



Killian Mustang Girls Athletics

We would like our Killian Athletics Program to be the best it can be. We have guidelines in place to make sure that we are all safe, accountable and have pride in the Mustang tradition.

Mustang Athletics Grading:

- Athletes will earn a nine weeks grade based on participation, dressing out and effort.

Participation:

It is a privilege to be a part of the Killian Athletics program. Athletes will be held accountable to a high level of expectations. Athletes are expected to be on time, in attendance, and prepared for all scheduled practices and games. Athletes are expected to dress out daily in their Killian athletic uniform and participate in all activities to the best of their ability. Failure to participate/attend practice(s) or game(s) or complete workouts will result in grade reduction, reduced playing time, and/or removal from the athletic program as deemed necessary by the coaching staff. If for any reason an injury or medical condition prohibits an athlete from participating, she must continue to dress out daily and must also have a note from a guardian/parent. In addition, if this non-participation continues for a period beyond two days, a medical note is required from a licensed physician. Upon returning to physical activity, the athlete must be cleared for participation by a licensed physician.

Mustang Dress Code:

- During practices and games, girls must have their hair pulled back away from their face.
- Shirts will be tucked in and shorts will not be rolled for practices or games.
- Jewelry and earrings are NOT permitted during practices or games. Please do not get your ears pierced during the year. You will have to take earrings (even studs) out. This is a safety issue.
- Athletes will purchase their practice uniforms from the representative listed on our athletics website.
 - Killian royal blue t-shirt. Athletes must have their name on the clothes in the designated area for identification purposes. Shirts must be tucked in.
 - Killian Black shorts.
 - Shoes: Athletes are required to wear appropriate athletic shoes and socks. This includes running shoes for CC/track, court shoes for volleyball and basketball, and cleats for soccer.
 - Other items may be purchased from the website (sweats, bags, etc), but they are optional
- Game uniforms will be issued to each player selected for a team. These will be the athletes' responsibility during the season and they are responsible for turning it in at the end of the season in the same condition as they received them. Loss/damage to any items will result in the athlete being financially responsible for replacement.
- Athletes must be in uniform during each game.

Locker Room:

- Athletes may use ONLY their assigned locker. Each athlete will be assigned a locker and is responsible for keeping that locker organized and clean.
- 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 morning release bell rings. You must wait until the morning release bell rings to come into the locker room. NO EXCEPTIONS.
- After 8th period, all athletes will be responsible for getting their athletic bags and clearing out of the locker room quickly. Athletes who are in practice will be able to get their things after the practice session ends.

Practice:

- If a practice or game is missed for a non-Killian sponsored event, it is the responsibility of the student to communicate with the coaches. We do our best to work with our athletes, however this may lead to losing playing time for future games/contests.
- If the practice is missed due to illness or family emergency, it will still be the responsibility of the athlete to communicate with the coaches.

Tryouts:

Tryouts apply to the following sports: Volleyball, Basketball, and Soccer

Athletes will be evaluated on individual skills and abilities, level of conditioning, attitude, grades, as well as other intangibles deemed important by the staff. Athletes who make a team are expected to purchase a game day shirt for each sport they participate in.

Volleyball and Basketball:

7th grade: 3 teams of 12 per team - 36 athletes

Division 1, 2, and 3

8th grade: 2 teams of 12 per team - 24 athletes

Division 1 and 2

Soccer:

7th grade : 1 team of 18

8th grade : 1 team of 18

Cross Country:

7th grade : everyone can participate

8th grade : everyone can participate

Track:

Top 3 individuals in each event

Order of seasons: Volleyball, Cross Country, Basketball, Track, Soccer

We encourage athletes to try out for all sports but are required to try out for at least two. If they do not make the team for volleyball or basketball they will be required to run in at least 2 cross country meets during cross country season. An athlete may compete in both basketball and cross country at the same time since the seasons overlap.

Developmental Program/Off-Season:

The purpose of the program is to prepare students for future athletic competition and develop individual skills. Training consists of activities focusing on speed, strength, stamina, flexibility, coordination, agility, teamwork, confidence, and pride. In addition, specific sport skills training will be implemented when deemed appropriate by the coaching staff.

Academics:

- In order to compete for Killian 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 will be academically evaluated at the end of the 1st 6 weeks and then again at the end of all the nine weeks grading periods. Students who fail will not be allowed to participate in games, sit on the bench or travel with the team. They will still attend practices.
- Students may regain eligibility if they are passing ALL classes (not just the one/s they failed) at the end of the progress report time.
- A student with a failing grade at the time of a progress report or report card should attend tutoring sessions with that teacher. Tutoring WILL NOT be during their team's practice time.

