

Welcome to Knox Junior High

Girl's Athletics

The following are policies which will govern participation in the Lady Knights Athletic Program. Please read them carefully, sign and return to your coach.

General Expectations

- All Lady Knights are expected to participate with great commitment, intensity and focus.
- Athletes are also expected to learn and be coachable; to assimilate instructions and be mature enough to accept constructive feedback. This includes conditioning, weight training, game situations and academics.

Rank One & Physicals

- A physical (by a doctor) must be on file in Rank One
- All additional Rank One Paperwork completed:
<https://conroeisd.rankonesport.com/New/NewInstructionsPage.aspx>
- NO RANK ONE/PHYSICAL = NO PARTICIPATION = NO TRYOUTS
- Deadline for completion, or removal from Girl's Athletics – August 18th

Playing Time

- Every player will be given an equal opportunity to participate. This does not necessarily mean equal playing time. It is our position to be competitive and successful as a team. Everyone is part of the team, win or lose. No one individual is above her team or teammates. Our decision-making is fair and honest on what is best for the team and not the individual.
- Should an athlete have a complaint regarding playing time, teammates, coaches or any other issue during the year, she is expected to **discuss the issue with the coach first**. If the problem still exists, then a parent conference is suggested with the student included.

Behavior Expectations/Attitude

- Being a member of the Lady Knights Athletic program is not a right, but a privilege, and all athletes are expected to display appropriate behavior at all times.
- Young women participating in athletics are expected to conduct themselves in a respectful, courteous and team oriented manner throughout the school year. This includes, but is not limited to: the classroom, teachers, classmates, coaches, team mates, at practice, at games, in the hallways and the community. Respect is the expectation! Any disrespect toward an authoritative figure or teammate will not be tolerated and disciplinary action will be taken.
- **Consequences for violation of this policy include reprimands, extra conditioning, or game suspensions.**
- A player placed in ISS will not be allowed to practice or play while serving their ISS time. Extra physical conditioning will be assigned to the player whom, for whatever reason, made a poor decision and is assigned to ISS. Multiple assignments to ISS will result in dismissal from the program.

Academics

- Academics are the primary focus of the junior high experience. Student athletes must maintain grades above 70% in all classes to be eligible to play. The expectation for all of our athletes is to commit to personal excellence in all areas, particularly academics.
- Students will receive a grade check every 3 weeks. Students experiencing academic difficulty should inform their coach immediately. Should a student fail a course, she will still be expected to attend all practices; however, she will not be allowed to participate in games for 3 weeks as stated by the UIL.

Attendance

- Attendance is critical for student success in school and athletics. If an athlete is absent for any or all of the day, it is the student's and/or the parent's responsibility to call or e-mail the coaches immediately, especially on game day. The coaches have to make adjustments and the sooner we know the better.
- Please make every effort to be at each practice. Any player with an unexcused absence from practice is subject to suspension for the next game. An unexcused absence is being in school and not coming to practice, unless approved by the coach prior to missing practice.

Athletics Uniforms and Equipment

- Athletes are responsible for all school issued equipment as well as their Knox Athletics Uniforms. **The practice uniforms should not be taken or worn home. We will wash at school as often as needed.**
- At the end of each season, the issued sport specific uniforms and equipment must be returned in good condition. If any item is lost or damaged, the player will be responsible to pay for it. The team uniform and all equipment are on loan to you. You cannot keep them.
- Each athlete is responsible for washing game uniforms. Please wash in cold water and hang to dry.

Locker Room Expectations – USE YOUR LOCKER

- Lockers are a privilege, not a right.
- Coaches and administration can search the lockers if deemed necessary.
- If something is lost or stolen, coaches and administration are not responsible
- Absolutely **NO CELL PHONES** will be allowed **ON OR SEEN** in the locker room! This will result in an automatic referral.

Tobacco, Alcohol, Illegal Drugs

- Lady Knights are expected to make the best decisions possible at all times, particularly with regard to illegal substances.
- Athletes in this program are expected to be alcohol, tobacco, vape and drug free; if not, consequences will be severe with dismissal from the athletic program and the appropriate school consequences given.

Cell Phones and Social Media

- Appropriate use of a cell phone is expected at **ALL** times.
- All cell phones will be put away when entering the locker room.
- **Any inappropriate texting, photos, Instagram, Snap Chat or Tik Tok activity will not be tolerated. Consequences will be severe.**
- Be careful what is posted on social media. It is there forever, even if you delete it. **You are representing Knox, your team and your family.**
- If an athlete needs to use their cell phone to contact parents, please talk to the coaches so you can use your cell phone in an approved location.

Transportation to Games

- We will be taking a bus to all the away games. Players must ride the bus with the team to the games.
- Players can ride home with a parent after the game. The parent will sign the player out with the coach upon leaving the game site.
- A player may only ride home with another person after a game other than the parent, if a note is given to the coach prior to leaving Knox.
- We will give an estimated time of return after each game. **PLEASE BE PROMPT IN PICKING UP YOUR CHILD!!** The coaches have families and other responsibilities as well.
- **We expect all players to be picked up within 15 minutes of the stated time. The 1st time that we have to wait for an excessive length of time will be a warning and the next time will result in the players inability to attend the next away game.**

Parents of Lady Knights Athletes

- Cheer in a positive manner and do not make demeaning comments about players & coaches (both teams) or the officials.
- Parents may be asked to leave the competition and possibly not allowed to attend any future games.
- Please remember that players and fans will hear comments made and how those comments may be received.

“The game is never more important than the people you play with”

Coach Dzialo, Coach Forehand, Coach Kausler, Coach Santos, Coach Ortiz

Please remove and return the bottom portion only.

I have read and agree to abide by the Lady Knights Athletic Policy

Student Printed Name: _____

Grade _____

Student Signature: _____

Date _____

Parent Signature: _____

Date: _____

In order to participate, you must have this agreement signed and returned by
Aug 18th, 2023