



MIDDLE SCHOOL PARENT-ATHLETE HANDBOOK 2025-2026

Creekview Middle School

Ed Willkie Middle School

Highland Middle School

Marine Creek Middle School

Prairie Vista Middle School

Wayside Middle School





EAGLE MOUNTAIN-SAGINAW ISD *Athletics*

CONTACT INFORMATION 2025-2026

SCHOOL	COORDINATORS	PHONE NUMBERS	HIGH SCHOOL COORDINATORS
CREEKVIEW	SHARA HANETHO MICHAEL SIDMAN	817-237-4261 817-237-4261	BOSWELL: 817-237-3314 WES WEAVER
ED WILLKIE	MARISSA HURTADO DRAON GLENN	817-237-9631 817-237-9631	CHISHOLM TRAIL: 817-232-7112 JANINE SMITH RICKLAN HOLMES
HIGHLAND	CAROLYN SIMS MATTHEW HAYES	817-847-5143 817-847-5143	SAGINAW: 817-306-0914 VANCE HUGHES MIKE DEWITT
MARINE CREEK	ZACH HASEMAN ANTHONY VALLE	817-847-2945 817-847-2945	CHISHOLM TRAIL: 817-232-7112 JANINE SMITH RICKLAN HOLMES
PRAIRIE VISTA	CHAY MANN SILAS ROBERTSON	817-847-9210 817-847-9210	SAGINAW: 817-306-0914 CATHERINE FOERSTER JEREMY MULLINS
WAYSIDE	TBA	817-232-0541 817-232-0541	BOSWELL: 817-237-3314 WES WEAVER

Department

ATHLETIC DIRECTOR:

BRENT BARKER 817-232-0880 EXT 2775

ASSISTANT ATHLETIC DIRECTORS:

TRICIA LEAVITT 817-232-0880 EXT 2560 JOHN ABENDSCHAN 817-232-0880 EXT 2561

THE FUNDAMENTALS OF SPORTSMANSHIP

Gain an understanding and appreciation for the rules of the contest. The necessity to be well informed is essential. Know the rules. If you are uninformed, refrain from expressing opinions on officials, coaches, or administrative decisions. The spirit of GOOD SPORTSMANSHIP depends on conformance to a rule's intent as well as to the letter of a given rule.

Exercise representative behavior at all times. A prerequisite to GOOD SPORTSMANSHIP requires one to understand his/her prejudices that may become a factor in his/her behavior. The true value of interscholastic competition relies upon everyone exhibiting behavior which is representative of a sound value base. A proper perspective must be maintained if the educational values are to be realized. Your behavior influences others whether you are aware of it or not.

Recognize and appreciate skilled performances regardless of affiliation. Applause for an opponent's good performance displays generosity and is a courtesy that should be regularly practiced. This not only represents GOOD SPORTSMANSHIP but reflects a true awareness of the game by recognizing and acknowledging quality.

Exhibit respect for the officials. The officials of any contest are impartial arbitrators who are trained and who perform to the best of their ability. Mistakes by all involved in the contest are a part of the game. We should not rationalize our own poor or unsuccessful performance or behavior by placing responsibility on an official. The rule of GOOD SPORTSMANSHIP is to accept and abide by the decision made. This value is critical for students to learn for later application in life.

Display openly a respect for the opponent at all times. Opponents are guests and should be treated cordially, provided with the best accommodations, and accorded tolerance at all times. Be a positive representative for your school, team, or family.

Display pride in your actions at every opportunity. Never allow your ego to interfere with good judgment and your responsibility as a school representative. Regardless of whether you are an adult, student, athlete, coach, or official, this value is paramount since it suggests that you care about yourself and how others perceive you.

“SPORTSMANSHIP: THE ONLY MISSING PIECE IS YOU!”



VALUE OF ATHLETICS

What benefit will a player derive from participation in athletics?

PHYSICAL WELL-BEING

The nation is becoming more conscious of the inadequacy of our youth in physical fitness. Through athletics, a foundation is built that can correct this situation.

THE RELEASE OF PHYSICAL ENERGY

Someway, somehow students will find a way to release their physical energy. Athletics offer a wholesome medium for this purpose.

RECOGNITION

Through guidance, players can learn to accept recognition in a proper manner. They learn that the praises they receive are not due to their effort alone.

UNDERSTANDING

Players working together for a common cause learn to accept victory or defeat in a mature manner. Team members soon learn how to understand each other and to make adjustments for the good of the team.

EMOTIONAL CONTROL

"When the going gets tough, the tough gets going." The athlete learns to get going, by tackling the task at hand. Emotional blow-ups only hamper him.

DISCIPLINE

We hear the cry that young people need to learn discipline. Athletics teach self-discipline, vital to a successful adult life.

PERSEVERANCE

Athletes learn to stay with the job and not give up until the contest is over.

THINKING UNDER PRESSURE

The accomplished businessman can attribute much of his success to this factor. Athletes learn it early in their career and use this ability the rest of their lives.

LOYALTY

Being faithful to a team, a group, a cause, is an important lesson of athletics. A person will not fail himself when he has learned the lesson of being true to others.



District Mission Statement:

The Mission of Eagle Mountain-Saginaw Independent School District is to foster a culture of excellence that instills a passion for a lifetime of continuous achievement in every student.

