

INTRODUCTION TO ATHLETICS

The Chireno Independent School District believes that the district athletic program should be an integral part of the total educational process. The mission of the Chireno Independent School District Athletic Department is to insure and enhance the quality of life for youth by providing competitive activities. The pitting of one's skills, knowledge, and talent against friendly opponents is a means of learning one's own strengths and weaknesses. Good contests, properly supervised, give youthful competitors the opportunity to gain self-confidence, improve skills, and exhibit good sportsmanship, ethical behavior and integrity. Solid athletic programs help the participant to develop physically, morally, and mentally. Athletic offerings within the district are competitive and diversified, thereby allowing students the opportunity to achieve their full potential relative to growth and development. All programs are designed not only to teach athletic skills, but also to instill good character and teach sound values. It is felt that the success of the athletic program sets the tone for the entire school year. It builds a positive self image for the individual athlete, the team, the school, the community, and importantly, for the Chireno Independent School District. It is our final goal that sports activities will produce young men and women who will be able to enter the community and become constructive and contributing members of society: citizens that will leave their mark on this world by making it a better place for future generations.

ATHLETIC MISSION STATEMENT

The Chireno I. S. D. athletic handbook contains a general statement of the administration regulations governing the overall athletic program. Provisions of the athletic handbook may be expanded, modified, or revoked only by action of the athletic director, principal, superintendent, or the board of education. If any of the above provisions of this athletic handbook conflict with federal or state laws, and regulations, or board policy, those provisions are superseded by applicable law or board policy. The provisions of this athletic handbook are severable, and the invalidity, illegality, or enforceability of the other provisions.

EXPLANATION OF ATHLETICS

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 the child's program.

Communication you should expect from your child's coach:

1. Philosophy of the coach
2. Locations and times of practices and contests
3. Team requirements, e.g., practices, special equipment, out of season conditioning

Communication coaches expect from parents:

1. Concerns expressed directly to the coach
2. Notification of any schedule conflicts in advance

As your children become involved in the programs at Chireno, 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. It is very difficult to accept your child's not playing very much, when, or where you may desire. It will be the coach's discretion to make all the decisions about playing time or position for individual student-athletes, regardless of the score of the game or the personal feelings of the student-athlete's parents. Coaches are professionals. They make judgments based on what they believe to be the 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 should be left to the discretion of the coach. Examples include team strategy, other student-athletes, playing time, etc. 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. Most conferences should involve the athlete, the parent, and the coach. When these conferences are necessary, the following procedures should be followed to help promote a resolution:

1. Call the coach to set up the appointment.
2. If the coach cannot be reached, call the office. A meeting will be set up 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 the coach. Meetings of this nature do not promote resolution.**

If the meeting with the coach does not provide a satisfactory resolution, the next step is to set up an appointment with the Principal and then superintendent if needed. Since research indicates that a student involved in extracurricular activities has greater success during adulthood, these athletic programs have been established. Many of the character traits required to be a successful participant are exactly those that will promote a successful life after high school.

CHIRENO ATHLETICS

According to University Interscholastic League rules, being in athletics is a privilege and not a right. Only those students who abide by school and athletic policies will be allowed to represent Chireno ISD. When young men and women sign up for athletics and become a member of a team, they make a commitment. They are obligated to follow the rules and regulations of the program. They are not forced to participate. It is voluntary; therefore, they are expected to follow the rules of order. Parents should strive to help their son or daughter to achieve success in athletics. Success is defined as participating at 100% of the individual's ability. We can never expect athletes to do more than they are capable; however, we do want them to obtain their fullest potential. Supportive parents can instill this desire in student athletes long after their playing days are over. This can be done by seeing that the student is on time, attends practices and games, and follow the rules and regulations.

REQUIREMENTS TO PARTICIPATE

A. Physical Examination

A physical examination is required for the student/athlete each year. The athletic department will offer these physicals at some point during the summer of each year. If the parents would like to use their own doctor they may do so, but the physical must be on the approved UIL form. These forms may be picked up in the office.

B. UIL Acknowledge of Rules

This form must be signed before the student will be allowed to participate.

C. Academic Eligibility

A student in grades 9-12 may participate in extracurricular activities on or off campus at the beginning of the school year only if the student has earned the cumulative number of credits in state-approved courses.

