

2010-2011

GUNTER INDEPENDENT

SCHOOL DISTRICT

ATHLETIC DEPARTMENT

HANDBOOK

## FOREWORD

This Athletic Handbook was prepared and updated to better familiarize coaches, athletes, and administrators with the policies, procedures, and operations of the Gunter Independent School District's competitive athletic program. It sets forth in definite terms the procedures and guidelines which we will follow at Gunter. It is an effective orientation manual for all new as well as experienced staff members. It can act as a communication instrument not only for staff members, but also for students and patrons. Please refer to this when you have questions about relative policies or procedures of departmental operations.

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## **CODE OF CONDUCT FOR GUNTER I.S.D. ATHLETES**

- A. Use of profanity – we will not allow it.
- B. Stealing – taking things that do not belong to you, especially from teammates, will not be tolerated. An athlete caught stealing will be dismissed from the athletic program. Stealing could also be interpreted to involve school equipment NOT turned in after the season is completed.
- C. Individual conduct – do everything you can to add class to our program. As an individual, don't do anything detrimental that would take away from the program. Gunter Athletes should be noted for their clean, tough, and competitive play. Praise your opponents and play beyond your ability. You will be expected to conduct yourself as a lady/gentleman at all times. We know that each of you do not have the same ability, but we expect you to perform to the best of your ability. Failure to adhere to the above conduct standards will result in a coach/athlete conference with possible disciplinary actions.
- D. Respect for Coaches – Coaches should receive “yes sir”, “yes mam” and “no sir”, “no mam” responses from players. Players in return will be treated with respect by the coaches. Whenever a coach is speaking with you, either individually or as a group, you should give them your undivided attention.
- E. No athlete at any time should have in their possession, use, or intend to use alcohol, tobacco, or any illegal drug. Violating the illegal substance code will result in disciplinary action. Continued violations will result in suspension from athletic contests and/or program.

- F. A Gunter Athlete will show respect to all teachers, administrators, and other adults with whom they come into contact.
- G. Male athletes will not be allowed to wear earrings in the field house, gym, or during any athletic contest, off-season or any time they are representing Gunter I.S.D as an athlete. The athletic department will confiscate earrings.
- H. A Gunter Athlete will be on time for all classes, practices, trips, and any other scheduled event unless he/she has notified the teacher or coach in advance.
- I. Every athlete at G.H.S. or G.M.S. will participate in his or her classes and do his or her best in the classroom.
- J. A Gunter Athlete will remember at all times when he or she is on an athletic trip that he or she is representing the school and community from the time the bus is boarded until he or she returns home.
- K. A Gunter Athlete must remember that he or she is recognized first as a Gunter athlete. With this in mind, one must think before one acts, and decide if his or her actions will hurt the character of this school and its athletic program.
- L. An athlete's school is one of the most important factors in his or her maturing process. High school days will always be remembered, so one must remain loyal to his/her school and its spirit.

- M. Good sportsmanship (STAR Method) is a must in being a true Gunter athlete. An athlete never loses his or her poise causing anger to be shown at his/her opponent during competition. It is natural to become angry at times during a contest or game, but a real champion can control his/her feelings and come back stronger instead of “flying off the handle,” causing his or her team to be penalized. An athlete will accept the decisions of the officials and show respect for their authority. An athlete will never put on a show in front of the fans whenever he/she disagrees with an official.
- N. Athletics is participation in competitive sports. Athletes must participate at a high intensity level and will be pushed by their coaches and peers to a level higher than thought possible. Athletes will be expected to participate in every workout and/or contest unless they are excused by the athletic trainer and/or head coach due to injury or illness. Continuously not participating could result in dismissal from the athletic program and/or failure of the course.
- O. Tutorials may be required for athletes who are in danger of failing an academic class. If tutorials are required, the athlete is expected to attend or face disciplinary action.
- P. All athletes are expected to conform to all U.I.L. rules and Gunter I.S.D. Student Handbook rules and regulations.
- i. Athletes who do not follow the athletic code may be removed from the athletic program. The removal of an athlete will be the decision of the head coach and athletic director. There will be a conference between the head coach, athletic director, the athlete, and the athlete’s parent before an athlete is removed from the program.

