however, discuss how each athlete can improve.

Coaches are professionals. They make judgments based on what they believe to be best for all students involved. As you have seen from the list above, certain things can be and should be discussed with your child's coach. Other things should be left to the discretion of the coach. Examples include team strategy, other student-athletes, etc.

3. There are situations that may require a conference between the coach and the parent. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedures should be followed to help promote resolution:
 - a. Encourage the student-athlete to speak to the coach directly prior to parents calling to set up an appointment with the coach.
 - b. Call the coach to set up an appointment.
 - c. Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution.

If the meeting with the coach does not provide a satisfactory resolution, the next step is to set up an appointment with the Athletic Coordinator.

Since research indicates that a student involved in extracurricular activities has a greater chance for success during adulthood, these athletic programs have been established. Many of the character traits required to be a successful participant are exactly those that will promote a successful life after high school.

PHILOSOPHY OF ATHLETICS

The total Athletic Program should maintain a broad scope that will offer all students with athletic interest the opportunity for safe, wholesome, beneficial participation in the sport(s) of their choice. This philosophy is based on the concept that there is a need for physical development and fitness for every student, as well as a variance of interest, abilities, and desires. The emphasis will be placed on total effort with winning secondary. When we develop attitudes of total effort, we win, regardless of the outcome. Personal satisfaction of giving total effort makes us all winners.

EAGLE ATHLETICS

According to University Interscholastic League rules, **being in athletics is a privilege and not a right**. Only those students who abide by school and athletic policies will be allowed to represent Akins.

When young men and young women sign up for athletics and become a member of a team, they make a commitment. They are obligated to follow the rules and regulations of the program. They are not forced to participate. It is voluntary; therefore, they are expected to follow rules of order.

Parents should strive to help their son or daughter to achieve success in athletics. Success is defined as participating at 100% of the individual's ability. We can never expect athletes to do more than they are capable; however, we do want them to obtain their fullest potential. Supportive parents can instill this desire in student athletes long after their playing days are over by seeing that the student is on time, attends practices and games, and follows the rules and regulations.

ATHLETIC GOALS AND OBJECTIVES

Our goal: The student-athlete shall become a more effective citizen and productive member of society.

Our specific objectives: The student-athlete shall learn:

1. To work with others – A person must develop self-discipline, respect for authority, and the spirit of hard work and sacrifice. In order for a team to be successful the TEAM and its objectives must be placed higher than personal desires.
2. To be successful - Our society is ultra competitive. It is also true for the competition we face week in and week out. We do not always win, but we succeed when we continuously strive to do so. You can learn to accept defeat only by striving to win with earnest dedication. A successful person has a desire to excel and a “never quit” attitude.
3. To develop sportsmanship - To accept any defeat or victory like a true sportsman and to know one has done his/her best are the signs of a good sportsman. We need to develop desirable social traits, including emotional control, honesty, cooperation, and dependability. We need to respect opposing players, coaches, officials, spectators, and support groups. Treat them as you would want to be treated. Who better than they can understand all the hard work and team effort that is required?
4. To improve - Continual improvement is essential. As an athlete, you must establish a goal and you must constantly try to reach that goal. An athlete should better him/herself in the skills and characteristics set forth as being desirable.

5. To enjoy athletics - It is necessary for athletes to enjoy participation, to acknowledge all of the personal rewards to be derived from athletics, and to give sufficiently of themselves in order to preserve and improve the program.
6. To strive for excellence in all they do - To be an active, contributing citizen, it is important for a person to strive to be the very best at what they are doing. When a person has a commitment to excellence, they will never settle for not doing their very best.

REQUIREMENTS TO PARTICIPATE

The following items must be turned in to the Athletic Department before participating in any practice or game in any extracurricular athletic activity.

A. Physical Examination

A physical examination is required at the beginning of each year. The physical form is available from the athletic trainer or the coaches. Use only the approved UIL form to record physical examinations. Club or organization forms will not be accepted. The physical covers all sports for the year and must be dated after April 15th each year. Every year free physicals are offered by the district. The date will be announced each Spring for the following year.

B. Athletic Department Rank One Online Forms

The Rank One online forms includes (1) UIL Acknowledgment of Rules, (2) consent to emergency medical treatment, (3) personal student and parent information, (4) a medical history and (5) UIL Steroid Notification. The online forms must be completed fully.