Parents:

- Please try to avoid scheduling appointments during practice times and athletic periods. Because we have such a short time to learn each day, it is important to be at all practices.
- If there is an issue that you need to speak with a coach about, please email the coach of that grade level sport and the girls athletics coordinator (Daphne Gravitt – gravitttd@lisd.net).
- We are happy to speak with parents, however please do not approach coaches right before or immediately after a contest/practice/tryouts.
- 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, the parent/guardian will need to sign out their child with their child's coach after the game.
- Please respect the coaches and their families by picking up your child from the school immediately following all practices, games or athletic events. Students will need to be picked up within 15 minutes after the event is over or when the bus returns to Killian. Being picked up later than 15 minutes after events may result in the athlete not being allowed to participate in the next game or athletic event.
- An athlete must have a note if they are not able to participate in class/practices/games. A parent note for injury/illness is good for two consecutive days. After that, a doctor's note is required. The athlete is still expected to dress out and attend all practices, but will be withheld from physical participation.
- If the athlete has sustained an injury during a practice/contest, contact your child's coach to get the necessary information to see the athletic trainer at Hebron High School.
- Persistent non-participation may require movement to PE class.

Behavior:

We expect all of our athletes to behave in an appropriate way in all of their classes. Killian athletes are held to a very high standard of behavior. This includes behavior while participating in and observing athletic events. Killian athletes are expected to lead by example for other students in the classroom, hallways, cafeteria, in the gym and on the field. Should an athlete not meet the expectations of the program, there will be consequences for their actions. Athletes will sit in a designated area with their teammates during the game. Athletes should exhibit good sportsmanship by cheering appropriately for their team. They will show respect for the opposing team, the referees, and others around them. Athletes will not be allowed in the locker room during games. Athletes are expected to respect school property both at home and away games.

Placement in In-School Suspension (ISS)

- A student assigned to ISS/BASE will not be able to participate in athletics until released from ISS/BASE and all days served.
- ANY time that an athlete is placed in ISS/BASE, she will miss playing time at the following athletic event.

Suspension from School

- Athletes that are suspended from school will not participate in any practices or events during their suspension.
- Athletes that have been suspended will not participate in the event following their suspension.
- Possible removal from the athletic program.

Continued failure to abide by the athletic policies could result in the following:**Possible Dismissal from the Team and/or Athletics Program**

- Repeated failure to attend practice
- Referrals to ISS/BASE
- School Suspension
- 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
- Repeated academic failure
- 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.
- All team/athletics program dismissals are done with the sole discretion of the Head Coach and Campus Coordinator.

Contact Information

Girl's Campus Coordinator

Daphne Gravitt

gravitt@d@lisd.net

Killian Athlete/Parental Athletic Contract

Killian Athlete and Parent:

1. I understand that my daughter will be punctual to all scheduled practices and games, and that she will be picked up no later than 15 minutes after the athletic event ends or the bus returns to the school. If this does not occur the student may not be allowed to participate in the next game/meet. If she must miss practice, I will notify the coaches prior to the absence with a written note/email. I understand that when my daughter is selected for an athletic team she will have extra responsibilities. These include, but are not limited to, setting up and taking down the equipment before and after games and practices and attending all competitions.
2. I understand that **NO** jewelry is allowed in athletics class, practice or games. This includes watches, rings, bracelets, necklaces, and **all** earrings (newly pierced studs included). Earrings are to be removed, not covered with tape/Band-Aids. This is for your daughter's safety as well as the safety of their teammates.
3. I understand that my daughter will be responsible for keeping up with her athletic uniform and shoes by locking up their personal belongings when not in use. My daughter is responsible for helping maintain the locker room. When it is in disarray she and her Killian teammates will be responsible for cleaning it and do extra conditioning in order to better understand athletic discipline.
4. I understand that my daughter will be dressed in her athletic uniform every day and will enter class properly dressed with their shirt tail tucked in and their shorts unrolled and worn at the appropriate length.
5. I understand that behavior unbecoming of an athlete such as unethical acts, stealing, drinking alcoholic beverages, smoking, fighting, skipping classes, using illegal drugs, inappropriate use of social media, or being disrespectful to coaches/teachers, and other participants or officials may forfeit their position on the team and/or in the athletic program. Athletes are expected to comply with LISD Code of Conduct and Killian MS Handbook and Discipline Management Plan.
6. I understand that my daughter's grades and conduct must meet U.I.L. standards to participate in athletics.
7. I understand and agree that all school issued athletic equipment checked out to my daughter will be returned in usable/original condition. A replacement fee will be charged for any unreturned/damaged items.
8. I understand that all teams at Killian have **equal** importance, and I agree to support their teammates which could include staying for games other than their own. My daughter is expected to sit in the designated team section at all home and away games. They will be expected to ride the bus to all games scheduled away from Killian unless I have appropriately informed the Killian coaches in writing. All athletes must be signed out from the away game/event location.
9. I understand that my daughter should be picked up from the school immediately following an athletic event.
10. I understand that if I have a question or concern I should follow the L.I.S.D. recommended chain of command: daughter's coach, athletic coordinator at Killian, grade level assistant principal, and then principal.

Student Signature

Parent Signature