

New Diana ISD



Athletic Handbook

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INTRODUCTION

This material is presented to you because your son/daughter has indicated a desire to participate in interscholastic athletics, and you have expressed your willingness to permit him/her to compete. We believe that participation in athletics or in any extracurricular activity provides a wealth of opportunities and experiences that will prove to be beneficial to everyone involved. A student who chooses to participate in athletics is voluntarily making a choice to develop self-discipline and to put the program or team above their personal ambitions. **Athletics is a privilege, not a right.** We are striving for excellence and do not want our student-athletes to compromise proper training methods or to accept mediocrity.

In order for any successful athletic department to run smoothly, all students, coaches, teachers, and administrators must be aware of all Board approved rules and guidelines that apply to the athletic department; therefore, this handbook has been prepared in order to present an outline of the athletic policy of the New Diana Independent School District. Members of the community, student-athletes, and the parents of those student-athletes are encouraged to read and become familiar with the contents of this athletic policy.

While this handbook cannot cover every instance that will arise in the day-to-day activities of the athletic program, it represents a good faith effort to inform all of those involved in the athletic program about the guidelines that will govern their participation. The coaches of the individual sports reserve the right to issue additional sport-specific requirements as needed. Please be advised that participation in this program is dependent on strict adherence to the policies found in this handbook.

All students who are eligible under UIL rules may participate in all sports offered and must have the following forms on file to participate in athletics (First five are required by UIL. Last two are required by NDISD Athletics and NDISD):

1. Physical Evaluation Bi-Annually 7th/9th/11th (**Medical History Form completed annually**) **UIL**
2. Acknowledgment of Rules and sign Athletic Student Code of Conduct **UIL**
3. Parent and Student Notification/Agreement Form Illegal Steroid Use **UIL**
4. Sudden Cardiac Awareness Form **UIL**
5. Concussion Acknowledgement Form **UIL**
6. Eagle Oath (**NDISD Athletics**)
7. Drug Testing Consent Form (**NDISD**)

***Go to <https://newdianaisd.rankonesport.com/New/NewInstructionsPage.aspx> to access forms and fill out the signature page.

PHILOSOPHY OF ATHLETICS

The primary goal of New Diana athletics is to foster the physical, mental, emotional, academic, and moral development of all student-athletes in the program. It is our belief that the benefits of athletic participation extend beyond the courts and fields of athletic competition and into the challenges of life; therefore, we must strive to instill self-discipline, character, work ethic, and cooperative skills, in addition to equipping them with mental skills that develop their emotional awareness and intelligence. This will give our student-athletes the best chance to succeed in any endeavor and to develop positive and healthy self-esteem.

We feel this can best be achieved through:

- fair and impartial implementation of this document
- establishing and conveying clearly defined expectations
- use of process-oriented, achievement-driven methods and coaching with energy

COACH'S COMMITMENT

Our coaches will commit to being teachers, mentors, motivators, and positive role models, and that they must demonstrate that they genuinely care about their student-athletes and their profession. We advocate the equality of all students, regardless of race, gender, and economic condition. Winning will always be an important catalyst for our program, but our most important benchmark for success is the development of student-athletes who will be prepared to face any competition or challenge with their best efforts.

EAGLE ATHLETIC MISSION STATEMENT

It is our mission in New Diana athletics to compete to win in every contest. In order to achieve that we must develop athletes by promoting their personal growth; fostering a strong work ethic; creating leaders; learning to be quality teammates and representing our team, school district, and community in a first-class manner.

