

WINTERS  
BLIZZARDS

ATHLETIC  
HANDBOOK

2025-2026

## **Foreword**

**Because the Board of Trustees and the Administration realize the importance of an excellent athletic program and the value it gives to our students, much careful thought is given to continually improving the athletic program in our school. This handbook has been written with this in mind. It will display our desire to have an overall program second to none. We further feel that such a program should be under constant evaluation, and when needed, changes and improvements implemented.**

**Athletic activities provide opportunities for teaching sportsmanship, leadership, responsibility, and citizenship. Proper attitudes and a competitive nature should result from participation in a good program. These traits will be invaluable to the individual student who must be able to live in our complex society and meet the challenges of the 21<sup>st</sup> century.**

**It must be remembered that a good athletic program must be an integral part of the total school curriculum. Academic achievement must remain the number one concern of the student, the parent, the coach, the teacher, and the administrator.**

**In proper perspective, participation in athletics develops the bodies and minds of students to greater levels of efficiency. In addition, it gives self-confidence and a sense of accomplishment. Leadership qualities are discovered and developed which are so necessary to the future welfare of our community and nation.**

**Sincere appreciation is extended to our board of trustees for their dedicated interest and support of athletics. It is our hope that this book will serve everyone who plays an active part in athletics and will be an instrument that answers questions on policy and procedures.**

## **WINTERS ISD ATHLETICS**

### **MISSION STATEMENT:**

**“Develop championship character traits through athletics.”**

### **MOTTO:**

**“WE OVER ME”**

### **WISD Athletics Core Values:**

**S - Selflessness**

**E - Energy**

**E - Excellence**

**All athletes will be taught our Winters Athletics Mission Statement, Motto, and Core Values often by all coaches. Autonomy will still be given to all head coaches to have their own slogans and core values, however, these will be our overarching mission statement, motto, and core values for our entire athletic program.**

### **GOAL:**

**LONE STAR CUP**

## **Athletic Program Objectives**

- 1. Promote academic achievement, ethics, attitudes, and goals as integral parts of the athletic program.**
- 2. Develop an overall program that is held up as a standard of quality in Texas.**
- 3. Provide for a variety of activities that will be attractive to all students who desire the opportunity to excel in competitive sports.**
- 4. Provide the opportunity for all athletes to maximize their skills.**
- 5. Develop athletes who are outstanding competitors in the arena.**
- 6. Develop athletes who are ladies and gentlemen on and off the field of competition.**
- 7. Develop, in all athletes, the desire to represent their school in a manner that will bring honor to themselves and our community.**

## Athletic Period

Our athletic conditioning period is designed to make you a better athlete. It is not for any single sport. Its purpose and design is to make you better at all sports. Emphasis will be placed on strength, agility, and conditioning. All athletes who intend to participate in any sport that we offer must be in our athletic period. The athletic conditioning period will run according to schedule each day in accordance with the UIL guidelines. The following items are the components we will develop:

1. *Mental Attitude:* Attitude is the key to success. Therefore, it is most important to our overall program that we stress positive attitudes.
2. *Skills and Knowledge:* Teach proper fundamental techniques and strategies that enhance the overall knowledge of the sport.
3. *Quickness and Speed:* In our agility and ply metric program, we will increase the athlete's ability to move in all directions.
4. *Strength and Flexibility:* Through our strength, weight and flexibility program, we will give our athletes the opportunity to increase their strength and explosive power. Strength and flexibility reduce the risk of injury.

### Participation Guidelines for the Athletic Period

1. Everyone will suit out daily in the designated uniform.
2. Everyone will be suited out to be in the designated area by the tardy bell.
3. When sick or injured, everyone will be expected to participate to the extent of his/her ability unless excused by a doctor.  
(If the parent or guardian feels special consideration needs to be given, please call the athletic director or girls coordinator.)

