

CSMS Knights Girls Athletics Policies & Expectations

1. **Dressing Out/Locker Room Use:** Every athlete will dress out each day. The girls are responsible for taking their workout clothes home daily and washing them. If an athlete becomes injured, they are still expected to dress out. No loose items such as jewelry, watches, hats or earrings shall be worn during athletics. The athlete will be assigned a specific locker. The athletic locker room can be used by the athlete during their athletic period or practice. The athlete can keep shoes in her locker to be used each day. No athlete is allowed in the locker room at other times of the day. Athletes are expected to use the locker room for its intended purpose and clean up after themselves each day. Lockers should be kept locked with ALL valuable items secured inside. The athletic department will not be responsible for any valuables that may get stolen or lost.
2. **Participation:** Athletics is the class you have chosen, and it is a privilege to be a part of. You are expected to dress out and participate every day. You are expected to strive for excellence in everything you do both in and out of Athletics (classroom, at home, etc.). Not participating to your full potential will result in removal from Athletics.
3. **Discipline:** Not following expectations both in and outside of Athletics will result in consequences (coach's discretion). Specifically, if the student receives a ISS/OSS, they MUST complete the 5-3-1 ISS consequence. The student will also be required to make up any conditioning they missed. Further, we will be following the "3 strikes and you're out" concept. After 3 strikes, you will be removed from Athletics.
4. **Academic Progress:** If a student is not being successful in the classroom and has failed 2 6 weeks in the fall semester, she may be removed from athletics. In addition, for 7th graders, if a student athlete fails 2 consecutive 6 weeks in the spring semester, she will not be enrolled for athletics the following fall semester.
5. **Communication:** If an athlete is either sick or can't be here, please email your coach and let them know. This helps the coach understand what is going on as well as preparing for practice and/or games.
6. **Absences:** The following policy will be in effect regarding missed practices or games:
 - **Unexcused Absence Practice-** coach's discretion
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 - **Unexcused Absence Game-** The athlete will suit up for the next game, but they will not play the first half of a basketball game or 2 volleyball sets.
 - **Excused Absence Game-** The athlete will suit up for the next game and will not play the first quarter of a basketball game or 1 volleyball set.
7. **Travel:** When traveling to other schools, athletes are expected to act in accordance with the Code of Conduct. This type of conduct will result in a parent phone call to have the athlete removed from the site immediately and suspension from future off campus activities. Athletes ride to the game on the bus and we encourage athletes to travel home with the team as well. However, we understand that situations may arise in which an athlete must ride home with her family. In this case, you will need to see your daughter's coach to sign her

out **before** leaving. We will **NOT** allow an athlete to ride home with anyone but her parents unless prior arrangements have been made via email, written note or parent phone call has been made with the coach.

8. **Transportation:** Each athlete is responsible for arranging their own transportation to and from practices. Practice schedules will be handed out and followed as closely as possible. Out of respect for your time, we will end practice on time each day. In return, please respect the Coaches' time by picking up your daughter in a timely manner. This pertains to practices and games. Athletes that are continually left late after games or practice may be dismissed from the squad.
9. **Equipment:** Each athlete will be issued 2 pairs of shorts, 2 t-shirts, and a locker. Additional items may be issued for each sport. The athlete is responsible for the equipment they are issued. All sport specific equipment is due at the end of that sports season to move onto the next sport, and they must return the shorts and shirts issued equipment at the end of the year in good condition or pay the replacement cost to the athletic program. Items not issued include: towels, sports bra, socks and tennis shoes.
10. **Drug Use:** Consequently, the district has established a code of student conduct that prohibits the use, promotion, sale, possession, distribution, or being under the College Station ISD Handbook 51 influence of alcohol and illicit drugs on school premises or as part of any school activity, regardless of its location. In the event that you break this rule it will result in the removal from Athletics.
11. **Social Media:** All CSMS Athletes are expected to be appropriate on all social media. Remember, you represent CSMS, yourself, and your family both in person and online. Inappropriate social media posts, comments, shares, etc. will not be tolerated and may result in removal from Athletics.
12. **Chain of Command:** If an issue arises, the following chain of command should be followed:

1st: your coach 2nd: Coach Pratcher (Girls Coordinator) 3rd: Mr. Hadnot (Principal)

By signing below, you agree you have read, understand, and agree to the above 2022-2023 Girls Athletics policies and expectations. A copy of this document can be found on Schoology.

Student Name (print): _____

Student Name (sign): _____

Date: _____

Parent Name (print): _____

Parent Name (sign): _____

Date: _____