Athletic Department Mission Statement:

EMS ISD athletics inspires champions today and prepares student leaders for their future by fostering an environment of excellence to enable student-athletes to achieve their highest academic, athletic and personal aspirations.



July 2025						
S	M	T	W	T	F	S
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August 2025						
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24	25	26	27	28	29	30
31						

September 2025						
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28	29 [*]	30				

October 2025						
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November 2025						
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December 2025						
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21	22	23	24	25	26	27
28	29	30	31			



2025-2026 Instructional Calendar

Final Approval 3/31/25

Professional Development/Student Holidays

July 30 and 31, 2025 New Hire Orientation

August 1-August 12, 2025

September 2, 2025

September 26, 2025

October 14, 2025

November 7, 2025

January 5, 2026

February 13, 2026

February 17, 2026

March 13, 2026

August 13, 2025 First Day of School

January 6, 2026 First Day of Spring Semester

June 30-July 4, 2025 District Closed

Student and Staff Holidays

September 1, 2025

October 10, 2025

October 13, 2025

November 24-28, 2025

December 22-January 2, 2026

January 19, 2026

February 16, 2026

March 16-20, 2026

May 22 & 25, 2026

Early Release Days for Students

December 19, 2025 End of Fall Semester

May 29, 2026 Last Day of School

Start/End 9 Week Period-Elementary ^

August 13 - October 9

October 15 - December 19

January 6 - March 13

March 23 - May 29

Start/End 6 Week Period-Secondary *

August 13 - September 26

September 29 - November 7

November 10 - December 19

January 6 - February 13

February 18 - April 10

April 13 - May 29

Bad Weather Make-Up Days

April 3 and 6, 2026

Graduation Date - May 30, 2026

January 2026						
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February 2026						
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March 2026						
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29	30	31				

April 2026						
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12	13 [*]	14	15	16	17	18
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May 2026						
S	M	T	W	T	F	S
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June 2026						
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21	22	23	24	25	26	27
28	29	30				



Middle School Sport General Information

CROSS COUNTRY RUNNING

- Day of Meets: Monday-Saturday
- Practice Times: M-F 6am
- Admission: None
- Uniforms: Supplied by the school
- Transportation: Students will be transported to & from competitions

VOLLEYBALL

- Day of Games: Thursdays/Two Weekend Tournaments
- Practice Times: 7th before school & 8th after school
- Game Times: 5:00 for first game
- Admission: Adults \$4 Students \$2- ONLINE ONLY
- Uniforms: Supplied by the school
- Transportation: Students will be transported to & from competitions

FOOTBALL

- Day of Games: Tuesdays/ Wednesdays
- Practice Times: 7th before school & 8th after school
- Game Times: 5:00 for first game
- Admission: Adults \$4 Students \$2- ONLINE ONLY
- Uniforms: Supplied by the school
- Transportation: Students will be transported to & from competitions

BASKETBALL

- Day of Games: Boys-Thursdays/ Girls-Thursdays/Two Weekend Tournaments
- Practice Times: 7th before school & 8th after school
- Game Times: 5:00 for first game
- Admission: Adults \$4 Students \$2- ONLINE ONLY
- Uniforms: Supplied by the school
- Transportation: Students will be transported to & from competitions



TRACK & FIELD

- Day of Meets: Tues, Wednesdays, Thursdays
- Practice Times: After school
- Meet Times: After school
- Admission: None
- Uniforms: Supplied by the school
- Transportation: Students will be transported to & from competitions

TENNIS

- Day of Matches: Weekdays & Two Weekend Tournaments
- Practice Times: Before and after school
- Match Times: After school
- Admission: None
- Uniforms: Supplied by the school
- Transportation: Students will be transported to & from competitions
- Some matches played at High School Campuses

SOCCER

- Day of Games: Weekdays/Two Weekend Tournaments
- Practice Times: 'A' before school & 'B' after school
- Game Times: 'B' TBD
- Admission: Adult \$4 Student \$2-ONLINE ONLY
- Uniforms: Supplied by the school
- Transportation: Students will be transported to & from competitions

Developmental Gymnastics

- Practices before and after school determined by feeder campus
- 3-5 Intra-District Competitions
- Transportation to practice by parent
- Transportation back to campus by district
- Skills tryout required prior to admittance into program



ADDITIONAL INFORMATION

Please visit your school's website for their current information regarding practice times, game times, dates, and locations.

Visit www.emsisd.com and find your schools name in the drop bar then click on their athletics page or select link below.

[Creekview Middle School Athletics](#)

[Ed Willkie Middle School Athletics](#)

[Highland Middle School Athletics](#)

[Marine Creek Middle School Athletics](#)

[Prairie Vista Middle School Athletics](#)

[Wayside Middle School Athletics](#)

COMMUNICATION POLICY

This document is meant to facilitate the understanding of the policy or parent/athlete/coach communication for EMS ISD Middle School Athletics. Your athlete's Coach should present clear communication about your child's participation in his/her sport(s). In return, we ask that you follow the guidelines set forth in this policy.