## Academics

All athletes are students first and athletes second. Your primary reason for being in school is to get an education. We believe that it takes a special person to be a student and an athlete. You are going to have to work harder, stay up later, and get up earlier, etc., because much of your study time will be taken up by athletics. We know that this is not easy, but we expect you to do it because others before you have been able to do it. Be organized, do not put off assignments. Write things down. If you are having trouble in class, get help from someone. All our coaches are also good teachers, and they will be more than happy to help you in any way that they can. But you have to ask! Your coach will check grades periodically, but it is still your responsibility to get help if you are having trouble. As an athlete you will be required to attend study hall if you are having academic problems. Discipline yourself to do your work so others won't have to!

## **Alcohol, Tobacco, and Drug Policy**

Participation in athletics requires certain standards that must be upheld and certain sacrifices that must be endured to be successful. Athletes must be willing to set themselves apart from activities that will be harmful to themselves or the team. The use of tobacco, alcohol, or drugs will not be tolerated. It is against the law for minors to consume or possess these products and it goes against the athletic program's standards for any athlete to violate this policy.

The following policy will be adhered to concerning the use of these products while a member of the athletic department. This includes the school year and summer vacation. School Punishment will always be first if the incident occurs at school or at a school sponsored activity. Additional punishment may also come from our student handbook.

### **Alcohol/Illegal Drugs/Drug Testing:**

- 1. First Offense: 30-day suspension from athletic events.**
- 2. Second Offense: 90-day suspension from athletic events and student will seek counseling.**
- 3. Third Offense: 1 year suspension from athletic events.**
- 4. Fourth Offense: Automatic removal from the athletic program**

### **Nicotine/Tobacco/Vape:**

- 1. First Offense: Warning**
- 2. Second Offense: 10-day suspension from athletic events.**
- 3. Third or more Offense: 30-day suspension from athletic events and student will seek counseling.**

**If a student tests positive for anything listed above and they are not in- season, their suspension will start at the beginning of practice for their next sport.**

## **Athletic Code of Conduct**

**Every student who desires to be a member of an athletic team at Winters ISD will follow the following rules, procedures and policies:**

**1. Grades:**

- a. To be eligible to compete on an athletic team, a student must pass every subject, every six weeks. If a student is having trouble with a subject, he or she should ask a coach or the teacher of the class for help. Do not wait until it is too late.**
- b. Athletes with marginal grades are required to attend special tutorials.**

**2. Equipment:**

- a. Each student is responsible for any and all equipment issued to him or her.**
- b. All equipment must be returned to the athletic department at the end of the season.**
- c. Reimbursement for lost equipment must be paid before final exams can be taken.**

**3. Locker Room**

- a. During the course of the season, you will spend a great deal of time in this room. Take care of it like it is your own because it is.**
- b. Keep it clean by putting trash and tape in the trash can.**
- c. Do not wear muddy shoes or steel cleats in this area.**
- d. Make this room a more pleasant place for everyone.**
- e. Each athlete will be responsible for keeping his or her locker neat and clean for hygienic and organizational reasons.**
- f. Your coach will explain to you how your locker is to be kept.**

**4. Dress Code**

**All athletes will abide by the dress and grooming code outlined in the student handbook. Each coach may also have a more specific dress code for their individual sport. This includes participation at any school function, home or away, and while representing Winters ISD during summer leagues.**

- a. Hair- No hair that brings undue attention  
Boys: Mid-ear, off-collar, out of eyes when straight**
- b. Piercing- Males- no earrings or body piercing  
Females- no body piercing of any kind**

**5. Practice:**

- a. After school or before school workouts will be handled like the athletic period.

Missing practice will fall into one of two categories: excused or unexcused. It will be unexcused if you don't call. After the 2<sup>nd</sup> excused absence without a Doctor's note it will then be considered unexcused. To be excused, the athlete or parent must inform the coaches of the absence before practice begins. Family emergencies will be dealt with case by case. Conditioning may be made up at the coaches' discretion. Unexcused misses will constitute not only conditioning, but corrective measures initiated by a coach. Habitual unexcused misses will result in missed playing time and if it continues, removal from the athletic program.

- b. School Suspension- We expect our athletes to be the best-behaved students in the school, so any athlete that misses an athletic workout because of ISS, detention, or any other punishment will receive additional discipline upon their return to athletics.

