

Millsap ISD Athletics



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2026-2027 Athletic Handbook

Millsap I.S.D.

Mission/Vision/Values

District Mission Statement

The Mission of the Millsap I.S.D. is to inspire, develop, and educate every student in a safe environment to be productive citizens prepared for lifelong success.

District Motto

Your child. Their dreams. Our mission.

Vision Statement

Millsap ISD will partner with parents to be the premier educational organization.

Value Statements

- We value the development of the whole child.
- We value community/parental partnerships and mutual respect.
- We value positive relationships with students, staff, and parents.
- We believe student success is our ultimate measure.
- We practice ethical behavior and personal integrity.

Millsap ISD Athletic Program

Purpose

The purpose of our athletic program is to build mentally and physically strong young men and women, who will take the traits of integrity, self-discipline, and hard-work into society.

Philosophy

Our athletic programs will be built in the following order: 1.) Character 2.) Academic Performance 3.) Athletic Performance. It is our goal to produce athletes who will have the courage to not only compete in the face of any adversity, but compete with passion. We will strive to produce athletes who have an understanding that execution is important in every aspect of life, and achievement comes with experience, learning and hard work.

Objectives

1. Instill a sense of self-discipline in every athlete.
2. Understand the importance of execution and achievement.
3. Create a positive atmosphere about the athletes, the program, and the school.
4. Teach the importance of TEAM and COMMITMENT when striving for a goal.
5. Teach the value of being successful.
6. Teach the importance of representing your community and instilling community pride.

Participation

It is the goal of the athletic program to offer the opportunity of participation to every student who has a desire and commitment to do so. Interscholastic athletics fosters competition and cooperation, both of which are key elements of a successful and productive society. It also represents an area of great potential for teaching dedication, commitment, perseverance, courage, loyalty, desire, self-confidence, and accountability.

However, no student is obligated to take part in athletics nor is participation in athletics required for graduation. **It is to be stressed that participation in the athletic program is a privilege.** The Athletic Director, and/or Head Coach's have the authority to suspend or revoke the privilege when the rules and/or standards of the athletic program are not followed.

The rules, regulations, and standards set forth in this handbook are designed to give each student a road map to success in life. It must be stressed that a student who chooses to enter this program must be committed to the program at all times.

General Guidelines for Participation

1. Each athlete will have a physical and complete the U.I.L. medical information forms each school year.
2. Athletes must notify the appropriate coach of an absence from any athletic practice that occurs outside the normal school day prior to the beginning of the practice. Failure to do so will result in conditioning to be administered by the appropriate coaches.
3. Athletes are responsible for remaining academically eligible. Athletes that are academically ineligible for two consecutive grading periods are subject to removal from athletics. Athletes may enter athletics only after a meeting has occurred with the athlete, parent/guardian, and the athletic coordinator. Athletes may attempt to re-enter athletics at the beginning of a new semester.
4. Athletes will refrain from the use or possession of tobacco or any tobacco product. Failure to abide by this rule will result in conditioning to be administered by the coach.
5. Students enrolled in athletics will provide a quality appearance in both behavior and grooming standards. Students enrolled in athletics will not alter their appearance as to become a distraction from the team concept. This includes, but is not limited to unnatural hair color or styles.
6. No jewelry shall be worn during practice or games.
7. Athletes are encouraged to travel to and from the games as a team. Athletes will travel with the team and coach unless a parent/guardian is present to sign for the athlete. Each Head Coach has the authority to determine travel arrangements for their sport post game.
8. Commitment is strongly encouraged in the athletic program. If an athlete chooses to quit a sport after the season has begun he/she will not be allowed to join another sport until a meeting is conducted with the coaches, parents, the athletic director, and student. In addition to the meeting, the student athlete must wait until the season of the sport the student is quitting has ended before joining a different sport. A sport is deemed to have started when the UIL calendar allows after school workouts to begin. For sports that start before school begins there will be a two week grace period.
9. Athletes must be enrolled in the athletic period to participate in team sports.
Team sports include: baseball, basketball, football, softball, and volleyball.
10. The Athletic period is for Athletes only. If a student is not involved in a school sport they will not be permitted entrance into the athletic period. An exception to this rule is the consideration of athletic trainers, and/or those hindered by medical conditions restricting them from sport participation.
11. An athlete is expected to participate in all competitions for the sport they are participating in. Arrangements should be made with the coach prior to the competition if the athlete is not participating. Missing a competition without notification will result in the following consequences:
 - a. First Offense- Possible removal, conditioning set forth by the appropriate coach.
 - b. Second Offense- Removal from the sport subject to a meeting with the athlete, parent/guardian, head coach, and athletic director.

