Downing Athletic Policy 2021-2022

In order for our athletic program to be at the level our coaching staff and hopefully our parents want it to be, there are policies that must be followed throughout the year. Please read the policies below, and understand that these policies will be strictly adhered to in the 2021-22 school year.

**Grading Policy**

* Each athlete will begin each nine weeks with a 100 average.
* Point deductions will be as follows:

\*1 point – each time your athlete does not wear his/her designated athletic wear. All sweats that are worn must be school colors. All clothing is for sale through Locker Room Sports.

\*1 point – each time your athlete is tardy to practice or the athletic period

\*10 points – each game that is missed for an unexcused absence.

\* An athlete may choose to make up points for any tardies or missed games, or clothing infractions by participating in an alternate activity. This activity will be decided on by the coach of that particular sport. (An example of a makeup would be to run 1 mile to earn 1 point.) This will have to be outside of their practice time and they will have to arrange this with their coach.

**Practice Policy**

* If practice is missed for a non-DMS sponsored event, the athlete must participate in a make-up alternate workout as stipulated by his coach. This needs to be completed within one week of the missed practice. It is the responsibility of the athlete to come find their coach and get this alternate workout. If the athlete chooses not to make up the missed practice, they will loose points from their grade and/or another punishment as decided on by the head coach.
* If the practice is missed due to illness or family emergency, the athlete will not be required to make up the practice, but it will still be the responsibility of the athlete to find their coach to see what they missed.

**Behavior Policy**

* We expect all of our athletes to behave in an appropriate way in each of their classes. Continued failure to do so could result in the following:

**Dismissal from the Team**

* Repeated failure to attend practice
* Failure to follow the guidelines of the extracurricular student code of conduct
* Repeated failure to attend games or meets
* Causing repeated disruptions in the classroom
* Attitude or actions that is detrimental to the best interest of the program or school.
* Parents or guardians of any athlete who is dismissed from the team will be notified prior to the dismissal.
* Any student who withdraws from a team will not be permitted back on the team until the following year. That athlete will still be allowed to play the other sports that year.

**Dismissal from Athletics**

* Attitude or actions that are detrimental to the best interest of the program or school
* Failure to meet all requirements necessary for participation
* Student withdraws from a team and does not plan to participate in any other sports
* Any student caught stealing in dressing room will be removed from athletics immediately and school disciplinary actions will occur
* Failure to follow the guidelines of the extracurricular student code of conduct
* Repeated non-compliance with UIL academic standards could result in dismissal from the athletic program.

**Discipline**

* **Classroom**

Our Classroom discipline policy will start over each semester. We will count overall detentions, not individual teacher detentions. REA’s stand for Responsibility Enhancement Activities (coaches discretion on what activities he will choose). All REA’s will be done one day a week, usually Wednesday morning before practice.

* 1st Detention
  + 15 min REA’s
* 2nd Detention
  + 30 min REA’s
* 3rd Detention
  + 45 min REA’s
* 4th Detention
  + 45 min REA’s (Parent Meeting, to discuss plan for removal from team)
* 5th Detention
  + 45 min REA’s (Possible removal from Athletics)

\*\* Missing, or being late to REA’s could result in doubling of punishment, office referral, or possible reduction playing time at our next game.

* **Locker Room**
  + Horse Play in Locker Room of any kind is 30 min of REA’s
  + Locker Room left dirty will be 15 min of REA’s for entire team.

**Academic Policy**

* In order to compete for Downing Middle School you must follow UIL rules. It is a UIL rule that all players maintain at least a 70 average in all of their classes.
* A student with a failing grade at the time of a progress report or 6 week report card will be required to attend tutoring sessions with either a coach or teacher. This session WILL NOT be during their team’s practice time!!!

**Parent Policies**

* Please try to avoid scheduling appointments during practice times and athletic periods. We have such a short time to learn each day that it is important to be at all practices.
* If there is an issue that you need to speak with a coach about, we are requiring that you schedule a meeting. Meetings are not to be conducted right before or immediately after a contest, without a scheduled time.
* An athlete **MAY NOT** ride home after an athletic contest with another athlete’s parent. This is a LISD policy. Any student caught riding home with another parent could be removed from the team. If a parent wants to take their own child home from a competition, they will need to sign out with their student’s coach after the game.
* Your athlete must have a note in order to sit out of practice. A parent note is only good for 2 consecutive days. After that a doctor’s note is required. Your athlete is still expected to dress out and attend all practices even if they are sick or injured.
* If your athlete is complaining of aches and pains that are not normal you can take your child to Marcus High School and have the athletic trainer look at them.
* Persistent non-participation may require movement to the PE period.

**Locker Room Expectations**

* No Cleats in locker room
* No horseplay/wrestling in the locker room
* Locker kept organized
* Knock before entering coaches office
* Lock your stuff up-leave others stuff alone
* No Hazing-this will be dealt with severely
* An athlete **MAY NOT** be in the locker room without a coach’s supervision.
* If you are in off-season, you may not be in the locker room before the first period bell rings. You must wait until the first bell rings to come to the locker room to get ready. NO EXCEPTIONS. After 8th period all athletes will need to get their things and clear out of the locker room by 4:05. Athletes who are in practice will be able to get their things after the practice session ends.

**Player Expectations**

* Yes sir, No sir responses
* Cursing will not be tolerated
* Hazing will not be tolerated
* All Jewelry is prohibited when representing Downing Athletics
* Communicate with your coach-verbally, and through email
* Give everything you have (play hard all the time)
* Have fun
* Love Each Other

**Clothing Policy**

* Absolutely no cutting or tearing off sleeves on athletic shirts. Your athletic clothes will be worn daily. If your shirt or shorts become torn, you will be able to purchase new clothes through locker room sports.