

Miller Grove Hornets and Lady Hornets

Athletic Handbook

2026-27

Expectations:

Academics

You are a student athlete; the student comes first. Your Education should be the highest priority during your time here at Miller Grove ISD. As coaches, we will monitor students' grades through grade reports every 2 weeks. Any grade below a 75 at the check will require attending tutorials until the next grade report. If you cannot get to tutorials with the teacher, it will be done with a coach until the next grade check or until you get a teacher note stating you have raised your grade above a 75.

15 Point Rule- If there is an accumulation of 15 points under the 75-grade expectation, you will not miss class to go to a contest.

Behavior

Teachers will receive an e-mail stating that we as a coaching staff expect our athletes to be the best kids in their class. If you cannot act appropriately in class then they can reach out to us and you will receive a consequence.

In addition to their behavior in the classroom, we have certain expectations of athletes on the court, field, track, course, and on the road. Athletes are expected to cheer on their teammates when they are not competing. Teams not playing at that moment will sit together in the stands away from friends and family to get focused. Once their game is over, they will continue to sit together, however, at this point friends and family can join in the group.

We want to represent Miller Grove well in everything we do. The expectation will be that we leave every place better than we found it when we arrived. The use of profanity will be dealt with immediately. Stealing and inappropriate activity in any locker room will not be tolerated for any reason. All athletes are expected to take pride in the school facilities included but not limited to locker rooms, gym, weight room, track, storage areas, etc. Miller Grove athletes should be known for their clean, tough, and competitive play. Athletes will be expected to conduct themselves as a lady/gentleman at all times.

Athletes are expected to be respectful to all coaches regardless of whether the athlete is directly coached by them in their sport. Coaches should receive "yes sir," "yes ma'am," "no sir," "no ma'am," responses from players. In turn, players will be treated with respect by the coaches. Whenever a coach is speaking to an individual or a group, athletes should give the coach their undivided attention.

As a parent, we ask that you encourage your athlete(s) to abide by the contract they have signed. Discuss any issues regarding poor academics, attitude, or behavior and hold them accountable to the high standard of Miller Grove Athletics. Be an example of good sportsmanship by making only positive comments about the players, keeping criticism of the officiating to a minimum volume and frequency, and treating the fans of our opponents with respect. Please communicate directly with the coaching staff if you have any issues.

No athlete at any time should have in their possession, use, or intend to use alcohol, tobacco or any illegal drug. Students in extracurricular activities will consent to random drug testing. Any student, parent, or guardian who refuses to consent to random drug testing will be ineligible for extracurricular activities.

Athletes will not participate in contests during athletic ineligibility.

Student-athletes are held to a higher standard. We will display character and class in all phases of life, and respect our peers, coaches, officials, and opponents. PLEASE TAKE CARE OF YOUR BUSINESS!

Communication

Communication is a must! Athletes will be expected to communicate with their head coach about any, and all, information concerning their contribution to the athletic program (sickness, problems, tardiness, family situations, school and grades). We understand that emergency situations will arise but a good rule of thumb is a coach should know at the very least 24 hours before an athlete will miss a practice, workout, or competition. If an athlete misses a practice or game there will be consequences handed down in addition to the making up of the missed workout. Coaches will communicate all important information to parents and athletes via the SportsYou pages found later in the packet.

7 missed morning workouts per semester will result in being ineligible for competitions for the rest of the semester.

3 missed sport specific practices will result in being ineligible for competitions for the remainder of that sport.

Being late to a practice will result in 1 point off of your athletic grade.

Missing a practice will result in 2 points off of your athletic grade.

Discipline

This program will be run with discipline at the forefront. More important than winning any games, or being good at any of our sports, is becoming a better person and preparing out athletes for life after high school. As coaches, we are committed to fostering a culture of accountability among our athletes. Our aim is to cultivate a strong sense of self-discipline within them, equipping them with valuable life skills that extend far beyond their time in our programs.