C. Acknowledgment of Akins Athletic Handbook, Code of Conduct, Anti-Bullying Contracts

The last page of this handbook should be signed by the student-athlete and the parent/guardian. It should then be returned to the Athletic Department. This shows receipt of the Athletic Handbook and acknowledges that the student-athlete and parent/guardian will comply with the rules and policies contained in the Athletic Handbook.

****A student participating in UIL activities will be suspended from participation in games after a grading period in which the student received a grade lower than a 70 on a scale of 100 in any academic class (other than an identified honors or advanced class). This suspension continues for three weeks. The grades will be reviewed at the end of each three-week period; the suspension will be removed if the student is passing all classes with a grade equal to or greater than a 70.**

ATHLETIC CODE OF CONDUCT

A firm and fair policy of enforcement is necessary to uphold the regulations and standards of the athletic department. The school administrators and coaching staff feel strongly that high standards of conduct and citizenship are essential to maintaining a sound program of athletics. The welfare of the student is the major consideration and transcends any other consideration.

Athletics is a privilege at Akins, and students choose to be part of the program. Since student-athletes represent their school and, in many instances, their community, student athletes are held to higher standards of behavior than those specified in the Student Code of Conduct. Violations of the athletic policy that are also violations of the Student Code of Conduct may result in independent disciplinary actions by the Athletic Department. Each of these items is at the discretion of the athletic department and/or coach.

ATHLETIC DEPARTMENT POLICIES

1. COACHES' RULES

Coaches may establish additional rules and regulations with the approval of the Athletic Coordinator for their respective sports. These rules pertaining to a particular sport must be explained, in writing, by the coach at the start of the season. Penalties for violation of team rules shall be administered by the coach.

2. DISCIPLINE TECHNIQUES - Discipline yourself, so others won't have to!!!

Each situation may require a different type of discipline. Whatever type of discipline is required, the purpose is to help athletes improve themselves, and to become better persons. Failure to accept this on the part of the athlete or parent/guardian may result in dismissal from the team and/or athletic program. The different discipline techniques listed below may be used alone or with one or more of the disciplinary techniques in the Student Code of Conduct. The listing is not intended to be a list of progressive sanctions.

- * Oral Correction
- * Cooling-off time or "time-out"
- * Counseling by coaches
- * Parent-coach conference
- * Behavioral contracts
- * Withdraw of privileges, such as participation
- * Techniques or penalties identified by individual coach of sport
- * Dismissal from team or program

3. GAME CONDUCT

Any student-athlete who engages in a fight before or during a competition will be suspended for the remainder of that competition. Any student-athlete who engages in unsportsmanlike conduct, as deemed by the head coach or any Akins official, before or during a competition will be suspended for the remainder of that competition. Any student-athlete who verbally or physically abuses an official before or during a competition will be suspended for the remainder of that competition. Any student-athlete who engages in any of the above activities after a contest will be subject to disciplinary action for the next contest(s). Depending on the seriousness of the above incident(s), the

student-athlete could face further suspension from future contests or removal from the team or athletic program.

4. **ACADEMICS – WEEKLY GRADE CHECKS ARE MANDATORY FOR EVERY SPORT!!!**

All students are required to remain academically eligible to participate. Remember, No Pass-No Play! Repeated academic suspensions may result in dismissal from the team.

5. **ATTENDANCE**

Be in class. Be on time. If you must miss an athletic period or practice, be sure that it can't be avoided. If you must be absent, you must contact the coach prior to the athletic period or practice. You may be required to make up work missed. Repeated absences may result in dismissal from the team. Athletics will align with the Akins High School attendance policy. If an athlete has more than 4 unexcused absences, they are subject to dismissal of the athletic program. This is at the coaches discretion.

6. **SQUAD SELECTION**

In accordance with our philosophy of athletics and our desire to see as many students as possible participate in the athletic program, we encourage coaches to keep as many students as they can without unbalancing the integrity of their sport. Time, space, facilities, equipment, personal preference, and other factors will place limitations on the most effective squad size for any particular sport.

7. **CUTTING**

Choosing the members of athletic squads is the sole responsibility of the coaches of those squads. Prior to trying out, the coach shall provide the following information to all candidates for the team:

1. Extent of tryout period
2. Criteria used to select the team
3. Practice commitment if they make the team
4. Game commitments

8. **INJURY OR ILLNESS**

We have two athletic trainers who know their business. If you have an injury, see one of them prior to going to the doctor. They will either treat you or refer you to a physician. If you must leave school because of illness, contact or come by the coaches' office or training room. If you are ill or injured, we don't expect you to work out, but if you are at school, we expect you to wear the uniform of the day and accompany your group or team unless given special permission by your head coach or the trainer.

