

Arbor Creek GIRLS Athletic Guidelines

Welcome to the Lady Eagles Athletic Program. In an effort to allow your daughter to develop in her favorite sport and introduce her to the many sports offered in middle school, the following participation requirements will be in effect for all middle school athletes this school year.

Athletics is divided into four competition seasons: **Volleyball, Basketball/Cross Country, Track & Field, and Soccer.** Students in athletics will be required to try-out for or actively participate in at least two sports. Failure to meet this minimum requirement may result in removal from the athletic program.

Participation Requirements

***You must have all forms, physical and Rankone complete before you are able to dress out and participate. If all paperwork is not turned in 2 weeks after the 1st day of school your athlete will be moved to PE.**

- **Volleyball** – Students participating in volleyball will participate in a tryout process. At the conclusion of the tryout, students will be divided into volleyball teams and off-season. The competitive teams will practice before or after school and participate in a full schedule of games and tournaments. The students who did not make the volleyball team will be in off-season. They will go to the weight room, run, and work on getting faster and stronger.

Basketball – Students wishing to play basketball will participate in a tryout process. Students not selected to a basketball team will participate in workouts in off- season.

Cross Country- Cross Country is at the same time as basketball. We want all the girls to run cross country as it is a no cut sport. Who attends the meets is at the discretion of the coach and will require practice outside of the school day.

- **Track and Field** – Students wishing to run track and field will participate in a tryout process. Some events will require practice before or after the school day. Participation in track meets is a coach's decision.

- **Soccer** – Students wishing to play soccer will participate in a tryout process. Practice will be held outside of the school day. Students not selected for a soccer team will participate in a skill development program to improve overall athletic development.

2 Sport Rule

Athletes are required to try-out for at least 2 sports to return to athletics as 8th graders.

If an athlete makes a team and then quits, she will **NOT** be able to try-out for the next sport and it does not count toward her 2 sports.

Team Selection

Every girl is encouraged to try-out for all sports. Volleyball and Basketball teams will have open tryouts. 7th grade teams will consist of 3 teams/36 total players. 8th grade teams will consist of 2 teams/24 total players. 7th and 8th grade Soccer has one team per grade level up to 16 players each. There are no cuts for Cross-Country. Alternates may be selected to serve as managers in sports that have tryouts. Managers are expected to attend all practices and games.

Attendance Expectations

Athletics is a year-long course and active student participation is required. All students participating in athletics will be expected to take part in physical conditioning and skill training specific to the sports offered during the season. Practices and games are mandatory for team participation.

Athletes are expected to be dressed and ready prior to the scheduled practice time. Only the coach or a doctor may excuse an athlete from practice. Doctors' notes should be specific and list any restrictions for an athlete. If an athlete is going to miss practice or a game, they must inform their coach **directly** and in **advance by email**. A player who misses a scheduled practice will need to make up the missed practice time before the next game.

Conduct Expectations

All Arbor Creek Lady Eagle athletes are expected to maintain a high level of personal conduct at all times. You represent not only yourself, but also your coaches, teammates, school, and community. Athletes who choose not to honor that commitment by frequently not following the guidelines set forth by the Lady Eagle Athletic Department will receive extra conditioning as a consequence, or possible removal from teams or athletics. Athletes will be placed on a **behavioral intervention plan**.

If you are in ISS (for ANY reason) three times in one school year you will not be able to try-out for the next sport. It will affect your placement for the following year and you will be put into PE.

Placement in DAEP or JJ will be automatic removal from athletics into PE.

Athletic Uniforms

Girls athletic workout clothes (shirts and shorts) **MUST** be purchased through our website. Game uniforms are provided by the school and will be issued to athletes selected to a team. Athletes are expected to dress out for activity each day of class. Proper athletic shoes are necessary for optimal performance. Please provide shoes that provide adequate cushion and support for the athlete's feet and ankles.

Both shirt and shorts are required to be purchased* You MAY NOT wear another brand

Parent Notes

A parent note is good for 2 days only. After 2 days, an athlete must have a doctor's note. There are only 2 parent notes allowed each nine-week grading period. More than 2 parent notes during the grading period will result in points deducted from an athlete's Participation Grade. If your sport is in season, an athlete will be required to make up missed practices.

Menstrual cramps do not excuse an athlete from working out unless there is a doctor's note.

Player Guidelines

As a member of our program, each athlete will also be expected to adhere to the following guidelines:

- Ø Can only wear studs except in basketball and soccer. Basketball and soccer are no jewelry!
If guidelines are not followed, athletes will lose points on a daily basis. This includes new piercing and should be postponed to the summer months.
 - Ø Will have their hair up and out of their face during practice and games.
 - Ø When a team is not playing, they will sit together and cheer for the other players and/or work on homework.
 - Ø All cell phones and technology must be turned off and stored away during practices and games.
 - Ø All technology will be in your bag, before you enter the locker room.
- *Any technology out will be taken up and put in the office for the remainder of the day.***

An athlete should not post inappropriate communication on any forms of electronic communication such as cell phone, text messaging, email, Instagram, snapchat, or other social network communication. This includes all pictures, status updates, messages, tweets and/or videos.

Playing Time Expectations/Issues

All players will have an equal opportunity to train and play during practices. Coaches will make playing time decisions based on those performances. At NO time will the individual needs of a player be placed above what is ultimately best for the team. Everyone will receive playing time. Factors that can affect playing time include: practice attendance, attitude and work ethic, classroom behavior, grades, and performance during practices and matches.