1. Beginning the 9th grade year- must have been promoted from the 8th to the 9th grade.
2. Beginning the 10th grade year- must have at least 5 credits towards graduation.
3. Beginning the 11th grade year- must have at least 10 credits toward graduation or during the preceding 12 months, he/ she must have earned 5 credits.
4. Beginning the 12th grade year- must have 15 credits toward graduation or during the preceding 12 months, he/she must have earned 5 credits.

A student participating in UIL activities will be suspended from participation in games after a grading period in which the student received a grade lower than a 70 on a scale of 100 in any academic class (other than identified honors or advanced class). This suspension continues for three weeks. The grades will be reviewed at the end of each three-week period; the suspension will be removed if the student is passing ALL classes with a grade equal to or greater than 70.

ADMINISTRATION OF THE PROGRAM

The administration of the athletic program should provide every boy and girl the opportunity to participate in any sport. Each head coach is responsible for making sure that all students are knowledgeable of tryout procedures and individual requirements for being in all sports. No student in any grade should be deprived of the opportunity to try out or participate in any sport if he/she has met the head coach's off-season and previous participation requirements. Each head coach will have the opportunity to set the requirements for his/her sport with approval from the athletic director. There will be special circumstances such as transfer students that will be addressed as needed. The general administration of the athletic program is the direct responsibility of the athletic director. This includes the arrangement of all schedules, time and place of playing games, selection of officials, and the general management of all matters pertaining to the athletic program. In carrying out this program, each head coach in the department shall attend to the details of their respective sports.

ATHLETIC DEPARTMENT POLICIES

1. Coaches Rule

Coaches may establish additional rules and regulations with the approval of the athletic director for their respective sports. The rules pertaining to a particular sport must be explained, in writing, by the coach at the start of the season. The coach shall administer penalties for violation of team rules. Copies of all team rules are on file in the office.

2. Discipline Techniques

Discipline yourself so that others won't have to. Each situation may require a different type of discipline. Whatever type of discipline that is required, the purpose is to help athletes improve themselves, and to become better persons. Failure to accept this on the part of the athlete or parent/guardian may result in dismissal from the team. The different discipline techniques listed below may be used alone or in combination with the student code of conduct or non-student code of conduct violations. The list below is not intended to be a list of progressive sanctions.

- Oral correction
- Counseling by coaches
- Home visits by head coach
- Parent-coach conference with athletic director
- Behavioral contracts
- Withdraw of privileges, such as participation
- Techniques or penalties identified by individual coach of sport
- Dismissal from team or program

3. Hazing

Hazing is against the law and will not be tolerated in the athletic program. Hazing means any intentional, knowing, or reckless act occurring on or off campus directed against another 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:

- a. Engages in hazing
- b. Solicits, encourages, directs, aids, or attempts to aid another in engaging in hazing
- c. Recklessly permits hazing to occur
- d. Has firsthand knowledge of the planning of a specific hazing incident involving a student, or first-hand knowledge that a specific hazing incident has occurred, and knowingly fails to report that knowledge in writing to the principal, athletic director, or designee.

4. Academics

All students are required to remain academically eligible to participate. Remember No Pass-No Play. Repeated academic suspensions may result in dismissal from the team.

5. Attendance

Be in class. Be on time. If you must miss an athletic period or practice, be sure that it cannot be avoided. If you must be absent, call and talk to one of the coaches, or the attendance secretary before the athletic period or practice. You will be required to make up work missed. Repeated absences may result in dismissal from the team.

6. Squad Selection

In accordance with our philosophy of athletics and our desire to see as many students as possible participate in the athletic program, we encourage coaches to keep as many students as they can without unbalancing the integrity of their sport.

Time, space, facilities, equipment, personal preference, and other factors will place limitations on the most effective squad size for any particular sport.

7. Cutting

Choosing the members of athletic squads is the sole responsibility of the coaches of those squads. Prior to tryouts, the coach shall provide the following information to all candidates for the team:

- A. Extent of the tryout period
- B. Criteria used to select the team
- C. Number to be selected
- D. Practice commitment if they make the team
- E. Game commitments

8. Injuries or Illness

If you must leave school because of illness, contact your coach, come by the office, or coaches office. If you are ill or injured, we don't expect you to work out, but if you are at school, we expect you to wear the uniform of the day and accompany your group or team unless given special permission by your head coach or your doctor.

