

HCISD Athletic Department

Tutorials/After-School Activities Guidelines

Each athlete's first responsibility is success in the classroom and we understand our athlete's involvement in other school sponsored activities.

This being said, we ask that athletes make us aware of any tutoring sessions or other school sponsored meetings or events they will be attending **if it conflicts with their scheduled practice time**. All Athletes must notify their Head Coach **the day before** the scheduled conflict. In addition, we will ask that athletes attend a tutorial at a time that does not conflict with their practice time if available. Ex. A.M. tutorials

Important Notice:

1. The student athletes are expected to provide a note from the teacher to their coach prior to or upon their return.
2. Any student athlete who misses practice due to tutoring or another school activity will still be responsible for **"making up"** all practice time missed.
3. Examples of practice **"make ups"** are:
sprints, gassers, liners, base running, route running, time in the batting cage, extra free throws, etc.
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*****Make ups** should not be confused with **"Reminders"**. Reminders are for any student athlete who: **a.** skips practice **b.** is a discipline issues in class or practice **c.** breaks team rules, etc.

*****Examples of practice "reminders"** are:

Up downs, extra sprints, extra liners, extra base running, etc.

*****Discipline** is something we do **"FOR"** our student athletes....not **"TO"** our students athletes. **We are not in the business of punishing kids.**