

New Diana ISD



Athletic Handbook

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Introduction

This material is presented to you because your son/daughter has expressed 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 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. These students will represent the school and community at all times during athletics. **Athletics is a privilege, not a right.** We are striving for excellence, and will not accept mediocrity. We will be well-trained physically, mentally, and emotionally.

In order for any successful athletic department to operate smoothly, all students, coaches, teacher, administrators, and parents must be aware of all rules and guidelines that apply to the athletic department. This handbook has been prepared as an outline of the athletic policies and procedures of the New Diana Independent School District. Student-athletes, parents, and members of the community are encouraged to read and become familiar with the contents of this 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 involved parties of the guidelines that govern the department. The coaches of each sport reserve the right to issue additional sport-specific requirements on an as-needed basis. 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 in order to participate in athletics. The first five are required UIL documents. The last two are required by New Diana ISD and New Diana ISD Athletics.

1. Physical Evaluation – typically conducted bi-annually prior to 7th/9th/11th grades. A medical history form is completed annually.
2. Acknowledgement of Rules and Athletic Student Code of Conduct
3. Parent and Student Notification/Agreement Form for Illegal Steroid Use
4. Sudden Cardiac Awareness Form
5. Concussion Acknowledgement Form
6. Eagle Oath
7. Drug Testing Consent Form

****Visit www.newdiana.rankonesport.com to access these forms. ****

New Diana ISD Mission

The mission of New Diana ISD is to educate and empower students to pursue their goals with a sense of purpose that motivates them to take control of their future and become successful, responsible citizens in an ever-changing world.

New Diana Athletics Philosophy

In partnership with the district mission, the goal of New Diana Athletics is to foster the physical, mental, emotional, academic, and moral development of all student-athletes in the program. The benefits of athletic participation extend beyond the courts and fields of athletic competition and into the challenge of life. Therefore, self-discipline, character, work ethic, and cooperative skills will be instilled in New Diana ISD student-athletes. In addition, they will be equipped with mental skills that develop their emotional awareness and intelligence. This helps give student-athletes the best chance to succeed in any endeavor and develop positive and healthy self-esteem.

This is best achieved through:

- Fair and impartial implementation of this document
- Establishing and conveying clearly defined expectations
- The use of process-oriented, achievement-based methods and coaching with energy

The Athletics Department will strive to provide opportunities for:

- Physical, mental, and emotional growth
- Development of lifelong skills
- Developing a TEAM mentality, emphasizing loyalty, fair play, and cooperation
- Compete with class, including winning and losing with dignity
- Growing a lifelong emphasis on exercise and leisure activities
- The possibility of future athletic endeavors (i.e. college/professional)
- Representation of our programs, school, and community in a positive manner

Athletics Mission Statement

The mission of New Diana Athletics is to compete and win every contest. In order to achieve this, student-athletes must be developed to promote their personal growth, foster a strong work ethic, enhance their leadership skills, learn to be quality teammates, and represent our team, school, and community in a first-class manner.

Athletics will emphasize a FIERCE mentality:

- Family – Take care of those around you; the team, school, and community are your family
- Integrity – What you do when no one is watching
- Energy – Attack everything you do with high energy
- Respect – Respect and honor for everyone in our lives; team, family, friends, community, officials, and opponents
- Character – Adhering to high values and principles at all times, no matter the situation
- Effort – How you do one thing is how you do everything.

Student-athletes must:

1. Be Selfless – In order to work with others in society, one must have a selfless attitude and develop self-discipline, respect for authority, and understand the value of hard work and sacrifice.
2. Be Conditioned – Physical fitness and the desire to maintain it is paramount. Commitment to In- and Off-Season programs is key (get stronger, get faster, grow mental toughness, and have heart).
3. Practice to WIN – Strive to improve every day. A positive attitude, based on daily improvement in athletics AND the classroom is vital.
4. Be Coachable – Student-athletes will believe in coaches. Coaches will believe in student-athletes. This interactive partnership is a worthwhile, lifelong relationship. Every individual in the program benefits from this.
5. NEVER GIVE UP!

