

*The  
Colony  
Athletic  
Guide*

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Students Name

## **Organization:**

“Cougar Keys to Success”

1. Character, Sportsmanship, Playing by the Rules
2. Discipline
3. Superb Strength and Conditioning
4. Technique, Execution, Striving for Perfection
5. Family Atmosphere (we must care for and believe in our teammates and build each other up).
6. We believe in having great morale on our teams.
7. Loyalty to our Teammates, Coaches, Family, Teachers, School Administration, School, and Community.

We have to have all of these to have any of these.

## **Rules for Classroom Behavior:**

If you are a success in the classroom, you will very likely be a success in athletics. You are expected to be disciplined, hard working, respectful, cooperative, and a positive leader in the classroom. Only your best is acceptable.

## **Eligibility Requirements:**

1. You must pass all subjects.
2. In Junior High, you must pass the previous grade and be promoted.
3. In High School, you must have a certain number of credits:

Senior: 15 credits	Sophomore: 5 credits
Junior: 10 credits	Freshman: Promoted from the 8 <sup>th</sup> grade

## **Sport Changes:**

We want all athletes to participate in as many school sponsored sports as possible. If an athlete quits in season, he/she will not be able to participate in another sport until the entire season of the sport dropped is complete.

### **Athletic Grading Policies:**

All students will be graded on the following criteria in athletics per nine weeks:

1. Attendance: One point will be deducted for every excused absence.
2. Attitude: From 1-10 points for poor attitude.
3. Coachability: From 1-10 points deducted for not being coachable.

### **Management of Crimes:**

We will follow L.I.S.D. Athletic Policy in all situations dealing with any criminal behavior, or suspicion, or accusation of criminal behavior.

### **Phone Numbers:**

Athletic Coordinator

Girls Coordinator

972-625-9000 x 4138

972-625-9000 x 4162

### **Physical Examinations:**

Every athlete must have a physical examination each year they participate in athletics.

### **Other Forms:**

Every athlete must have the Parent Consent Form, Medical History Form,

Acknowledgement of Rules Form, Medical Release Document, Insurance Consent

Document Form, and L.I.S.D. Code of Conduct Form.

### **Insurance:**

The school has an insurance program for its athletes. The school's insurance is a secondary coverage to your own primary insurance. It does not cover all out of pocket medical expenses. There is also no set limit to how little it will cover and is based on each injury. See L.I.S.D. student handbook.

**Trips:**

1. All athletes will act like ladies or gentlemen at all times.
2. All athletes will be dressed in appropriate and neat attire. Each head coach will determine the attire of their athletes.
3. All athletes will represent The Colony High School with Character, Class, and Integrity.
4. All athletes will ride to and from all functions with the squad. Exceptions will only be made in special situations with the prearranged consent of the head coach.
5. Mature behavior is expected at all times on all trips.

**Practice Attendance:**

You are expected to be at every practice and to be on time. If for any reason you must miss practice, call or see your group coach or the head coach in advance. After a phone call it is up to the head coach to determine if the absence will be excused or not. Any unexcused absence will result in punishment. The punishment could range from extra work to removal from the team depending on the circumstances. The punishment will be at the head coach's discretion.

Every athlete must be in the athletic period unless the Athletic Coordinator has given his approval otherwise. Do not make appointments during practice time or during your athletic period. This includes the off-season. If you need time to make up class work it will not be done during your athletic period or practice time.

## **Training Room Rules:**

### The Colony High School Athletic Training Room Rules

1. Athletes are not to wear cleats in the training room, except in the case of emergency or as dictated by a rehabilitation program.
2. Shirts and shorts must be worn in the training room at all times, unless a treatment requires otherwise. **(No girdle shorts, sports bras, or spandex)**
3. All athletes must shower before entering the training room in order to reduce contamination of equipment, infection, and the spread of disease. This rule is strictly enforced except in the case of emergency.
4. No athletic equipment should enter the training room.
5. The training room is not self- service. Athletes will receive treatment only upon the decision of the athletic trainer or physician.
6. No food or drinks should be consumed in the training room unless otherwise stated.
7. Profanity and horseplay are not tolerated at anytime by anybody.
8. The professional trainer is available for athletes to discuss problems or concerns of any nature. If no problem exists or no treatment is being sought, athletes should not hang out in the training room.
9. Permission to use the phone should be secured prior to its use.

If there are any questions please call The Colony High School Athletic Training Room at 972-625-9000 x 4167.

