

ONALASKA ATHLETIC HANDBOOK 2025-26



STRIVING FOR EXCELLENCE

Athletes and Parents,

I want to express to our athletes that playing sports is a gift. I believe all athletes should approach sports that way. Sports were made to give people more ways to have fun, and that is the way sports should be continually looked at. I value the way that I am blessed enough to be able to play and to coach sports. I value the togetherness that sports bring as well as the competitiveness that derives from competition. I intend to model and teach each athlete something that they can apply to their lives.

There must be a high level of commitment. In order for us to play as a team, we must practice as a team. All players are expected to be on time and at all practices. We will have sports that have practices and games during the school holiday breaks. The athletes should be ready to start practice at the time practice is called. This means that the athlete will have to arrive about fifteen minutes before practice is called to stretch or change before practice. Coaches will arrive thirty minutes before practice starts to ensure students have access to make practice on time. Be committed to your team for it is committed to you.

There must be a high level of dedication. The Wildcat Athletic Program has continued to build a standard of success and we want to continue on our foundation striving towards excellence. We must continue to hold ourselves accountable for the expectations of the community, school, and our teammates. I promise to put forth every ounce of effort and ability needed to ensure that the Wildcat Athletic Program will be a District-Champion contender and a State-Tournament contender.

As a leader, I want to display a "Winning Mentality" from the moment we start training. This attitude will be evident in practice and in our down time. We will continue building a winning foundation with strength training and proper fundamentals. The winning seasons that I have been honored to be associated with have had a sound fundamental strength and skill base. We will be prepared to perform in the face of adversity. As a team, we will strive to be better conditioned, stronger, and mentally tougher than the teams we face.

I hope that with the hard work and dedication from our coaching staff, our athletes, and our community, this will be a successful year for all sports.

Sincerely,

Nicholas Tyerman
Athletic Director

Vision of Onalaska Junior Senior High School Athletic Department

To prepare our student athletes for life through an athletic program that instills the following ideals within our core values:

A great work ethic

A team before self mentality

A desire to excel academically and athletically

An understanding of the importance of great character and integrity

A devotion to self-discipline

Athletic Philosophy at Onalaska ISD

Athletics is a mirror of life and provides a great opportunity for equipping athletes for what lies ahead. It is through athletics that we learn how to handle victory, and, equally as important, how to handle defeat. Athletes in our program will face adversity in many ways. It is our job to teach them to work through rather than run from adversity. It is getting through adversity that makes one a better athlete and certainly a better person. We will work hard on the “little” things every day and the “big” things will take care of themselves. We will develop Champions! This will come in the form of championship teams and championship individuals. We want to be the best and will strive to win in everything we do. Our athletes will understand that we will come up on the short end of a competition at some point, and, we will emphasize to them that the scoreboard is not the final factor in whether or not we are True Champions. A True Champion will put everything they have into the preparation and actual competition. Therefore, a True Champion will be able to live with the results knowing that every possible effort was exhausted.

Expectations

Expectations of the Athletic Director

- Loyalty—I will be true to the administration, coaches, players, and community.
- To listen—My door is always open
- To maintain a positive atmosphere that is conducive to a winning program
- To treat everyone with dignity and respect
- To lead an overall program that the community and district will be proud of
- To give every sport the best opportunity to be successful

Expectations of Coaches

- Loyalty—It is critical that we are loyal to each other, to our athletes and to our administration. When problems or disagreements arise, we will sit down and discuss the issue with each other and not with others.
- Communication—Communicate with administration, other coaches, athletes, parents and media when needed.
- Encourage student-athletes to participate in more than one sport/activity. Support other coaches and their program. We will not make kids choose. Help them embrace every opportunity they have in their high school career.
- Be a great teacher—Do a great job in the classroom. The best coaches are the best classroom teachers.
- Walk the walk—We must lead by example all that we ask others to do. This is a 24/7/365 requirement.
- Know UIL rules—Must be experts on the UIL rules in your sport and in general. This includes no pass no play.
- Be on time—Early is on time and on time is late
- Be prepared—In every part of your job, from practice to competition
- Work hard—Know what your job is and work harder than everyone. You should not have to be told to do little things. When you see something that needs to be done, take the initiative to do it.
- Have a winning attitude—In yourself, our staff, our school, our program and be genuinely interested in the success of our student athletes and staff.
- We will not curse kids nor will we curse at work and hopefully not at all.
- Respect the decisions of officials – as hard as that is at times, WE MUST DO IT!