Athletics is one of the last places student-athletes can develop into healthy members of society. There is no other place on earth like an athletic locker room, made up of people of all races, ethnicities, backgrounds, and beliefs. Learning to work together with a diverse group of individuals helps lead to a working community, country, and world.

Athletic participation, therefore, is considered a privilege, and higher standards are expected from all participants. This extends beyond athletics to grades, behavior in and out of the school,

work ethic, and commitment. Any behavior that is deemed unbecoming of an athlete or participant will be subject to punishment by the coach or sponsor of the activity.

Responsibilities

Responsibility of the School

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

Responsibility of Coaches

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

Responsibility of Parents – Parent Bill of Rights

Every parent has the right to enjoy their child's athletic career. Parents understand that athletics is a privilege, not a right or a guarantee. Parents should conduct themselves in a civil manner, understanding that all participants, coaches and players, are competing to win. They should not address officials at any point in a competition. At New Diana we want to show the highest level of class of any fanbase or community no matter what; win, lose, or draw. Below are behaviors parents should avoid:

1. Blame-Shifting and Excuse Making

- "Coach isn't using his/her talents."
- "The coaches, refs, or other players cost us the game."

Solution: Control what you can control, and teach your kids the same.

2. Constant Negativity

- Never giving praise where praise is due
- Being an "Energy Vampire" through words and body language

Solution: Try to turn a negative into a positive. Acknowledge good when you see it. Say, "I love watching you compete/play/support your team."

3. Taking Everything Personally

- "Coach just doesn't like you"
- "Coach plays his/her favorites"

Solution: See the big picture. It is never personal. Coaches and players are always trying to do their best and win. The best players who do what is asked of them will play the most.

4. Not Acknowledging the Eagle Family

- Choosing which players to cheer for.
- Not sitting together because of _____ (insert selfish reason).

Solution: You and your child signed up to play for the Eagles. It is and always will be about US. Togetherness is a strength. Acknowledge the value of being part of something bigger than yourself.

5. Living Vicariously Through Your Child

- They do not need another coach at home.
- Let them enjoy this moment. It will be one of the highlights of their life, so sit back and enjoy it yourself.

Solution: You love your child. The coaches do, too. You may have coached them growing up in youth leagues, but coaches are professionals who spend countless hours perfecting their craft and loving kids. One of the great joys as a parent is watching your child compete in something bigger than themselves. Enjoy it, because it goes by fast.

Athletic Policies

Academics

Athletes are expected to work to their greatest potential in the classroom. Periodic grade checks and tutorials, depending upon the sport, will be conducted. Persistent failure without attempts to remedy the situation may result in removal from athletics.

Appearance

Each sport may have their own specific dress code, especially for game days (See *Dress*). As athletics is held to a higher standard, these dress codes are expected to be followed. Anything deemed inappropriate beyond the NDISD student dress code can be handled through the athletic department. Gear from other area schools, especially rivals and district opponents should never be worn.

Athletic Class Period

The athletic class period is required for student-athletes participating in team sports. Individual sports (Cross Country, Swim, Powerlifting, Tennis, & Golf) are practiced before and/or after school. Therefore, it is not absolutely necessary for a student-athlete involved in only these sports to be enrolled in the athletic class period. The reason for this is coach-to-athlete numbers and interaction, as most days, the class period will be geared toward the current, in-season sport, leaving individual sport participants with nowhere to go. Because of this, student-athletes enrolled in the high school athletic class period will be required to participate in at least ONE TEAM sport. Track & Field is considered a team sport, and will be worked on a year-round basis.

Team sports participants are required to be in the athletic period, as much of the planning, meeting, and practicing happen in the period. If student-athletes are not in the period, they are seriously hurting their development and playing time chances. Over the course of a month, over 800 minutes of a particular sport are covered during the athletic period.

