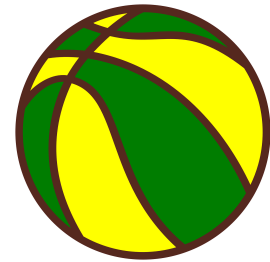




Lady Rangers Athletics Manual 2024-25

Girls Athletics Coordinator: Susan Davis

Girls Assistant Coaches: Toby Klameth, Sarah Molinar and
Xochi Williams



Contact Information:

Girls Coach's office: 219-3821

Main office: 219-3800



susan.davis@lubbockisd.org



Expectations

- Each student athlete is REQUIRED to participate in the following activities:
 - Specific sport skills
 - Running (sprints and long distance-must be able to consistently run under a 12 minute mile and complete 2 Warm-up laps under 3:45)
 - Overall fitness training
 - Weight Training
- Each student athlete will try out for every sport and if picked, **will** participate. If picked for a sport, **must be available** for either morning and/or after school practices and all games and tournaments including Saturdays.
- Each student athlete will participate in fundraisers.
- To be considered for C.A. for the next school year, each student athlete must stay in C.A. the whole school year. If removed for academic or behavioral reasons or because of a long term injury, a conference will occur to determine if the athlete is allowed back in.

Inherent Danger of Athletic Participation

Student athletes and parents should be aware that any athletic participation will always have inherent dangers. Although rare, catastrophic injury or death could occur from participation in sports. Parents are encouraged to discuss risks and risk minimization with their child, coaches, and school administrators.

Eligibility Requirements for Hutch

- Student athletes must be passing ALL enrolled classes in order to participate in game competition.
- Although Lubbock ISD will be on a 9-week grading system, athletics will still follow the UIL six weeks grading period calendar.
- If a student athlete fails a class or classes for a whole semester, they may be removed from CA at the end of the semester.
- A student athlete **MUST** attend daily workouts. Missing even one workout prior to a game **may result** in lost playing time and/or having to make up the practice.
- If a student athlete is injured, the athlete is still required to dress out and attend ALL GAMES AND PRACTICES and not doing so will result in loss of playing time when healthy. Coaches will follow the guidelines of the trainer/doctor. The coach may require the athlete to work out for a set number of days before putting the athlete back in competition.

Participation Rules for Hutch

- Dress code consists of:
 - Issued workout shirt and shorts. These must be worn **every day** even if sick or injured. If lost, school must be reimbursed.
 - Proper running shoes that are laced up securely and correctly.
 - Any supports, such as knee and ankle braces. If the trainer issues braces, they must be returned at the end of the school year.

- All hair must be off the shoulders and out of the face (this includes bangs). Shoulder length or longer hair must be neatly secured in a ponytail or bun during practice and competition. Athletes will be subject to the sports specific rules pertaining to what can be worn in the hair.
- No jewelry may be worn during practice or games including rings, necklaces or bracelets made out of any material. **Exceptions:** volleyball, off-season and track/field - small, secured stud or post jewelry (no hoops) may be worn above the chin. Basketball and wrestling are not allowed any jewelry at all. Medical alert bracelets/necklaces are allowed but must be taped to body.
- Games/Meets: You are required to wear your school issued uniform. If you do not have your uniform, you will not be issued another one for the game/meet.
- Fingernails must be kept short.
- Injuries
 - If a student athlete believes they are injured, it is the responsibility of the athlete to talk to the coach. The coach will determine whether the athlete needs to report to the trainer.
 - If an athlete does not have a note from the trainer or doctor, they must participate. Parent notes are not accepted.
 - Athletes that receive an injury or series of injuries that keeps them from participating in the program for longer than a total of 30 days can be removed from the program at the discretion of the coaching staff. This subject area is graded based on physical activity.
- Behavior: Athletes are held to a HIGHER standard.
 - Assigned ISS: one OTI* (which stands for Opportunity To Improve) per day of ISS and/or OSS before you can participate in the next game, match or meet.
 - *LISD Athletic Policy states: "Any athlete assigned to one or more days of In-School Suspension (ISS) will practice, but not participate in any contests that week."*
 - Miss a game, match or track meet without telling a coach in person by the end of the school day (unless you are absent for the whole day): one OTI*. **If a parent picks you up from school, ask the office staff to notify the coach or write a note to be delivered to us before the end of the day.**
 - All athletes must be checked out from a game/meet through the coach. If an athlete leaves without checking out, this will result in one OTI*
 - Receive a referral or detention that does not result in ISS: one OTI*
 - Teacher reported misconduct/in class referral: one OTI*
 - For major offenses (in athletics or in school); including disobedience, non-participation, 2 or more office referrals, truancy, fighting, profanity/vulgarity, smoking or using any other illegal substances, misconduct at or on the way to a game or at school functions, etc.; you may be removed from the team or from athletics.
 - *OTI's consist of activities to improve the fitness level of an athlete.

- Working Out/Game Participation
 - Athletes are required to make up missed workouts. Students must make up an equal amount of practice time. If time is not made up, a loss in playing time will occur.
 - Athletes are to be on time to workouts and fully dressed.
 - Athletes that are placed in ISS on the day of a contest will be denied the right to play in that game. They may not attend the game whether it is a home game or an away game.
 - Refusal to complete workouts or failure to show up at games or tournaments may result in removal from the athletic program. When you sign up for CA, athletes and parents are agreeing to be at ALL practices, games and tournaments. UIL school activities take precedence over outside of school activities.