COMMUNICATION THAT YOU SHOULD EXPECT FROM YOUR CHILD'S COACH:

1. Expectations the coach has for your child as well as all the players on the squad
2. Locations and times of all practices and contests
3. Team requirements for participants (practices, code of conduct, special equipment, conditioning, etc.)
4. Conduct that may result in the denial of your child's participation

COMMUNICATION COACHES EXPECT FROM PARENTS:

1. Concerns expressed directly to the coach
2. Notification, by note, of any schedule conflicts well in advance
3. Notification, by telephone, if your child won't be attending school

Sports at all EMS ISD Middle Schools will be very rewarding to your child. There may be times, however, when you have concerns about the way a situation is being handled. At these times, discussion with the coach is strongly encouraged.



APPROPRIATE CONCERNS TO DISCUSS WITH COACHES:

1. The treatment of your child
2. Ways to help your child improve
3. The behavior of your child

Coaches are professionals and make decisions based on the philosophy of the program and the situations that arise during game time. The goal of the coaches' decisions is to benefit the team as a whole, rather than a handful of individuals. The following circumstances should not be discussed with any coach:

INAPPROPRIATE ISSUES TO DISCUSS WITH A COACH:

1. Playing time
2. Team strategy
3. Other student-athletes

If you feel that a conference needs to be set up to discuss a concern, the following steps should be followed to help promote a peaceful and timely resolution.

1. Encourage your child to speak directly with the coach as this will often times take care of the problem.
2. Call the coach to set up an appointment.
3. If the coach cannot be reached, contact the head coach of that sport.
4. Please do not confront a coach after a practice or a game.
5. If the meeting with the coach does not resolve the problem to your satisfaction, contact the appropriate Athletic Coordinator of your school.
6. If the meeting with the Campus Coordinator does not resolve the problem to your satisfaction, contact your feeder High Schools Athletic Coordinator.
7. If still unsatisfied, contact the EMS ISD Athletic Director, Brent Barker at 817-232-0880.
8. Final step would be to contact your campus Principal.



Eagle Mountain-Saginaw Middle School Athletic Program/UIL Participation

Eagle Mountain Saginaw ISD offers participation in the following sports programs under the auspices of the University Interscholastic League-Austin, Texas:

Middle School (Grades 7-8)

CROSS COUNTRY RUNNING
FOOTBALL
VOLLEYBALL
TENNIS

BASKETBALL
TRACK & FIELD
SOCCER
GYMNASTICS

Student Participation

The goal of the athletic program is to offer the opportunity of participation to all students. Interscholastic athletics fosters competition and cooperation. It also represents an area of great potential for teaching dedication, perseverance, courage, poise and practicing the pursuit of excellence. However, no student is obligated to take part in athletics. Coaching staffs have the authority to suspend or revoke the participation of an athlete when rules, regulations, or standards of the athletic program are not followed.

Selection of Teams

The head coach of each sport will determine the players on each team. The selection of team will include, but is not limited to skill level, knowledge of sport, attitude, and experience in the sport. Middle school team members will receive adequate playing time based upon performance and meeting expectations. EMS will play C teams where appropriate in the 7th grade.

Select/Club Sports

In the case of a non-school related athletic event conflicting with a school related athletic event, priority will be given to the school athletic event. Please communicate prior to the season regarding club participation. Missing a school related athletic practice or game for a non-school athletic activity is unacceptable and could result in reduced participation in the following athletic contest.



Big 5 League

Participants:

Brewer
Azle South
Azle Forte
Irma Marsh
Springtown

Creekview
Highland
Marine Creek
Prairie Vista
Ed Willkie
Wayside

RULES AND REGULATIONS

Athletic Suspension

The Athletic Coordinator may suspend or place on probation for the duration of the term, duration of the seasonal activity, or the duration of the school year any student-athlete for a major infraction of the standards set forth in this athletic handbook.

The Athletic Coordinator empowers the coaching staff to enforce and maintain all policies and standards described in the Athletic Handbook. Communication will be maintained between the coaching staff, the Athletic Coordinator, and the campus Principal when infractions warrant suspension from athletic activities.

Attendances/Absences/Tardies

Student-Athletes are expected to be dressed and on time for all practices and competitions and remain for the duration of the practice or competition. It is the student athlete's responsibility to notify the coach if he/she must miss a practice or competition. By becoming a member of the Eagle Mountain-Saginaw Middle School Athletic Program, you are making a commitment to the program. ***An unexcused absence from a game may result in suspension or loss of playing time in the next scheduled game.**

As with any other activity, please be aware that excessive tardiness or absences will result in a loss of practice/instructional time. This loss of time could subject the student athlete to loss of playing time or even dismissal from the team. Sport-specific drills and conditioning may be required for **any** tardy or absence at **the discretion of the Athletic Coordinator.**

Classroom Behavior

Student-Athletes must maintain a satisfactory citizenship and behavior record by giving respectful attention to classroom activities and by treating teachers, administrators, and fellow students with respect. Tardiness, horseplay, fighting, disrespect, juvenile behavior, etc.... are not acceptable.



