

ATHLETIC HANDBOOK



MILBY HIGH SCHOOL STUDENT/ATHLETE AND PARENT HANDBOOK

**Home of the
Buffaloes!!!**

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MISSION

The Milby High School Athletic Department will strive to offer positive experiences to all student/athletes that will be a basis for lifelong growth. This will also be a learning environment where student/athletes can flourish and commit to cooperative goals, learn perseverance, learn to accept winning and losing graciously, sacrifice for others, and cooperatively pursue victory. Athletics is an extension of the classroom and will support the academic mission of the school. Through participation in athletics, we will also strive to assist in the continued growth of your student/athlete during their time at Milby.

ATHLETIC PROGRAMS OFFERED AT MILBY HIGH SCHOOL

SPORTS:

- **Football**
- **Volleyball**
- **Water Polo**
- **Cross-Country**
- **Basketball**
- **Wrestling**
- **Swimming**
- **Soccer**
- **Baseball**
- **Softball**
- **Tennis**
- **Track**
- **Golf**



HEAD COACH OF EACH ATHLETIC PROGRAM

SPORT

- Football
- Volleyball
- Boy's Cross-Country
- Girl's Cross-Country
- Boys Basketball
- Girls Basketball
- Boy's Wrestling
- Girl's Wrestling
- Boy's Swimming
- Girl's Swimming
- Boys Soccer
- Girls Soccer
- Baseball
- Softball
- Boy's Tennis
- Girl's Tennis
- Boy's Track
- Girl's Track
- Boy's Golf
- Girl's Golf
- Boy's Water Polo
- Girl's Water Polo
- Cheer
- Drill
- Band
- Color Guard

HEAD COACH

Matthew Puente
 Claudia Cardenas
 Abraham Orozco
 Valente Aguilar
 Cameron Pratt
 Tramaine Jordan
 Martin Puente
 Martin Puente
 Mario Puente
 Mario Puente
 Abrham Orozco
 Pamela Cruz
 Carlos Morales
 Mario Puente
 Sam Hines
 Sam Hines
 Christopher Barrick
 Pamela Cruz
 Adrian Garcia
 Adrian Garcia
 Mario Puente
 Mario Puente
 Ashley Roberts
 Lauren Harrington
 Gregory Gatewood
 Gregory Gatewood

REQUIRED PAPERWORK FOR ATHLETIC PARTICIPATION

THE FOLLOWING FORMS OR ITEMS NEED TO BE COMPLETED ON [REGISTERMYATHLETE.COM](https://registermyathlete.com) AND ON FILE BEFORE PARTICIPATING IN ANY SPORT AT MILBY HIGH SCHOOL

- Parent Approval for Participation in Athletics
- Student Media Consent and Release Form
- Acknowledgement of Rules
- Anabolic Steroid Agreement/Acknowledge Form
- Concussion Acknowledgement Form
- Sudden Cardiac Arrest Awareness Form
- Pre-participation Physical Form
- HISD Athletic Insurance
 - \$35.00 (no checks)and /or
- Insurance Waiver
 - Notarized
 - Copy of Driver's License
 - Copy of Insurance Card
- Previous Athletic Participation Form (PAPF)
 - All new students to Milby must complete.

➤ **[ALL FORMS ARE NOW IN DIGITAL FORM THROUGH THE UIL WEBSITE OR THROUGH THE HISD WEBSITE UNDER ATHLETICS.](#)**

PLAYERS' EXPECTATIONS AND RESPONSIBILITIES

Being a part of this program carries a lot of responsibilities. This handbook includes all the expectations for you as a student athlete. Each student is responsible for following and adhering to the following guidelines.

Academic Responsibility

You must maintain your grades. **FAILING IS NOT AN OPTION.** If your grades fall below an 80 average, you will be required to attend tutorials a minimum of two times a week. You will be required to maintain a tutorial log that will be checked weekly by your coach. It is your responsibility to maintain communication with your teachers about your grades. If you should fail a class, you will have to meet with your coach for your consequences. You will turn in periodic grade sheets at your coaches' request.