Expectations of Athletes

- Be great students—Work as hard or harder in the classroom as you do in the athletic realm.
- Be coachable—Listen to coaches and work hard to improve yourself and your team. It is “our way” and not “your way”
- Know the code of conduct—you represent your school, your team, your family and yourself everywhere you go. Do not do anything to embarrass those mentioned above.
- Go the extra mile—participate in off season, in season and summer conditioning programs and anything extra you can do to better yourself.
- Respect the decisions of officials—Coaches will question when needed.
- Have a “no excuses” attitude
- Role model—be a good one. You never know what future Wildcat is watching.

Expectations of Parents

- Role model—Be a good one.
- Loyalty—Very important
- Be positive—With your comments to your child about other athletes and/or coaches.
- Get involved—Contribute in any way you feel comfortable.
- Good sportsmanship—Respect decisions of officials.
- Playing time—Coaches make this decision and it will not be discussed. Things your child needs to do to get more playing time can be discussed in an appropriate setting.
- Push your child—Academically, athletically, and encourage good eating and sleeping habits in the interest of training.

1. **Integrity**- Do the right thing because it's the right thing to do.
2. **Unity**- Team first. Lead by giving. Make teammates better.
3. **Tenacity**- Having a fierce and relentless will to win. Compete daily.
4. **All IN**- Sacrifice for the betterment of the team. Be dedicated in your work ethic. No excuses or whining.
5. **Humility**- Be grateful for everything we have and accomplish. Playing does not determine your value to the team. Know your role. You will support and encourage your teammates no matter what.
6. **Responsibility**- Show up for all team activities and be on time. Take care of business in the classroom, community, home and in sport.
7. **Leadership**- Be a positive example for our program. Say what needs saying and do what needs doing. Hold each other accountable.
8. **Communication**- Respect each other, coaches, officials and adults. Encourage one another at all times. Inform coaches in advance of circumstances that may cause you to miss or be late to an activity.
9. **Have Fun!**- This is what we love.

Striving for Excellence!

Athletic Participation Expectations and Standards:

CHARACTER, CONDUCT, AND ATTITUDE: Show positive character. Conduct yourself accordingly at all times. Always have a positive attitude. If it's detrimental to you, it will be detrimental to our program at Onalaska Junior Senior High School. All players are expected to be leaders in the highest regard both on and off the field of play. We expect our student athletes to be role models of our campus, and represent our program with pride in the community.

Student Athletes will:

- Walk away from questionable situations (Will this make me better.....?).
- Use yes sir and no sir (or yes ma'am, no ma'am).
- Be model students in classrooms.
- Avoid receiving referrals from misconduct by faculty.
- Maintain a good attitude through adversity and joys.
- Respect all faculty and administration.
- Respect officials, opposing coaches, opposing fans
- Be cooperative with teachers and make them feel appreciated

ATTENDANCE: You must be at school, practice and team meetings. A coach must be notified 24 hours in advance of a missed practice. Unexcused absences will result in suspension of playing time, full game suspensions, or full dismissal from the team. If you miss practice for a school function then you need to let coaches know ahead of time as well. You will have make up work when you miss. If you are going to miss school for illness or family emergency, call your coach and let them know of the situation. Do not make appointments on the team's time. Practice time is valuable. Excessive absences will result in dismissal from the team. You must also understand that being at practice does not guarantee you playing time, just an opportunity to earn playing time.

Habitual absences from school on the days following games will lead to full game suspensions as your education is the first priority. It is a privilege to be a student athlete, not a right.

PROMPTNESS: You will be expected to be on time to your classes, practices, and meetings. Tardiness will not be tolerated.

CONDUCT: Wildcat athletic teams will be known for our clean, competitive play. You are expected to conduct yourself as a gentleman/lady at all times by following all school rules and procedures at Onalaska Junior Senior High School. Treat teachers, administrators, officials, coaches, opponents, and teammates with respect. Promptly turn in all assignments, be well prepared for tests, and behave yourself at all times. Failure to adhere to the above guidelines will result in a conference and consequence.

ACADEMICS/ELIGIBILITY: You are at Onalaska Junior Senior High School to receive an education; athletics can be an integral part of this process. However, academic progress should be your main goal. Student athletes are expected to pass all of their classes and maintain eligibility at all times. Your coaches will review any progress reports and report cards you receive. Any grade below a B, and a conduct grade less than satisfactory will result in a conference and corrective action. Recurrent eligibility problems and failure to make improvement academically could result in dismissal from the team.