Responsibilities of an EMS ISD Middle School Student Athlete

All student-athletes have the responsibility to play to win, give their best effort, strive for excellence, and exhibit good conduct at all times in a manner that is a positive example to team members, fellow students, and the community. The fact that an individual has chosen to participate in interscholastic athletics is indicative that the student has taken into consideration the rewards, and pleasures attained from participation, in addition to the responsibility of following rules, regulations, and meeting the demands of being a student-athlete. Representing the EM-S ISD Middle School Athletic Program coincides with the expectations of the campus principal, coaches, teachers, parents, community, and most of all, by fellow teammates and classmates. As student-athletes, you are always on display.

The responsibilities of a student-athlete include, but are not limited to, the following:

- The student-athlete will strive for excellence in all activities at all times while being a member of the EM-S ISD Middle School Athletic Program.
- The student-athlete will faithfully abide by all rules set forth in the athletic handbook.
- The student-athlete will abide by the practice schedules and complete workouts each day.
- The student-athlete will personally notify his/her coach when unable to attend practice and will miss practices only under extreme circumstances.
- The student-athlete will abide by the coach's directions, instructions, and decisions.
- The student-athlete will be responsible for the proper care of all issued clothing and/or equipment. The student-athlete will be required to pay for any clothing and/or equipment that is lost, damaged or destroyed. Issued clothing should not be worn outside of athletic participation (practice/competition).
- Most importantly, the student-athlete will represent Eagle Mountain-Saginaw ISD to the best of his/her ability to set an example to the community of the values and expectations promoted within the school district.

Student-Athletes will be expected to:

- Respect coaches, teammates, teachers, staff, administrators and classmates.
- Follow directions the first time they are given.
- Refrain from unsportsmanlike conduct of any manner.
- Comply with Eagle Mountain-Saginaw ISD Board Policies, the District code of conduct, and discipline management plan.



The EMS ISD Middle School Athletic Program is an integral part of the total school experience for both boys and girls. It offers a variety of sports and activities to students who have the desire to participate. The athletic program is a vital part of education. The rules, regulations, and standards set forth in this handbook are designed to provide for the efficient operation of such a program. The student-athlete will be held accountable and responsible for all policies contained within this handbook and for any additional expectations set forth by the campuses.

Dress Code

All Athletes will be required to follow the Eagle Mountain-Saginaw ISD Board approved dress code found in the student handbook. In accordance with UIL rules and regulations, for safety reasons, student athletes will follow the National Federation jewelry policy in volleyball all other sports will be a no jewelry policy. Student athletes will also be required to maintain a hairstyle suitable for athletic competition. Suitable may be defined as (1) not impairing vision (2) suitable in length as to not create a safety hazard (3) not promoting disunity (shaved insignias, symbols, alternative colors).

Dropping/Quitting a Sport

It is the philosophy of the EMS ISD Athletic Department that student-athletes should finish what they begin. An athlete may not quit one sport to play another sport. The following procedures should be followed in order to drop/quit a sport:

- Examine the situation before a decision is made.
- Talk to the coach to see if a solution can be reached. (A parent conference may be required)

If the decision to quit is made by a student-athlete, the student must check out of the sport through the Athletic Coordinator.

- All clothing/equipment issued to the student-athlete must be returned in the same shape as it was when it was issued to the athlete. Payment for any lost or damaged clothing and equipment will be required. This matter must be resolved before a student-athlete begins participating in his/her next sport.
- A student-athlete that decides to quit one sport to join another must wait until the first sport has completed its season before they are allowed to participate in competition, unless released by the Athletic Coordinator of the campus. The student-athlete may practice with the team only during the Athletic period.

Failure to participate in the mandatory off-season program may also constitute dismissal from the athletic program.



Coaches in conjunction with the Athletic Coordinator/Asst. Athletic Director, reserve the right to prohibit any athlete from joining a team or sport if that athlete has routinely failed to complete seasons in other sports that they have started, whether due to conduct, attitude, or poor academic performance. Routinely quitting sports may result in dismissal from the athletic program.

Drug and Alcohol Use

It is the philosophy of EMS ISD Athletics that our interscholastic and extracurricular programs shall be drug and alcohol free. The basis for this is founded upon and by the following:

1. Use of drugs and alcohol is illegal for school age students.
2. Abuse of these products has been shown to create short and long-term health and safety risks.
3. Students using these products may not be capable of fulfilling commitments and responsibilities toward themselves, teammates, and school.
4. Use of these products can diminish the student's mental and/or physical performance.
5. Student-athletes should be positive role models who demonstrate pride and honor to their school, community, and family.
6. Student-athletes will be held responsible and accountable for their behavior and choices they make.

Education regarding drug, alcohol, and steroid abuse may be provided throughout the course of a student-athlete's involvement in the athletic program by members of the coaching staff.

The NCAA, UIL, and National Federation of High Schools publish and distribute to coaching staff's information regarding the dangers of substance abuse.

ELIGIBILITY/GRADES/TUTORIALS

The Eagle Mountain-Saginaw ISD coaches and administration shall determine each student's eligibility according to UIL rules and regulations as specified in the UIL Constitution and Contest Rules. EMS ISD strictly adheres to these rules and regulations. UIL, the State Board of Education, and the Texas Education Agency rules are strictly enforced. In addition, EMS ISD expects student-athletes to be top academic students. Each student-athlete must realize that he/she is a "student" first and an "athlete" second. The student-athlete must give sufficient time and energy to his/her academic courses to ensure acceptable grades to meet the UIL requirements for participation. Student-athletes that do not maintain passing grades or who are missing assignments may be subject to suspension from athletic competition at any time. Coaches may check student-athlete averages at any time within a grading period. Student-athletes will be required to attend tutorials if their Progress report shows a 75 or below in any subject.