EAGLE ATHLETES

1. ***Will be Selfless*** - In order to work with others in our society, one must have a selfless attitude and develop self-discipline, respect for authority, and understand the value of hard work and sacrifice.
2. ***Will be Conditioned*** - One must develop physical fitness and a desire to maintain this to a high degree. Be committed to the In/Out of Season programs. (Stronger, Faster, Mental Toughness and Heart)
3. ***Will always practice to WIN*** - Ask yourself every day if YOU got better. Always have the attitude that you are going to do whatever it takes to make yourself better each day whether it be in the classroom and/or in athletics.
4. ***Will be Coachable*** - Know that this goes a long way with team success. Believe in your coaches, because they will believe in you and will look forward to working with you each day. They are going to prepare themselves every day so that they can prepare you.
5. ***Will Compete with Relentless Effort and Energy*** – Play to Win with passion and energy in whatever situation, “NEVER GIVE UP!”

RESPONSIBILITIES OF THE SCHOOL

1. Transportation: To provide transportation to and from athletic contests.
2. To provide supplies, equipment, and facilities essential for our student-athletes to compete.
3. To employ and teach proper training methods, to provide properly fitted safety equipment, to provide first aid to injuries, and to seek the care of a trained medical professional for emergency injuries.

RESPONSIBILITIES OF THE COACHES

1. To provide first and foremost a safe environment for the participating student-athletes.
2. To encourage student-athletes to give maximum effort in the classroom and to periodically monitor student grades to ensure academic success.
3. To schedule games and to make travel arrangements and inform parents, fans, and school officials of game times and practice schedules ASAP.
4. To carry out any needed discipline for infractions within the athletic program.
5. To complete eligibility forms and to adhere to all UIL rules.
6. To teach and develop the skills necessary for the student-athlete to successfully participate in sports.
7. To teach sportsmanship and respect for officials.
8. To set the proper example of sportsmanship.
9. To take care of equipment and facilities.

RESPONSIBILITIES OF THE PARENTS

1. To give moral support to their son/daughter for their participation in athletics. This could include verbal encouragement; going to games or meets whenever possible; or participating in the New Diana Athletic Booster Club.
2. To encourage the student-athlete to attend all practices, games, or meets and not to miss these events other than for illness or circumstances beyond his/her control.
3. To furnish transportation to and from school for practices, games, and meets.
4. To furnish equipment which the school does not furnish.
5. To work with the coach in identifying and correcting potential problems.
6. To encourage the student-athlete to maintain passing grades in all subjects and to attend tutorials when necessary or scheduled due to unsatisfactory grade reports.

RESPONSIBILITIES OF THE STUDENT-ATHLETES

1. To represent the school and the community with character and good sportsmanship. Other communities, as well as our own, judge our school by the conduct and attitudes of our student-athletes, both on and off the field.
2. To be responsible to the other members of the team. Giving less than his/her best effort is letting their teammates down.
3. To be responsible to his/her family. The student-athlete should not do anything that will bring shame or dishonor to his/her self, parents, team, coaches, or school.
4. To be responsible to the younger students in the school system by providing an example to follow and should always remember that they are role models to younger student-athletes.
5. To strive for academic success along with athletic success. To continue to participate and remain eligible, the student-athlete must meet all eligibility standards set by the school and the state.
6. To adhere to all school policies and all athletic policies.
7. To train properly and refrain from activities that could be harmful to their bodies.

GENERAL REQUIREMENTS

PLAYING TIME FOR STUDENT-ATHLETES

At New Diana, playing time is a decision reserved only for the head coach of each sport based on but not limited to practice performance, work ethic, attendance, attitude, skill level, and any other metrics the head coach chooses to use to make his/her decision.

MEETINGS WITH COACHES

We strongly encourage communication between parents and coaches; however, we believe there is an appropriate time to do this. To set up a meeting with a coach, parents should:

1. Contact that coach and schedule the day and time of the meeting. Student-Athlete must be present (unless it relates to a sensitive topic and privacy is appropriate)
2. If the meeting with the coach *does not result in a satisfactory resolution*, parents should then contact the appropriate Coordinator (Bernie Martinez -Boys; Kelly Ridge-Girls; Clark Harrell-Head Football) to set a date and time for a meeting with the appropriate Coordinator and the coach.
3. If the meeting with the Coordinator *does not result in a satisfactory resolution*, parents should then contact the High School Principal, John Gross, or the Middle School Principal, Justin Verzosa to set up a meeting with them, the coordinator, and the coach.

