BURBANK HIGH SCHOOL BULLDOG ATHLETICS

Burbank High School Athletic Department
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(210) 228-1210 ext. 32021

Athlete Guidelines & Expectations

Bulldog Athletics Standards

As a Bulldog athlete, you represent **yourself, your family, your teammates, your coaches, and Burbank High School** at all times. Our goal is to develop disciplined, respectful, and accountable young adults who demonstrate pride both on and off the field of play.

The following expectations apply to all athletes participating in the Burbank High School Athletic Program.

1. Attendance

Attendance is one of the most important responsibilities of being a student-athlete.

Practice Attendance

- One (1) unexcused missed practice will result in missing the next scheduled game or competition.
- Excused absences include:
    - Doctor appointments (doctor's note required)
    - Funerals
    - College visits
    - Participation in another school sport or competition
    - Mandatory tutoring or academic obligations approved by a coach (not to make up missing assignments).

School Attendance

- Athletes must maintain **at least 80% school attendance** to remain in the athletic program.
- Athletes whose attendance falls below 80% may be removed from participation until their attendance improves.

Program Support

- Bulldogs are expected to support other athletic programs by attending competitions when possible.
- Athletes are also expected to attend and support fellow Bulldogs during college signing ceremonies.

2. Tardies

Being on time demonstrates discipline and respect.

School Tardies

- Coaches will work with the campus Attendance Committee to address excessive classroom tardies.
- Excessive tardies may result in Opportunities for Improvement and additional consequences.

Practice Tardies

- Repeated tardiness to practices may result in:
    - Reduced playing time
    - Suspension from games or competitions
    - Additional team consequences as determined by the coaching staff

3. Hair Color

During each competitive season, athletes are expected to maintain a professional appearance.

- Hair color must remain within **natural hair colors** while in season.
- Extreme or unnatural colors are not permitted during competition seasons, to include highlights.

4. Relationships & Public Displays of Affection (PDA)

Athletes are expected to conduct themselves respectfully while representing Burbank High School.

PDA is not permitted:

- On campus
- While wearing school uniforms
- During athletic events
- On school transportation

Examples include:

- Holding hands
- Sitting between another person's legs
- Laying on one another
- Kissing
- Any other inappropriate displays of affection

Consequences

1st Offense

- Coach/Athlete Conference

2nd Offense

- Coach/Athlete/Parent Conference

3rd Offense

- Suspension from competition

5. Seniority

Being a senior is an honor, but leadership must still be earned.

Seniors receive the following privileges:

- First choice of available lockers
- Opportunity to request a jersey number if it is not already assigned to a returning letterman

Please note:

- Seniors may still be cut before or during the season.
- Senior status does **not** automatically make an athlete a captain.
- Team captains are selected based on leadership, character, work ethic, accountability, and commitment to the program and their team.

6. Locker Room Expectations

Locker Room Morning Hours:
7:00 a.m. – 8:30 a.m.

Expectations:

- Lockers will be assigned and documented by each head coach.
- Athletes are responsible for securing their lockers.
- Failure to lock a locker may result in loss of locker privileges.
- Theft will result in immediate removal from the athletic program and may result in additional school disciplinary action.
- Locks may be checked out through the athletic department or athletes may provide their own.
- Every athlete is responsible for cleaning up after themself. The locker room should be left cleaner than it was found.

7. School Dress Code

Lady Bulldogs represent Burbank High School every day.

Our athletic standard is simple:

The "3 B's"

- **No Booty**
- **No Boobies**
- **No Belly**

These areas must remain covered at all times while at school.

Violations will be addressed by any member of the coaching staff.

Males: appropriate graphic tees

- **No Weapons**
- **No Alcohol or Drugs (Cookies)**
- **Fully clothed individuals on shirts**

Consequences

1st Offense

- Coach/Athlete Conference

2nd Offense

- Coach/Athlete/Parent Conference

3rd Offense

- Game Suspension

8. Athletic Footwear

Athletes must wear appropriate athletic shoes on game days and during athletics.

Approved:

- Athletic shoes
- Court shoes
- Tennis shoes

Not permitted:

- Crocs
- Slides
- Birkenstocks
- Bare feet
- Socks only

9. Jewelry

For the safety of all athletes:

- No jewelry is permitted during the athletic period.
- A clear plastic nose retainer is the only facial piercing allowed during athletics.
- No exceptions.

Game day jewelry will follow:

- UIL regulations
- Head coach discretion

One Coaching Staff — One Standard

Every member of the Bulldog coaching staff is **your coach**.

All coaches have the authority and responsibility to uphold these expectations to ensure consistency, accountability, and the success of our athletic program.

Together, we will build a culture of discipline, respect, commitment, and excellence.

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The following expectations apply to all athletes participating in the Burbank High School Athletic Program.

Athlete & Parent Agreement

I have read and understand the Burbank High School Bulldog Athletics Guidelines and Expectations. I understand that failure to follow these expectations may result in disciplinary action, including suspension or removal from athletic participation.

I also understand that athletic equipment and uniforms **will not be issued until all required signatures have been received.**

Athlete Name: _____

Athlete Signature: _____ **Date:** _____

Parent/Guardian Name: _____

Parent/Guardian Signature: _____ **Date:** _____

Head Coach: _____ **Date:** _____