Middle School student-athletes will be required to participate in at least TWO TEAM sports to allow them to experience as much as possible, which will open their minds to options they may have never considered.

Attendance

Attendance at school and all practices or team sessions is expected. Missed practices will result in missed playing time. Excused absences will be considered at the discretion of the coach. Coaches have the option of establishing a reasonable make-up policy for absences from practice. Each sport may have stricter policies that will require approval from the Athletic Director or Coordinator.

Communication: Athletic Complaints/Concerns Process and Guidelines

The expectation is that thorough communication is present at the beginning and throughout each sport season. SportsYou will be utilized. Athletes and parents are required to join the SportsYou team pages on which the athlete participates. This will be the primary form of communication, in most cases. Twitter and Facebook pages may exist, but SportsYou will remain the primary form of communication.

Any concerns must be addressed during the course of the year. If there is a problem or concern, please follow these guidelines:

1. Athletes should speak with their coach first
2. If no resolution is found, parents should speak with the coach.
3. If the problem persists, it should be brought to the attention of the Athletic Director or Coordinators.
4. Issues beyond this should follow the chain of command in the student handbook.

The New Diana Athletic Department is here to work alongside parents to encourage a safe and enjoyable experience for all NDISD student-athletes. We will do all we can to achieve this goal. Certain rules apply along the process stated above:

1. The 24 Hour Rule – Do not approach a coach directly after a game/contest. Emotions are high for everyone involved and no resolution will be reached. Wait until the next day to email or call the coach with your concern.
2. Parent Meetings – If a parent meeting is needed, the student-athlete will be required to attend, as well. This will help get any issues out in the open. If a parent cannot meet with the coach with the child present, the athlete does not have the same concern as the parent, in most cases.
3. Follow the chain of command – It is important for student-athletes to learn to speak to everyone in their lives. They need to address the situation first, then the parent can step in. In addition, coaches deserve the opportunity to solve the issue before bringing it to admin. Please do not take problems or concerns to the Superintendent or School

Board, as they are not aware of all that goes into the problem. (This does not pertain to illegal or ethical situations).

Additional information on parent meetings:

Please keep the following information in mind as to what is and what is not appropriate to discuss with the coach. This information is listed in the UIL Parent Involvement Manual.

Appropriate concerns to discuss with a coach:

1. The mental and physical treatment of your child
2. What your child needs in order to improve
3. Concerns about your child's behavior

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

Inappropriate topics of discussion with your child's coach:

1. Playing time of your child or other student-athletes
2. Team strategy
3. Play calling

Conduct

Composure during the course of a competition is critical. New Diana Athletics expects all coaches, players, and fans to conduct themselves with class at all times.

Coaches

Coaches will act with class and do all they can to refrain from being ejected from contests. Ejections will result in administrative action.

Student-athletes

Student-athletes are expected to act properly in class, in the hallways, in the community, and on SOCIAL MEDIA. Student-athletes are taught that they can only control themselves. They will never have control over opponents, officials, opposing fans, or the weather. They must Rise Above all obstacles and adhere to a level of class that is fitting for New Diana Athletics.

Parents

Please refer to the Parent Bill of Rights for further information.

Discipline

Students who choose to join NDISD athletics will be subject to disciplinary review. As student-athletes are held to a higher standard, and due to the fact that athletics is a privilege, any student wishing to join athletics will be subject to a discipline review. Constant and recurring discipline issues can disqualify a student before they ever join athletics.

Disciplinary Action Process

In the event a student-athlete violates athletic policies, the disciplinary action will include one or more of the following: written assignments, extra conditioning, game suspension, dismissal from the team, or removal from the athletic program. NDISD reserves the right to remove any student-athlete immediately if the student exhibits behavior that threatens the safety and well-being of the other athletes or coaches.