Any discipline issues from coaches or teachers will result in 3 points off of your athletics grade.

Effort

Playing time is earned in practice, not games. We know if athletes put forth their best effort in practice, we will be able to count on them when it comes to game time. If athletes underperform in practice, they will likely underperform in games. Our goal is to make the situations they will encounter in practice harder than those they will see in the game so they will be ready when adversity presents itself.

There are a set amount of minutes, innings, and sets available to be played every competition. It's common for rotations to change as the season progresses (due to failures, injuries, discipline, or quitting). If an athlete is dissatisfied with where they end up in a rotation, it's important to outwork the people ahead of them (be the hardest worker in practice, show up to summer workouts, come to open gym, be an all-star in the classroom, do all the little things right). Your goal should be to outwork your teammates, making it impossible to not earn minutes in the game.

As a parent, if your athlete isn't where you'd like them to be in the rotation, we encourage you to encourage your athlete to give everything they have every day in every drill. A player who has done all of that will play meaningful minutes in a game.

Athletics Entry Exam-

HS Boys- under a 7-minute mile or able to keep a 10-minute mile pace for 30 minutes

HS Girls/JH Boys- under an 8-minute mile or able to keep an 11-minute mile pace for 30 minutes

JH Girls- under a 9-minute mile or able to keep a 12-minute mile pace for 30 minutes

We will take 5 points off your grade for every week this test is not passed, if your grade falls below 70 you will no longer be in athletics.

Some will be up to coaches' discretion.

Family

When we get to the point that the athletes are playing for their teammates and their school instead of playing for their states and the parents are cheering for every player like they're their own child, we will be a very difficult school to beat. Most of the time it's not the most skilled team that wins the state championship every year. It's the team that works the best together. That's the team we want to be.

All athletes are highly encouraged to ride the bus home from games. If you must take your kid home after a competition, there will be a google form that needs to be filled out 24 hours in advance so we know how many we should have on the bus after the game. If you do sign them out, please message the coach on SportsYou before taking them away from the game.

If you have an issue or concern regarding the program please don't turn to social media or gossiping with other parents. It reflects poorly on the district and the program. It also hurts the team. Coaches will be happy to meet with any parent about any issue/complaint but we ask that if the incident occurred during a game that you schedule a meeting with the coach the next day. Waiting 24 hours will give everyone time to reflect and gather their thoughts and a productive meeting can take place. If you're not happy with the coach's answer to your concern, you may then schedule a meeting with the athletic director. If you're not happy with the athletic director's answer/response, that is the appropriate time to then go to the principal, then the superintendent. Please respect the chain of command and address all issues with the head coach first.

Injuries

Please communicate with your head coach or the athletic director prior to going to the doctor for an injury. We have partners at Christus Mother Frances Hospital in Sulphur Springs that we can connect you with if we don't know what's wrong with you or if you'd like a second opinion. This is a free service provided by the hospital to Miller Grove athletes that will save you money and allow you to be seen by a qualified sports medicine professional. If you are evaluated by a physician for any reason, written documentation must be returned to the athletic director prior to returning to participation in athletics.

Letter Jacket Policy

Athletes will qualify for a letter jacket if they meet the following criteria:

Volleyball/Basketball

Freshman, Sophomore, Junior, and Senior who play Varsity in half the total number of games for the current season.

A Senior who has participated in the sport for four consecutive years.

In the event that the varsity team becomes a district champion and enters the playoffs, all players who were carried as varsity roster members from the beginning of the season become eligible for a letter.

Cross Country/Track

Freshman, Sophomore, Junior, and Senior who participate in the varsity level and score a point at the district/area meet for Track or place in the top ten in the district meet for Cross Country.

A Senior who has participated in track or cross country for four consecutive years.

In the event that the varsity team becomes district champions and advance to regionals, all players who participated will become eligible for a letter.