Student Athlete Responsibilities and Expectations

You are expected to attend class to learn and follow the rules and procedures of your teachers and follow student code of conduct. If you disagree with a teacher or student, hold your differences until a better time presents itself to discuss the issue respectfully. Stay focused on what is important—a solid educational foundation for your future and building a strong and successful athletic program. **Extracurricular participation is a privilege and an athlete could be removed from participation if deemed necessary by a coach or administrator.**

These are the steps that will be followed for discipline issues:

- A. The first conduct notice = conference
- B. The second conduct notice = disciplinary action
- C. The third conduct notice = suspension from next game
- D. Written Referrals = automatic suspension from next game

Any additional problem from the same teacher after the third conduct notice is considered unacceptable behavior for our Milby Athletics Program. Also, severity of the occurrence could result in removal from the athletic program.

Student Code of Conduct Level 4 Infractions could lead to the following:

- | | |
|------------------------------|------------------------------------------------------|
| • 1 st Occurrence | 30 Day Suspension from Participation |
| • 2 nd Occurrence | 1 Calendar Year Suspension from Participation |
| • 3 rd Occurrence | Banned for Remainder of High School Career |

School Attendance

If you continuously miss school or are tardy, you will not be allowed to play in the upcoming games. Too many absences result in loss of credits. If you miss school, you miss practice/game and this is not acceptable.

Also, doctor's appointments should be scheduled before or after practice

Athletic Attendance

Players are required to attend all practices and games unless other arrangements have been discussed with coaching staff. It is the responsibility of the player to inform coaching staff if they will not make a practice or game. Excessive absences from athletic events could lead to removal from team.

If You Have a Job

It is great if you have a job. You are responsible for informing your employer of your practice and game schedules. Going to work is not a reason to miss practice or a game.

Traveling To and From Games

All students are required to ride the bus to the game. If a student does not ride the bus back to the school, the student may be allowed to leave only with a parent or guardian from the game site and only for special circumstances. Students will not be allowed to wait at another school or stadium for their parent to pick them up. Coaches are responsible for their athletes to and from practices and games so strictly following these rules is imperative.

In School Suspension For Athletes on Game Days

- Student Athletes will not be allowed to leave early from ISS unless going home and they must make up that day.
- Coaches will be notified by the Administrator that a student athlete from their sport is in ISS.
- A student athlete will be responsible for completing all assigned work while in ISS.
- If a student athlete is assigned ISS or suspended on the day of the game, athlete is prohibited from participating in games.
- If a student Athlete is suspended for 1 or more days or assigned ISS for 2 or more days the student athlete will be excluded from participation in all extra-curricular activities, including assemblies, sports practices/games or any other activity after school. This will be in effect until the ISS time has been completed.

Bullying/Hazing

Bullying or Hazing should not occur in Texas High Schools and the University Interscholastic League takes a very strong stance in the prevention of such actions. Student athletes must carry themselves at high standards at all times and show respect and compassion toward teammates. This builds a strong connection between athletes which transfers to the playing field.

Forms of Bullying/Hazing

- Physical Abuse
- Verbal Abuse
- Threats or Implied Threats
- Personal Servitude
- Insulting New Members of a Group
- Name Calling
- Humiliating Another Athlete

All athletes must follow the Student Code of Conduct

Student Code of Conduct Level 4 Infractions could lead to the following:

- | | |
|------------------------------|-----------------------------------------------|
| • 1 st Occurrence | 30 Day Suspension from Participation |
| • 2 nd Occurrence | 1 Calendar Year Suspension from Participation |
| • 3 rd Occurrence | Banned for Remainder of High School Career |

Lettering Policy

In order to receive a letterman jacket from a sport, a student must:

- Play/compete in a varsity sporting event for more than half the season
- Complete the entire season of the sport
- Remain eligible for entire season
- Be measured by jacket company on sizing day
- Individual sport requirements: Cross-Country, Swimming, Tennis, Track, Wrestling.