Athletes should develop good communication with their coaches. An athlete who has a question or a concern about their playing time is encouraged to talk to their coach AFTER practice. If the issue is not resolved, an appropriate meeting time may be arranged between the athlete, parent, and coach. At no time is it appropriate for a parent to approach a coach with complaints, and/or concerns about playing time AFTER a game.

Grading

Your class average will be determined by the following: Participation (50%) and Dressing Out (50%). If you are wearing jewelry, do not have the correct shoes or uniform, your Dress out grade will drop 20 points each day. Participation will also cover work ethic and attitude.

Eligibility Requirements

Per UIL (University Interscholastic League) rules, all athletes must earn a minimum passing score of 70% average in ALL classes for each 9-week grading period. Athletes who become ineligible are still expected to attend and participate in all practices, but they will not be allowed to participate in games or travel with the team until their eligibility is regained. There are several times an athlete can lose eligibility over the school year. The first nine weeks an athlete can lose eligibility twice, once at the 6-weeks and then again at the end of the 9-weeks. After that an athlete can only lose at the end of the nine weeks, making a total of 5 times an athlete can lose eligibility. To gain back eligibility the athlete will have to be passing ALL their classes, not just the class that was failed, at the next 3-week check.

**If the athlete is not eligible for 3, out of the 5, eligibility checks she will not be admitted into 8th grade athletics. **

Physicals and Injuries

UIL rules require that all athletes have a completed physical examination submitted to the coaches before participation in any tryout, practice, or game. Athletes who do not have their physical completed by the end of the second week of school may be removed from athletics. In the event of an injury, athletes are encouraged to see an athletic trainer at Hebron High School. The trainer may recommend a course of treatment or advise you to see a physician for further evaluation.

Concussions

If an athlete gets a concussion, or the coach, parent or nurse thinks they have a concussion, they are required to see a doctor to be examined. The coaches will give you paperwork that you will need to return to school as soon as possible. After the doctor has cleared the athlete, the athlete will go through the LISD Concussion Protocol before they are allowed to return-to-play. This process takes approximately 4-8 days.

Participation in Club/Select Sports

We expect our athletes to make their school team their first priority. Participation in club/select sports is designed to support school athletics, not to take the place of them. Please communicate with your ACMS coaches of any potential conflicts with scheduled practices and games.

Pre-Game Meals

Athletes and parents must provide their own pre-game meal. Athletes will eat together in the multi-purpose before games. Athletes may not leave after school and come back later for the game. Parents may drop off food by the gym door before 4:00 PM or athletes may have an opportunity to pre-order pre-game meals through a selected vendor chosen by the coaching staff. Office staff and coaches are not allowed to sign for deliveries.

If you are unsatisfied with the meals from the vendor, contact your athlete's coach before reaching out to the vendor.

Transportation

Parents are responsible for transporting athletes to and from practices. Athletes will ride the bus to the game and **need to be picked up from the game.** An athlete may ride home with another parent from an away game with a 24 hour written notice. Athletes must be picked up no later than 15 minutes after the conclusion of any game or practice.

If the athlete is continually not picked up in the 15-minute window, she will be moved into off-season and it could affect placement for the next sport

Parent Code of Conduct: Per LISD Guidelines

- Ø Applaud and cheer for your team.
- Ø Support coaches, players, officials, and administrators.
- Ø No profanity or taunting of players.
- Ø No throwing of objects.
- Ø No pets allowed except service animals are permitted.
- Ø Please, do not coach your athlete from the stands. This is very confusing for the athlete and may cause stress on the court. If a mistake is made, encourage them! We want you there supporting the team!
- Ø Subject to not abide by these guidelines will not be tolerated. Individuals WILL be asked to leave or be escorted by an appropriate school designee or law enforcement.

Questions or Concerns

Please contact the coach for the sport that your child is participating in to discuss any concerns. A majority of the questions can be resolved by communicating and working directly with your specific coach.

We have a strong athletic tradition at Arbor Creek and we want our program to provide student-athletes a positive learning experience in both academics and athletics. To continue this excellence, we must have the support and commitment of both the athlete and the parent. We anticipate a fantastic year with everyone working together.

Sincerely,

Leslie Moncrief	Becky Farley	Amanda Ross	Sydeny Demski
Head Volleyball	Head Basketball	Head Track	Head Soccer
Head Boy's Cross Country		Head Girls Cross Country	
moncriefl@lisd.net	farleyr@lisd.net	pearsonc@lisd.net	demskis@lisd.net
Girls Athletic Coordinator			

Athlete and Parent Agreement & Consent

I, _____, have read, understand, and agree to the policies, procedures, code of conduct and expectations set forth by ACMS Athletic Coaches. As evidenced by my signature, I certify that I have read and understand all of the foregoing and consent to abide by the rules set forth therein.

Player's Name (please print)

Player's Signature

Date

Parent Agreement & Consent

I, _____, have read, understand, and agree to the policies, procedures, code of conduct and expectations set forth by ACMS Athletic Coaches. As evidenced by my signature, I certify that I have read and understand all of the foregoing and consent to abide by the rules set forth therein. In addition, I certify that as parent/guardian of _____, and have explained to my child the conditions and agree to help my daughter follow the guidelines. I also agree to abide by the parent code of conduct.

Parent/Guardian Name (Please print)

Parent/Guardian Signature

Date