## GENERAL POLICIES AND PROCEDURES FOR STUDENT ATHLETES

### I. Participation In Various Sports

- A. All boys and girls are to be encouraged to participate in as many sports as their interests and abilities allow. An athlete will be granted a “trial period” of 10 calendar days to drop a sport without penalty. If an athlete wants to drop a sport, they should first be directed to the Head Coach of the sport. At that time the coach will discuss the matter with the athlete. However the Head Coach of that sport may deny the athlete’s participation in that sport in the future. An athlete dropping/dismissal of a sport after 10 calendar days will not be allowed to participate (practice or contest) in another sport while the sport they are dropping is still in season unless otherwise granted permission from athletic director.
- B. No coach should ever attempt to influence an athlete to give up participation in one sport in order to devote more time and greater concentration to another, unless advised by the athletic director.
- C. Athletes must show academic success by maintaining eligibility. An athlete failing 3 consecutive six weeks will be removed from the athletic program. The athlete may apply for reinstatement after the next six week grading period if the athlete has passing grades in all course.
- D. Athletes are expected to be enrolled in athletics year round to allow for physical development and team building. Students aren’t allowed to “get in and get out” of athletics to avoid off season workouts. For example, a baseball player must be in athletics in the fall and a football player must be enrolled in athletics in the spring.
- E. Sports requiring team or individual workouts during the athletic period of the school day require athletic period enrollment. These sports include football, volleyball, basketball, track and field, wrestling, baseball, and softball.

- F. The sports of cross country, golf, tennis, and power lifting do not require athletic period enrollment because all practices and workouts will be conducted outside of school time. Individuals wishing to participate in these sports must be approved by the athletic director and must adhere to all policies in this handbook as well as those of that sport's coach.

## II. Student Athlete Travel To And From Contests

- A. All athletes are required by policy to travel to the destination of all athletic contests with the coach or sponsor by transportation means furnished by the school district.
- B. All varsity team sport members are required to return home from contests with the team. \*Note exception: Special circumstances such as a family emergency, injury, or illness may require exceptions to this rule but must be approved by head coach of that sport.
- C. Sub-Varsity (JV, 9<sup>th</sup>, 8<sup>th</sup>, 7<sup>th</sup>) participants may be granted permission to return home after a contest with their parent or guardian. **THE PARENT OR GUARDIAN MUST PERSONALLY CONTACT THE COACH AND ASK PERMISSION TO TRANSPORT THEIR CHILD AT THE SITE OF THE CONTEST AT ITS CONCLUSION.** No person other than parents or guardians can be granted this permission. \*Note Exception: An athlete may be transported by another adult with written approval from parent of athlete to be transported.

## III. Athletic Dress

- A. No athlete will be allowed to wear issued athletic clothing to school. This right and privilege should be reserved to practice and game participation.
- B. Student/Athletes can wear issued athletic clothing if they are going to leave directly from school to participate in a contest. **AT NO OTHER TIMES WILL THIS BE PERMITTED.**

- C. All athletes must wear issued uniforms to all contests. Every athlete must wear their uniform in the same manner. No one will be allowed to be different.
- D. Personal clothing worn to contests by athletes should not include tank tops, t-shirts with alcohol, drugs, etc., on them. Slacks, jeans, or dress skirts are preferred. Girls may wear dress shorts if approved by the Head Coach of their sport and the Athletic Director.
- E. All Athletic Equipment will be clearly marked for identification purposes when issued to an athlete. Each article issued to an athlete is the property of the Gunter Athletic Department and is on loan to the athlete. The Head Coach of each sport will maintain in written form an equipment issuance checklist showing every item issued, the replacement cost, and its identification number. All issued equipment MUST be returned at the request of the Head Coach or Athletic Director regardless of the items condition.