9. Respect for Others

Coaches should receive "Yes Sir/ Yes Ma'am" responses from players when talking to them. Players in return will be treated with respect by their coaches. Show respect for the opposing players, coaches, officials, spectators, and support groups. Treat others, as you would want to be treated.

10. Promptness

Always be on time. On trips, the bus will not wait. After the final bell rings, you do not have time to waste; go directly to your sport. Tardiness will result in disciplinary action.

11. Disciplinary Removal

In most instances, if it becomes necessary to consider removing a student from a team or the athletic program, the coach of that team will notify the athletic director and the parent or guardian. The student will have an opportunity to confer with the coach and athletic director. The parents will receive notification and be invited to attend the conference.

12. Dress and Appearance

Athletic participation is voluntary upon the part of the student. By entering the program, the athlete agrees to abide by the spirit, rules, and regulations, which pertain to athletes.

One of the most important rules is that athletes must maintain a neat appearance at all times. You should be very professional in uniform and out.

Your appearance away from the gym, especially at school, should reflect the same class and pride that you show in our program. Everyone will wear his/ her uniform in the same manner. No one will be different. We will furnish your equipment, so you will not need your own. Men and women will wear the attire requested by the head coach. Grooming and dress will be explained in detail to all of the athletes and will be enforced by the coaches. No jewelry of any kind will be worn during practice or games. Athletes are public relations ambassadors for their school. Athletes serve as role models for other students.

13. Quitting

Anyone quitting a sport after a trial period (usually after the first game) will not be allowed to participate in another sport until the season of the sport quit is completed or unless the head coaches of both sports agree. The athletic director may, at his discretion, make an exception to this rule if an event outside the control of the athlete or his/her family causes the athlete to drop a sport. A clear understanding is to be reached by the athletic director and the athlete at the time the sport is dropped. Anyone walking off the field or the gym floor during a practice or game will be considered by the coach to have quit that team.

14. Conflict in Activities

An individual student who attempts to participate in several extracurricular activities will, undoubtedly, be in a position of a conflict of obligations. The athletic department recognizes that each student should have the opportunity for a broad range of experiences in the area of extracurricular activities, and to this end, will attempt to schedule events in a manner as to minimize conflicts. Students have a responsibility to do everything they can to avoid continuous conflicts. This would include being cautious about participation in **too many** activities outside of school also where conflicts are bound to happen. It also means immediately notifying the faculty sponsors and coaches involved when a conflict does arise. **When a conflict arises, the sponsors and coaches will work out a solution so the student does not feel caught in the middle.** If a solution cannot be found, the athletic director will make the decision based on the following:

1. The relative importance of the event.
2. The importance of each event to the student.
3. The relative contribution the student can make.
4. How long each event has been scheduled.
5. Talk with parents.

Once a decision has been made and the student has followed that decision, he/she will not be penalized in any way by either faculty sponsor or coach. If it becomes obvious that a student cannot fulfill the obligation of the school activity, he/she should withdraw from that activity in a timely fashion so as not to place an unreasonable burden on the team, coach, or sponsor.

15. Travel

All athletes represent the community, school, and coaches. Therefore, it is expected that all will dress in an acceptable manner on trips and conduct themselves in an appropriate

manner. **When missing classes because of an athletic event, it is the responsibility of the athlete to see his/her teacher the day before the missed classes.** All work shall be made up at the convenience of the teacher. All athletes making a school sponsored trip shall be required to ride the transportation provided by the school to and from the event. With the permission of the head coach, students may return home with the parent or guardian when the parent or guardian presents a written request to the coach. On school athletic trips, students will only be released in person to their parent or guardian. If an athlete is injured in a contest away from home, the above policy may be altered to meet the circumstances.

16. Vacations

Vacations by athletic team members during a sport season are strongly discouraged. While family values will always take precedence over program requirements, parents and athletes in conflict between vacations and program requirements may wish to re-evaluate their commitment to being involved in athletics. 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:

- A. Contact the head coach prior to the vacation
- B. Practice one day for each practice or contest day missed prior to resuming competition (contest day will count as a practice day.)
- C. Be willing to assume the consequences related to their status on the squad as a starter, 2nd string, etc. for the time missed.