Tyler Romine, LAT

Cody Carpenter, LAT

**Injuries:**

All injuries are to be reported to the coach and the athletic trainer on the day of the injury if at all possible. The athletic trainer will do an evaluation of the injury to determine if a doctor's care is needed. In the event of an injury that requires a doctor the athletic trainer will provide the parents with the proper insurance paper work. A copy of all medical documents retaining to the injury and the athlete's status must be turned into one of the athletic trainers. The same applies to all illness that require a doctor's care.

The Team Physician for Cougar Sports Medicine:

Dr. Craig Goodhart

Metrocrest Orthopedics

972-492-1334

The athletic trainer can help with any appointments through the team physician.

**Grooming:**

Our athletes will be well groomed throughout the school year. For male athletes the hair will be neat and out of the face and off the collar. There will be no facial hair and sideburns will be no longer than the earlobe. No body piercing jewelry of any kind will be worn by male athletes while representing The Colony Athletic Department.

Female athletes will not wear any body piercing during competition or practices. We will be well groomed and neat at all times.

**Locker Room Behavior:**

1. No horseplay
2. Keep the equipment in your locker, never on the floor. You will be instructed on how to store your equipment in your locker.
3. Be careful, especially in and around the shower area.
4. No food or glass containers in the locker room.
5. Flush the toilets, Turn showers and faucets off, and throw away all trash.

6. No hazing! This is a reason for immediate dismissal from athletes.

Conduct yourself on game day in such a way that you will be emotionally and physically ready for the game. Eat properly. Use good judgment in all your behavior. Your coaches will give you a written itinerary for all procedures the day of the game.

### **Game Policies:**

Hustle at all times! Be in your assigned area and know your assignments. Do not talk to spectators, friends, etc. along the sidelines. The entire team will wear the same uniforms. Stand for the National Anthem, school songs, and show respect for your appointment. Keep your uniform neatly on until you return to the locker room. Play your heart out, encourage your teammates, get excited, and make each game one to remember.

### **Practice:**

1. Practice with enthusiasm. You will play like you practice. If you do not practice hard, do not expect to play.
2. To be early is to be on time. To be on time is to be late.
3. Keep your equipment on unless instructed by a coach to take it off.
4. Do not ever sit down or walk in practice. Keep your equipment in your hands at all times.
5. Know your assignments, be tough, and consistent.
6. Missing practice or part of practice will limit your playing time.

### **Your Equipment:**

1. Take pride in your equipment, and facilities. It is the best.
2. If you lose equipment, you pay for it.
3. If you have equipment problems, see your group coach immediately after practice and get it fixed. Do not wait until the next day.
4. All equipment that is issued may not be worn outside of the game or practice situation, unless the head coach has approved it (especially court shoes).

### **Awards:**

You can be awarded one jacket in your high school career. To be eligible for a jacket, you must letter in a varsity sport. Lettering policy is in the L.I.S.D. handbook.

**Your Coaches:**

The head coach is responsible for the entire team. Each of the other coaches has a group that he or she is responsible for. You will know who your group coach is and you will go to him or her for many needs such as: extra instruction, equipment repairs or changes, and grade checks.

Your group coach is closely involved with you but he or she is also involved with the total team, just as you are. We are organized in this way so that everyone can get as much coaching and attention as humanly possible.

**The Colony Athletics Discipline Procedures:**

Our discipline policy is very simple. We are going to treat you as student-athletes in every way. You need to think that being in athletics is like having a job. We expect you to show up everyday, on time, and eager to work. If you break our rules we are going to document your offense and punish you. The punishment will fit the infraction and will most likely be extra conditioning. The head coach of each sport will determine the punishment. If you build a record of breaking many rules, then obviously you do not want to be a part of our program, and we will put you on probation. Once on probation, if ONE rule is broken you will be suspended from the program for 30 school days.

Discipline will be administered to athletes for breaking rules, such as, but not limited to:

1. cussing
2. showing disrespect towards anyone
3. failing to call a coach before being absent
4. horseplay on a bus, on a trip, or at any time
5. late to practice or a game
6. destructive actions, etc.

An athletic department must have rules to be effective. These rules will apply to every athlete because everyone will be treated the same in similar situations. Coaches are an

extension of your family. As an extension of you family, the coaching staff will expect and demand appropriate behavior from our athletes at all times. We will display class and respect, and the community will be proud to call us their own. Also, we will be proud to be known as:

**“THE COLONY COUGARS”**

I have read the Discipline Policy of The Colony Athletic Department and agree to follow this policy. I am aware that athletics is a voluntary program and no student has an entitlement to participate.

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Student Signature

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Date

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Parent Signature

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Date