#### IV. Discipline of Student Athletes

- A. Discipline in athletics may be in addition to any discipline already administered in the classroom or by principal. The discipline of student athletes will be administered by the coach immediately responsible for the athlete.
  - 1. Common discipline procedures for all sports (all of the following discipline steps will vary from sport to sport, but should resemble the discipline set in this handbook. Discipline may be more or less severe if the circumstances are unique.)
    - a. Missing an assigned tutorial, or serving detention. One egg or equivalent (an egg is a 210 yard bear crawl on hands and feet)
    - b. ISS. One egg for two consecutive days.
    - c. Other infractions such as; cussing, disrespect, misbehavior in the classroom, etc. will be dealt with by the policy set by each sport and approved by the athletic director.

- B. Discipline will be consistent and fair, and will meet the violation. There will be standard discipline procedures for some behavioral problems. Other infractions that are not listed are the responsibility of the head coach of each sport. Discipline procedures will be similar among all sports and each sports guidelines will be approved by the Athletic Director.
- C. No student athlete should ever be punished for attending another school activity in which they are team or squad member. However, there may be make-up activities required for the athlete to learn any skills or to make-up conditioning they may have missed while absent.

## PARENT/COACH COMMUNICATION

### Parent/Coach Relationship

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefit to children. As parents, when your children become involved in our program, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

### Communication You Should Expect From Your Child's Coach

1. Philosophy of the coach.
2. Expectations the coach has for your child as well as all the players on the squad.
3. Locations and times of all practices and contests.
4. Team requirements, i.e. rules, paperwork, equipment, off-season conditioning.
5. The procedure followed should your child be injured during participation.
6. Discipline resulting in the denial of your child's participation.

### Communication Coaches Expect From Parents

1. Concerns expressed directly to the coach.
2. Notification of any schedule conflicts well in advance.
3. Specific concern in regard to a coach's philosophy and/or expectations.

As your children become more involved in the programs in GISD, they will experience some of the most rewarding moments in their lives. It is important to understand that there also may be times when things do not go the way you or your child wishes. At these times discussion with the coach is encouraged.

### Appropriate Concerns to Discuss with Coaches

1. The treatment of your child, mentally and physically.
2. Ways to help your child.
3. Concerns about your child's behavior.

It is very difficult to accept your child's not playing as much as you may hope. Coaches are professionals. They make judgment decisions based on what they believe to be best for all students involved. As you have seen from the list above, certain things can be and should be discussed with your child's coach. Other things, such as those in the following sections, must be left to the discretion of the coach.

### Issues Not Appropriate To Discuss With Coaches

1. Playing Time.
2. Team Strategy.
3. Play calling.
4. Other student-athletes

There are situations that may require a conference between the coach and the parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the others position. When these conferences are necessary, the following procedure should be followed to help promote resolution to the issue of concern.

#### The Procedure You Should Follow If You Have A Concern To Discuss With A Coach

1. Call to set up an appointment.
2. If the coach cannot be reached, call the athletic director. He will set up the meeting for you.
3. Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and coach. Meetings of this nature do not promote resolution.

#### THE NEXT STEP

##### What can a parent do if the meeting with the Coach did not provide a satisfactory resolution

1. Call and set up an appointment with the athletic director to discuss the situation.
2. At this meeting the appropriate next step can be determined.

Since research indicates a student involved in co-curricular activities has a greater chance for success during adulthood since these programs have been established. Many of the character traits required to be a successful participant are exactly those that will promote as successful life after Middle/High School. We hope the information provides within this letter makes both your child's and your experience with the GISD Athletic Program less stressful and more enjoyable.