9. **RESPECT FOR OTHERS**

Coaches should receive "Yes Sir/Ma'am", "No Sir/Ma'am" responses from players when talking to them. Players in return will be treated with respect by their coaches. Show respect for the opposing players, coaches, officials, spectators and support groups. Treat others as you would want to be treated.

10. **PROMPTNESS**

Always be on time. On trips, the bus will not wait. After the final bell rings, you do not have time to waste; go directly to the gym/field if you have practice or athletic event. Tardiness may result in disciplinary action.

11. REPRESENTATION

Extracurricular activities are a privilege. All players must realize the responsibilities that are theirs. Remember, you are representing your school, coaches, parents and AKINS every day. This would include summer, as well as, the school year. Any non-school related criminal activity or unsportsmanlike or disrespectful behavior by an athlete, as deemed by any AKINS official or law enforcement, will not be tolerated. Conduct of this nature will result in disciplinary action. Serious or repeated offenses may result in removal from the team or athletic program.

12. DISCIPLINARY REMOVAL

If it becomes necessary to consider removing a student from a team or the athletic program, the coach of that team will notify the Athletic Coordinator. The student will have an opportunity to confer with the coach. Parents will receive notification through email or phone call if a student-athlete is removed from any sport.

13. DRESS AND APPEARANCE

You should be very professional in uniform and out. Your appearance away from the field or gym, especially at school, should reflect the same class and pride that you show in our program. Everyone will wear his/her uniform in the same manner. **No one will be different.** Men and women will wear attire requested by the head coach.

14. QUITTING

Anyone quitting a sport after a trial period (usually after the first contest) will not be allowed to participate in another sport until the season of the sport quit is completed or unless the head coaches of both sports agree that the student would be better off in the other sport. **No one respects a quitter.** Anyone walking off the field or gym floor during a practice or game will be considered by the coach to have quit that team.

15. CONFLICT IN ACTIVITIES

An individual student who attempts to participate in several extracurricular activities will, undoubtedly, be in a position of a conflict of obligations. The Athletic Department recognizes that each student should have the opportunity for a broad range of experiences in the area of extracurricular activities, and to this end, will attempt to schedule events in a manner to minimize conflicts. Students have a responsibility to do everything they can to avoid continuous conflicts. This would include being cautious about participation in too many activities where conflicts are bound to happen. It also means immediately notifying the faculty sponsors and coaches involved when a conflict does arise. When a conflict arises, the sponsors and coaches will work out a solution so the student does not feel caught in the middle. If a solution cannot be found, the principal and athletic coordinator will make the decision based on the following:

1. The relative importance of each event.
2. The importance of each event to the student.
3. The relative contribution the student can make.
4. How long each event has been scheduled.
5. Talk with parents.

Once the decision has been made and the student has followed the decision, he/she will not be penalized in any way by either faculty sponsor or coach. If it becomes obvious that a student cannot fulfill the obligation of a school activity, he/she should withdraw from that activity.

16. MULTIPLE SPORTS

Athletes are encouraged to participate in more than one sport; however, eligibility to participate in a particular sport will not be based upon participation in a second sport. Student athletes who attempt to participate in multiple sports whose seasons overlap may create schedule conflicts. When and if conflicts arise, the coaches of the sports will work out a solution. If a solution cannot be found, then the Athletic Coordinator will make a decision.

17. CARE OF EQUIPMENT

You are to hang up your equipment in your locker and clean it. Do not track mud **and** dirt into the dressing rooms. Therefore, take off cleated shoes before entering the dressing rooms. When you change into workout gear, hang up your clothes in your locker and lock up all of your valuables. Toilets are to be flushed and showers and faucets turned off completely. All trash should be thrown in a trash can. Clean up in and around your locker each day.

18. COLLEGE RECRUITMENT

In the event an athlete should be contacted personally by a college recruiter, he/she is encouraged to inform their coach immediately.

19. TRAVEL

All athletes represent the community, school and coaches. Therefore, it is expected that all will dress in an acceptable manner on trips and conduct themselves in a proper manner. When missing classes because of an athletic event, it is the responsibility of the athlete to see his/her teacher the day before the missed classes. All work shall be made up at the convenience of the teacher. Each sport will specify if athletes are required to ride the bus back to school after athletic events or if they are allowed to leave with their parent or guardian.

