

Agenda – Parent Meeting

September 22, 2009

Outline

- I. Welcome**
- II. Introductions**
 - a. Head Coach – Corey Kerr
 - i. **corey.kerr@cfisd.net**; cell phone: 281-235-3753
 - b. Assistant Coach – Kendall Parr
 - i. **kendall.parr@cfisd.net**
- III. National Federation of High Schools - (www.nfhs.org)**
 - a. Uniform
 - b. Grooming
 - c. Weight Classes
- IV. National Wrestling Coaches Association - (www.nwcaonline.com)**
 - a. Weight Certification – Oct 25th
- V. University Interscholastic League - (www.uil.texas.edu)**
 - a. Important Dates
 - b. Tournaments Allowed - 8
 - c. Eligibility - Residence
 - d. Required Paperwork
 - i. All of these forms are available on CFISD website – www.cfisd.net, under Departments then athletics then forms for athletics and also on the UIL website. (www.uil.texas.edu)
- VI. Cypress Fairbanks Independent School District - (www.cfisd.net)**
 - a. Academic Eligibility
 - b. Tutorials
 - c. Financial Responsibility
 - d. Letter Jackets
 - e. Mandatory Drug Testing
- VII. Cypress Creek High School - (www.cycreekabc.com)**
 - a. Expectations
 - b. Missing Practices/Competitions
 - c. Team Rules
 - d. Playing Time
 - e. Weight Management
 - f. Training Staff Policy
 - g. Removal From Team
 - h. Recruiting/Scholarships
- VIII. Dismiss**

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Detailed Notes

I. Welcome –

II. Introduction –

III. National Federation of High Schools -

A. Uniform

1. Singlet and head gear required
2. Shoes **STRONGLY** encouraged

B. Grooming - done at every weigh-in

1. Hair
 - a. Cannot go below eyebrows
 - b. Cannot extend past collar
 - c. Hairnets for girls
2. Facial Hair
 - a. Sideburns no lower than midpoint of earlobe
3. Fingernails
 - a. Must be kept trimmed
4. Skin
 - a. Check is done on skin
 - a. **UIL** Form that can be kept on file for conditions

C. Weight Classes

1. 15 boys; 10 girls
2. Growth allowance of 2 lbs in January
3. 1 lb for consecutive days

IV. National Wrestling Coaches Association

A. Weight Certification - determines lowest weight that they can compete

1. October 25th; \$5
2. Three step process – form remains on file
 - a. Hydration Test -
 - a. Urine test: simply pass/fail based upon color chart
 - b. Alpha Weight Determination
 - a. Weight is taken on certified scale
 - b. Descent calendar based upon alpha weight
 - c. 1.5% rule - if exceeded ineligible for competition
 - i. $150 \text{ lbs} \times 1.5\% = 2.25 \text{ lbs}$
 - c. Skin Fold Measurement
 - a. Hip, abdomen, triceps

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V. **University Interscholastic League**

A. Important Dates

1. 11/01 - weight certification due
2. 11/10 - first day meets/tournaments permitted
3. 02/06 - last day certification permitted
4. 02/07 - district certification is due

B. Tournaments

1. Allowed (8) tournaments; district is not included
2. Dual, Tri, Quads are not included
 - a. Only (1) competition between M - Th

C. Eligibility - residence

1. Cannot exceed 19 years of age - September 1
2. Enrolled by 6th day of class **OR**
3. In attendance for 15 days prior to competition
4. Cannot change for athletic purposes - (PAPF form)

D. Required Paperwork

1. **Pre-Participation Physical** – Green w/(3) required signatures
 - a. Athlete, Parents/Guardian, Physicians
2. **Acknowledgement of Rules** – Pink w/ (2) required signatures
 - a. Athlete, Parent/Guardian
3. **Cy-Fair I.S.D. Emergency Card** – White w/(1) required signature
 - a. Parent/Guardian
4. **U.I.L. Steroid Form** – White w/(2) required signatures
 - a. Athlete, Parent/Guardian
5. **Receipt of Information** - Gold form w/(1) required signature
 - a. Only Form regarding All Sports and Activities Accident Insurance
 - b. Parent/Guardian
6. **Random Student Drug Testing Permission Form** – Grey w/(2) required signatures
 - a. Athlete, Parent/Guardian
7. **Cy Fair Sportsmanship Standards & Parent Expectations Form** – White w/(2) required signatures
 - a. Athlete, Parent/Guardian

VI. **Cypress Fairbanks Independent School District**

A. Eligibility - academic

1. Pass at end of 6-weeks; eligible for 6 weeks
2. Fail at end of 6-weeks; loss of eligibility for 3 weeks
 - a. Progress report can make you eligible not ineligible
3. Once grades are submitted that is it; cannot change grade
4. "I" - incompletes may be assigned but limited to time
5. It is possible for a waiver to be requested for some classes

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B. Tutorials

1. It is the policy in Cy Fair I.S.D. that all athletes can attend tutorials as needed. It is imperative that the athlete communicate with his or her coach so that adjustments can be made if the athlete is going to be late to practice. The tutorial system can and has been abused in the past by athletes who want to spend excessive time away from practice. The coach is completely justified if they adjust a player's playing time if the coach feels that the player has abused the system.
2. Athletes are required to bring a note from his or her teacher when they come late to practice from tutorials.