## **TEN COMMANDMENTS**

### For Parents with Athletic Children

1. Make sure your children know that win or lose, scared, or heroic, you love them, appreciate their efforts, and are not disappointed with them. This will allow them to do their best without fear of failure. Be the person in their life they can look to for constant positive reinforcement.
2. Try your best to be completely honest about your child's athletic capability, competitive attitude, sportsmanship and actual skill level.
3. Be helpful but do not coach them on the way to the game or on the way back, or at breakfast, and so on. It is tough not to, but it is a lot tougher for the child to be inundated with advice, pep talks, and often critical instruction.
4. Teach them to enjoy the thrill of competition, to be 'out there trying,' to be working to improve their skills and attitudes. Help them to develop the feel for competing, for trying hard, and having fun.
5. Try not to relive your athletic life through your children in a way that creates pressure; you fumbled too, you lost as well as won. You were frightened, you backed off at times, you were not the hero. Do not pressure them because of your lost pride.
6. Do not compare the skill, courage, or attitudes of your child with other members of the team, at least within his/her hearing.
7. Do not compete with the coach. If the coach becomes an authority figure, it will run from enchantment to disenchantment, etc., with your athlete.
8. Get to know the coach so you can be assured that the philosophy; attitudes, ethics, and knowledge are such that you are happy to have your child under his leadership.
9. Always remember that children tend to exaggerate, both when praised and when criticized. Temper your reaction and investigate before overreacting.
10. Make a point of understanding courage, and the fact that it is relative. Some of us can climb mountains, and some of us are afraid to fight. Some of us will fight, but turn to jelly if a bee approaches. Everyone is frightened in certain areas. Explain that courage is not the absence of fear, but a means of doing something in spite of fear or discomfort. The job of the parent of an athlete is a tough one, and it takes a lot of effort to do it well. It is worth all the effort when you hear your youngster say, "My parents really helped, I was lucky in this."

## **FAIR PLAY AMONG THE SPECTATORS**

- Remember that you are at a contest to support and yell for your team and to enjoy the skill and competition, but you are not to intimidate or ridicule the other team and its fans.
- Remember that high school and middle school athletes are students and that they sometimes make mistakes. Praise student athletes for their attempts to improve, just as you would praise students working in the classroom.
- Remember that holding a ticket to a school athletic event is a privilege to observe the contest, not a license to assault others verbally or to be otherwise obnoxious.
- Learn the rules of the game to understand and appreciate certain situations that take place during a contest.
- Show respect for opposing players, coaches, spectators, and support groups. Treat them as you would treat a guest in your home.
- Never taunt or insult opponents during the game. Avoid comments of an ethnic, racial, or sexual nature.
- Respect the integrity and judgment of game officials. They do their best to promote student-athletes, so admire their willingness to participate in full view of the public!
- Show appreciation for an outstanding play by either team.
- Refrain from using alcohol or drugs before, during and after games on or near the site of the event (i.e.; no tailgating).
- Cheer only in a way that supports and uplifts the teams involved.
- Compliment school and league administrators for their efforts to support educational athletics and fair play.
- Be a positive model through your own actions and censure poor behavior in other spectators.

## **ATHLETIC STAFF CODE OF CONDUCT**

**BE PROFESSIONAL** – In attitude, responses, work, and appearance.

Be the kind of person for whom you would want your son or daughter to play... Watch your language and your actions!

Enthusiasm is contagious! Show it on the practice field, in the dressing room, at pep rallies, in the hallways, in the classroom – everywhere.

Be cooperative with and considerate of the administration.

Be on time.

Be consistent with discipline in the classroom and all sports.

Appropriate coaching attire will be worn.

There will be no misuse of equipment.

Never discipline an athlete without making a point to talk with him or her again after practice. Do not let hard feelings leave the field.

No athlete is to be dismissed from athletics until twenty-four hours has lapsed from the time of the offense. This time period will include a discussion with the head coach and athletic director.

All administration and school board policies will be followed at all times.

All U.I.L. rules will be followed in every sport.

The head coach of each sport will be responsible for the issue and care of the equipment in his/her sport as department regulations state. Each coach will take inventory before and after the season. Inventory will then be submitted to the athletic director.

All coaches will enforce our athletic code. We will be just as successful as our implementation of the code in our total athletic program.

Teaching and coaching responsibilities at G.H.S. must take priority over all other commitments or sources of employment.