TRAVEL: Every team member will ride the bus to games/meets. Your coach will need to speak to a parent at the site prior to your being allowed to leave.

APPEARANCE: Your appearance at school and school functions should reflect the same pride and team identity that you are expected to show on the field and in the athletic facility. We are a team and will look like a team. You will be dressed in school issued equipment. If you fail to do so, you will have extra conditioning. Excessive non compliant dress attire will result in game suspension. Dress neatly and in a manner that does not create a distraction. All Wildcat Players will follow OISD guidelines as to appropriate dress. Jewelry will not be permitted during practice or games.

PROFANITY: Use of profanity will not be permitted at school, during athletics or in the locker room. Consequences will be given.

PRACTICES:

- All players are expected to dress out.
- All players will be suited out and ready to go at the correct schedule.
- All players are expected to hustle during drills, and from drill to drill.
- All players are expected to be enthusiastic.
- Missed practices are only allowed for illness, school functions, or family emergencies. Makeup work will be light for emergency occasions, if any are assigned. Any missed practice for anything other than those special circumstances will result in make-up work.

QUITTING A SPORT: Quitting one sport during the season or during the pre-season practices (UIL beginning practice dates), will exclude the athlete from going to another sport until the sport that was quit has finished their season. This includes athletic periods and after school practices. If both head coaches involved agree, then a change will be allowed. If you quit a sport during a season you will forfeit your ability to try out for that team in the future.

LETTER JACKETS: Letter Jackets are an issue of pride and tradition at Onalaska Junior Senior High School. If a student letters in multiple sports in the same academic year, the sport that the student/athlete lettered in first, will be responsible for providing the jacket. That head coach will provide an award letter to the Athletic Director designating which athletes to reward with a letter jacket. An athlete must participate in a sport for 2 seasons and 1 of those seasons must be on varsity to earn a letter jacket.

LOCKER ROOM: Our locker room is your home away from home. Any trash on the floor is YOUR trash.

- No food or drink allowed in the locker room. Water is permissible.
- No “piles” in the locker. Keep towels, clothes, etc., on the hooks, toiletries neatly stored, trash removed.
- Lockers must be locked at all times as coaches and the school are not responsible for any missing items.
- Appropriate conduct is required. All athletes, managers and trainers shall not engage in any activity that is disrespectful and inappropriate.
- This is your locker room. Treat it with respect.

HAZING: Harassment of any student and/or athlete will not be tolerated. Any action which is intended to embarrass, humiliate, or ridicule in a physical, mental, or sexual way can be defined as “hazing” and is strictly prohibited and can result in the immediate dismissal and/or suspension from the Onalaska athletic program. Actions such as these can be physically dangerous and emotionally damaging and will not be allowed. Law enforcement may be involved as well as this is a serious crime.

ISS/OSS/DAEP: Student athletes are the standards of behavior for any school. Which means that the expectation is for no student athlete to be placed in ISS, OSS or DAEP. Any student placed in ISS/OSS/DAEP will run 2 miles for each assigned day in ISS/OSS/DAEP. Any athlete assigned ISS/OSS/DAEP on the day of competition will not be allowed to participate in that activity that day. A return to athletic competition will not take place until time has been served and all extra conditioning has been completed.

TOBACCO/ALCOHOL/ILLEGAL SUBSTANCES: Will not be tolerated. No athlete, while on or off school premises, shall use, possess, distribute, or be under the influence of tobacco, alcohol or illegal substances. A first offense will result in suspension from team competition for 30 calendar days. An athlete will be required to fulfill a physical conditioning requirement of 1 mile run for each day they are suspended from competition if any school suspension is given then that conditioning consequence will be added to the total required to return to participation. A second offense will result in a year suspension from school athletics for a calendar year as per the school district policy. Each offense after that is another full year.

THEFT: Will not be tolerated. No athlete while on or off school premises shall be guilty of theft. A first offense will result in suspension from games for one-four weeks depending on the value and circumstances involved in the theft. A contract will be required. A second offense will result in suspension from the athletic program for the rest of the school year. A third offense will result in permanent dismissal from high school athletics.

INJURIES: Are an unfortunate part of competing in athletics. You are usually the first person to realize that you are injured. If you are injured you must report to the coach ASAP. They will examine the injury and recommend seeing a doctor if necessary. An athlete will participate unless a doctor note is provided stating otherwise. Get well.

CONSEQUENCES: We play together as a team, and we pay together as a team. Some consequences are just for the individual, but sometimes we make the whole team pay for the actions of one teammate. We want our players to know this team is a family, and an individual that won't do what it takes to keep the family together, that player will be indefinitely suspended or dismissed from the team.