Approaching a coach before or after team competition or practice is not appropriate.

When meeting with a coach, please keep the following information in mind as to what is and what is not appropriate to discuss with the coach. This information is contained in the University Interscholastic League Parent Involvement Manual.

https://www.uil texas.org/files/athletics/manuals/Parent_Info_Handbook_19-20.pdf

Appropriate concerns to discuss with a coach:

- 1) The mental and physical treatment of your child**
- 2) What your child needs to do to improve**
- 3) Concerns about your child's behavior**

We know that it is very difficult to accept that your child is not playing as much as you may hope. Coaches make decisions based on what they believe is in the best interest of all students participating in the sport. As you can see from the list above, certain topics can and should be discussed with your child's coach. However,

Issues NOT appropriate for discussion with your child's coach:

- 1) How much playing time your child or each athlete is getting**
- 2) Team strategy**
- 3) Play calling**
- 4) Any situation that deals with other student-athletes**

STUDENT HEALTH AND SAFETY PRACTICES

- 1. Physical Examinations** – Physical exams are required the 7th, 9th, and 11th grade year of the first year enrolled at NDISD (unless a physical form signed by a doctor is submitted to our department from the previous school) before a student-athlete may participate in any sport. Parents should advise the coach if a student-athlete possesses any physical disabilities and/or limitations.
- 2. Insurance** – It is important to note that currently New Diana ISD does not provide a supplemental insurance policy that covers students during school activities. Additionally, New Diana ISD does not accept responsibility for any medical expenses incurred as a result of competing in any athletic activity.
- 3. Emergency Release Form** – This form allows the coach to seek emergency medical treatment for an injured student-athlete should a parent not be available for consultation.

AGE REQUIREMENTS (UIL RULE)

1. Junior High – To participate in athletics at the Junior High level, a student must not have turned 15 by September 1.
2. High School – To participate in athletics at the High School level, a student must not have turned 19 by September 1.

ELIGIBILITY REQUIREMENTS

A student is eligible to participate in a UIL varsity contest if the student:

1. Is less than 19 years old on September 1.
2. Is not a high school graduate.
3. Is a full-time day student in a participating high school.
4. Has been in regular attendance at the participant school since the sixth class day of the present school year or has been in regular attendance for 15 or more calendar days before the contest or competition.
5. Is in compliance with state law regarding grades and credit requirements as well as rules of the Texas Education Agency and has signed an Acknowledgement of Rules form indicating this compliance.
6. Is enrolled in a four year, normal program of high school courses.
7. Initially enrolled in the ninth grade not more than four years prior to participation nor was enrolled in the tenth grade no more than three years prior to participation.
8. Was not recruited to play professional or collegiate sports.
9. Did not represent a post-secondary institution in a contest or has not participated in a college training session or try-out to demonstrate his/her ability to colleges before completion or participation in his/her senior year in the sport or sports for which he/she is trying out for a scholarship.
10. Meets the specific eligibility requirements for UIL athletic competition in Section 440 of the Constitution and Contest Rules.
11. Lives with a parent/legal guardian inside the school district attendance zone his/her first year of attendance (unless waived by UIL) or has been in attendance at the school for one calendar year.
12. Has not enrolled in or audited a post-secondary athletic or physical education course.
13. Has not moved for athletic purposes.
14. Has not accepted money or any other valuable consideration for teaching or participating in any sport, has not competed with a paid player or been paid for allowing his/her name to be used for the promotion or any product, plan or service; has not accepted “expenses paid” college visits for recruiting purposes until his/her senior year and then within dates specified by UIL rules with a visit permit and without missing any school time.
15. Was eligible according to the fifteen day rule and the residence rule prior to district certification.