1<sup>st</sup> time-200 yard tire pushes/or equal to in gym.

2<sup>nd</sup> time-400 yard tire pushes/or equal to in gym. The athlete will sit out 1 quarter in football, a half in basketball, and 3 innings in softball and baseball.

3<sup>rd</sup> time-600 yard tire pushes/or equal to in gym. The athlete will sit out a full football game and a full basketball, softball, and baseball game. Will set out a cross-country meet, track meet, golf tournament, or tennis tournament.

4<sup>th</sup> time-800 yard bear crawls/or equal to in gym. The athlete will sit out a full football game, a game and a half for basketball, and a game and 3 innings in softball and baseball. Will set out a cross-country meet, track meet, golf tournament, or tennis tournament.

5<sup>th</sup> time-Kicked off team for rest of season and part of next season if already over half way through the current season.

## **6. Scheduling Conflicts**

- a. We expect all students to participate in several extracurricular activities and undoubtedly, be in a position of a conflict of obligations.**
- b. The Athletic Department will do everything possible to avoid conflicts of this type. The Athletic Department recognizes that each student should have the opportunity for a broad range of experiences in extracurricular activities and will try and schedule events in a manner to minimize conflicts.**
- c. Students have a responsibility to do everything they can to avoid continuous conflicts. Immediately notify the faculty sponsors and coaches involved when a conflict does arise. These conflicts are handled using the following rules. A district contest will always take precedence over a non-district contest and a contest will always take precedence over a field trip. Using this rule, all participants will be given an opportunity to compete in the major contests or events of any extracurricular activity.**
- d. When a conflict arises and the rule does not apply, the sponsors and coaches will work out a solution, so the student does not feel caught in the middle.**

## **7. Vacations**

- a. Vacations by athletic team members during a sport season are discouraged. While family values will always take precedence over program requirements, parents and athletes in conflict between vacations and program requirements may wish to reassess their commitment to being involved in athletics.**
- b. We urge parents not to plan their vacations during times when there will be conflicts. In the event of an absence due to a vacation that is unavoidable, an athlete must:**
- c. Contact the head coach prior to the vacation.**
- d. Be willing to assume the consequences in missing practice time and/or games.**
- e. Be willing to assume the consequences related to their status for the time missed.**

## **8. Athletic Trips:**

- a. Each athlete is expected to ride to and from the game on the bus. This is an extremely important part of team building and unity. Only extreme circumstances will allow an athlete to ride home anywhere except on the bus. If the athlete is allowed to ride home from the game with a parent or guardian, one of the two following criteria must be met:**
  - 1. The parent or guardian personally hands the head coach a note/or message on Sports You that releases the athlete to him or her.**
  - 2. In the event the parent or guardian is not going to be at the game, then he or she must call the principal or athletic director the day before the game and tell the administrator to whom the**

athlete is to be released. In addition, the athlete must bring a note the day of the game from that adult stating the same thing in writing. (These rules are designed for the safety of the athlete.)

- b. Athletes are expected to follow the dress code as set forth by the head coach of the sport they are participating in. Remember you are not only representing your team but your school and community as well. Inappropriate attire will result in not traveling with the team.
- c. The bus will be kept clean at all times. Failure to keep the bus clean will result in disciplinary action.

**9. Attitude**

- a. Your attitude toward the sport will often determine how successful you are at that sport. If you work hard, attend practice, study the sport, and listen when the coach corrects your mistakes, then you will enjoy the sport more and have greater success.
- b. Do not be a griper or complainer. Negative attitudes benefit no one.
- c. Learn to take criticism from your coach. He or she is only trying to make you better. Different coaches have different personalities, though each one may offer criticism in a different manner, but the intent of the criticism is the same: to make you a better player.
- d. There is no substitute for hard work. The harder you work, the better you get. Do not allow yourself to be mentally or physically lazy.

**10. PDA(Public Display of Affection)**

PDA will not be tolerated and will result in immediate discipline action.

**11. Theft**

Theft will not be tolerated. If you are caught stealing, you will be suspended from athletics indefinitely and be up to the coach's discretion on when or if you are allowed to return.