Facilities/Equipment

Student-athletes are expected to take care of all facilities and equipment at all times. Normal wear and tear are expected, misuse and vandalism are not.

Game Conduct/Sportsmanship/Practice Conduct

The EMS ISD Athletic Program stresses exemplary behavior and attitude during practice and competitions. Unsportsmanlike conduct will not be tolerated. Student-athletes should be positive role models for students and the community. Student-athletes will be respectful to other contestants, fans, and to all coaches and officials. Technical fouls, penalties for unsportsmanlike or flagrant conduct, and ejections will be reviewed, and further disciplinary action may be assessed. Conditioning and exercises that build strength, stamina and endurance may be assigned for conduct that is not consistent with team rules.

ISS/AEP/Code of Conduct

Refer to the Student Handbook

Necessary Documentation

Prior to participation, a student-athlete must have the following on file:

- Pre-Participation Medical History and Examination form (UIL form only)
- Online Sports Participation Packet Completed
- Eagle Mountain-Saginaw ISD Athletic Handbook acknowledgement form
- Emergency Contact Information Form

Off Season Program

The purpose of the off-season program is to improve the athletic program by enhancing each student-athlete's ability. Drills and activities to improve speed, strength, and agility will be utilized. It is mandatory for all student-athletes to participate in the offseason program if they wish to participate in athletics.

Participation when ill or injured

Any student-athlete that is injured during the course of the season or has an illness of a minor nature and is unable to participate due to this injury or illness must continue to follow all expectations, rules, and regulations, if the student-athlete wishes to remain a part of the team. The student-athlete will not participate but will be required to attend all practice sessions and sit with the team during competitions. Failure to attend practices and competitions can result in dismissal from the team. Athletes learn from each practice session, whether they are actually working out or simply observing.



Personal Belongings

Student-athletes should not leave personal items, especially jewelry or money, in areas unsupervised. Please do not bring to school items that are unnecessary for participation in athletics. The Athletic department does have locks on all student-athlete lockers. **EMS ISD and the Athletic Department are not responsible for lost or stolen items.**

Team Travel

All regular school transportation rules and regulations apply when on an athletic trip. **All student-athletes are expected to ride the transportation provided by EMS ISD to all competitions.** The approval of the head coach must be obtained for a student-athlete to return home with his/her parent/guardian.

Uniforms for practice

Student-athletes will purchase a set of practice clothes that may include but not limited to shirt, shorts, sweats, or wind-suits. These clothes will be worn during participation in athletic practice or competition only. At the end of the season/year, the issued clothes will be returned. Student-athletes will pay a replacement fee for all clothing or equipment not returned at the end of the year. Student-athletes will not be allowed to participate at the next grade level until outstanding fines are paid in full. Consequences for not being dressed out in proper practice attire will be at the discretion of the head coach.

Thank you for taking the time to review the policies of the EMS ISD Athletic Department. Please contact the Athletic Coordinator or any member of the coaching staff with additional questions or concerns regarding the contents within the Athletic Handbook. Please sign the acknowledgement form attached below and return it to a member of the coaching staff.



EMS ISD Athletics/Fine Arts Department Environmental Policies

Heat Policy for Outdoor Practices/Activities

Elevated temperatures can present a dangerous situation for student athletes and coaches. It is not possible to prevent all heat related illnesses in all athletes, but with reasonable precautions those situations can be mitigated. The EMS ISD Athletics and Fine Arts Departments have adopted the following policies with regards to outdoor and non-air-conditioned indoor activities. The following policies are the minimum standard, the use of more stringent policies is up to each individual head coach. Outdoor sports/activities include but are not limited to: Football, Cross Country, Baseball, Softball, Soccer, Tennis, Track, Marching Band, Drill Team and JROTC.

Campus athletic training staff and head coaches should collaborate prior to each practice/game, held during inclement weather, to discuss specific weather conditions and any modifications/restrictions for activity. Whenever possible, the head coach of any middle school or high school sport and athletic trainer should consult with each other as early as possible during an individual day in order for all concerned parties to be notified of possible changes to practice schedules/activities appropriately.

In 2023, the UIL approved **Wet Bulb Globe Temperature (WBGT)** as the recommended forecast measurement to be used to monitor environmental conditions during secondary outdoor physical activities. WBGT estimates the effect of temperature, relative humidity, wind speed, and solar radiation using a combination of temperatures from three thermometers.

The American College of Sports Medicine has recommended WBGT guidelines that dictate modifications in activity (work: rest ratios, hydration breaks, equipment worn, length of practice) at given WBGT temperatures to prevent exertional heat stroke.

EMS ISD utilizes Perry Weather stations that continuously monitor the WBGT. The UIL policy requires any outdoor athletic and marching band contest, practice, workout, or conditioning session held in WBGT temperature of 80.0 degrees or higher to always have a rapid cooling zone on site and available at all times for full body, rapid cooling of athletes experiencing heat illness.