Suspension, Dismissal or Removal of Student Athletes: No student-athlete may be suspended, dismissed or removed from a team or the athletic program before properly notifying the Athletic Director, Athletic Coordinator and the parents of the recommended action. All involved parties MUST meet before any action will take place. All suspensions and removals need 24 hours of contemplation before decisions are final.

- Athletic Probation – Will serve as a last chance warning for any behavior deemed as not aligning with the philosophy, objectives, or mission of New Diana Athletics. Violation of the assigned probation may result in further consequences for the student-athlete.
- ISS Assignment – One day assignment: The student-athlete may compete after school while serving an ISS assignment at the Head Coach's discretion. Multiple day assignment: The student-athlete MAY NOT compete during multiple day assignments, but must practice before or after school.
- OSS Assignment – Per the OSS assignment, the student-athlete will remain off campus until the assignment is completed. He/she MAY NOT participate in practice or

competition during the OSS assignment. The Head Coach may assess additional consequences for the student-athlete.

- DAEP Assignment – Per the DAEP assignment, the student-athlete must remain off campus until the completion of the assignment. No practice or competition is allowed during this time. The Head Coach may assess additional consequences for the student-athlete.

Dress

Student-athletes should be professional in or out of uniform. Everyone will wear the uniform in the same manner. Additional adornments (arm/leg sleeves, headbands, etc) will be allowed at the head coach's discretion. All student-athletes are expected to take care of their uniform, gear, and equipment. Everyone will look the same in the athletic period and at games/contests.

Dual Participation

All student-athletes participating in NDISD Athletics make a commitment to the team, their teammates, and their school. Each program demands the dedication of time and energy of the athlete. Part of this commitment is to be a student first and strive for academic excellence. Another integral part of that commitment is to place the NDISD Athletic team above participation in any non-school sanctioned activity and attend all practices and games scheduled by NDISD Coaches. This includes injuries and illness. If a student-athlete cannot participate in NDISD athletics due to injury or illness, it is the expectation that participation in outside sports will not occur. If a student-athlete can participate outside of school, they can participate in school.

Dual Participation: Any first offense dual participation violation will result in a warning and possible suspension for the next game (Head Coach's discretion). Two or more will have the same consequences but a parent meeting of all parties must happen to discuss the negative impact on the school team. The meeting should be communicated to the Athletic Director and/or Coordinator.

Drug and Alcohol Use

Any confirmation of drug and alcohol use may result in immediate dismissal from NDISD Athletics. Violations will be handled following the guidelines in the Student Handbook and Code of Conduct.

NDISD may utilize baseline drug testing at the beginning of the school year, in order to help any students who may be struggling with drug and alcohol use. Confirmation in this baseline testing

does not necessarily constitute dismissal from Athletics. Random testing throughout the year may result in dismissal from the program.

Equipment and Facilities

Locker rooms and facilities will remain clean and tidy at all times. Respect for the items and facilities in athletics must be maintained. Lost or misplaced items will be replaced by the student-athlete at cost. Student-athletes must take ownership of NDISD equipment and facilities by throwing trash in the proper place and cleaning up any stray trash they may encounter. No equipment should be left out to be ruined or lost. Student-athletes are held to a higher standard than the rest of the school.

Hazing/Bullying

Hazing is prohibited by NDISD and UIL policies. 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. This includes pledging, initiation, affiliation, or maintaining membership in an organization. Consent to the hazing activity does not absolve the perpetrator of responsibility for the misconduct. Any student-athlete involved in hazing will be disciplined at the discretion of the Head Coach, Athletic Admin, and/or campus Principal.

Bullying is prohibited by the district and includes 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 (cyberbullying). Consent to the bullying does not absolve the perpetrator of responsibility for the misconduct. Any student-athlete involved in hazing will be disciplined at the discretion of the Head Coach, Athletic Admin, and/or campus Principal.

Jewelry

No jewelry, including earrings, rings, wristbands, watches, necklaces, etc. will be allowed in the athletic class period. Most UIL sports have rules against jewelry during competition. At the head coach's discretion, some jewelry may be allowed, but it will not be allowed during the athletic period at any time.