20. VACATIONS

Vacations by athletic team members during a sport season are discouraged and while family values will always take precedence over program requirements, parents and athletes in conflict between vacations and program requirements may wish to reassess their commitment to being involved in athletics. We urge parents not to plan their vacations during times when there will be conflicts. In the event of an absence due to a vacation that is unavoidable, an athlete must:

1. Contact the head coach prior to the vacation.
2. Be willing to assume the consequences related to their status on the squad as a starter, 2nd string, 3rd string, etc.

21. CLUB SPORTS

A club is a sports program outside of the school that is not affiliated with UIL athletics. We feel our athletes' obligations are to their school team first. We will not excuse our athletes to miss a school contest or practice for a club event.

22. DRUGS AND ALCOHOL

Exemplary behavior is expected of athletes under the jurisdiction and sponsorship of AKINS and the AKINS athletic department. There is no acceptable reason for alcohol or illegal substances to be used by any student-athlete in our athletic programs at any time during the calendar year, nor are there acceptable reasons for AKINS student-athletes to be present where illegal or controlled substance activities occur at any time *during the calendar year*. Any athlete found to be involved with controlled or illegal substances, through confession, legal or disciplinary chargeable events, will adhere to the following consequence progression (in addition to disciplinary or legal consequences that may apply).

FIRST OFFENSE –

Suspension from participation and/or punishment is determined by the head coach and athletic coordinator. The student will remain in the program, but may not participate in any contest during the suspension.

SECOND OFFENSE –

Immediate dismissal from the athletic program for one calendar year from the time of removal.

THIRD OFFENSE –

Immediate dismissal from the athletic program for the remainder of the student's AKINS athletic career. After two years, the student-athlete may seek reinstatement by approval of the athletic director, principal and head coach of the sport(s).

NOTE:

If a student-athlete is subsequently cleared of charges and no action (disciplinary or legal) results, the student-athlete may be reinstated immediately into the athletic program if the AKINS administration determines there were no violation of rules.

23. STEALING

Taking things that do not belong to you, especially from your teammates will not be tolerated. An athlete caught stealing may be suspended and/or punished at the discretion of the coach, Athletic Coordinator and Principal. Depending on the seriousness of the offense, an athlete may also be prosecuted by the law. This also involves school equipment not returned after the season is complete.

FAIR SHARE

Each athlete is required to pay a fee for each sport that they participate in. Fair share fees will vary per sport and is at the discretion of the head coach of each sport. The money collected for fair share will not be refunded if a student athlete quits for any reason. Each coach will designate what the Fair Share amount will be used for.

WEIGHT ROOM RULES

1. Workout shirt, shorts, and proper shoes are required in the weight room. No jeans, dress shoes, halter tops or uncovered sports bras allowed.
2. Have a **spotter** present when doing heavy free bar exercises.
3. Do not move weight equipment from its designated area.
4. No weights on the floor at any time. All weights have a rack. Put them back on the proper rack after each lift.

5. You are in the weight room to lift, not to socialize or visit. Do not distract someone else from their workout.
6. Absolutely **NO** food or drink of any kind allowed in the weight room area. **This includes gum!!**
7. No horseplay of any kind.
Weight room equipment must stay in weight room at all times.
8. No spitting on the floor.
9. For safety concerns, jewelry may not be worn while engaging in physical training.