OFF SEASON

All student-athletes must participate in an organized weight training and conditioning program during the athletic period throughout the school year to enhance and develop their athletic ability. There will also be opportunities for the athletes to come and workout during the summer months as well as participation in camps and summer leagues.

EQUIPMENT

School equipment checked out by the student-athlete is his/her responsibility. All equipment will be taken care of and kept in good condition. Students should not wear practice clothing or practice equipment off of the school campus. Game uniforms are not to be taken home unless instructed to by the head coach. Seniors and/or Senior Parents, please note that Game Jerseys can not be kept or purchased to be framed or as keepsakes.

SCHOLASTIC REQUIREMENTS (NO PASS/NO PLAY)

To be eligible to compete in extracurricular activities, a student must pass all subjects in which the student is enrolled. A failing grade (below 70) will eliminate a student from competition for a three-week period. At the end of the three-week period, all grades will be checked, and if all grades are above a 70, then the student-athlete will regain eligibility. During a period in which the student-athlete is ineligible, he/she will be required to work out after school.

To be able to participate in the first nine weeks of the school year, the following criteria must have been met:

1. At the beginning of the 7th grade year, he/she must have been promoted to the 7th grade.
2. At the beginning of the 8th grade year, he/she must have been promoted to the 8th grade.
3. At the beginning of the 9th grade year, he/she must have been promoted to the 9th grade.
4. At the beginning of the 10th grade year, he/she must have 6-13 credits.
5. At the beginning of the 11th grade year, he/she must have 13-19 credits.
6. At the beginning of the 12th grade year, he/she must have 20 plus credits.

PLAYER PARTICIPATION POLICY

If ever needed, the NDISD athletic department will have organized tryouts for determining varsity and junior varsity rosters. The head coaches may conduct tryouts, and after a period of evaluation, they will determine their rosters. This participation policy will be in effect for all sports but will only be used when there are too many students to participate at only one level. The decision as to which team the student represents rests entirely with the head coach of the sport. Student athletes should consider every practice as a try-out, knowing that no position is permanent, challenging themselves each day to improve. Varsity is an earned position.

ATHLETIC TRIPS

Students who participate in school-sponsored trips shall be required to ride in transportation provided by the school to the event. A student's parent or guardian or parent designated adult may take the student-athlete home once the contest and/or event has finished, at the coach's discretion. The parent or parent designated (by note) adult who is to take the student home must personally sign-out the student with the sponsor/coach at the event before leaving with the student.

POLICIES FOR STUDENT ATHLETES

The basic principle of conduct under which NDISD students will operate is to conduct themselves in such a manner that will bring credit to themselves, their teammates, their families, and to New Diana ISD. Student-athletes should be mindful of these facts:

- Athletics is a *privilege*, not a right.
- Student-athletes should never engage in any activity that can be construed as inappropriate for a New Diana ISD athletic team member.
- Eagles and Lady Eagles will act in such a manner that will bring pride and honor to New Diana Independent School District at all times. Including but not limited to school trips, competitions, restaurants, classrooms, social media, and any other time that they are representing New Diana Independent School District. Keeping in mind that if you are a member of any team at New Diana, you are ALWAYS representing NDISD.
- **The following behaviors can result in disciplinary action which include but are not limited to extra conditioning, being put on athletic probation, 30 Day Suspension, One year dismissal, or removal from their sport, and/or athletic program.**
 1. **Theft, destruction or misuse of school district property;**
 2. **Engaging in hazing, harassment or bullying of others as defined by the New Diana Student Code of Conduct;**
 3. **Buying, selling, giving, delivering, using, possessing, or being under the influence of tobacco, alcohol, marijuana, a controlled substance (without proper prescription), in possession of devices intended to deliver tobacco, alcohol, marijuana, or any products (organic or synthetic) designed to simulate or provide stimulation similar to illegal products named at anytime and regardless of whether the student is on school property or at a school related event, unless in the presence of the student's natural born parent or court appointed guardian.**
 4. **Maintaining or being identified on a website or blog that depicts behavior that is illegal or sexual in nature;**
 5. **Sending, transmitting, or posting images or other material that is related to illegal or sexual activity;**