**12. Criminal Activity**

- a. Any activity that brings disgrace or dishonor to the Winters Athletic Program will not be tolerated. Such activity may result in dismissal from the program or suspension.
- b. Each situation will be handled case by case depending on the seriousness of the case (ex. Misdemeanor, felony, etc.).

**13. Detrimental Behavior**

- a. Players who the coach's judge have done something that brings embarrassment or humiliation to the program (cursing, punching, fighting, flagrant technical or personal fouls, etc.). Discipline from this type of behavior will be the following:
  - i. First Offense- Removal from remainder of game and suspended for 1 quarter or 2 innings of the next game. If the offense happens within an individual sport the suspension will be upheld accordingly. There will also be physical punishment (ie. Running) up to coach discretion.

- ii. **Second Offense- Removal from remainder of game and suspended for 2 quarters or 4 innings of the next game. If the offense happens within an individual sport the suspension will be upheld accordingly. There will also be physical punishment (ie. Running) up to coach discretion.**
- iii. **Third Offense- Removal from remainder of game and suspended for the next game. If the offense happens within an individual sport the suspension will be upheld accordingly. There will also be physical punishment (ie. Running) up to coach discretion.**
- b. **If another incident occurs the athlete will be removed from athletics for the remainder of the season.**

#### **14. Hazing**

- a. **“Hazing” is against the law and will not be tolerated in the Athletic Department. “Hazing” means any intentional, knowing, or reckless act occurring on or off school property directed against a student, by one person alone, or acting with others, that endangers the mental or physical health or the safety of a student for the purpose of pledging, being initiated into, affiliating with, holding office in, or maintaining membership in any organization whose members are to include other students. Under Education Code 37.152 a person commits an offense if the person commits any of the following:**
  - i. **Engages in hazing.**
  - ii. **Solicits, encourages, directs, aids, or attempts to aid another in engaging in hazing.**
  - iii. **Recklessly permits hazing to occur.**
  - iv. **Has firsthand knowledge of the planning of a specific hazing incident involving a student, or firsthand knowledge that a specific hazing incident has occurred, and knowingly fails to report that knowledge in writing to the Principal, Athletic Director, or designee.**
- b. **Hazing offenses will be dealt with according to the Student Handbook, Student Code of Conduct, and Board Adopted Policy.**

#### **15. Coaches/Teachers/Administrators**

- a. **Each coach, teacher, and administrator at Winters High School is a professional. Working with young people is what they do to earn a living. They have spent a great deal of time and money training to be good at what they do. Therefore, they will be treated with the respect to which they are entitled. These people should receive “yes ma’am/yes sir,” no ma’am/no sir responses from players when talking to them. They in return will treat players with respect. Whenever one of these people is speaking to you, either individually or as a group, you will give him or her your undivided attention and look him or her in the eye.**
- b. **If a player is disrespectful to a coach, teacher, or administrator he or she will be disciplined.**

## Chain of Command

1. As your children become involved in the programs at Winters, they will experience some of the most rewarding moments of their lives. It is important to understand that there may be times when things do not go the way you or your child wishes. At these times, discussion with the coach is encouraged. Examples of these situations include the treatment of your child, ways to help your child improve, concerns about your child's attitude, or academic support.
2. It is very difficult to accept your child's not playing as much, when, or where you may desire. It will be the coach's discretion to make all decisions about playing time or position for individual student-athletes. This is regardless of the score of the game or the personal feelings of the student-athlete's parents. Coaches are professionals; they make judgment based on what they believe to be best for all students involved. Examples include team strategy, other student-athletes, playing time, etc.
3. There are situations that may require a conference between the coach and the parent. These are encouraged. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, there is a proper chain of command to follow. The following procedures should be followed to help promote resolution:
4. Call the coach to set up an appointment. Be respectful, honest, and direct, and you will receive the same in return.
5. If the coach cannot be reached, call the Athletic Office. A meeting will be set up for you.
6. Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both parents and the coach. Meetings of this nature do not promote resolution.
7. If the meeting with the coach does not provide a satisfactory resolution, the next step is to set up an appointment with the Athletic Director.

