

ROCKDALE ISD



2023-2024 ATHLETIC HANDBOOK

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Athlete's Last Name

First Name

Grade

**ROCKDALE INDEPENDENT SCHOOL DISTRICT
2023-2024 Athletic Handbook Acknowledgement Form**

The 2023-2024 Athletic Handbook is available online at www.rockdaleisd.net. If you would like a paper copy you may come by the Athletic Office or call 512-430-6150 to request a copy to be sent home with your student.

I have read, understand, and agree to abide by the guidelines in the 2023-2024 Athletic Handbook set forth by the Rockdale ISD Athletic Department.

Students must turn in this signature page before participating in any Rockdale ISD Athletic program.

Parent Signature

Date

Athlete Signature

Date

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Rockdale Independent School District

1) Athletic Statement & Philosophy

The Rockdale Athletic Program will provide all students an opportunity to be part of a safe and competitive athletic environment that prepares the student-athlete to excel in academic and athletic achievement while becoming productive citizens that have a positive impact throughout the school and community.

A culture will be established that is built on the foundations of discipline, accountability, integrity and family. The coaching staff will instill a strong work ethic that fosters the concepts of teamwork, integrity, respect and perseverance. Academic and athletic success is the top priority with our student-athletes and guiding them to strive for excellence, achieving graduation, and having high character is our ultimate commitment.

An environment will be provided for our student-athletes that develops team attitude and servitude. Our athletes will understand that holding your teammates accountable and caring for their success is the first step when establishing a Championship culture. We will always put what is best for the team in front of individual desires. Team success comes before individual recognition not vice-versa. Sacrifice is honor. Best players do not win games, best teams do.

What will distinguish the Rockdale Athletic Program is the ability to follow through consistently by putting into practice what we preach. Our student-athletes will meet our expectations and know that we are serious and will not compromise the integrity of the athletic program. This will be proven to them daily. Consistency in the implementation of the program and expectations is most critical for our success. The Rockdale Athletic Program is an elite athletic program. We will not look too far ahead, but rather take it one day at a time, by trusting the process and getting better each day with every opportunity. We believe that little things do make a difference as we strive for excellence in all that we do. Participation in school athletics is a privilege and not a right. The students who volunteer to participate in athletics represent Rockdale ISD and our community. When a student signs up for athletics and becomes a member of a team, they make a commitment. For that reason, student-athletes will be held to a higher standard of conduct and are obligated to follow all rules and regulations of the program. Only those students who abide by school and athletic policies will be allowed to represent Rockdale ISD. The Athletic Handbook is designed to develop you in the ways of Rockdale Athletics. Through all our efforts, we will continue to build upon the tradition of excellence that has been established over time for Rockdale High School and Rockdale Junior High School.

ATHLETIC PROGRAM OBJECTIVES

- Provide opportunities for all our student-athletes to achieve academic success
- Establish discipline with concise expectations and consequences
- Develop successful athletic teams that are well coached and organized
- Encourage, support, and promote participation in all sports
- Develop and maintain a complete and comprehensive off-season program
- Establish a competitive culture that instills Tiger Pride in our schools and community
- Increase participation by creating a positive environment that our students want to be part of
- Maintain a positive influence and supportive relationship within the community
- Demonstrate good sportsmanship at all times
- Represent Rockdale ISD and the Athletic Program with class and integrity

Notice of Non-Discrimination

Rockdale Independent School District does not discriminate on the basis of race, religion, color, national origin, sex, or disability in providing education services, activities and programs, including vocational programs in accordance with Title VI of the Civil Rights Act of 1964, as amended; Title IX of the Education Amendments of 1972; and Section 504 of the Rehabilitation Act of 1973, as amended. Contact:

- Pam Kaufmann, Title IX Coordinator, for concerns, regarding discrimination on the basis of sex.
- Pam Kaufmann, Section 504 Coordinator, for concerns regarding discrimination on the basis of disability.

Rockdale Independent School District does not discriminate on the basis of disability by denying access to the benefits of District services, programs or activities of a public entity, or be subjected to discrimination by any public entity. To request information about the applicability of Title II of the Americans with Disabilities Act (ADA), interested persons should contact Pam Kaufmann.

2) Introduction

The athletic program is an integral part of the total school experience for both boys and girls. It offers a variety of sports and activities to all students who have potential skill and the desire to participate.

The policies, procedures, and regulations in this handbook are in compliance with school board policies and administrative procedures. They are designed to provide for successful experiences for students and the efficient operation of the athletic program.

Rockdale ISD athletes must look and act with pride and dignity at ALL times. The purpose of this handbook is to establish regulations and procedures to deal with violations that occur **ON OR OFF SCHOOL GROUNDS THROUGHOUT THE ENTIRE CALENDAR YEAR.**

The handbook is designed to encourage athletes to make choices that ensure their health and safety, and provide appropriate, consistent consequences for students who violate the rules.