C. Financial Responsibility

1. Each athlete is responsible for the items issued by the coach.
2. If they lose the equipment they will be financially responsible for replacing that item.
3. If that item is not paid for then the athlete's name will be placed on the fees and fines list which could jeopardize their right to graduate and/or receive their report card from the school.

D. Letter Jackets

1. Each coach is allowed to have their own lettering policy. This policy should be communicated to you prior to the start of the season.
2. CFISD will provide one letter jacket at the directive of the head coach of that sport. Your child may receive only one letter jacket during his/her four years at Cypress Creek.
3. All patches other than the standard "CC" on that jacket is the financial responsibility of the athlete.

E. Mandatory Drug Testing

1. CFISD began instituting mandatory drug testing in 2006-2007
 - a. This policy covers all extracurricular activities.
 - b. **General Information** –
 - a. All athletes are in the pool of people who could be selected for testing.
 - b. Testing will be on a completely random basis.
 - c. If selected the athlete must provide a sample to be tested.
 - d. A negative test will result in a mandatory 3 week suspension from all games and contests.
 - e. The athlete will be permitted to practice during that 3 week suspension.
 - f. A positive test will result in a second test. The athlete must pass the 2nd test in order to regain the right to play. This will come at the end of the 3 week period.
 - g. A second failed test will result in a 6 weeks suspension.
 - h. A third failed test will result in removal from all athletics for the calendar year.

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- i. Athletes may be tested multiple times during the course of the year.
- j. The substances that can be detected include but are not limited to amphetamines/methamphetamines, barbiturates, Marijuana, Cocaine, Alcohol, Hallucinogens, Ecstasy, Opiates, PCP, and Steroids.
- c. If an athlete tests positive the parents will be contacted by the testing agency. If the test is the result of a prescribed substance the parent/guardian will have an opportunity to present that documentation to the testing agency.

VII. Cypress Creek High School

- A. Missing practices or competitions
 - 1. The athlete should make every attempt to make every practice. Obviously extenuating circumstances occur that would preclude practice. Examples of this would include illness, death in the family, etc... Your child should know that if they don't practice they will see a reduction in the amount of time they play – this will be determined by the coach.
 - 2. If an absence is unavoidable, please contact either Coach Kerr or Coach Parr through email or phone to make us aware.
 - 3. If the athlete misses too many practices you, the parent, should expect a phone call from the coach explaining his or her concern. If the athlete continues to miss practice the coach has the absolute right to remove the athlete from the team.
 - 4. All of our athletes are expected to be at and to be ready to participate in all of the events that are scheduled. Failure to do so is cause for removal from the team. Outside events that occur at the same time as a game or contest will not be regarded as legitimate reasons to miss scheduled competitions. The obvious exception to this is if the coach and parent have communicated and the coach has given permission for the athlete to not attend the game or contest.
- B. Team Rules
 - 1. Each sport is allowed to have its own set of team rules that are unique to that sport. Each coach should communicate the expectations to you, the parent, so that there are no misunderstandings.
 - 2. The golden rule. “Don't do anything that is detrimental to you, the school or the wrestling program. If you do Coach Kerr will handle the situation as he deems appropriate.”

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3. The coach can have and enforce rules regarding grooming, proper attire, proper behaviors, etc. that are above and beyond the Code of Conduct set forth by Cy-Fair I.S.D.
- C. Expectations of coaches
1. Treated fairly, not necessarily the same
 2. Not much fuss/cuss but accountability expected
 3. Do our best to maximize each athletes individual potential
 4. Honesty and integrity with you and your athlete
 5. Provide a positive experience
- D. Expectations of parents
1. Coaches-coach, players-compete, parents-cheer
 2. Support any decision by the coaches at home
 3. Communication with coach regarding your child
 - a. Critical if we are going to provide you the best experience
 - b. Happy to discuss your child and his/her concerns
 - c. We will only discuss your child
 4. Under no circumstances should you approach your child's coach after a game and demand a meeting that is happen at that very moment. This approach is unfair to the coach and to you. This type of communication is often unnecessarily confrontational and always unproductive.
 5. If you approach your coach in this manner you should know that the coach has been told to politely decline to answer your questions until a meeting can be arranged at a later time and date.
 6. Proper dispute resolution
 - a. Call and schedule an appointment if you have a concern, please do not show up unannounced and expect for your child's coach to drop everything and meet with you. The coaches have very tight schedules and must attend to the needs of the team.
 - b. If after meeting you are still concerned, you may schedule a meeting with campus athletic director, Greg McCaig
 - c. If you do not meet with your child's coach first, Coach McCaig will not meet with you until the first meeting has taken place. He will refer you back to me to start the process
 7. Conduct in stands - please do not come onto floor
 8. Transportation -
- E. Communicating with Coaches
1. Under no circumstances should you approach your child's coach after a game and demand a meeting that is happen at that very moment. This approach is unfair to the coach and to you. This type of communication is often unnecessarily confrontational and always unproductive.

