

# **Cedar Bayou Junior School Bears**

## **2021-2022 Athletic Handbook**



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## Welcome

Welcome to the Cedar Bayou Junior Athletic family! For some this will be a brand-new endeavor in your athletic career and for others it is a welcome back. Here at CBJ we strive to; **improve every day, be unselfish, work hard, and be our best** on the playing surface as well as in the classroom. We hope that being a part of CBJ athletics helps to build a valuable skillset that helps guide each athlete to these goals. **Bears Win Every Day!** As a family, please read through the handbook to become familiar with our policies and expectations so that we may have an excellent year together!

## Goals and Objectives

Students will learn:

- Fundamentals in each sport to help them compete at the next level.
- Differentiated skills in each sport to add to their “toolbelt”.
- Self-care leading up to an athletic contest.
- Discipline in a team setting.
- How to accept and utilize constructive criticism.
- Proper Practice and Contest etiquette.
- To exercise and display good sportsmanship when performing within the realms of athletic competition.

## Making a Commitment

In order to have success in our athletic programs, each athlete must decide if they are willing to make the commitment of time as well as effort. Success comes from what you do with the time you have not how much time you have. Your teammates and coaches are counting on you to maximize every second we have together.

We have many athletes involved in other competitive areas of our school outside of athletics and with our “success brings success” philosophy, we strongly encourage them to pursue both interests. We will never make an athlete choose but will always need communication from the athlete if a conflict should arise so that we may help resolve the conflict.

Athletes that choose to play team sports for CBJ will be making the commitment to follow all policies in this handbook. If an athlete is removed, expelled, or voluntarily leaves from a team for ANY reason, the CBJ coaching staff has the discretion to not allow the athlete to try out for

the next sport coming into season: football to basketball, basketball to track or tennis, track or tennis to soccer, etc.

## **Academic Eligibility “No Pass No Play”**

As a public school in Texas, we are governed by University Interscholastic League (UIL) rules. One policy that we want to make athletes and parents aware of is the “no pass no play” policy. The athlete is required to maintain an average at or above a 70% in every class at each 6-weeks report card. Anything below a 70% average will disqualify the athlete from practicing or playing in contests each 6 weeks they fall below the 70% average. The athlete may return to play if they pass ALL classes on the next 3-week progress report. We encourage each athlete to communicate with their teachers about their grades on a weekly basis as to not be surprised at the end of the grading period. The coaches will also help students track their grades weekly with grade checks and extra motivation for those that are below an average of a 75%. We choose to strive for a 75%-average due to Division 1 colleges only being able to scholarship athletes with a 2.5 GPA (75% average) or higher.

## **Athlete’s General Conduct Expectations**

Good conduct will be expected from all athletes in the classroom as well as in the practice and contest setting. Having good conduct takes discipline. We should be disciplined every day to help maximize productivity. Athletes will always be held to a higher standard of conduct as they are always in the spotlight and have extra eyes watching how they are representing themselves as well as their team. We expect all conduct checks to come back with an “S” or above. Conduct checks of “N” or “U” will result in extra motivation from the coaching staff. Any office referrals will result in a consequence such as but not limited to 1) Extra motivation. 2) Suspension of minutes from the next contest. 3) Suspension of quarters, periods, or halves from the next contest. 4) Suspension of game(s). 5) Expulsion from the team. These consequences may also be issued in violation of team rules. Consequences will be issued at the coaches’ discretion. Consequences will be decided by the whole grade level coaching staff and will never be decided by just one coach no matter their title.

### **Team rules:**

- 1) Be at the correct place, at the correct time, with the equipment needed to be productive. If a situation arises that will prevent you from this, communicate with a coach.
- 2) The athlete will not leave the practice or contest unless given permission from a coach.
- 3) Do not touch any equipment that is not yours unless you have been given permission from a coach or the owner/renter of the equipment.