**AT ALL TIMES – BE FAIR AND HONEST!**

# **GISD DRUG TESTING POLICY**

## **MANDATORY DRUG TESTING PROGRAM**    Effective 2003-04 Gunter Extracurricular Activities

Gunter ISD provides opportunities for students to participate in extracurricular activities. This participation should be viewed as a privilege, which carries additional expectations for the students involved. An important goal of extracurricular activities is to give students direction in developing healthful living habits, self-discipline, leadership, teamwork, and respect for authority, rules and regulations. The District has determined that it has a substantial interest in student participation in these extracurricular activities because of the discipline, health and safety of all students participating in extracurricular activities. This determination is based on a variety of health risks associated with drug and alcohol use. Therefore, the District has taken the following measures to maintain the discipline, health, and safety of the students by instituting the Mandatory Drug Testing Program.

In this regard, all students entering the District, in grades 7-12, who will participate, or who is participating, in an extracurricular activity, shall be subject to mandatory initial and random testing for the presence of alcohol and illegal drugs. The Program applies to all District students in grades 7-12, who will participate, or who are participating, in an extracurricular activity. The Program will be applied to all District students in conjunction with all applicable Board of Trustees Policies and District procedures.

### **Definitions**

“Alcohol” is defined as ethyl alcohol. Alcohol, as used herein, includes any beverage, mixture or preparation containing ethyl alcohol.

“Controlled Substance” means a drug or substance which the use, possession, sale, transfer, attempted sale or transfer, manufacture or storage of it is illegal under any federal, state or local law or regulation and includes, but is not limited to inhalants, marijuana, cocaine, narcotics, opiates, opium derivatives, phencyclidine, hallucinogens and any other substances having either a stimulant or depressant effect on the central nervous system such as amphetamines or barbiturates, methadone, methaqualone, propoxyphene, steroid, or other metabolites. Also include in this definition are prescription drugs used for any reason other than a legitimate, prescribed medical reason and inhalants used illegally. All references to “drugs” throughout this Program mean the same as “controlled substances.”

“Reasonable Suspicion” is defined as an evaluation by the drug testing coordinator or extracurricular sponsor of a student’s conduct that would lead a reasonably prudent person to suspect that the student is under the influence of drugs and/or alcohol [see definition of “under the influence”]. A conclusion can be based on personal observation and/or information received from third parties. Such indications may include, but are not limited to, a drop in the student’s performance level, impaired judgment or reasoning, decreased level of attention, or behavioral change. Characteristics indicating reasonable suspicion may include, but are not limited to:

- A pattern of abnormal or erratic behavior
- Physical symptoms such as glassy or bloodshot eyes, slurred speech, unsteady gait, poor coordination or reflexes
- Odor of alcoholic beverages or marijuana
- Unexcused absenteeism or tardiness
- Direct observation of drug or alcohol use or possession

“Under the influence” means not having the normal use of mental or physical faculties; however, the student need not be legally intoxicated.

“Use” means a student has voluntarily introduced into his or her body by any means a prohibited substance recently enough that it is detectable by the student’s physical appearance, actions, breath, or speech.

## **PARENTAL CONSENT**

Parental consent for a student to submit to biological testing by urine shall be a required condition for participation in the District’s extracurricular programs. A parent’s refusal to consent shall result in denial of the student’s participation in any extracurricular activity.

Each student in grades 7-12 who wishes to participate in extracurricular activities must sign a consent form agreeing to submit to the Program. The student’s parent prior to testing must also sign the consent form. Once signed, a consent form shall remain in effect for the duration of the student’s participation in any extracurricular activities in the District.

## **INITIAL TESTING**

For the 2003-2004 school year all students participating in extracurricular activities will be tested for illegal drugs prior to participation.

For each year afterwards all incoming 7<sup>th</sup> grade students and all new 8<sup>th</sup>-12<sup>th</sup> grade students will be tested for illegal drugs prior to participation.

## **RANDOM TESTING**

After completion of the initial drug testing, all students in an extracurricular activity shall be subject to random testing for alcohol and illegal drugs, which may be conducted at any time. Students shall be selected for testing through a computer-generated random selection process conducted by the testing company. Under the selection process used, each student shall have an equal chance of being tested each time selections are made. The random alcohol and illegal drug tests conducted under this Program will be unannounced and the dates of administering random alcohol and illegal drug test will be spread reasonably throughout the calendar year.