This handbook supersedes all prior publications governing Rockdale athletic teams and shall be used by all principals, coaches, and players in grades 7-12.

You, the student athlete, are accountable and responsible for all polices contained within this handbook and for any additional ones that your respective coaches might add.

3) Available Sports

The following sports are available for High School athletes' grades 9-12:

BOYS: Baseball, Basketball, Cross Country, Football, Golf, Powerlifting, Soccer, Tennis, Track/Field

GIRLS: Basketball, Cross Country, Golf, Powerlifting, Soccer, Softball, Tennis, Track/Field, Volleyball

The following sports are available for Jr. High athletes in grades 7-8:

BOYS: Basketball, Cross Country, Football, Golf, Tennis, Track/Field, Baseball

GIRLS: Basketball, Cross Country, Golf, Tennis, Track/Field, Volleyball , Softball

4) Participation

It is the goal of this athletic program to offer the opportunity of participation to every student who has the ability and desire to do so. However, no student is obligated to take part in athletics, nor is participation in athletics required. **It is also to be stressed that participation in Rockdale ISD's athletic program is a PRIVILEGE, not a right.** Since it is a privilege, the coaching staff, in accordance with the Rockdale ISD policy and due process procedures, has the authority to suspend or revoke the privilege when the rules and standards of this athletic program are not followed.

Club Participation:

An athlete in-season for any Rockdale ISD sport shall not participate in club competition at the same time without the RISD Head Coach's approval or for Jr. High School athletes, the campus coordinator's approval. A RISD athletic event should not be missed for a club event. Consequences for missing a RISD athletic event may apply.

5) Athletic Periods

Athletes at Rockdale ISD will be afforded the opportunity to refine their athletic skills in athletic classes offered during the school day. Enrollment in the boys/girls athletic period is required of our student-athletes wishing to participate in team sports. The following high school sports require your enrollment in the period: Football, Volleyball, Basketball, Baseball, Softball, Track, and Soccer. Cross Country, Tennis, Golf, and Powerlifting are not offered during the school hours and are after school sports only. Attendance in athletics is not mandatory for those sports.

Rockdale Junior High offers the following sports that require your enrollment in the athletic period: Football, Volleyball, Basketball, Baseball, Softball, and Track. Cross Country, Tennis and Golf are not offered during the school hours and are after school sports only. Attendance in athletics is not mandatory for those sports.

Exceptions to enrollment in the sport's athletic period, must be made with approval from the head coach, athletic director and the principal.

Jr. High and High School athletes in an athletic period will receive a grade based upon the head coach's criteria for that class.

6) Responsibilities of an Athlete

All athletes have the responsibility to give their best, play to win, follow training guidelines, and exhibit good conduct and fair play at all times so as to be a credit to their school. Athletes, as well as coaches, are always on display. We are judged by the company we keep. Our actions in everyday life, both private and public, are a direct reflection on this athletic program and our school.

1) Personal appearance and cleanliness:

1. Hair will be kept appropriate and within school dress code. Athletic Director will determine what is appropriate on a case-by-case basis.
2. Non-natural hair coloring is not allowed. Natural hair color is described as blonde, brown, black, or red.
3. Depending on the sport, jewelry could be required to be removed for competition. The sports head coach will define this rule. Nose rings will be removed or must be replaced with a clear stud. Any other nose piercings will not be allowed. Male athletes will remove all earrings

while dressing for practice/contest. Male athletes earrings will not be allowed while the team is in uniform or travelling to and from contests.

4. Facial hair will be kept well groomed at the athletic director's discretion or could be required to be clean shaven for contests.

2) During competition, an athlete:

5. Learns that both winning and losing are part of the game and learns to accept both. Be modest in victory; be gracious in defeat.
6. Has complete control of himself/herself at all times. Horseplay, display of temper, use of profanity, and disrespect for coaches, officials, or opponents will result in loss of respect for the athlete and in disciplinary action from the coach. An athlete ejected from a competition will serve the required UIL suspension unless team video can provide evidence for the Athletic Director to overturn suspension. Any member of a team that leaves the bench during an altercation may also be subject to consequences.

3) In the classroom, an athlete:

1. Must realize that he/she is a student first, an athlete second. The student-athlete must give time and energy to classroom studies to ensure good and acceptable grades that meet the UIL requirements for participation.
2. Must maintain a satisfactory citizenship and behavior record by giving respectful attention to classroom activities and by treating teachers, administrators and fellow students with respect. Tardiness, horseplay, and unnecessary talking are unacceptable behavior habits that, if uncorrected by the student-athlete, may result in suspension from the athletic program.

4) On Campus, an athlete:

1. Must adhere to the RISD dress code, maintain proper dress and appearance, good grooming, and personal cleanliness. You are a leader and you have only one chance to make a good impression.
2. Will refrain from fighting, scuffling, horseplay and juvenile behavior in and around the school building.
3. Use of audio or visual recording devices, including a cell phone, are not permitted in changing areas, restrooms, showers or locker rooms. Violators may be reported to campus administration, law enforcement or other governmental authorities and could be subject to consequences, including suspension or removal from athletic program.