## Coaches Rule

- Coaches may establish additional rules and regulations for their respective sports.
- The coach will explain the rules pertaining to a particular sport at the start of the season.
- The coach shall administer penalties for violation of team rules.
- Junior High Sports: The coach will confer with the high school coach in that particular sport for additional standards.

## Competitive Athletic Teams

The Winters ISD provides 44 teams for athletic competition in various sports from grade 7 through 12. They are as follows:

### Football

7<sup>th</sup> grade (when possible)  
8<sup>th</sup> grade  
Junior Varsity (when possible)  
Varsity

### Cross Country

Junior High Girls  
Junior High Boys  
Junior Varsity Boys  
Junior Varsity Girls  
Varsity Boys  
Varsity Girls

### Basketball

7<sup>th</sup> grade boys  
7<sup>th</sup> grade girls  
8<sup>th</sup> grade boys  
8<sup>th</sup> grade girls  
9<sup>th</sup> grade boys (when possible)  
9<sup>th</sup> grade girls (when possible)  
Junior Varsity Boys  
Junior Varsity Girls  
Varsity Boys  
Varsity Girls

### Tennis

7<sup>th</sup> grade boys  
7<sup>th</sup> grade girls  
8<sup>th</sup> grade boys  
8<sup>th</sup> grade girls  
Junior Varsity Boys  
Junior Varsity Girls  
Varsity Boys  
Varsity Girls

### Golf

Varsity Boys  
Varsity Girls

### Baseball

Junior Varsity  
(when possible)  
Varsity

### Softball

Junior Varsity  
(when Possible)  
Varsity

### Track

7<sup>th</sup> grade boys  
7<sup>th</sup> grade girls  
8<sup>th</sup> grade boys  
8<sup>th</sup> grade girls  
Junior Varsity Boys  
Junior Varsity Girls  
Varsity Boys  
Varsity Girls

## **Procedures for Selecting and Dismissal from Athletic Teams**

- 1. Selection of team members: It is the sole prerogative of the head coach in each sport to select the representatives or members of the team as well as managers and trainers. All members trying out for the team will know the criteria used for the selection process. In all cases the coach must be careful in the selection process, and every effort must be made to keep all interested participants in the program as long as possible. The head coach is required to talk with each participant if and when he or she is not selected for team membership. This conference will be handled in a professional manner and the athlete will be given specific reasons why he or she is not selected.**
- 2. Dismissal of a Team Member: After a student has been selected as a member of an athletic team, membership will continue at the discretion of the head coach. If it is necessary to dismiss an athlete who is a member of an athletic team, the following procedures will be followed:**
  - a. The coach and the athlete will have a conference and the reason for dismissal will be explained to the student. The student will be given an opportunity to present his or her side of the case at this time.**
  - b. The coach will then notify the parent by phone, letter, or in person, explaining the situation in detail along with the action taken.**
  - c. The parents and student may request a conference with the head coach and the Athletic Director; this conference must be granted within three school days.**
  - d. Appeals beyond the Athletic Department must be directed to the Superintendent of School, in writing.**
- 3. Athletic Privilege: The rights, which guarantee every child a free education in our public schools, are not the same rights that govern the opportunity for students to participate in an extra-curricular activity such as athletics. The students must earn these rights, due to limitations of funds, facilities, and personnel. Extra-curricular activities are rights earned through the process of try-outs, and the rights of a coach must be protected in the selection of team members. Being a member of an athletic team is a privilege, not a right.**

## **Club Sports/Travel Teams**

- 1. A club or travel team is a sports program outside of the school that is not affiliated with UIL athletics. We are very fortunate to live in a community where the high school can be the main focus. We feel our athletes' obligations are to their school team first.**
- 2. We will not excuse athletes to miss a school contest or practice for a club or travel team event.**

## **Procedure for Quitting a Sport**

We encourage as many students as possible to participate in athletics. However, the world is made up of all kinds of people. Some of these people love sports; some do not have any interest; and some are just not sure. For those who want to give athletics a try but find it is not to their liking, they must understand that there is a correct way and an incorrect way to quit a sport.