- 4) No horse-play will be tolerated. If the athlete is not taking reps or in the game, they are to be taking mental reps and getting ready to jump in when called.
- 5) The athlete should not have any cell phones or devices at any practice or contest.
- 6) Any abuse of property will not be tolerated especially if being rented from the school (i.e. throwing a helmet, slamming or kicking a ball, throwing a jersey, etc.) Destruction of school property will result in consequences including a referral to the principal and High School Athletic Coordinator.
- 7) Have respect for the name you are representing on your chest. Wadding up jersey, taking off jersey during a game, etc. will not be tolerated.
- 8) Equipment should be stored correctly when not in use. Each athlete should have a lock and a locker. Equipment will not be issued to those with no lock on a locker.
- 9) Non-team members will not be allowed in the locker room, on the practice surface, on the sideline or bench, and may not ride the team bus without permission from a coach.
- 10) We will respect all of our teammates, opponents, officials, administrators, coaches, and teachers.
- 11) If you think it may be wrong, ASK! If you think you will get into trouble, DON'T DO IT!
- 12) Each grade level coaching staff may add or subtract rules if needed and will communicate expectations to the players. Year to year every team is different, and we will strive to do whatever is best to help grow young men and prime athletes.

**Code of Conduct:**

We will also use the policies set forth in the GCCISD adopted code of conduct as well as the UIL code of conduct. We will also use the rules set forth by the administration of the CBJ campus.

**Athlete's Attendance Expectations**

When one makes the commitment to play a team sport, it is highly important to be present at practice and games on time and prepared to maximize time. All members of any CBJ athletic team will be required to attend all practices and contests. Expect practices to be Monday-Friday each week and at least one contest per week. You will have the schedule far enough in advance to plan around practices and contests. Excuses for missing a practice or contest will be accepted IN ADVANCE when possible and only in the event of 1) Extreme Illness (Doctor's note may be requested by the coaching staff). 2) Extreme family emergency/death in the family (Note written and SIGNED by a parent may be requested by the coaching staff). 3) Participation in other pre-approved SCHOOL ACTIVITIES (school sponsor of other event needs to be contacted by the coaching staff). Examples of unexcused absences are 1) A non-school sponsored practice, contest, or performance unless approved by a coach. 2) A doctor, dentist, non-sports injury appointment. 3) Going out of town unless approved by a coach. 4) I have chores to do at home. 5) I have too much homework. 6) The CBJ Coaching staff has discretion to define an absence as unexcused for any reason besides the above-mentioned reasons.

Absences will only be excused if the coaching staff is informed in advance of the absence. Excessive EXCUSED absences may still result in 1) Loss of playing time. 2) Suspension of quarters or halves of games. 3) Suspension of games. 4) Expulsion from the team. Any UNEXCUSED absences will result in 1) Loss of grade points. 2) Loss of playing time. 3) Suspension of quarters or halves, 4) Suspension of games. 5) Expulsion from team.

## **General Equipment**

We ask that each athlete keep all appropriate equipment in their locker throughout the year. At any time, weather and/or coach discretion may provide the need to have different types of equipment and/or clothing. We ask the athlete ALWAYS to have on hand 1) T-shirts 2) Athletic shorts 3) Long sleeve shirts or Hoodies 4) Long athletic pants for cold weather 5) Athletic Shoes 6) Cleats 7) Extra Socks.

We will not always have the opportunity to give notice when outside sport practices are moved inside or vice versa. There also may be times where we do half inside half outside and will require a change from location to location. Failure to have the appropriate equipment may result in no practice and will be considered unexcused.

## **Playing Time**

Our goal in the Cedar Bayou Junior Athletic Department is to get every athlete on the team playing time on the field or the court. We ask that you keep in mind that not every situation will allow our coaches to give every athlete equal playing time and there may be contests where the fit or the scheme will not allow every athlete playing time. If a player does not get any playing time in a specific game, our coaches are instructed to give that athlete extra repetitions at the next practices to get them ready to have play time in the next contest. Unlike outside of school sports, our coaches have to add in the objective of how to best help the team compete in each and every contest. WE GIVE EVERY ATHLETE A CHANCE TO WIN MORE PLAYING TIME AT PRACTICE EVERY DAY! We ask that you discuss with your athlete the importance of always being ready at practice to raise their hand and volunteer every rep we need someone. Scout team is where the majority of athletes earn more playing time by volunteering to do something out of their comfort zone and giving their all!