** The Head Coach reserves the right to advance or reduce the discipline based

upon individual circumstances.**

Each head coach has the right to instill additional guidelines and rules for their respective sport. Those guidelines and rules will be in addition to the general guidelines of the athletic department. All rules and guidelines will be consistent with the ideas of instilling commitment, positive attitudes, team concepts and self-discipline.

Insurance

Extra-curricular accidental insurance shall be provided to all students in Millsap ISD who are participating in athletics. This is a secondary policy and should not be considered primary coverage. In order for the insurance to cover an injury the injury must have occurred during a school sponsored and supervised event.

Lettering Policy

Athletes may receive from the school one major award during their high school career. For Millsap ISD that award will be a school letter jacket. In order to receive a school letter jacket an athlete must meet the following criteria at the varsity level.

Cross Country- Run in the district meet.

Girls Basketball/Volleyball /Boys Basketball- Varsity participation in 50% of the district games/matches.

Football/Baseball/Softball- Participate in 3 quarters/innings in a minimum of 3 varsity games

Powerlifting- Regional qualifier.

Track- Participate in district meet and 50% of invitational meets.

Golf- Participate in district meet and 50% of the invitational tournaments.

Tennis- Participate in district tournament and 50% of the invitational tournaments

Athletic Period Requirements

Students who are enrolled in the athletic period must remain in the athletic period for the duration of the semester.

- A student will not be allowed to change their schedule and leave athletics when “their sport” is complete. They are expected to finish the semester off-season workouts and/or whatever standards their head coach requires of them.
- The Athletic Director and Coordinator have the right to remove an athlete for disciplinary reasons.
- The Athletic Director and Coordinator reserve the right to excuse an athlete from the Athletic Period prior to the end of the semester in extenuating circumstances. A meeting with the Principal, Counselor, AD and Girls Coord must be called in this instance. (*i.e. Needing graduation requirements*)

Quitting or Removal from a Sport

When a student begins a sport, it is expected that she/he will finish with their teammates and coaches. If a student quits their team during the season, and/or is removed by the Head Coach for disciplinary reasons, the athlete falls under the following restrictions:

1. The athlete may not begin practices or competition with another sport until the completion of the season the team they left/removed from is over.
2. The athlete is subject to extra discipline or conditioning by the Head Coach of the next sport they want to move into.
3. During this suspension (see #1), The athlete may lift during open weight room sessions and/or participate during open gym sessions, as long as it is not a team practice or meeting.

Vaping

If a student is caught “vaping” on school property and/or in possession of vape contraband, they are subject to extra conditioning for the duration of their ISS sentence, along with suspension of play in competitions as defined below. Note, game play suspensions for vaping take place IMMEDIATELY and are separate from ISS. *If a player misses 2 games for vaping but remains in ISS after the vaping suspension, the athlete would still be subject to the ISS limitations as well.* Due to ever changing state law on vaping, violations may also fall under DAEP rules.