## **REASONABLE SUSPICION TESTING**

When the drug testing coordinator or any extracurricular sponsor has a reasonable suspicion that a student subject to this Program is currently using illegal drugs, the drug testing coordinator may require the student to submit to a drug test. Any extracurricular sponsor or District staff member having a reasonable suspicion that a student subject to this Program is currently using illegal drugs should immediately report his/her suspicion to the drug testing coordinator.

## **TESTING PROCEDURES / LABORATORY**

The District shall contract with a nationally – certified drug testing company, which shall conduct all drug testing authorized by this Program. The laboratory shall provide qualified persons to oversee the collection of all specimens and shall provide medical review officer services for interpretation and verifications of results. The medical review officer shall report all drug test results to the designated District official.

## **PROTOCOL**

Drug testing shall be performed by urinalysis in accordance with accepted practices and procedures established by the laboratory with which the District contracts. Student privacy shall be protected to the greatest extent possible during the collection and coding of urine specimens, and then shall be conducted in the least intrusive manner possible.

## **DRUGS TESTED**

The substances for which tests shall search shall include:

1. Alcohol as defined herein;
2. Drugs or controlled substances, as defined herein;
3. Performance-enhancing drugs, including steroids and their metabolites;
4. All prescription drugs, upon reasonable suspicion that they were obtained without proper authorization and;
5. All prescription and over-the-counter drugs, upon reasonable suspicion that they are being used in a manner inconsistent with the written prescription or written instructions.

## **POSITIVE OR SUSPICIOUS TEST RESULTS**

The testing laboratory shall notify the drug testing coordinator of any positive or suspicious test results. The drug testing coordinator shall notify the student and parent. If applicable, the District may contact the student's physician to rule out any factors, which may have caused the results to appear positive or may require the student to retest to rule out any factors that may have caused the results to appear suspicious.

## **REFUSAL TO TEST**

If a student refuses to submit to any test as required or authorized by this Program, the student shall be subject to the same consequences as if he or she tested positive for drugs or alcohol.

## **RECORDS**

All records relating to the Program, including consent forms, test results, and intervention actions, shall be maintained in a separate file from the student's cumulative folder and academic records. Access to the records shall occur only in compliance with District policies and procedures, the Family Education Rights and Privacy Act, or other applicable state and federal laws and regulations.

## **CONSEQUENCES FOR POSITIVE RESULTS:**

The following consequences apply for offenses under the Gunter ISD ("District") Mandatory Drug Testing Program ("Program"):

**First Offense:**

Upon a first confirmed positive test result, the student and parent shall be required to meet with the drug coordinator to discuss the test results and the consequences. The student will be required to submit to drug testing on each District test date for the remainder of the student's participation in extracurricular activities.

**Second Offense:**

Upon a second confirmed positive test result, the student and parent shall be required to meet with the drug testing coordinator to discuss the test results and the consequences. The student will be required to attend and successfully complete a drug education program approved by the district. The student shall be suspended from participation in any extracurricular activity and performance for 30 calendar days from the date tested. The student may not practice with other students. After the 30 calendar days from the date tested, the student will be required to submit to drug testing before resuming participation, on the District's next scheduled test date. The District will not adjust the test date schedule to accommodate a student attempting to resume participation in extracurricular activities. The student will be required to submit to drug testing on each District test date for the remainder of the student's participation in extracurricular activities.

**Third Offense:**

Upon a third confirmed positive test result, the student and parent shall be required to meet with the drug testing coordinator to discuss the test results and the consequences. The student will be required to attend and successfully complete a drug education program approved by the District. The student shall be suspended from participation in any extracurricular activity for one calendar year from the date tested. The student may not practice with other students. After the expiration of 365 calendar days from the date tested, the student will be required to submit to drug testing before resuming participation and/or before attempting to qualify for participation in extracurricular activities. The District will not adjust the test date schedule to accommodate a student attempting to resume participation in extracurricular activities. The student will be required to submit to drug testing on each District test date for the remainder of the student's participation in extracurricular activities.