6. Engaging in conduct prohibited by the District's or Campus' Student Code of Conduct that is punishable by placement in DAEP or expulsion.
7. Arrests, failure of drug test, MIPs, DUIs, Felony

NOTE: Suspension includes any non-school weeks in which an extracurricular competition or event occurs, such as camps, during the summer or on school holidays. Suspension further defined, means the student will not be permitted to participate in any competition, contest, scrimmage, performance, or election associated with an extracurricular activity. The student will be permitted to try out for an extracurricular team/organization of the upcoming school year during a suspension. The student must attend and participate in all practices while serving a suspension. If the student is in off-season the student-athlete may only lift and condition. He/She will not be allowed to participate in a skill related activity. Suspensions will not run concurrently and the student must serve the full length of any suspension.

- **Athletic Probation can be assigned at the discretion of either Boys, Girls, and/or Head Football Coach.** Athletic Probation will serve as a last chance warning from repeating a behavior we deem does not align with the philosophy, objectives, and mission statements of New Diana Athletics. Violation of the assigned probation may result in consequences for a player. Consequences include but are not limited to: extra conditioning, being put on athletic probation, 30 Day Suspension, One year dismissal, or removal from their sport, and/or athletic program.
- **ISS ASSIGNMENT: One day assignment:** it is at the discretion of the Head Coach of the student athlete that is in-season whether the student-athlete may compete after school while serving an ISS assignment. **Multiple days assignment:** the student-athlete **MAY NOT** compete on days that he is serving but may practice after school.
- **OSS ASSIGNMENT:** per the OSS assignment the student-athlete will remain off-campus until his/her assignment is completed. He/she may not practice or compete with a team during an OSS assignment. In addition, Head Coach may assess additional consequences which include but are not limited to: *extra conditioning, being put on athletic probation, 30 Day Suspension, One year dismissal, or removal from their sport, and/or athletic program.*
- **DAEP ASSIGNMENT:** per the DAEP assignment the student-athlete will need to remain off-campus until his/her assignment is completed. He/she may not practice or compete with a team during a DAEP assignment. In addition, Head Coach may assess additional consequences which may include but are not limited to: *extra conditioning, being put on athletic probation, 30 Day Athletic Suspension, One year dismissal, or removal from their sport and/or athletic program.*
- The coaches, in the best interest of the team, determine playing time. Classification, practice participation, etc. are important, but not the only determining factors.
- Communication is essential to the success of any team. The athletic department's policy for missed practices or competitions is as follows:

1. If students are going to miss practice, they must personally contact their head coach prior to that practice or game, and inform him/her why they will be absent. It is the coach's discretion as to whether a practice is excused or unexcused.
2. Failure to contact a head coach and/or repeat offenses may result in suspension or dismissal from the team.

Note: School related absences *will* not result in a make-up session (ex. Student-athlete participates in Student Council activity, One Act Play, etc. – no make-up session)

- All clothing and equipment issued to a student-athlete is property of NDISD. Clothing and equipment must be returned or replaced if lost or damaged.
- All athletic equipment lost will be replaced at the full value of the item. Replacement cost will be paid for any equipment not returned.
- Athletes will keep their assigned locker room clean, neat, and orderly. The locker rooms are not a personal closet or pantry. Violations and consequences will be at the discretion of the head coach.
- Missing practice due to school discipline (ISS/DETENTION/OSS) may result in reduced playing time or suspension from a contest as well as make-up drills, at the head coach's discretion.
- The NDISD dress code will be strictly enforced. (Student-athletes will not participate in games until they comply with the dress code.) This includes following dress code throughout the school day and while going to and leaving games, practices, etc.
- All student-athletes will exemplify model behavior in the classroom and community. Failure to act accordingly will result in disciplinary action taken by the athletic department.
- It is the belief of the district that NDISD sports competitions and practices must take precedence over all other teams or leagues. Participation on non-school teams will be consistent with the UIL Constitution and Contest Rules Handbook.