17. Club Sports

A club sport is a sports program outside of the school that is not affiliated with U.I.L. 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. We will not excuse our athletes to miss a school contest or practice for a club event. If an athlete pursues club participation he/she must:

- A. Contact all head coaches of sports at the school in which he/she is participating.
- B. Be willing to assume the consequences related to their status on the squad as a starter, 2nd string, or even dismissal, for the time participating in club activities without approval of all head coaches involved at the school.

18. Tobacco-Alcoholic Beverages-Use of Illegal Drugs

There will be no use of tobacco products, drinking alcoholic beverages, or use of illegal drugs at any time for those students who desire to take part in the Chireno Athletic Program. The consequences for violation are a part of the Chireno Student Code of Conduct. Punishments stated are the minimum required. Each head coach may assess more disciplinary measures as he/she sees fit for their program.

19. Theft

Taking things that do not belong to you, especially taking from your teammates will not be tolerated. We ask that you do not bring valuables or large sums of money to the dressing room. **LOCK YOUR LOCKERS AT ALL TIMES.** A player caught stealing will have a letter, subject to the Student Code of Conduct, put in his student file, be required to replace whatever was taken, and serve accumulated OCS time.

20. Criminal Activity

Any activity that brings disgrace or dishonor to the Chireno Athletic Program will not be tolerated. Such activity could result in dismissal from the program. These consequences are set as a minimum punishment and head coaches may determine more harsh measures. These criminal offenses will coincide with the criminal drug and alcohol offenses outlined in the Student Code of Conduct. The athletic department and individual sports reserve the right to allow an accumulation of other misconduct to alter the amount and type of punishment administered, up to and including the dismissal of the athlete from the program. It is important to remember that these rules are in place to help the athlete to correct whatever problem they may have while not allowing their actions to be a detriment to the program.

AWARD POLICIES

U.I.L. rules prohibit athletes from accepting anything of value other than as listed in these policies. All athletes must strictly adhere to all training, attendance, conduct, discipline, and appearance rules set forth by the coaches for the entire school year before being considered for an athletic award. All scholastic eligibility rules established by the School Board, the University Interscholastic League, and T.E.A. must be met. It must be clearly understood that the coach recommends an athlete for an award.

Schools may give one major award jacket, not to exceed \$70.00 in value, to a student during high school enrollment at the same school for participation in one of the U.I.L. interschool competitions. One additional symbolic award, not to exceed \$10.00 in value, may be presented for participation in each additional U.I.L. activity. The \$10.00 award shall not be given to a student for an activity during the same year that the major award is given for that activity.

INSURANCE

Each year we hope to avoid injuries but unfortunately that is something that cannot be controlled. The reality is that all medical expenses resulting from an athletic injury are inherently the parent's responsibility. Chireno I.S.D. provides all students the opportunity to purchase an insurance policy with a current insurance company under contract at a minimal cost. We encourage all parents to check with the nurse for details to see if this is something that may benefit them. Families may choose to use a family doctor for the treatment of injuries, however they will be responsible for all charges that will be incurred.

ACADEMICS AND SCHOOL ROUTINE

All athletes are expected to be in regular attendance. As a coaching staff we are extremely concerned with the attendance of our athletes. It is a state law that if a student misses 10% of a class, he/she may not receive credit for that course even if he/she is passing. It is very important for our student athletes to be in school and at practice.

Your conduct in class should be **ABOVE THAT OF OTHER STUDNETS**. They are looking to you for leadership. You must be a leader in behavior and in supporting your faculty and administration. If you need extra help in a subject, ask your teacher if you can come early, before school, lunch period, or any time the teacher will allow. Most teachers will be more than happy to help you if you show proper respect and display an interested attitude of desiring to learn. These things will have a direct bearing on the kind of support we will receive from the faculty and administration. **WE NEED THEIR SUPPORT.**

NO PASS, NO PLAY has been a part of athletics for such a long time, there should be no excuses for not knowing the consequences of failing a class. A student athlete that fails and is out of competition hurts the team. If the team cannot count on an individual to be disciplined and dedicated to passing, how can the team count on that individual to be disciplined and dedicated to building and maintaining a winning tradition at Chireno?

