



## SHEPTON HIGH SCHOOL STALLION STANDARDS

### ***PARENTS:***

We are pleased your child has expressed interest in the athletic programs at Shepton High School. We are excited about the various athletic experiences planned this year. We hope that the outlined policies and standards will be helpful as you follow the Stallions throughout the seasons. We look forward to seeing you as we all share in the exciting year ahead.

### ***ATHLETES:***

#### **Athletic Mission Statement**

A Stallion athlete is first of all grateful. He/she knows that only a fraction of one percent of those playing athletics will have the privilege of competing at a higher level. They accept that they are role models. Every athlete represents not only themselves but also Shepton, their family, and their teammates. They see the experience at Shepton as a mechanism for making their mark on society. They are confident yet humble, never allowing egos to emerge. They are proud of their strengths and keenly aware of their weaknesses, therefore, always striving to improve upon their skills.

A Stallion athlete is always more concerned with the good of the team. They realize that "no man is an island." Therefore, each appreciates the contributions of every team member, past and present. They understand that because **much has been given to them, much will be demanded**. They know that the challenges of every practice and game will better prepare them for life. While they are relentless on both ends of the field, they know that the other team is NOT the real opponent; it is the full extent of their own potential that they are always competing against.

A Stallion athlete understands that without discipline, true success cannot be achieved. They appreciate the coach's praise and accept criticism, understanding that both are necessary for everyone to reach fullest potential. They are courageous in the face of adversity, have unquestionable integrity, and infectious enthusiasm. They never allow excuses to stand in the way of responsibilities. They are always focused, never involving themselves with the decisions of the officials or the distractions of taunting fans.

A Stallion athlete is made and not born. Therefore, they understand that what they become is dependent upon their personal commitment to excellence. Always competing to win, understanding that winning will not be the true measure of success; it will be how much of themselves they have given to the game. **In the end, personal commitment to excellence combined with their given ability will make each an asset to the game and to the world around them.**

## Standards for Behavior/Attitude

1. Appropriate behavior is expected at all times. This includes during school, practice and games. All school and district rules will be adhered to.
2. At no time will the use of Alcohol or illegal substances be tolerated. The uses of performance enhancing substances are strictly forbidden.
3. Don't do anything that will embarrass you, your family, your team, or your school.
4. Treat everyone as you want to be treated yourself.
5. Work hard to be the best you can be and don't settle for anything else.

## Practice and Game Behavior Standards

1. Good sportsmanship is expected at all times.
2. It is expected that everyone will use appropriate language.
3. Jewelry is not to be worn during practices or games.
4. Boys **may not** wear earrings **at any time, this includes on or off campus.**
5. Grooming is to be modest. We should not be trying to draw attention to ourselves but rather be working to blend in and be part of a disciplined team. Boys must have hair cut above the collar. The length should be approximately the same length throughout. If you are going to have lines cut into your hair you may only have one on each side. At no time is it permitted to have any facial hair. (You may not have a mustache or beard, sideburns must be no lower than the ear). Hair dyed colors other than what would normally be your natural color does not conform to Shepton standards.
6. Each player is responsible for his own equipment. Keep your equipment clean and locked in your locker. Your locker and locker room need to be kept neat and clean all the time.
7. Everyone is expected to be on time for practice and games. If you are going to be late or miss you must let a coach know prior to your absence.
8. Everyone needs to concentrate during practice and games to be able to perform at peak levels.

## Standards for Attendance

If a player must miss practice or a game for any reason, they must call and inform their coach before the event begins. When the player returns to practice they must bring a note from home explaining the reason for the absence. This policy is common courtesy. The coaches have planned for everyone to be at the practice or game, in the event someone is going to miss adjustments often have to be made. Please inform your coaches BEFORE the event begins if you cannot attend. Missed practices or games will require makeup conditioning.

For athletes participating after school no player will be allowed back into the school after practice. Be sure to bring all your books that you are taking home to the locker room after school. The locker rooms are expected to be clean. If necessary, crews of players will be assigned to sweep up the locker room at the end of the practice day to keep them in proper order.

## **Injury and Injury Prevention**

In the event a player is injured at any time, either during practice or a game, the coaches must be informed as soon as possible so they can recommend appropriate care and treatment. If they feel it necessary they will also recommend the athlete see a doctor if the injury warrants further care, or evaluation.

### **Participation:**

Each player must complete and turn in the following items:

1. A PHYSICAL FORM
2. AN INSURANCE WAIVER FORM
3. THE ATHLETIC POLICY (Shepton Standards)
4. THE DISTRICT GUIDELINES FOR EXTRACURRICULAR ACTIVITIES
5. THE UIL STATE ACKNOWLEDGEMENT OF RULES FORM
6. A TRAVEL RELEASE FORM.
7. REVIEW AND SIGN THE ATHLETIC PLEDGE

**After the forms are completed please turn them in to the coaches as soon as possible.**

I acknowledge that my son/daughter, \_\_\_\_\_, and I have read and understand these policies.

Parent/Guardian Signature: \_\_\_\_\_

Athletes Signature: \_\_\_\_\_