## **Social Media**

Although we will not personally keep up with the athletes' social media accounts, we ask that the athletes understand that everything they post is a reflection on themselves as well as the

CBJ Athletic program. We request that the athlete please ask themselves each time they post something if this represents themselves, their team, and their coaches well. Posts do get around the school and will eventually get back to a coach. Any inappropriate posts may result in a consequence such as 1) Suspension of playing time 2) Suspension of halves or periods 3) suspension of contests 4) Expulsion from the team.

## **Athlete to Parent Communication**

We highly encourage Athletes to communicate with their parents about the on goings of our athletic programs. We pride ourselves in being the best and we want the athletes talking about and taking pride in what they are doing at CBJ. Athletes are also the best form of communication between coaches and parents. We do ask that all communication between athletes and parents remain positive.

It is very important that the athlete communicate information and announcements to their parent. With a program that yearly has 150+ athletes we cannot call every parent with information. Athletes will be responsible for communicating to their parent information such as 1) Practice time changes. 2) Game time changes. 3) Practice or Game location changes. 4) Separate events such as picture day. 5) Any special announcements that are not found on the printed schedule, special packets, Cedar Bayou website, Facebook or Twitter accounts.

## **Athlete to Coach Communication**

Athletes are always encouraged to have open communication lines with the coaches. It is imperative for athletes to communicate with coaches when any conflicts arise. Athletes will be expected to communicate IN ADVANCE if they will be late to practice, absent from practice, or must be absent or late to a contest. Please see the section "Attendance Expectations" for more information. Athletes are also encouraged to communicate to coaches if they have another school sponsored function that may conflict with a practice or contest. Athletes should avoid speaking with coaches about 1) Decisions on positions. 2) Decisions on playing time. 3) Decisions on strategy or scheme. 4) Negativity towards teammates or other coaches. Athletes are encouraged to ask coaches about 1) How to prepare and work towards a different position in the future. 2) How to earn more playing time. 3) How to best resolve a conflict with another teammate or if the coach could help mediate a discussion between teammates.

## **Parent to Coach Communication**

The coaching staff understands that there are times that the parent may have questions and/or concerns for a coach that cannot be relayed through the athlete. The CBJ coaching staff will not address questions or concerns one on one. For the protection of the Athletes, the Parent, and the Coach we will always address parents with 2 or more coaches. We follow a chain of command at Cedar Bayou that will be followed as so 1) Directly speak with the athlete's immediate Coach and one or more other Coaches. 2) If the situation is not resolved set up a meeting with the Campus Athletic Coordinator and the immediate Coaches. 3) If still unresolved, set up a meeting with the Assistant High School Campus Coordinator, the Campus Athletic Coordinator, and the Coaches. 4) Set up a meeting with the High School Campus Athletic Coordinator. 5) Setup a meeting with the District Assistant Athletic Director. 6) Setup a meeting with the District Athletic Director. Please note we have a 24 hour wait period after contests before we will schedule any parent meetings. All meetings must be scheduled in advance. We use the UIL Parent Information Manual as well as the GCCISD Athletic handbook as guidelines for conducting parent meetings.

## **Transportation**

**Practices-** Each Athlete will need transportation home from every practice on time. We as coaches sacrifice a lot of time before and after school and many times have obligations to fulfill after each practice as well. It is the CBJ coaching staff's discretion on what is considered not on time and those guidelines will be communicated to each athlete. Consistent failure to pick up a student on time may result in a meeting with the athlete's parents to help come up with a plan to get the athlete picked up on time.

**Games and Tournaments-** Athletes will be required to ride to every contest on the bus with the team unless otherwise stated by a coach. It will always be assumed that there will be a bus to provide transportation to contests unless otherwise stated by a coach. Athletes may meet at a site if they were checked out of school early for an approved event and the coaches were given notice prior to the day of the contest. The coaching staff may ask for a note regarding the check-out from school. Athletes will not be allowed to leave a contest early unless for serious reason such as injury that requires a hospital visit, sudden family emergency or serious illness. The athlete may ride home at the conclusion of a contest with their parent if the parent and athlete both check out with the coach and appropriate uniforms and equipment are returned before leaving the contest site. Failure to follow transportation protocol may result in 1) Loss of playing time. 2) Suspension of quarters or halves of games. 3) Suspension of games. 4) Expulsion from the team. 5) Ban from trying out for the next in-season sport.