**Fourth Offense:**

Upon a fourth confirmed positive test result the student will be dismissed from all extracurricular activities for the remainder of his/her high school career.

\*Academic and disciplinary sanctions shall not be applied under the Program. However, violations of the Student Code of Conduct will be addressed in accordance with District Policy and procedures.

\*\*If a student refuses to submit to any test as required or authorized by the Program, the student shall be subject to the same consequences as if he or she tested positive for drugs or alcohol.

## **ATHLETIC LETTERING POLICIES AND REQUIREMENTS**

### **I. FOOTBALL**

- a. Players must participate in at least 25% of the total number of quarters played for the current football season at the varsity level.
- b. A senior participant who has participated in the football program at Gunter High School for four consecutive years becomes eligible for a letter.
- c. In the event that the varsity team enters the state playoffs, all players who were carried as varsity roster members from the beginning of the season become eligible for a letter award. These members have to be in good standing with the athletic department and made a significant contribution to the program.

### **II. BASKETBALL**

- a. Players must participate in at least 25% of the total number of quarters played for the current basketball season at the varsity level.
- b. A senior participant who has participated in the basketball program at Gunter High School for four consecutive years becomes eligible for a letter.
- c. In the event that the varsity team enters the state playoffs, all players who were carried as varsity roster members from the beginning of the season become eligible for a letter award. These members have to be in good standing with the athletic department and made a significant contribution to the program.

### **III. TRACK AND FIELD AND CROSS COUNTRY**

- a. Participants must compete for an entire season at the varsity level or score one point in the varsity division at the district track meet or place in the top 5 of Gunter team members in the varsity division of the cross country meet.
- b. A senior participant who has participated in the track program at Gunter High School for four consecutive years becomes eligible for a letter.

#### IV. TENNIS

- a. Participants must represent Gunter High School in at least 50% of all matches, tournaments, and outside competition at the varsity level and must represent Gunter High School in district competition.
- b. Any tennis participant, whether in singles or doubles competition, placing first or second in district competition automatically becomes eligible for a letter award.

#### V. BASEBALL/SOFTBALL

- a. Players must have played 1/3 of the total number of innings played in the total season. This is to include all players with the exception of reserve pitchers, catchers, and designated hitters and runners if used. These participants must be shown to have entered into a game at least one time for 1/3 of the total number of games involved in the complete season.
- b. A senior participant who has participated in the baseball/softball program at Gunter High School for four consecutive years becomes eligible for a letter.
- c. In the event that the varsity team enters the state playoffs, all players who were carried as varsity roster members from the beginning of the season become eligible for a letter award. These members have to be in good standing with the athletic department and made a significant contribution to the program.

#### VI. GOLF

- a. Participants must compete in at least 50% of the scheduled tournaments at the varsity level and compete in the district tournament at the varsity level.
- b. A senior participant who has participated in the golf program for four years is eligible for a letter.

#### VII. VOLLEYBALL

- a. Players must have played in 1/3 of the total number of matches in a total season. This would include district, non-district tournaments and playoff matches at the varsity level.

- b. A senior participant who has participated in the volleyball program at Gunter High School for four consecutive years becomes eligible for a letter.
- c. Must be in good standing with the athletic department and made a contribution to the program.

## VIII. POWER LIFTING

- a. Participants must score in a varsity meet to be eligible for a letter.
- a. Participants must score a total of 5 or more points in a season to be eligible for a letter.
- b. Senior participants who have competed all four years are eligible for a letter.

## IX. WRESTLING

*To earn a varsity wrestling letter, a wrestler must:*

- Earn nine varsity team points over the course of the season
- OR
- Place in a varsity wrestling tournament (1<sup>st</sup> – 3<sup>rd</sup> )
- Attended 95% of practices

*A wrestler can earn points toward a wrestling letter by:*

### ***Dual wins:***

- A pin in a dual, counts as three points towards a letter
- A win in a dual, counts as two points towards a letter
- A major decision in a dual, counts as two points towards a letter
- A tech fall in a dual, counts as two points towards a letter
- A forfeit in a dual, counts as one point towards a letter