CONSEQUENCES

The head coach of a sport and the Boys Coordinator, Girls Coordinator, and/or Head Football Coach will determine the consequences for failure to follow the policy as outlined above. Consequences will be equally enforced, and continued non-compliance will result in but not limited to **being put on athletic probation, 30 day suspension, one year dismissal, or removal from their sport, and/or athletic program.** Since circumstances surrounding each action may vary greatly, the coaching staff will make every effort to allow the consequences to fit the offense. Consequences extended in similar cases will help guide coaching decisions, but each case will stand independently, and comparisons to consequences extended to other student-athletes are not valid. Parents may schedule a conference with the coach of the sport to discuss consequences assigned to their student-athlete.

QUITTING

Quitting a sport is highly discouraged. Once a high school student makes a commitment to a team, that student is expected to finish the season (**All athletes are allowed a two week “tryout” period**); however, if a student does quit after a season has started and after the two week grace period, then the student will not be allowed to participate in another sport until the current season is complete and the following criteria are met, unless mutually agreed upon by the head coach of the respective sport and the Boys and/or Girls Coordinator(s). (This does not include play-off games.) If a student-athlete finds it necessary to drop a sport, the procedure for dropping a sport is the following:

1. Meet with the head coach of the particular sport and discuss the situation.
2. Meet with Boys or Girls Coordinator and parents (if necessary).
3. Check in all equipment issued.

HAZING

Hazing is prohibited in NDISD and violates UIL policy. Hazing is any act, occurring on or off campus, by one person alone or acting with others, directed against a student, that endangers the mental or physical health or safety of a student for the purposes of pledging, initiation into, affiliation with, holding office in, or maintaining membership in an organization. Consent to the hazing activity does not absolve the student of responsibility for the misconduct. Any student involved in hazing will be disciplined at the discretion of the head coach and Boys and/or Girls Coordinators and/or campus Principal.

BULLYING

Conduct is considered bullying if it exploits an imbalance of power between the student perpetrator(s) and the student victim, and if it interferes with a student’s education or substantially disrupts the operation of the school.

Bullying occurs when a student or group of students engages in written or verbal expression or physical conduct against another student and the behavior:

- Results in harm to the student or the student’s property,
- Places a student in fear of physical harm or of damage to the student’s property, or
- Is so severe, persistent, or pervasive that it creates an intimidating, threatening, or abusive educational environment.

Bullying is prohibited by the district and could include hazing, threats, taunting, teasing, confinement, assault, demands for money, destruction of property, theft of valued possessions, name-calling, rumor-spreading, or ostracism. In some cases, bullying can occur through electronic methods, called “cyberbullying.” Consent to the Bullying activity does not absolve the student of responsibility for the misconduct. Any student involved in Bullying will be disciplined at the discretion of the head coach, Boys and/or Girls Coordinator, and/or Principal.

NON-SCHOOL SPONSORED SPORTS AND/OR OTHER ACTIVITIES

School sport participation must take precedence over other non-school activities in which the student may be involved. If the student-athlete misses practice, a game, or just is not able to perform up to their potential due to their participation in non-school activities, the coach of the school sport in which that student is participating, in conjunction with the Boys and/or Girls Coordinator(s), should decide the appropriate actions. A season extends from the first day of the activity until the last game is completed, unless the student is released from the sport by the head coach of the sport on the last day of the regular season.

LETTERING AND AWARDS

The school letter is among the highest awards the school bestows; the highest, of course, is the diploma. In order to letter, you must be on a varsity team and satisfy the requirements stated below. New Diana ISD will provide the base jacket with the ND logo. The student athlete will be responsible to purchase any additional patches he or she would like to add to their jacket. Sub-varsity athletes will receive certificates of participation provided they are recommended for the award by their coach as a result of having shown good citizenship and character, attitude, and attendance, in addition to having adhered to the policies contained within this handbook.