The below table represents modified guidelines from the American College of Sports Medicine regarding:

- The scheduling of practices at appropriate WBGT levels
- The ratio of workout time to time allotted for rest and hydration at various WBGT levels
- The WBGT levels at which activities should be terminated

Temperature	Practices	Attire	Game	Fine Arts
WBGT < 82.0	Normal Activities: Normal attire. Must provide at least three 3-minute water breaks every hour.			
WBGT 82.0 – 86.9	Use discretion for intense or prolonged exercise. Must provide at least three 4-minute water breaks every hour, preferably in the shade	Football: remove helmets when possible & during breaks	Follow Guidelines	Use discretion for intense or prolonged exercise. Must provide at least three 4-minute water breaks every hour, preferably in the shade
WBGT 87.0 – 90.0	Maximum 2-hour practice with a 5-minute water break every 20 minutes	Football: helmet, shoulder pads & shorts only during practice. Remove helmets and shoulder pads when possible XC: runners must be in sight of a coach at all times	Follow Guidelines or delay start of game	Maximum 2-hour practice with a 5-minute water break every 20 minutes. Alter attire to loose-fitting, breathable clothing.
WBGT 90.1 – 92.0	Maximum 1-hour practice with 20 min of water breaks distributed throughout practice.	Football: No equipment & no conditioning activities XC: runners must be in sight of a coach at all times	Follow Guidelines or delay start of game	Maximum 1-hour practice with 20 min of water breaks distributed throughout practice. Alter attire to loose-fitting, breathable clothing.
WBGT > 92.1	No outside practice, games, or activity until a cooler WBGT is reached.			

* Values in the above chart are WBGT measurements (not temperature or heat index measurements).

* North Texas follows Class 3 guidelines based on WBGT Regional Classification

* WBGT practice guidelines and limitations do not apply to UIL competitions. Leadership will monitor WBGT conditions prior to and during the competition and make appropriate and responsible modifications as needed



Heat Illness Key Terms and Definitions

Heat Cramps

Heat cramps are painful muscle spasms that occur most commonly in the calf and abdomen, although any muscle can be involved. The occurrence of heat cramps is related to excessive loss of water and several electrolytes or ions, which are each essential elements of muscle contraction.

Heat Exhaustion

Heat exhaustion results from inadequate replacement of fluids lost through sweating (dehydration). A victim of heat exhaustion will collapse and manifest profuse sweating, pale skin, mildly elevated temperature (102 degrees), dizziness, hyperventilation, and a rapid pulse.

Heatstroke

Heatstroke is a serious life-threatening emergency. The specific cause of heatstroke is unknown but is characterized by a sudden collapse and possible loss of consciousness. Other symptoms include flushed, hot, dry skin, shallow breathing, a rapid strong pulse, confusion, combativeness, decreased mental acuity, and a core temperature of (106 degree) or higher. The heatstroke victim experiences a breakdown of the thermoregulatory mechanism caused by excessively high body temperature. The body loses the ability to dissipate heat through sweating.

Dehydration

When fluid loss exceeds fluid intake into the body.

Effects of Dehydration:

- Dehydration can affect an athlete's performance in less than one hour of exercise, sooner if the athlete begins the session dehydrated.
- Dehydration of 1%-2% of body weight can negatively influence performance.
- Dehydration of greater than 3% of body weight increases an athlete's risk of heat illness (heat cramps, heat exhaustion, heat stroke)

Warning signs of dehydration:

- Thirst / Irritability
- Headache / Dizziness
- Weakness / Cramps
- Nausea / Decreased performance

Hydration Guidelines

Before exercise:

- 2-3 hours before exercise: 17-20 oz. of water or sports drink.
- 10-20 minutes before exercise: drink another 7-10 oz. of water.

During exercise:

- Drink early - even minimal dehydration compromises performance.
- Drink every 10-20 minutes, at least 7-10 oz. of water. To maintain hydration, remember to drink beyond your thirst.

After exercise:

- Within 2 hours, drink enough to replace any weight loss from exercise. Drink 20-24 oz. of water or sports drink per pound of weight loss.
- A post-recovery drink such as chocolate milk will provide enhanced rehydration



Cold Policy for Outdoor Practices/Activities

Due to the risk of hypothermia and frostbite during cold weather, the following policy has been developed to protect EMS ISD athletes, coaches, game workers, and fans. The time of 2:00pm was chosen to provide ample time to contact all appropriate people to adjust plans for practices and games, and in most cases the temperature will not increase significantly after this time of day. To maintain consistency, all temperatures will be taken from the district-approved weather source for the campus in question.

Although excessive and prolonged exposure to cold may be an infrequent problem in Texas high school athletics, the prevention, recognition, and management of cold-related conditions are still an important consideration for coaches, administrators, and athletic trainers.