TRAINING ROOM RULES

Rules & Expectations of the Athletic Training Room

1. The athletic training room is first and foremost a healthcare facility and should be treated in such a manner. Only Akins student-athletes and staff are permitted in the athletic training room.
2. The athletic training room will open one (1) hour before the start of school and be open one (1) hour concluding school for treatment. The athletic training staff will make every effort to treat student-athletes on a first come/first serve basis. At times, in-season sports may have priority. Plan accordingly.
3. Student-athletes are expected to report to treatments on time. Failure to comply with this can result in the athletic trainer refusing treatment.
4. Student-athletes must come dressed appropriately for their treatment or rehabilitation.
5. Please leave cleats and shoes, bags, all electronics including cell phones and other personal belongings outside the athletic training facility.
6. NO food or drinks of any kind other than water will be allowed in the athletic training room.
7. Any student athlete with a new injury or illness must notify the athletic training staff immediately so the coaching staff can be updated on the student-athlete's status. The athletic training staff will determine a specific report time based on daily practice times. It is up to the student-athlete to communicate about injury status so the athletic training staff can adjust the treatment to provide further care.
8. Student-athletes are not permitted to treat themselves or dictate their own treatment. All treatments are at the discretion of the athletic trainer.
9. DO NOT remove equipment or supplies from the athletic training room without the permission of the athletic training staff.
10. DO NOT use the athletic training room equipment or supplies without permission.
11. Student-athletes using the athletic training room should refrain from loud and obnoxious behavior. Foul and/or offensive language will NOT be tolerated.
12. DO NOT hang out in the athletic training room. Athletes should only be in the facilities when they are in the process of receiving athletic training services. All others will be asked to wait outside.
13. After practice, athletes should shower before receiving treatment of wounds, cuts, and abrasions.
14. Athletes should return all equipment/supplies (wraps, crutches, etc.) as soon as they are no longer required for recovery.
15. Athletes will treat all athletic training staff with respect and this will be returned to the student athletes.
16. If a student athlete is not adhering to the rules and policies of the athletic training room, he or she can lose privileges. Coaches will be notified of any student athlete who is not compliant.

BANQUET POLICY AND ATHLETIC AWARDS

BANQUET POLICY

Individual sports Coaches/ Booster Clubs' will sponsor one Recognition Banquet for each sport. No one should plan parties, etc. for any team because this could violate UIL regulations. Any athlete that quits a sport is not allowed to attend a sports banquet. This includes being a guest of a current athlete.

ATHLETIC AWARDS

Athletic awards are awarded by the coaches.

A student may qualify for an award in a sport only if he/she has met all of the following criteria:

1. The student-athlete must complete the entire season in good standing.
2. The student must participate in all workouts, excluding illness, emergencies, or participation in another school-sponsored function. All missed workouts may be made up.
3. For varsity letter awards, the student-athlete must meet the specific guideline for the sport.

EXCEPTION:

At his/her discretion, the coach of any sport may recommend for an award, an athlete who has not met the guidelines. There are instances when an athlete contributes greatly to the team through personal effort, loyalty, attitude, etc., or suffered an injury which prevented him/her from competing, but he/she continued to contribute to the team. If deemed worthy, at the coaches' discretion may receive an award.

ANTI-BULLYING AND ANTI-HAZING POLICY

The athletic department recognizes that hazing, harassment, sexual or otherwise, and/or bullying of students and staff is abusive and illegal behavior that harms victims and negatively impacts the school culture by creating an environment of fear, distrust, intimidation and intolerance. We further recognize that preventing and remedying hazing, harassment, and/or bullying in schools is essential to ensure a healthy, nondiscriminatory environment in which students can learn and employees can work productively.

We are committed to providing an educational and working environment that promotes respect, dignity and equality and that is free from all forms of harassment. To this end, we strictly prohibit all forms of hazing, harassment, and/or bullying on school grounds, school buses and at all school-sponsored activities, programs and events including those that take place at locations outside the district.

Bullying Definition

Bullying consists of inappropriate persistent behavior including threats, or intimidation of others, treating others cruelly, terrorizing, coercing, or habitual put downs and/or badgering others. Bullying similar to all forms of harassment and hazing are prohibited behaviors.

Common characteristics of bullying:

- Physical – hitting, kicking, taking or damaging a victim’s property
- Verbal – using words to berate, hurt, or humiliate
- Relational – maliciously spreading rumors, and/or actively excluding a person from the peer group to cause emotional harm to them.

Hazing Definitions

“Hazing” means committing an act against a student, or coercing a student into committing an act, that creates a risk of emotional, physical or psychological harm to a person, in order for the student to be initiated into or affiliated with a student organization, or for any other purpose. The term hazing includes, but is not limited to:

- Any humiliating, degrading or dangerous activity demanded of a student to join a group, regardless of the student’s willingness to participate (conduct has the potential to endanger the mental or physical health or safety of a student).
- Any hurtful, aggressive, destructive or disruptive behavior such as striking, whipping, sleep deprivation, restraint or confinement, or other activity that subjects the student to an unreasonable risk of harm or that adversely affects the mental or physical health or safety of the student.
- Substance Abuse – use or abuse of tobacco, alcohol or illegal drugs.
- Any activity that intimidates or threatens the student with ostracism, that subjects a student to emotional, physical or psychological stress, embarrassment, shame or humiliation that adversely affects the health or dignity of the student or discourages the student from remaining in school.
- Any activity that causes or requires the student to perform a task or act that involves violation of state or federal law or of school district policies or regulations.