## **Football**

Football will be the first sport of the school year. Football will last from August 13<sup>th</sup> (1<sup>st</sup> day of school) until the beginning of November and consist of 8 or 9 total contests. All football teams conduct after school practices each day where there is no contest scheduled. Every athlete will make a football team, the teams are as followed: 8<sup>th</sup> Grade A Team, 8<sup>th</sup> Grade B Team, 7<sup>th</sup> Grade A Team, 7<sup>th</sup> Grade B Team. With 44 starting positions for each team, every player will be able to see the field whether it be offense, defense, kickoff, and kickoff return. Athletes' positions will be picked by the coaching staff based off of what is best for the team. Athletes will be required EACH DAY to have of their own 1) Cleats 2) Athletic Shoes 3) Socks 4) Athletic shorts 5) T-Shirt. Athletes will be issued from the school 1) Helmet 2) Shoulder Pads 3) Padded Pants 4) Practice Jersey 5) Game Jersey 6) The school will issue ONE (1) mouthguard to each athlete. We ask that the athlete be prepared with at least 3 extra mouthguards. Mouthguards can be purchased at Wal-Mart for \$3 each. Failure to have appropriate equipment may result in loss of practice time and will be considered unexcused.

**Volleyball-** Volleyball is the first sport of the year for girls. It usually lasts from August to end of October/beginning of November. It will consist of 7-8 games that are played on Thursday nights and a minimum of one weekend tournament. All practices are in the morning when there is no contest scheduled. Every athlete will make the volleyball team due to having an A, B and C team for each grade level. Athletes' positions will be picked by the coaching staff based off of what is best for the team. Athletes will be required EACH DAY to have of their own 1) Athletic Shoes 2) Socks 3) Athletic spandex 4) knee pads. Athletes will be issued 1) Practice shirt 2) Game Jersey 3) Bag. Failure to have appropriate equipment may result in loss of practice time and will be considered unexcused.

## **Basketball**

Basketball will be the second sport of the school year. Basketball lasts from the middle of November until the beginning of February and consists of 8 regular season contests, 2 tournaments and a potential mini district tournament (1 or 2 extra game(s)). Athletes who play basketball may be asked by their respective coaches to dedicate one to three student holidays to practice and will be expected to dedicate at least two weekends to the team for tournaments. With the number of roster spots, the teams will be split as followed: 8<sup>th</sup> Grade A Team, 8<sup>th</sup> Grade B Team, 7<sup>th</sup> Grade A Team, 7<sup>th</sup> Grade B Team, 8<sup>th</sup> Grade Reserve Team, 7<sup>th</sup> Grade Reserve Team. Athletes' positions will be picked by the coaching staff based off of what

is best for the team. Both grade level A and B teams will conduct after school practices each day where there is no contest scheduled. Reserve Teams will practice on an as needed basis only. Athletes will be required EACH DAY to have of their own 1) Athletic shoes 2) Socks 3) Athletic Shorts 4) T-Shirt. If an athlete chooses to wear any personal accessories for basketball it must match the primary color we are wearing for that contest. For example, if we are wearing home white all accessories must be white. If we are in blue the accessories must all be blue. Athletes will be checked out from the school 1) Contest Uniforms 2) Practice jerseys 3) "A" Teams only will be checked out duffle bags and practice shorts. Failure to have appropriate equipment may result in loss of practice time and will be considered unexcused.

## **Track and Field**

Track and Field will be the third sport of the school year and will coincide with Tennis. Athletes will be able to participate in both sports if they would like to. The season lasts from mid-February through late March and will consist of 4 regular season Track Meets and 1 District Championship Track Meet. Athletes are allowed to participate in a maximum of 5 total events in any combination that does not exceed 3 Field Events, 3 Sprinting Events, 2 Long Distance Events. Athletes' events will be picked by the coaching staff based off of what is best for the team. All athletes will make the track team and will compete for spots in the track meets each day at practice. Practices will be held each day that a Track Meet is not scheduled. Not all athletes will compete at every track meet. 7<sup>th</sup> Grade and 8<sup>th</sup> Grade have 2 separate teams but will compete on the same days. Athletes will be required EACH DAY to have of their own 1) Athletic Shoes or Track Spikes 2) Socks 3) Athletic Shorts 4) T-Shirt. Athletes will be checked out from the school 1) Track Tank 2) Track Shorts. Failure to have appropriate equipment may result in loss of practice time and will be considered unexcused.