1. **The Correct Way to discontinue participation in a sport is handled in a mature and honest manner. A student must do the following:**
  - a. **Request a meeting with the coach of his or her particular sport.**
  - b. **Discuss the reason or reasons for your decision in a mature, respectful manner. Make sure it is not a decision that is made in the “heat” of the moment.**
  - c. **A second meeting will take place the next day (24 hours) between the coach and student.**
  - d. **If the decision is final after the second meeting, the parent or guardian will be notified as to their child’s decision.**
  - e. **If the student and parent are in agreement, then the student’s schedule will be changed, or the student may continue in the athletic period if he or she wants to participate in a different sport.**
  - f. **The coach must contact the Athletic Director and inform him as to what has transpired.**
  - g. **The athlete will not work out for the next sport until the sport he or she quit is completed. If a student is participating in more than one sport simultaneously, he or she may continue participation in the other sport upon agreement of the coaches of both sports.**
  - h. **The student will have to run 20 miles after quitting a sport before he or she is allowed to participate in the next sport. The miles must be observed by a coach in order for them to count.**
2. **The Incorrect Way to quit a sport is to not follow the guidelines spelled out above. If the coach of your particular sport is not contacted and a meeting is not requested, the following will apply:**
  - a. **The coach will contact the parent within 48 hours.**
  - b. **The student will not be allowed to participate in any athletic sport for a one year period from the date of quitting that sport.**
  - c. **After the one year period expires, the student may resume participation for any sport he or she wishes;**
  - d. **An athlete cannot quit one sport to join another sport unless the coach of the sport the student is quitting, the coach of the sport the student is joining and the Athletic Director all agree.**

## **Insurance**

- 1. All UIL sponsored competitors at Winters ISD are covered by a secondary insurance plan. This insurance is designed to help pay an athlete's deductible after the primary insurance has paid.**
- 2. This insurance cannot and should not serve as the primary insurance. Winters ISD strives in providing each and every student athlete with the best care possible under the guidance of a certified and/or licensed Athletic trainer.**
- 3. Each year we hope to avoid injuries but unfortunately that is something that cannot be controlled.**
- 4. The reality is that all medical expenses resulting from an athletic injury are inherently the parent's responsibility.**
- 5. Winters ISD has elected to purchase an excess insurance policy for all UIL sanctioned participants.**

## **The Appeal Process**

**Athletes disciplined for attendance infractions may appeal their penalty to the Athletic Director within two school days. Parents of athletes disciplined for substance abuse or other unacceptable behavior may appeal the penalty to the school principal within two school days. The suspended athlete may also initiate the appeal.**

**In the event of extenuating circumstances, the athletic department and administration reserves the right to hear individual cases on their own merit.**

## **Athletic Department Contract**

**As a member of the Winters High School Athletic Department, I hereby acknowledge that I do understand I have the responsibility to conduct myself in an exemplary manner while on the school campus. I further acknowledge the responsibility that I have toward my fellow teammates and coaches, to conduct myself in the highest moral manner at all times and in all situations, realizing that my behavior, whether good or bad, is a reflection upon everyone within the athletic program. The actions of a single member may serve to bring honor and respect to all other members of the organization or they may also bring disrespect, dishonor, and degradation upon each member.**

**I understand that as a member of athletics in good standing I serve as an example and a role model for others to observe and follow. I understand that honesty, integrity, ethics, character, and high moral principles are expected of me. I also understand that I must not let the actions of others compromise the high principles and character expected of me and that I will live within the rules and regulations set forth in the Athletic Handbook and School Policy.**

**I also understand that if I fail to meet these ideals or if I let others lead me astray and into behavior or situations of a questionable nature, the consequences may lead to severe disciplinary action against me or my dismissal from the athletic department.**

**Athlete's Signature** \_\_\_\_\_

**Date** \_\_\_\_\_

**Parent or Guardian Signature** \_\_\_\_\_

**Date** \_\_\_\_\_