Reporting Complaints

- In order for the District to effectively intervene in these situations and to take prompt corrective measures, it is essential that all victims of hazing or bullying and persons with knowledge of hazing or bullying report the harassment immediately. The District will promptly investigate all complaints of hazing or bullying, formal or informal, verbal or written. To the extent possible, all complaints will be treated in a confidential manner. Limited disclosure may be necessary to complete a thorough investigation.

Zero Tolerance for Bullying & Hazing

Akins Athletics has a zero tolerance policy for hazing. All Akins Athletics students found to be in violation of Akins Athletics and District rules, regulations and policies will be subject to disciplinary action, up to and including expulsion from Akins Athletics and/or criminal prosecution.

All members of the Akins Athletics community are responsible for ensuring that Akins Athletes remains free from hazing.

Failure to Adhere to District Rules/Regulations or to Report Incidents of Bullying/Hazing

Students found to have violated the District’s Rules and Regulations shall be subject to disciplinary action. Depending upon the severity of the violation, penalties may result in a suspension or immediate expulsion from the program or school.

Students who have personal knowledge of or information about incidents of hazing have a duty to report the incident to the Akins Athletics Program or school administrator. Failure to report the incident or information

may result in disciplinary action.

Disciplinary action by the school or district will not exempt individuals from civil litigation and/or criminal prosecution. Akins High School and the District reserve the right to refer known incidents of hazing to the appropriate law enforcement authorities.

Anti-bullying and Anti-hazing Compliance Agreement

We understand that violating the Akins Athletics anti-bullying and anti-hazing policy will result in the actions as outlined. This definition has been read by all active members of the organization. We understand and agree to adhere to the aforementioned statements.

ATHLETE CODE OF CONDUCT

I pledge to be responsible for my words and actions while attending any UIL sporting event and shall conform my behavior to the following code of conduct:

1. I will not engage in unsportsmanlike conduct with any coach, parent, player, participant, official or any other attendee.
2. I will not engage in any behavior which would endanger the health, safety or well-being of any coach, parent, player, participant, official or any other attendee.
3. participant, official or any other attendee.
4. I will not engage in bullying or harassment of any kind.
5. I will not engage in use of profanity.
6. I will treat my coach, other parents, players, participants, officials or any other attendees with respect regardless of race, creed, color, national origin, sex, sexual orientation or ability.
7. I will not engage in verbal or physical threats or abuse aimed at any coach, parent, player, participant, official or any other attendee.
8. I will not initiate a fight or scuffle with any coach, parent, player, participant, official or any other attendee.

I hereby agree that if I fail to conform my conduct to the foregoing while participating in a UIL sporting event, I will be subject to disciplinary action, including but not limited to the following in any order or combination:

1. Verbal warning issued by an Akins Administrator, Athletic Coordinator or designee.
2. Suspension or immediate ejection from a UIL sporting event issued by an administrator, athletic coordinator or designee.
Possible referral to the local law enforcement agency.
3. Suspension from multiple interscholastic sporting events issued by the principal.
Possible referral to the local law enforcement agency.

PARENT CODE OF CONDUCT

I pledge to be responsible for my words and actions while attending any UIL sporting event and shall conform my behavior to the following code of conduct:

1. will not engage in unsportsmanlike conduct with any coach, parent, player, participant, official or any other attendee.
2. I will not encourage my child, or any other person, to engage in unsportsmanlike conduct with any coach, parent, player, participant, official or any other attendee.
3. I will not engage in any behavior which would endanger the health, safety or well-being of any coach, parent, player, participant, official or any other attendee.
4. I will not encourage my child, or any other person, to engage in any behavior which would endanger the health, safety or well-being of any coach, parent, player, participant, official or any other attendee.
5. I will not engage in bullying or harassment of any kind.
6. I will not engage in use of profanity.
7. I will not encourage my child, or any other person to engage in use of profanity.
8. I will treat my coach, other parents, players, participants, officials or any other attendees with respect regardless of race, creed, color, national origin, sex, sexual orientation or ability.
9. I will encourage my child to treat any coach, parent, player, participant, official or any other attendee with respect regardless of race, creed, color, national origin, sex, sexual orientation or ability.
10. I will not engage in verbal or physical threats or abuse aimed at any coach, parent, player, participant, official or any other attendee.
11. I will not encourage my child, or any other person, to engage in verbal or physical threats or abuse aimed at any coach, parent, player, participant, official or any other attend.
12. I will not initiate a fight or scuffle with any coach, parent, player, participant, official or any other attendee.
13. I will not encourage my child, or any other person, to initiate a fight or scuffle with any coach, parent, player, participant, official or any other attendee.