Baseball

Freshman, Sophomore, Junior, and Senior who play in at least one-third of the total number of innings played for the season.

A Senior who has participated in baseball for four consecutive years.

In the event that the varsity team becomes a district champion and enters the playoffs, all players who were carried as varsity roster members from the beginning of the season become eligible for a letter.

The most important things we can ask you do to every day: SHOW UP, HAVE A GREAT ATTITUDE, WORK HARD

Hornet Athletics

Players Rules

1. Players will conduct themselves in accordance with high standards of citizenship and sportsmanship at all times.
2. Players will be on time to all meetings, practices, trainer-doctor appointments, weight room schedules, and team transportation when traveling. If a player must miss any of the above activities, he/she will call in and notify a coach of the situation.
 - a. All missed practices will be made up before being able to participate in competitions.
3. Players will attend all classes, study halls, and all appointments made with teachers.
4. Players will take care of and be responsible for all equipment and facilities in Miller Grove ISD
 - a. Lost or Destroyed equipment will be paid for by the athlete.
5. Players will not wear hats or caps during meals or meetings.
6. Players will not consume alcohol or tobacco of any kind.
7. Players will not use any type of illegal drugs.
8. Players will love, care for, and defend their teammates and their program.
9. Players will not steal.
10. Players will keep the locker rooms clean.
 - a. Coaches will check the locker rooms after every practice. The team will have one suicide per item picked up by a coach that was not put where it was supposed to be.
 - b. The player will have to come see the coach to get anything back. The cost to get it back will be 25 burpees.

Discipline Schedule

Adherence to the above rules is vital to our overall success. Any player who repeatedly abuses the rules could be placed on probation, demoted, suspended, or dismissed from the team. For infraction of the rules, players will perform some discipline/punishment decided by the head coach of that sport.

All discipline/make up workouts will be done in the morning before school unless agreed upon by the player and coach. All discipline activities will be witnessed by a coach or it will not count.

Note: If a player is injured and cannot perform as determined by a trainer, then an alternate form of discipline will be used as determined by the sport head coach.

Penalties

1. Personal Conduct/ Teacher E-mails	1 st Offense- Player/Coach Meeting 2 nd Offense- 10 towel pushes 3 rd Offense- 20 towel pushes and loss of play time
2. Alcohol Use 1 st Offense	Player has 5 days to run 25 miles and is put on probation for 1 year. (No participation in contests until running is finished)
2 nd Offense	Player is suspended for 1 year.
3. Illegal Drugs	Will follow punishment in Student Code of Conduct
4. ISS	Will not be allowed to come to practice while in ISS. 400 yards weighted sled push/pulls per day of ISS plus makeup for missed workouts. Will miss next game after ISS placement. Will regain eligibility for following games once consequence is completed.
5. Unsportsmanlike Conduct/ Technicals/Fighting	Up to the sport coach and will be discussed at Sport Specific Parent Meeting.
6. Quitting	Parent meeting will be mandatory before being allowed to quit a sport and/or the athletics program. Quitting a Sport- There will be a 2-week trial period at the start of the season. If you quit the sport after 2-week trial period you will not be allowed back that year. You will not start your next sport until the sport you were in is completely finished. Quitting Athletics- 5 Miserable Miles to be allowed back in plus 5 Miserable Miles completed from teammate(s). The athlete(s) completing these miles will be required to have parent/guardian consent. If you quit athletics a second time you will not be allowed back in.
7. Club Sports	At no time will a "club or rec" team take precedence over a school sponsored sport.
8. DAEP Placement	Athletics will match the duration given by the school. Will not be allowed to practice while in DAEP Will be in offseason for the same amount of days as the DAEP placement before being allowed to rejoin the team. A 2 nd DAEP Placement will result in a suspension from athletics for the remainder of the year.

Athletic Policy

Signature Page

I have read and understand the Rules and Expectations for my student's participation in Miller Grove Athletics.

Student Athlete:_____

Parent:_____