Emergency Medical Procedures

- If a student athlete is injured in practice or competition, the coach will assess the injury. If the injury is serious, the athlete will be required to see the trainer. The athlete should not be taken to a doctor or emergency room, unless advised by the coach or trainer. If the student athlete is taken to a doctor or the emergency room without the trainer's knowledge, school insurance may be denied and parent/guardian may incur full cost of medical treatment.
- LISD has a secondary insurance policy that covers grades 7 - 12 for all UIL activities/sports. There is now a \$500 deductible if used.
- LISD and its employees assume no responsibility for payment of medical expenses from injuries incurred during UIL activities/sports beyond what the school secondary insurance policy pays.
- If a student athlete has no other health insurance, LISD insurance will become the primary carrier and pay according to the limits of the policy. Parents/guardians will be responsible for paying a \$500 deductible.
- In order to qualify for the above mentioned insurance benefits, the injured student athlete **MUST** be seen by the athletic trainer **FIRST** before seeing a physician; unless it is a serious emergency. (for example, a broken bone, laceration requiring stitches)
- If a student athlete is injured, it is the athlete's responsibility to inform a coach. Minor injuries (sprains and strains) can be treated by the trainer at no cost to the parent. The trainer will be notified of an injury to a student athlete by a coach.
- If an injury occurs outside of school, we recommend that the athlete see the coach upon arrival at school and the coach will evaluate and treat. If necessary, the coach will send the athlete to the trainer. The athlete should only be taken to the doctor/emergency room if the injury is very serious. (broken bones, lacerations that require stitches, etc.) For minor injuries (sprains, strains, twisted ankles or knees) the doctor will usually have you sit out several weeks. If the trainer is seen, the recovery time is much quicker.

Social Media Statement

The Hutch Athletic program respects the right of its athletes to use social media. While Hutch coaches DO NOT monitor the online activities of our athletes, it is important for Hutch Athletes to understand the need to exercise care in setting appropriate boundaries between their school activities and their online behavior. Hutch Athletes must understand that what may seem private in the digital world is public. Hutch Athletes who engage in social media must remember that any information posted reflects on the entire Hutch Athletic program, either positively or negatively.

We expect Hutch Athletes to follow the guidelines listed below:

- Do NOT bully or make threats of violence
- Avoid posting confidential information
- Do NOT post illegal activities
- Make sure postings and screen names are a positive reflection of your character
- Never post negative comments about your teammates or coaches.
- Most importantly, do not post anything that you would not say in front of your coaches.
- NO images/video may be taken or posted from an athletic facility or locker room.

It is the expectation that as a Hutch Athlete, you will represent our school in the best possible manner.

District Dress Code Reminders/Lady Ranger Dress Code for School

The [District's dress code](#) teaches grooming and hygiene, prevents disruption, and minimizes safety hazards. The District prohibits pictures, symbols, emblems, jewelry, or writings on your body, clothing and/or personal belongings that:

Disrupt classroom instruction

Clothing that has been modified in a revealing manner

In Addition:

See-through/chiffon blouses may not be worn without a shirt under it or a piece of clothing over it

The neck opening on any type of shirt or blouse may not exceed the equivalent of the second button below the collar of a dress shirt or blouse

Underwear-type shirts such as tank tops or muscle shirts shall not be worn

Bicycle shorts shall not be worn

Footwear shall be a part of regular attire. House shoes and roller shoes are not acceptable footwear for the school

Student's clothing must meet and cover student's body at all times

Lady Rangers are held to a higher standard than the rest of the student body and that includes meeting District dress code requirements.

Lightning Safety

- Each school has a lightning monitoring app.
- Athletic contests may be suspended for a period of time if warranted.
- If conditions continue or worsen, meets may be canceled.
- Student athletes will be removed from the field and relocated to a safe location during meet suspension.
- The same procedures will be followed during workouts.

Weather Conditions

Weather conditions are monitored daily. Excessive cold temperatures, below 32, all activities will be moved indoors. Excessive heat temperatures, above 105, all activities will be moved indoors.

Sportsmanship

The purpose of a middle school athletic program is to enhance the education of a student with healthy competition. This competition should prepare student athletes for citizenship by teaching good sportsmanship. Responsible behavior where student athletes play hard, play safe, and accept the results of the interscholastic competition is evidence of good sportsmanship.

We ask that student athletes:

- Realize the serious responsibility and privilege of representing the school and community.
- Learn the rules of the game.
- Treat opponents, teammates, coaches, and officials with respect.
- Recognize good plays – your team and those of your opponent.
- Respect the integrity and judgment of game officials.
- Student athletes should come to every practice and game with a positive attitude and willingness to be coached.
- Volleyball, football, cross-country, basketball, wrestling and track/field are ultimately team sports. Student athletes are expected to learn to work with others, rely on teammates, and in turn be reliable themselves.

Student Travel

Travel requirements:

- Student athletes are expected to travel with the team to away games/meets on school days. Teams may meet at tournament games on occasion based on the start time. If an athlete needs transportation to tournament games, please notify the coach.
- If parents would like to take the athlete home after competition, they must be checked out through the coach.
 - After the game, the coach will escort the team off the court to a designated meeting area where parents can check them out.
 - Parents/Guardians wishing to check their athlete out will not be allowed by the bench after the game.

- After a parent/guardian checks out the athlete, both parent and athlete must leave the premises immediately.
- Coaches are responsible for the athlete's safety and school policy states that we cannot allow an athlete to ride home with anyone that is not on their school **emergency contact list**.

Chain of Command

Following the chain of command is absolutely essential in any organization. **Failure to follow the proper chain of command may result in dismissal from the program.**

- Address the coach involved with your concerns. This must be done outside of practice and game times.
- Involve the coordinator for a conference involving the coach, parent and/or student.
- Involve the administrators for a conference with the coordinator, coach, parent and/or student.