I hereby agree that if I fail to conform my conduct to the foregoing while attending a UIL sporting event I will be subject to disciplinary action, including but not limited to the following in any order or combination:

1. Verbal warning issued by an Akins Administrator, Athletic Coordinator or designee.
2. Suspension or immediate ejection from a UIL sporting event issued by an administrator, athletic coordinator or designee.
Possible referral to the local law enforcement agency.
3. Suspension from multiple interscholastic sporting events issued by the principal.
Possible referral to the local law enforcement agency.

AKINS ATHLETIC DEPARTMENT SOCIAL MEDIA POLICY FOR STUDENT-ATHLETES

Playing and competing for Akins is a privilege. Student-athletes at Akins are held in the highest regard and are seen as role models in the community. As leaders you have the responsibility to portray your team, your school and yourselves in a positive manner at all times. Sometimes this means doing things that are an inconvenience to you, but benefit the whole team.

Facebook, Twitter and other social media sites have increased in popularity globally, and are used by the majority of student-athletes here at AKINS in one form or another.

Student-athletes should be aware that third parties - - including the media, faculty, future employers and Administrators - - could easily access your profiles and view all personal information. This includes all pictures, videos, comments and posters. Inappropriate material found by third parties affects the perception of the student-athlete, the athletic department and AKINS High School. This can also be detrimental to a student-athlete's future.

Examples of inappropriate and offensive behaviors concerning participation in online communities may include depictions or presentations of the following:

- Photos, videos, comments or posters showing the personal use of alcohol, drugs and tobacco e.g., no holding cups, cans, shot glasses etc.
- Photos, videos, and comments that are of a sexual nature. This includes links to websites of inappropriate material.
- Pictures, videos, comments or posters that condone drug-related activity. This includes but is not limited to images that portray the personal use of marijuana and drug paraphernalia.
- Content online that is unsportsmanlike, derogatory, demeaning or threatening toward any other individual or entity (examples: derogatory comments regarding another High School; taunting comments aimed at a student-athlete, coach or team at another School and derogatory comments against race and/or gender). No posts should depict or encourage unacceptable, violent or illegal activities (examples: hazing, sexual harassment/assault, gambling, discrimination, fighting, vandalism, academic dishonesty, underage drinking, illegal drug use).

AKINS ATHLETIC DEPARTMENT GUIDELINES & SOCIAL MEDIA POLICY FOR STUDENT-ATHLETES

If a student-athlete's profile and its contents are found to be inappropriate in accordance with the above behaviors, he/she will be subject to the following penalties:

1. Written warning
2. A meeting with Director of Athletics and Head Coach
3. Penalties as determined by the athletic department, including but not limited to possible suspension from his/her athletic team.

For your own safety, please keep the following recommendations in mind as you participate in social media websites:

- Set your security settings so that only your friends can view your profile.
- You should not post your email, home address, local address, telephone number(s), or other personal information as it could lead to unwanted attention, stalking, identity theft, etc.
- Consider how the above behaviors can be reflected in all Social Media applications.

If you are ever in doubt of the appropriateness of your online public material, consider whether it upholds and positively reflects your own values and ethics as well as the AKINS Athletic Department's. Remember, always present a positive image and don't do anything to embarrass yourself, the team, your family, or school.

- ✓ By signing below you affirm that you understand the AKINS Athletic Department Social Media Policy and Guidelines for Student-Athletes and the requirements that you must adhere to as an AKINS student-athlete. Also, you affirm that failure to adhere to this policy and guidelines may result in consequences that include suspension from your athletic team.

AKINS ATHLETIC DEPARTMENT HANDBOOK CONTRACT PAGE

PARENT SIGNATURE

I, the parent/guardian of _____ have read and understand all of the policies of the Akins Athletics handbook and Parent Code of Conduct.

Parent/Guardian Printed Name

Date

Parent/Guardian Signature

Date

STUDENT SIGNATURE

I, _____ have read and understand all of the policies of the Akins Athletics handbook and Student Code of Conduct.

Student-Athlete Signature

Date