The coaches realize that very few high school athletes will make a living playing or being involved in athletics after they graduate from Chireno High School. We are all concerned and dedicated to the academic achievement of each athlete. A well-rounded and useful education is the main purpose for attending school; all other activities should enhance and extend that education.

On the following pages are some suggestions and hints on how your student athlete can obtain the kind of education he/she can use in later life to become a productive and contributing member of our society. Please read over these with your athlete and discuss other ways in which he can reach his full potential

STUDY SUGGESTIONS THAT WORK

A new school year, with all its' possibilities and promise, lies ahead for us all. The grades you make this year can pave your way for later success by helping you enter the college you want, obtaining the job you want later in life, and perhaps receiving a college scholarship upon high school graduation.

AT THIS MOMENT, THE YEAR IS AHEAD. MAKE THE MOST OF IT!!!

Efficient ways of study are not a matter of guess. Psychologists have been working for years on how to study. Research on the best method of study has been conducted at top universities including Stanford, Ohio State, and Chicago University. Careful experiments with groups of students have shed light on ways of efficient study methods. By utilizing these techniques, you should learn more easily, remember longer, and save hours of study time. The suggestions that follow are based on the results of these experiments:

1. **Make and Keep a Study Schedule**

Set aside certain hours each day for homework. Keep the same schedule faithfully from day to day. The amount of time needed to study will vary with the individual student and the courses on his/her schedule.

2. **Studies in a Suitable Place – The Same Place Each Day**

Is concentration one of your study problems? Experts tell us that the right surroundings will help you greatly in concentration. Your study desk or table should be in a quiet place, as free from distractions as possible. You will concentrate better if you study in the same place every day.

3. **Collect All The Materials You need Before You Begin**

Your study desk or table should have certain standard equipment – paper, pen, pencil, eraser, and a dictionary. For certain assignments you'll need a ruler, paste, compass, or scissors. With all your materials at hand, you can study without interruption.

4. **Don't Wait For Inspiration To Strike – It Probably Won't**

We can learn a lesson about studying from observing an athlete. Can you imagine seeing an athlete who is training for a mile sitting on the field waiting for inspiration to strike before he starts to practice? He trains strenuously day after day whether he wants to or not. Like the athlete, we train for our tests and examinations by doing things we are expected to do over a long period of time.

5. **A Well Kept Notebook Can Help Raise Your Grades**

Guidance counselors tell us that there is a definite relationship between the orderliness of a student's notebook and the grades he/she makes. Set aside a special section for each of the subjects on your schedule. When your teachers announce important dates for tests and examinations, you will find how priceless orderly notes can be.

6. **Make A Careful Record Of Your Assignments**

Why lose time phoning all over town to find someone who knows the assignment? Put it down in black and white – in detail – in a place in your notebook. Knowing just what you are expected to do and when you are expected to do it is the first long step toward completing important assignments successfully.

7. **Use "Trade Secrets" For Successful Study**

Flash cards are “magic helpers.” On the front side of a small card you write an important term in History, Biology, English, etc and on the back, a definition or an important fact about that term. Carry your flash cards with you. At off times, take them out and ask yourself the meaning of the term. If you don’t know, turn to the other side and review the answer.

The “divided page” is another trick of the study trade. Make a dividing line down the center of a sheet of notebook paper. Then write the “self-recitation” method of study. Cover the right hand side and try to give the answer. Then check and re-check until you are sure you know the material.

A simple, but effective, study device is a “cover card”. As you are studying, look at your notebook or textbook and read what you are trying to memorize. Then use your “cover card” to conceal what you have just read, and try reciting or writing the facts from memory. Check until you are sure you have mastered these facts.

8. Good Notes Are Your Insurance Against Forgetting

Learn to take notes efficiently as your teachers stress important points in class and as you study your assignments. Good notes are a “must” for test reviewing. Without notes, you will often need to reread the whole assignment before a test. With them, you can call the main points to mind in just a fraction of the time. The time you spend in taking notes is not time lost, but time saved.

THREE GREAT RULES FOR GREAT GRADES!!