The following actions must be taken to modify activity due to cold weather conditions:

Weather Conditions	Athletics/Fine Arts Practices	Attire
Wind chill 32-35 °F with precipitation	90 minutes of total exposure with a 15 min break inside at the 45 min mark	Majority of extremities must be covered, change to dry clothing during break
Wind chill 32-35 °F without precipitation	90 minutes of exposure	Majority of extremities must be covered
Wind chill below 32°F with precipitation	All practice indoors	Extremities must be covered
Wind chill 25-32 °F without precipitation	90 minutes of total exposure with a 15 min break inside at the 45 min mark	Extremities must be covered
Wind chill 25 °F and below	No outside practice, games, or activity until a warmer temperature/wind chill is reached.	

* At 35°F wind chill, high school students must have extremities covered at the start of practices/workouts. As students warm up, they can remove layers, as per the individual.

Game Play Modifications:

Games/contests postponed due to cold weather will be determined on a case-by-case basis by EMS ISD Administration to ensure safety measures are considered for all participants and spectators. An outside game/contest date will be considered for rescheduling if the following occurs:

- Wind Chill is 25°F or less, with precipitation.
- Wind Chill is less than 20°F, without precipitation.

School Day Modifications:

- Cancellation - full day: No travel or practice unless approved by the athletic director, principal and/or designee.
- Early dismissal: The athletic director, principal, and/or designee must approve practice. If approved, practices should end early.



Lightning Policy for Practices/Activities

Lightning may be the most frequently encountered storm hazard endangering participants of athletic/fine arts activities each year and sometimes striking with little or no warning. It is important to be prepared and have a plan in place to take the appropriate steps to reduce the risk of lightning related injury. This policy is for those responsible or sharing duties for making decisions concerning the suspension and restarting of practices and contests based on the presence of lightning.

The policy establishes a complete description for the criteria for both the suspension and resumption of athletic activities, games, or matches.

LIGHTNING SAFETY POLICY: FOR PRACTICES AND GAMES

1. Establish a Chain of Command:

If a Licensed Athletic Trainer is on duty, he/she will assume the authority to suspend a game at any time. The Athletic Trainer will work in coordination with any of the following: Athletic Director, Game Administrator, Athletic Coordinator, and/or Administrator on duty to implement the lightning policy. The Athletic Administrator on duty and Game Administrator assume the responsibility as the spokesperson to participating teams, school administrators, game officials, and press box.

2. Establish a "Weather Watcher":

If inclement weather is observed during outdoor activity, the athletic training staff/coaches of each sport affected are responsible for actively monitoring their EMS ISD weather system text alerts.

3. Weather Monitoring:

All representatives in the Chain of Command are required to monitor local weather forecasts. All EMS ISD Coaches and Athletic Admin are equipped with a weather tracking program to monitor weather from their phone. Although the home team is responsible for each game or match, it should be noted that the athletic trainer, head coach and/or administrator is responsible for the safety and well-being of adults and students in his/her charge. If no policy is in effect at the out-of-town site, it is recommended that the EMS ISD policy be followed.

4. Safe Structures for Evacuation:

The definition of a safe structure is any fully enclosed, substantial building. Ideally, the building would have plumbing, electrical wiring, and telephone service. Safe structures would be the weight room, turf room with the rolltop doors closed, the gymnasiums, cafeterias, and fieldhouse. Shelters that would **NOT** be considered safe are baseball/softball dugouts, under football stands, and any other structure that does not meet the above definition of a safe structure.

Secondary safe shelters are any vehicle with a hard metal roof (i.e., school bus). Not a convertible or a golf cart. This is not the safest place to be, but it is better than being outdoors. Everyone in a vehicle should be instructed not to touch any metal in that vehicle when lightning is in the area. Avoid using shower facilities for safe shelter and or do not use the showers plumbing facilities during a thunderstorm.



5. Criteria for the Suspension/Resumption of Athletic Activities:

10 Mile Rule

Criteria for suspension of activities: When the lightning detector indicates lightning strikes at a range of 10 miles or less from the venue, all individuals should evacuate to a safe shelter.

Criteria for resumption of activities: Wait at least 30 minutes after the last indication of lightning in the 10-mile range before leaving the safe shelter to resume activities. This is indicated by the "All Clear" alert from the EMS ISD Perry Weather systems.

30 Minute Rule

The thirty-minute rule can be explained in another way. A typical thunderstorm moves at the rate of approximately 25 miles per hour. Experts believe that 30 minutes allows the thunderstorm to be about 10-12 miles from the area, minimizing the probability of a nearby and therefore dangerous, lightning strike. A blue sky in the local area or a lack of rainfall is not adequate reason to breach the 30-minute return to play rule. Lightning can strike far from where it is raining, even when the clouds begin to clear and show evidence of blue sky. This situation is often referred to as the "bolt out of the blue." Each time lightning is indicated in the 10-mile range, the 30-minute clock will be reset.

Outdoor Warning System

To encourage lightning safety, EMS ISD has installed lightning alert systems at each high school and middle school campus. The system provides audible and visual alerts when lightning is within close proximity (10 miles or less) to the venue so participants and spectators can take necessary lightning safety precautions. The audible alert and the "lightning delay" PSA will occur once at the first close proximity strike while the strobe light will remain active until the all-clear (typically 30 minutes). Three short audible alerts followed by a "lightning all clear" PSA indicate an all-clear.