Multi-Sport Participation

NDISD student-athletes are encouraged to participate in multiple sports. At times, these sports can overlap. Coaches and student-athletes will give priority to the sport that is underway prior to participating in the next sport. At the discretion of the conflicting sports, arrangements can be

made to allow participation in both sports. Any conflict that arises will be brought to the Athletic Director and/or Coordinator for resolution. Playoffs will take precedence over scrimmages or preseason contests.

Offseason (Strength and Conditioning)

Strength and Conditioning is required to perform at the highest levels, as well as prevent injuries. All student-athletes enrolled in athletics will participate in strength and conditioning.

Many student-athletes at a school the size of New Diana will participate in multiple sports, often times leading to a complete lack of offseason, as each sport may occur back-to-back. Due to this, strength and conditioning will occur all year long. There is no real distinction between in-season and offseason. Due to a 4-day school week, all student-athletes will participate in strength and conditioning a minimum of two times per week. Certain modifications can be made in-season or during tournament time, but two times per week will be the standard. Failure to participate in these strength and conditioning sessions is the same as missing practice and may result in loss of playing time.

Participation and Playing Time

Any student meeting the NDISD and UIL residential and eligibility requirements may compete for a position on any athletic team. Some sports have tryouts, which will be conducted fairly. Any team placement, position placement, style of play, and/or playing time is the sole discretion of the coach and may not be appealed.

Sub-varsity Playing Time

All student-athletes on any sub-varsity team (7th, 8th, Freshmen, Sophomore, or JV) will receive playing time. This playing time may never be “equal,” but they will get a chance to play. Winning the game is the goal, but not the most important aspect of sub-varsity play. Development is the most important aspect. Playing time will be determined by the coaches during practice and the school day.

Varsity Playing Time

Student-athletes on varsity teams/squads will not be guaranteed playing time in all events. Development is still important at the varsity level, but the primary goal is to win. Coaches will play student-athletes who give them the best chance to win.

Required Annual Forms

All student-athletes shall have the required UIL forms and a current physical on file prior to participation in their sport. Participation includes any practice before, during, or after school, both in-season and out.

Requirement Governing Injury, Illness, or Restrictions

Injuries must be anticipated in any type of athletic activity and every student-athlete assumes some degree of risk when training or competing. Therefore, any injuries must be made known to coaches, and especially, the athletic trainer as soon as possible.

1. Student-athletes and/or parents do not diagnose injuries. The coaches and trainer must be made aware of any injuries so proper diagnosis can be given.
2. Other than a medical emergency, every possible effort should be made to report injuries to coaches and the trainer BEFORE seeing a doctor or going to urgent care. Obviously, an emergency should be handled appropriately.
3. Daily treatment times will be posted by the athletic trainer. Diagnosed treatment sessions must be followed. If they are missed/skipped, it is assumed the student-athlete does not want to recover or participate.
4. Injured athletes are expected to be present at all practices and games/events, unless otherwise directed by the trainer or a medical doctor.
5. Proper athletic attire should be worn to the training room.
6. In the event a doctor is seen, any note from that doctor should be given to the coaches or trainer as soon as possible.
7. Concussions – Any student-athlete with a suspected concussion will be sent to the trainer immediately. The trainer will, then, move up the chain to the appropriate medical professional. Once the concussion is confirmed, the Concussion Oversight Team, which consists of the medical professional, trainer, and/or school nurse, will handle all return-to-play protocols. No athletic activities will be resumed until the trainer informs the coaches of the clearance.

Senior Student-Athletes

Senior student-athletes who participate in only volleyball or football will have their schedules changed out of the athletic class period as soon as possible after the season. The athletic class period is not a hangout, gathering place, or off-period. Senior student-athletes who participate in multiple sports or only a winter or spring sport will be expected to participate in all athletic class period activities throughout the course of the school year.