Sub-Varsity student-athletes will receive a participation certificate for each sport they participated in. In middle school, athletes will receive a certificate with names of sports they participated in.

Varsity student-athletes who meet the qualifications for lettering in the following sports - football, basketball, track, tennis, golf, baseball, volleyball, cross country, and/or softball shall be recognized for their dedication and excellence, and New Diana ISD is proud of the accomplishments of its student-athletes.

Any act that would bring dishonor to the letter will be considered justification for forfeiture of the award.

Qualification to Letter:

The head coach for the following sports:

Football
Soccer
Golf

Volleyball
Swim
Tennis

Basketball
Track

BaseballSoftball
Cross Country

will determine their **LETTER** winners by 1) earning a spot on the varsity and 2) based on the discretion of the head coach (with input from his/her staff) determined that the student-athlete added value and impact on the team and season that they have competed and completed in.

Heart of an Eagle Award

The Heart of an Eagle Award is the highest honor a male and female student-athlete may receive at New Diana High School. The winner will receive recognition at the end of the year awards ceremony along with a trophy and their names on a plaque to forever be displayed along with previous year winners: The winner will be selected by all the coaches in the New Diana Athletic Department (via scoring ballot): The Heart of an Eagle Award winner exemplifies everything a New Diana Eagle Athlete is (Eagle Athlete Objectives page 3 also listed below) in addition to demonstrating reaching his/her academic potential and being an impact player on his/her respective team(s) and district or beyond.

EAGLE ATHLETES

6. ***Will be Selfless*** - In order to work with others in our society, one must have a selfless attitude and develop self-discipline, respect for authority, and understand the value of hard work and sacrifice.
7. ***Will be Conditioned*** - One must develop physical fitness and a desire to maintain this to a high degree. Be committed to the In/Out of Season programs. (Stronger, Faster, Mental Toughness and Heart)
8. ***Will always practice to WIN*** - Ask yourself every day if YOU got better. Always have the attitude that you are going to do whatever it takes to make yourself better each day whether it be in the classroom and/or in athletics.
9. ***Will be Coachable*** - Know that this goes a long way with team success. Believe in your coaches, because they will believe in you and will look forward to working with you each day. They are going to prepare themselves every day so that they can prepare you.
10. ***Will Compete with Relentless Effort and Energy*** – Play to Win with passion and energy in whatever situation, “NEVER GIVE UP!”

THE EAGLE OATH

I have read the athletic handbook and understand the policies of the athletic program. I agree to follow all rules and guidelines expressed in the handbook.

I have visited the following website and have read or requested a copy:

https://www.uiltexas.org/files/athletics/manuals/Parent_Info_Handbook_19-20.pdf

I am ready to make sacrifices and to provide the effort necessary to make myself and NDISD the best place we can be. I understand that any violation of these guidelines could result in discipline such as: possible suspension, probation, and/or removal for one calendar year.

I will strive to follow the following guidelines that exemplify an EAGLE's behavior.

1. I will follow all New Diana ISD, ND Athletics and UIL rules and policies.
2. I will be selfless and always put the interests of the team above my individual interests.
3. I will be conditioned. I will personally strive to participate in 100% of the workouts. I am aware that missed workouts result in make-ups the day I return. Make-ups may also be done in advance.
4. I will always practice to WIN.
5. I will be coachable.
6. I will compete with relentless effort and energy.
7. I will have respect for myself and for those in authority.
8. I will handle all of my academic responsibilities.
9. I will treat the locker-room as if it were my home away from home. I will keep it neat and always pick up after myself.
10. I realize the terms and consequences of quitting.

Student Name (Printed)

Student Signature

Parent/Guardian Signature

Date