Announcements During Contests/Competitions

When the contest/competition is suspended due to lightning, an announcement will be made from the press box. This announcement should include the reason for suspension, the location of safe shelters, and criteria for resuming activity. Here is a sample announcement:

Hazardous lightning has been detected in the immediate area and this sporting event/contest has been temporarily suspended. All contest participants have been designated a safe location. This suspension will last a minimum of 30 minutes. All spectators are advised to leave the stadium bleachers at this time. Stadium seating is an unsafe location for you to remain while lightning is in the immediate area. Please return to your car or "venue designated safe area" until the inclement weather has passed. Please do not remain in the stands. Thank You



6. First Aid for Lightning Strike Victims:

- Activate local EMS
- Ensure your own safety before venturing out into the venue to provide aid
- Lightning victims do not "carry a charge" and are safe to touch
- Move patients to a safe location if necessary
- Evaluate airway, breathing, and circulation, and begin CPR if necessary.
- Evaluate and treat for hypothermia, shock, fractures, and/or burns, if able

Students in “Good Standing”

Students participating in any athletic program will be monitored for academics, behavior, and attendance. Any negative drops in behavior, academics, or attendance during the year may result in disciplinary athletic consequences and/or possible removal from the program. We expect this contract to help student/athletes move forward positively, academically, behaviorally, and athletically.

The Four Components of Good Standing

Academics

Attendance

Behavior

Sportsmanship

1.) Academics

Being a Student/Athlete will always be the primary focus.

- Completing homework is non-negotiable. All homework is to be completed. Multiple incomplete grades or “zeroes” can result in a student being **not in good standing**.
- Interim reports and other progress reports may be obtained from teachers.
- Unsatisfactory academic progress may cause a student to be **not in good standing**.

2.) Attendance

“When you miss school, you miss out!”

- You must be present in school the day of practice, meets, and games in order to participate.
- Being sent to ISS for being tardy can result in a student being **not in good standing**.
- Multiple unexcused absences can result in a student being **not in good standing**.



3.) Behavior

Exemplary behavior is expected from all students that represent our school both on and off the court or athletic field.

- ISS and OSS for referrals written will result in the player being **not in good standing** for the duration of the ISS or OSS assignment. This goes for bus referrals as well. Students will not participate in practice, games, or meets when **not in good standing**.
- Teams stay together while at games or meets. There is to be no traveling around a home team's school while waiting for the start of a game. Stay together as a team during away games.
- Conduct detrimental to the team culture or program, including but not limited to violations to the student code of conduct including social media
- will result in the student being **not in good standing**.

4.) Sportsmanship

All Athletes will exhibit appropriate sportsmanship in all games and practices. Poor sportsmanship includes the following:

- Arguing with coaches, referees, or officials
- Being ejected from a game or meet
- Receiving technical fouls for behavior on the court/during a game
- Taunting, belittling, "showboating" or "trash-talking" opposing players
- Communicating with spectators
- Any conduct that is detrimental to the team or to Middle School.

Students who are in violation of good sportsmanship will be **not in good standing** for the following week. Reduced playing time may be a choice made by coaches when an athlete is not in good standing.



**EMS ISD MIDDLE SCHOOL ATHLETIC HANDBOOK
ACKNOWLEDGEMENT FORM**

I understand the policies and procedures of the EMS ISD Athletic Department, I am also aware of the consequences for violating said policies. If at any time I have questions regarding the handbook, I will address these questions to the Head Coach/Athletic Director/Coordinator. I understand that the Athletic Director/Coordinator and coaching staff will enforce these policies, procedures, and consequences.

Parent/Guardian Signature

Date

I understand the policies and procedures of the EMS ISD Athletic Department, I am also aware of the consequences for violating said policies. If at any time I have questions regarding the handbook, I will address these questions to the Head Coach or Athletic Director/Coordinator. I understand that the Athletic Director/Coordinator and coaching staff will enforce these policies, procedures, and consequences.

Student-Athlete Signature

Date

*Campuses may have additional requirements regarding participation in their athletic program.



UIL Behavior Expectations of Spectators

Remember that you are at the contest to support and yell for your team, and to enjoy the skill and competition not to intimidate or ridicule the other team or its fans.

Remember that school athletics are a learning experience for students and that mistakes are sometimes made. Praise student-athletes in their attempt to improve themselves as students, as athletes, and as people, just as you would praise a student working in the classroom.

A ticket is a privilege to observe the contest, not a license to verbally assault others or be generally obnoxious.

Learn the rules of the game, so that you may understand and appreciate why certain situations take place.

Use only cheers that support and uplift the teams involved.

Be a positive role model at events through your own actions and by censuring those around you whose behavior is unbecoming.

Parents and spectators should be aware that the school can (and should) remove them from the premises and can prohibit them from attending future contests due to undesirable behaviors.

Game officials can ask that school administrators have unruly fans removed from a contest facility.

There is no such thing as a “right” to attend interscholastic athletics. Interscholastic athletics are considered a “privilege” and the spectator who avails themselves of it is expected to conduct himself or herself accordingly.

Keep in mind that you are a guest of the school, and that while winning is certainly an admirable goal; it is hollow if it comes at the expense of morals, ethics, and just plain common sense.

The school is responsible for the behavior of their spectators. The school district can be and will be punished for actions of patrons in violation of UIL standards and rules.

REVISED 4/14/25