## **Tennis**

Tennis will be the fourth sport of the school year and will coincide with Track and Field. Athletes will be able to participate in both sports if they would like to. The season lasts from mid-February through early April and will consist of 5 Team Tennis matches and 1 District Tennis Tournament. All athletes will make the tennis team and will compete for spots in matches each week at practice. Practices will be held each day that a match is not scheduled. Each match and the tournament will consist of 4 singles, 4 doubles teams, and a mixed doubles team coming to a total of 13 athletes that go to the matches and tournament. Not all athletes will compete in every match or tournament. Athletes will be required EACH DAY to have their own 1) Tennis Racket 2) Athletic Shoes 3) Socks 4) Athletic Shorts 5) T-shirt. Athletes will be

checked out from the school a tennis shirt for matches. Failure to have appropriate equipment may result in loss of practice time and will be considered unexcused.

## **Cross Country**

Goose Creek will have 1 Cross Country Meet. It is normally 1 to 2 weeks after the District Championship Track Meet. Any and all athletes that wish to run will be allowed to run. Soccer athletes will be required to run the Cross-Country Meet for their practice that day. Athletic class athletes that have not yet served their 2-sport minimum will be required to run in the Meet. Practices for the Meet will be during the school day during the athletes' PE or Athletics Period. Athletes should have their normal attire for PE or Athletics to practice in. We will issue uniforms for the evening.

## **Soccer**

Soccer is the final sport of the school year. Soccer will begin in late April and end in late May and will consist of 4 regular season contests and a championship contest for the top two finishing teams. Soccer is split into one 7<sup>th</sup> Grade and one 8<sup>th</sup> Grade team and is on a try-out basis. In order to try out for soccer, the athlete must attend 80% of track practices and run in a Track Meet if the coaches choose them to compete. Soccer athletes will also be required to run in the GCCISD Cross-Country Meet for one of the early season practices. Both Soccer teams will conduct after school practices each day where there is no contest scheduled. Athletes' positions will be picked by the coaching staff based off of what is best for the team. Athletes will be required EACH DAY to have of their own 1) Athletic Shoes and Cleats 2) Royal Blue Socks 3) Athletic Shorts 4) T-Shirt 5) Shin Guards. Athletes will be checked out from the school 1) Game Jersey 2) Game Shorts. Failure to have appropriate equipment may result in loss of practice time and will be considered unexcused.

## Letter of Consent and Signature Page

**Student:**

I have received the CBJ Athletics 2019-2020 Handbook and have read it thoroughly. I understand its contents and understand how to maintain athletic membership and the expectations to which I am held. I agree to follow all of the rules, procedures, and policies set forth in this handbook and I understand that failure to do so may result in being removed from the program, disciplinary consequences, or a lowering of my grade. I understand that I am committed to the practices, contests, and tournaments of each sport in which I am apart. I understand that failure to attend events can result in a lowering of my grade. I understand that I am an important part of the team!

\_\_\_\_\_  
Student Name

\_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Date

**Parent:**

I have received the CBJ 2019-2020 Handbook and have read it thoroughly. I understand its contents and understand how my child can maintain athletic membership, how he/she will be graded, and the expectations to which he/she will be held. I agree to enforce all of the rules, procedures, and policies set forth in this handbook and understand that my child's failure to follow these may result in his/her removal from the athletic program, disciplinary consequences, or a lowering of their grade. I also understand that I must help my child be committed to the scheduled practices, contests, and tournaments of each sport in which they are apart. I understand that I am an important part of the team!

\_\_\_\_\_  
Parent Name

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date

I would be interested in helping with a Cedar Bayou Junior Athletics' Booster Club.

YES\_\_\_\_\_ NO\_\_\_\_\_

Parent E-Mail\_\_\_\_\_

Parent Phone Number\_\_\_\_\_