1. **First Offense:** The athlete is ineligible to play the next competition(s)...
 - a. For sports that play 1 game a week, the athlete will sit 1 game (ex: football, cross country, track)
 - b. For sports that play multiple games per week, the athlete will sit 2 games (ex: basketball, baseball, softball, volleyball)
2. **Second Offense:** The suspension of playing in games will be doubled from the first offense...
 - a. For sports that play 1 game a week, the athlete will sit 2 games (ex: football, cross country, track)
 - b. For sports that play multiple games per week, the athlete will sit 4 games (ex: basketball, baseball, softball, volleyball)
3. **Third Offense:** The athlete is suspended from play for the entire season. Removal from the team is at the Head Coaches and Athletic Director’s discretion.
 - o *Tournament play would be treated as a normal game week. If an athlete must sit 2 games, and it is a 3 game tournament he/she would be allowed to play the third game IF they are not in ISS.*

Disciplinary Action

Athletes, like all other students, are subject to the Millsap ISD Student Code of Conduct. Any student who is placed in out of school suspension, in the Millsap ISD DAEP, or expelled because of any violation of the Student Code of Conduct may not participate in athletics or any other extracurricular activity for the term of the out of school suspension, expulsion or the DAEP placement. In addition to being suspended from participation, any serious violation of the Student Code of Conduct resulting in an expulsion or DAEP placement, during the term of the expulsion or the DAEP placement, any serious violation of the Student Code of Conduct shall be subject to the following athletic disciplinary actions after the student regains eligibility to participate:

***** The Athletic Director has the authority to advance/reduce any discipline action to a higher/lower level based on individual circumstances. Extreme scenarios, possibly ISS placements and/or DAEP cases will be reviewed on a case by case basis by the Athletic Director, Girls Coordinator, and appropriate Head Coach(s)*****

ISS placement (In School Suspension):

1. If a student athlete is assigned ISS they will not be allowed to participate in any contest (games, matches, meets, etc..) for the duration of their ISS.
2. They will be allowed and expected to be at after or before school practice, and will be subject to any extra discipline assigned by the coach.

Extreme scenarios, DAEP and possibly extreme ISS cases:

Level 1 (First Offense)

1. Five days of additional conditioning determined by the head coach and athletic coordinator, and placed on athletic probation.
2. Counseling sessions for any abused substance shall be required. Counseling may be obtained either through the school or through an agency outside of the school. Any cost incurred for the counseling sessions will be the responsibility of the athlete and/or the parent/guardian.
3. The appropriate coach will communicate any problem or concern with the parent/guardian in a timely manner.

Level 2 (Second Offense)

1. Fourteen days of additional suspension from athletic competition and ten days of additional conditioning determined by the head coach and athletic coordinator. The athlete will be required to attend and participate in all meetings, practices, and team functions that occur during the suspension time. The athlete will not be allowed to travel with the team, or attend any competition as a team member

- during the suspension.
2. Additional counseling sessions for any abused substance. Counseling may be obtained either through the school or through an agency outside of the school. Any cost incurred for the counseling sessions will be the responsibility of the athlete and/or the parent/guardian.
 3. The appropriate coach will communicate any problem or concern with the parent/guardian in a timely manner.

Level 3 (Third Offense)

1. Removal from athletics for one calendar year.
2. A meeting involving the athlete, parent/guardian, and athletic coordinator will be required before being re-admitted to the athletic program.

For any abuse of prohibited substance these guidelines and offenses will carry over from year to year until the student graduates.

All guidelines and rules set forth in this manual will apply to all athletes representing Millsap ISD. The Athletic Director has the authority to advance/reduce any discipline action to a higher/lower level based on individual circumstances. Any questions regarding this manual should be addressed to the Athletic Director

Spectator Code of Ethics

As a spectator of this and all Millsap ISD athletic events, I pledge to:

- Exhibit respect and appreciation for the students, coaches and officials at all times.
- Maintain self control and proper perspective of the event, never allowing my emotions to interfere with my judgment or respect of my family, school, or community.
- Recognize and acknowledge outstanding skill and performance on both teams.
- Refrain from the use of alcohol, tobacco, and profanity.
- Remember that I am here to support and encourage my team, not intimidate or belittle a student, coach or official.
- Be a positive role model through my actions and reporting to the game administrator those around me whose behavior is not acceptable.
- Remember that gate admission is a privilege to observe students compete, not a license to verbally abuse others.
- Remember that I am a guest of Millsap ISD and will conduct myself in a manner that conforms to this Code of Ethics or it will subject me to removal from the contest.