LAST THOUGHTS: There is no way to cover all the things that may occur or situations that may arise. When moments of concern occur, we will deal with them on an individual basis, and adjust our policies accordingly. We will consequence in a variety of ways. Our number one goal is to strive for excellence, and that's all we can do. In all we do, we do in the best interest of "our kids."

*Behaviors that are identified in Texas Education Code, Section 37, may also result in suspension or dismissal from the athletic program. All contracts require a meeting in which a parent/guardian, athlete, coach, and/or Athletic Director will be present. If an offense occurs during the end of a season, the remaining suspension will be carried over to the next season. If an offense occurs during the summer, the suspension will begin with the first week of game competition.

PARENTAL INVOLVEMENT

1. Be supportive of your child and remind them that it is a **privilege** and not a right to be on the team.
2. Do not place unnecessary pressure on your child. Do not live out your “dream” through your child.
3. Be supportive of all of the student-athletes and do not participate in “group gossip” about any of them.
4. Embrace and support the coaching staff.
5. Be an active booster for the program.
6. Do your best to stress the importance of your child’s attendance to all practices and games.
7. Parent Conferences will be scheduled by appointment only, not after a game.
8. Be respectful towards the officials. Keep in mind that they are human and will make mistakes. Take value in that they are taking time out of their schedules to call a non-biased game for your children.
9. Conduct yourselves in a proper manner while in the stands. You are an extension of your child, the school, and the community.
10. Remember that sports are all about having fun.

Ways to Get Involved

- Preseason Parent Meeting
- Work the concession stand
- Fundraisers
- Parent Night/ Senior Night
- Wildcats Cookout
- T-Shirt Bash



WHEN MAKING DECISIONS IN YOUR DAILY LIFE (FUNCTIONING AS A WILDCAT STUDENT-ATHLETE), ASK YOURSELF THESE FOUR QUESTIONS:

**WILL IT MAKE ME A BETTER PERSON?
WILL IT MAKE ME A BETTER STUDENT?
WILL IT MAKE ME A BETTER ATHLETE?
WILL IT DEMONSTRATE MY PRIDE IN BEING A WILDCAT?
DO RIGHT! DO YOUR BEST!**

STUDENT NAME: _____

STUDENT SIGNATURE _____ **DATE:**_____

PARENT NAME: _____

PARENT SIGNATURE: _____ **DATE:**_____

We have read the policies, guidelines, and rules for the Wildcat Athletics Program, and we accept them and will allow our son/daughter to be a part of the Onalaska Wildcats program and will do our best to supportive.

Onalaska Academic Program

Student-Athletes attend school to receive an education; athletics can and should be an integral part of this experience. However, success in the classroom is our top priority. Student athletes are expected to pass all of their classes and maintain eligibility at all times. To assist and motivate students to academic success, all athletes will adhere to the guidelines of our academic program:

1. **Attendance:** Students are expected to be in class daily. Coaches will do attendance checks at the end of each school day. Students must call their coach, before an absence.
2. **Grade Checks:** All student-athletes will have grades checked by their coach.
3. **Tutorials:** All student athletes can be required to attend study hall and tutorials on Monday-Friday as assigned. These sessions will last 20 minutes to 1 hour depending on need. Students who are very successful in classes can assist other students during sessions. Skipped study hall sessions without a proper excuse can result in extra conditioning and/or suspension from game.

Students have been made aware of this policy, as well as our school administration. If you have any questions, please feel free to contact us.

Additional Guidelines

This is an addendum to the locker room and team conduct. It is imperative that we keep a unified environment for our student-athletes. Because of this, all student-athletes, student-managers and student-trainers shall put the team first. No personal relationships shall be put before the team.

Wildcat Player's Contract

I, _____

Promise to always demonstrate an attitude of respect for teammates, coaches, fans, classmates, teachers, community and my family.

Promise to be at scheduled practices unless it's an absolute emergency. Practice time is not the time to make appointments or to take time off.

Promise to work hard to learn and govern myself by the expectations and roles established for me by the coaches.

Promise to discuss any problem, concern, question(s) or disagreement with the appropriate coach, at the appropriate time and place.

Promise to extend myself to reach the agreed upon goals for this season.

Promise to do the very best I can in all academic courses and ask for help when needed.

Promise to accept **ALL** criticism from my coaches as constructive and intended for my development and push myself further than I ever have to maximize my development.

Player Signature

Date

Parent/Guardian Signature

Date