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2. If you approach your coach in this manner you should know that the coach has been told to politely decline to answer your questions until a meeting can be arranged at a later time and date.

F. Role of Booster Club

1. The Cypress Creek Athletic Booster Club is operated to enhance the athletic programs at Cypress Creek.
2. The Booster Club is for all sports and is governed by both the UIL and CFISD.
3. All monies generated by the Booster Club must be spent on the programs and coaches at Cypress Creek.
4. We are not permitted by CFISD to purchase cloth. We cannot purchase uniforms, warm-ups, jackets, etc.
5. Every effort will be made to purchase items that can be used by multiple groups so that we can maximize our athletic dollar.
6. A financial accounting of all expenditures is available upon request for the previous year.
7. Fund Raiser – Varsity Gold Cards
 - a. Blitz Night – we cannot compel your son our daughter to attend the Blitz night however we strongly encourage your support so that we can generate as much income as we possible can.
 - b. Your son or daughter is financially responsible for all the cards that have been issued to them.
8. Booster club has been very supportive - we will be needing mat soon
 - a. How can we request funds if we have not been a part of club

G. Playing Time

1. Wrestle offs
 - a. Varsity wrestler in each wt. maintains the spot until defeated twice
 - b. Challengers wrestle one another for the right to challenge
2. **Sub varsity level** –
 - a. Every attempt will be made to get each wrestler a match. Availability is determined by the number of athletes the other team has available. Every wrestler will not get a match at every meet.
3. **Varsity level** – the weight class is determined by NWCA
 - a. The head coach has the decision regarding weight class competed
 - b. This determination will be directly proportional to the player's ability to help the team win. This determination is made solely by the coach and the athlete's grade level does not factor in the decision.

H. Training Staff Policies

1. We have an excellent training staff that is here to provide support for your athlete if they have an injury.
2. Communication with that staff and the parent is of the utmost importance.

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3. If your athlete is injured they should see the trainer immediately. The trainer is our first step in providing care for your child.
 4. The trainers will also provide treatment and rehabilitation to assist you athlete in returning to activity as soon as possible.
 5. Our trainers must coordinate their programs with your athlete's physician so please make sure that any directives given by your doctor is communicated to the trainers.
 6. Our coaches will consult with the trainers to determine if your athlete can or cannot practice/compete.
- I. Removal from team
1. On occasion we must remove an athlete from a team. This is considered the last option regarding the athlete and is not done unless several steps have been followed.
 2. If your child is being removed from a team the following should have occurred.
 - a. You have been previously notified that there is a problem.
 - b. Your child should have been notified by the coach that there is a problem and what behaviors your child needs to change or adopt to solve that problem.
 - c. An appropriate amount of time should have elapsed to allow the behavior(s) to change.
 - d. If deemed appropriate a face to face meeting including the coach, athlete and parent should occur.
 - e. If removal is imminent then the parent should expect a second phone call from the coach explaining why the player is being removed.
 3. Exception to the above statements - If your child has been caught stealing from a teammate you can expect immediate and permanent removal from the team. You should also expect a phone call from the coach if this happens.
- J. Recruiting and Scholarships
1. It is not the responsibility of the coach of your child's sport to get your son or daughter a scholarship.
 2. We will work diligently in every way possible to promote your son or daughter. We will provide tape, statistics and whatever other materials requested in a timely fashion to the recruiting coach.
 3. We will not "showcase" a child to enhance their opportunities at the expense of the team.
 4. The ultimate decision to award a scholarship is in the hands of the college that is recruiting your son or daughter.
 5. We will provide a press release that will be sent to the Chronicle documenting that a scholarship has been offered and accepted. It is

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not in our power to determine as to when or if this information is published

6. We will host two signing parties during the school year. One in the fall and one in the spring. We will recognize and have photo opportunities for all of our scholarship athletes. Please work with your child's coach to make sure that the athletic secretary has the proper information so that no one misses out on their opportunity for recognition.

VIII. Dismiss