Ultimate decision is at the discretion of the Coach and Athletic Coordinator

- **BASEBALL:** 14 awards per school—sports pin/jacket (inclusive of manager or trainer)
- **BASKETBALL:** 14 awards per school—sports pin/jacket (inclusive of manager or trainer) plus a sports pin/jacket for a statistician
- **CROSS-COUNTRY:** Jacket for first- through fourth-place individuals and first- and second-place teams in each district

Sports pin for fifth- through tenth-place individuals in each district

- **FOOTBALL:** 29 awards per school (inclusive of manager or trainer) plus a sports pin/jacket for a statistician
- **GOLF:** Jacket for first- and second-place team and medalist in district
- **SOCCER:** 14 awards per school— sports pin/jacket (inclusive of manager or trainer)
- **SOFTBALL:** 14 awards per school—sports pin/jacket (inclusive of manager or trainer)
- **SWIMMING:** Jacket—first- through fifth-place winners in district (individual and relays)
- **TENNIS:** Jacket: first- through fourth place individuals and first- and second-place teams in each district
- **TRACK:** Jacket: first- through fourth-place individual events and first through fourth place in district relays in district
- **VOLLEYBALL:** 14 awards per school (inclusive of manager or trainer)
- **WRESTLING:** Jacket—first through sixth place winners in the district tournament, plus one manager or trainer

Social Media

As you begin participation in another athletic season, the Milby Athletic Department wants to make sure you are aware of social networking guidelines. Each student-athlete must remember that playing and competing in extracurricular activities is a privilege. As a student-athlete, you represent Milby High School and you are expected to portray yourself, your team, and the school in a positive manner at all times. Understand that freedom of speech is not unlimited and *not without consequence*.

One of the biggest lessons athletes should learn is that anything you post online enters the public record. High school students should carefully consider their profiles and ask themselves how they would look to a future college admissions officer, potential college athletic recruiter, or potential employer.

Social Media Guidelines:

- Remember that the Internet is permanent
- Avoid posting offensive or inappropriate language, pictures, videos or comments
- Ensure content posted on these sites does not depict inappropriate or illegal activities
- Don't post anything you wouldn't say in a public forum when representing Milby, or anything you wouldn't say to the media
- Never post your home address, local address, phone number(s), birth date or other personal information. You could be a target of predators. For additional safety measures, it is recommended that student-athletes do not include their location in Facebook posts and tweets
- Understand that anything posted online is available to anyone in the world - any content placed online becomes the property of the site(s) and is completely out of your control the moment it is placed online, even if you limit access to your page
- Ensure any information placed on the website(s) does not violate Milby athletic department or student-athlete codes of conduct
- Do not comment on athlete injuries, rosters, playbooks, officiating or any other team information that should be kept confidential
- **Student-athletes could face disciplinary actions and even dismissal for violations of team, department, Milby, and/or UIL policies**

TOPICS APPROPRIATE TO DISCUSS WITH COACHING STAFF**PARENTAL ACKNOWLEDGEMENT**

- Steps to take toward preparing for possible college athletics. FAFSA, SAT, ACT, Questionnaires, Camps/Showcases, etc...

TOPICS NOT APPROPRIATE TO DISCUSS WITH COACHING STAFF

These topics are left to the discretion of the coaching staff.

- Play calling and strategy.
- Other student/athletes.
- Playing time.

STEPS TO FOLLOW WHEN MEETING WITH A COACH

1. Have your student/athlete meet with their coach to discuss the issues. The majority of issues can be resolved in this step and it teaches your athlete to communicate their own feelings and concerns appropriately.
 2. Call the school to contact the coach and leave contact information. You will receive a return call as soon as possible. In some instances, you may email the coach as well.
 3. If these two steps do not resolve the issue, you can set up an appointment with the Coach, Athletic Coordinator, School Administrator, and the Student/athlete during the coaches' conference period.
- If a meeting is required, all members will work toward developing a cohesive plan for the betterment of the athletic program and the student/athlete.
 - PLEASE REFRAIN FROM SPEAKING WITH A COACH IMMEDIATELY FOLLOWING A PRACTICE OR GAME. COACHES HAVE MANY RESPONSIBILITIES BEFORE, DURING, AND AFTER EVENTS THAT REQUIRE THEIR SUPERVISION OF THE TEAM AND SAFETY IS FIRST PRIORITY. ALSO, THESE MAY BE TIMES OF HIGH EMOTIONS AND ALLOWING TIME TO PASS MAY ALLOW EASY RESOLUTION OF THE ISSUES.

Athletic webpage: <https://www.houstonisd.org/milby>

I, _____, have read and understand the
information presented in this athletic handbook and will follow the
procedures as written.

Parent Signature _____

Parent Signature _____

Player Signature _____

Date _____

Sport _____