Social Media

All student athletes are expected to use social media responsibly. Conduct online and on social media is a direct reflection of NDISD Athletics. Social media should be used as a tool to display

and further athletic careers. Inappropriate posts, messages, or pictures will result in consequences, including possible game and school suspensions. Repeated offenses may result in dismissal from NDISD Athletics.

Stealing

Athletics is an extension of family. No student-athletes should ever steal from another family member, whether it be clothes, jewelry, technology, or anything else. Theft will not be tolerated and may result in immediate dismissal from NDISD Athletics.

Tobacco Use

No tobacco use in any form, including vapes, will be permitted. First offense will result in disciplinary action. Any subsequent offense could lead to removal from the team and/or athletics.

Transportation To and From Athletic Events

All student-athletes will travel to contests with the team in school-furnished transportation with the team and coaches. Varsity participants will be required to ride back home with the team, as well. Any exceptions are up to the head coach's discretion. Exceptions may be made in the event there is a conflict with another extracurricular activity. Sub-varsity participants will have the option to ride home with parents/guardians, provided they have signed an alternative transportation form. If a sub-varsity participant rides home in an alternative form, they should not come back to the school. This can lead to them returning home before or after the team, causing wait times for the student/family or the coaches.

Tryouts

Certain sports will have tryouts when it is deemed necessary. Coaches or an outside agency may conduct these tryouts. All student-athletes will receive equal opportunity to make a team. These tryouts will be conducted on an as-needed basis depending on the allowed participation numbers of any certain sport. Once a team is made, the decision as to which level of competition a student-athlete achieves rests entirely with the head coach of that sport. Student-athletes should treat each training session and/or practice as a tryout as no position is permanent and assessments are made every day. Varsity and/or starting roles are earned positions.

Quitting a Sport

Student-athletes who make a CHOICE to quit a sport must understand the consequences of their CHOICE. At the discretion of the head coach of the sport that was quit and the Athletic Director

or Coordinator, the student-athlete may be held out of the next sport until completion of the previous sport. This will be determined on a case-by-case basis, as every situation is different. It is not the intention of NDISD Athletics to hurt subsequent sports, but student-athletes must understand that their CHOICES affect everyone involved. Playing time or being played at the perceived wrong position does not constitute a reason to quit.

Lettering Policies

Student-athletes who earn a spot on a varsity team/squad are entitled to one letter jacket during their high school career. All varsity members must complete their varsity season in good standing to earn their letter. Below is a list of lettering requirements per sport:

Cross Country

- A. Participate in a varsity cross country meet.

Volleyball

- A. Compete on the varsity for more than 50% of the season.

Football

- A. Play in a varsity game. Varsity move-ups who do not get in the game are not eligible.

Cheer

- A. Make the varsity cheer squad.

Basketball

- A. Compete on the varsity for more than 50% of the season.

Soccer

- A. Play in a varsity soccer game.

Swim

- A. Participate in a varsity swim meet.

Powerlifting

- A. Complete a varsity powerlifting meet.

Tennis

- A. Participate in a varsity tennis meet.

Golf

- A. Participate in a varsity golf tournament.

Track and Field

- A. Participate in a varsity track meet.

Softball

- A. Playing time in a varsity at bat, defensive position, or pinch running situation.

Baseball

A. Playing time in a varsity at bat, defensive position, or pinch running situation.

Student-Trainer

A. Complete a varsity season as a student-trainer.

** Student-athletes injured for the entirety of the season who, at the coach's discretion, would have earned a letter will be rewarded a letter at the coach's discretion.

The Eagle Oath

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

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

<https://www.uiltexas.org/athletics/manuals> (Parent Handbook)

I am ready to make sacrifices and to provide the effort necessary to give myself and NDISD the best of my abilities. I understand that any violation of these guidelines could result in discipline outlined in this handbook.

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 own 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 or missed playing time.
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 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.
11. I will RISE ABOVE.

Student Name (Printed)

Student Signature

Parent/Guardian Signature

Date