I. Always Attend Class!

II. Always Be On Time!!

A. To Class

B. With Assignments

III. Do something Extra!!!

The **first rule** is **Always Attend Class!** Far and away the most common reason for a “D” or an “F” grade is missing too many classes. Don’t miss a class for any reason. Plan your doctor appointment, or any other appointment very carefully. Don’t look for an excuse to miss but take pride in perfect attendance. If you’re not feeling well, suck it up and go to class. If you are really, really sick, stay home, get well and be responsible for getting your homework assignments. If you lounge around and watch TV all day, then cruise around in your car at night, **YOU HAVE MADE A PLAN TO FAIL. WINNERS PLAN TO WIN!**

The **second rule** is **Always be on Time!** The second most common reason for bad grades is Tardies! Don’t linger around in the hall. Most teachers hate or refuse to give good grades to someone who is late all the time, no matter how smart that person may

be. A teacher is also more apt to give a student extra consideration at grade time, if attendance and tardies have been perfect. The second part of rule two is to be on time with all assignments. Teachers, like coaches, are not interested in excuses. If you have to stay up past midnight or get up at 4:00 a.m., so what. Get it done! If you procrastinate and watch a TV program or do anything but study, YOU HAVE MADE A PLAN TO FAIL. WINNERS PLAN TO WIN!

The **third rule** is amazing. It's amazing because of the shock value to teachers. Most teachers are just thankful if a kid behaves in class and looks halfway attentive. But, here you come with something extra! Tell the teacher with sincerity you were really getting into the subject and did extra work. Don't ask for bonus points, but do ask the teacher to evaluate your extra work. Your teacher will be dazzled. He/She might not even be able to finish his/her lunch. If you are between a C and a D at grade time and you have done extra work on your own, the big majority of teachers will give you the higher grade. Aren't coaches expecting extra efforts from great players and great teams? Well, do it in the classroom. JUST PLAN TO WIN!

TEN COMMANDMENTS OF CHIRNEO PARENTS

1. Be POSITIVE with your son/daughter; let him/her know he/she is accomplishing something by simply being part of the team. Don't put him/her down if he/she is not getting to play as much as you would like to see them play.
2. Don't offer excuses for him/her if he/she is not playing. There is usually a reason for it. Encourage him/her to work hard and be his/her best. Tell him he/she will get his/her chance.
3. Don't put down his coaches, etc. Remember the coach represents the "Boss". The "Authority", the "Parent", the "Law", etc. If you talk bad about your child's coaches, how can you expect the youngster to respect the coach? You are teaching your child to be a complainer, not a doer.
4. Encourage your child to follow the team rules. Whether he/she is a first stringer or a seventh stringer, players must follow rules pertaining to curfew, drinking, smoking, girlfriends/boyfriends, promptness, and school. Athletics is very demanding and a coach must concern themselves with a player's off the field activities in order to get the maximum physical and mental performances out of his/her players.
5. Insist on good grades. Check the number of hours your child spends on homework. It is the duty of the parents to see that their child is working in the classroom. (No matter how good a player is, if he/she doesn't have good grades, he/she doesn't get into college.) Eliminate use of the car, phone calls, television, etc. This cuts in on study time.
6. Don't develop envy toward other players because you don't like their parents, etc. Don't try to live your life vicariously through your child. Athletics is a kids' game – Let them play it. Don't show any animosity or jealousy to any of your child's teammates because they get the ball more, score more, or even get a write-up in the paper. This type

10. HAVE THE COURAGE TO SAY NO TO ANYONE OR ANYTHING THAT WILL HURT OUR TEAM.
11. STRIVE FOR PERFECTION...SEE HOW MUCH YOU CAN DO, NOT HOW LITTLE.
12. LOOK IN THE MIRROR AND EVALUATE YOURSELF. ASK, "AM I PAYING THE PRICE FOR THE OWLS TO WIN?"
13. SHOW RESPECT FOR MANAGERS AND TRAINERS. THEY HAVE AN IMPORTANT JOB TO DO.
14. BE IN SHAPE. ALL ELSE BEING EQUAL, THE BETTER-CONDITIONED ATHLETE WILL WIN.
15. THINK IN TERMS OF TEAM, NOT "I". INDIVIDUAL GLORY COMES AFTER TEAM SUCCESS.
16. BE PROMPT - BE EARLY - NEVER MISS A PRACTICE.
17. REMEMBER THAT A COACH'S CRITICISM IS CONSTRUCTIVE AND FOR YOUR IMPROVEMENT NOT TO DEMORALIZE YOU.