5) During the athletic period and practices before and after school, an athlete will:

1. Notify the coach if he/she needs to miss a game or practice session that is scheduled. Absences from athletic period practices should be handled according to school guidelines and team rules. Missed practices will also be required to be made up. Any absence should be made up before an athlete participates in the first quarter of a contest.
2. Be on the field, court, weight room or other designated area dressed and ready to practice when the tardy bell rings or when designated by the coach. Tardiness to our class period is as inexcusable as it is to any other class.
3. Maintain neat and clean locker space. Be proud of your dressing area and keep it neat.
4. Lock all personal belongings in your locker. The school is not responsible for misplaced, lost, stolen or damaged personal property or textbooks.
5. Take a shower for hygiene purposes and for aiding the body in its temperature adjustment after workout. Rough housing, towel popping, or throwing objects is not allowed in the shower or the dressing room.

6) During team travel, an athlete will:

1. Travel to all away contests with the team. Depending on each Head Coach's rules, some players may ride home with parents if they are signed out.
2. Dress neatly and properly on all trips. Coaches will advise you regarding the proper attire. Conduct himself/herself properly on the school bus or in any school vehicle. He/she will follow the printed rules for bus ridership that govern all RISD bus riders.
3. Be informed of departure and return times. It is your responsibility to be on time for all departures and to inform your parents of the time to pick you up after the contest. Every effort will be made by the coaching staff to notify proper personnel as to unexpected changes in arrival time.
4. Only coaches, players, athletic trainers, and/or school administrators are allowed to ride the team bus. Coaches may not use personal vehicles to transport students.
5. All athletes must follow the RISD Student Code of Conduct at all times.

7) Overnight Travel:

There may be times when teams will be allowed overnight trips. In these instances, the athlete must:

- Abide by the curfew set by the head coach
- Not be in different gender rooms at any time
- Travel to AND from the event with the team
- Be aware that coaches will ask to check the athlete's bags before leaving for the trip.
- Adhere to the expectations for students in the RISD Student Code of Conduct.
- Not consume or be in possession of alcohol, tobacco, or other drug use (including no electronic cigarettes or inhalants)

8) Attendance and Absences:

It is the obligation and responsibility of team members to attend scheduled practices, contests, and meetings regularly and on time. If an unavoidable conflict arises with a practice or contest, one of the coaches should be notified before the workout or game. Failure to make contact prior to the practice, contest or meeting may result in absence being considered unexcused. Friday practices will be scheduled regularly during the new 4 day school week. Practices will include current sport and could include off-season training activities. Athletes will be expected to attend workouts on Friday's which is subject to the policy below:

Excused Absences

Excused absences will be made up. The make up for an excused absence is not punishment but is administered so that the athlete can make up missed work and conditioning. Examples of excused absences are illness, death of a family member, school sponsored activities, or emergency situations. Athletes should understand that when they have to miss, it is imperative that a coach be notified prior to the absence through parent square/email. Athletes should understand that habitual absences, even though they may be excused, become detrimental to their ability to perform and to their knowledge of team concepts. Habitual absences could result in disciplinary actions, including loss of playing time and/or possible suspension or dismissal from the team.

Unexcused Absences

Athletes and parents should understand that failure to notify the coach prior to an absence will usually result in the absence being considered unexcused. Some extenuating situations will be considered an excused absence without prior notification. If there is a question as to whether it is

excused or not, the head coach and/or athletic director will make the decision. Unexcused absences will be made up and disciplinary action will be taken.

Disciplinary action for unexcused absences from practice will be as follows:

1st-5th unexcused absence- athlete will complete sport specific make up work/disciplinary exercise designated by the head coach of their sport. Suspension from contest is possible if player is not actively completing makeup/discipline. Suspension from contest is also possible based on the nature of the unexcused absence at the discretion of the head coach. The athlete is subject to removal from a team or athletics at the coaches and athletic director's discretions on the 6th unexcused absence.

Athletes and parents should understand that a loss of playing time could occur because of missed preparation time for that contest. This is in the best interest of the student's safety and well-being of the program.

7) Eligibility

Physical Examination

A physical examination is required for incoming 7th, 9th, and 11th grade student-athletes or if the student-athlete was injured the previous year. The physical examination form is available from the athletic trainer or the coaches. Use only the approved UIL form to record physical examinations. Club or organization forms will not be accepted. A group physical will be scheduled by the athletic trainer during the Spring or Summer of the proceeding school year for all student-athletes.

Athletic Department Forms Packet

This packet must be filled out completely on Rank One and includes:

- Physician's and Parent's Certificate for Athletic Participation (Travel Emergency Card Information)
- UIL Anabolic Steroid Use and Random Steroid Testing Form
- UIL Sudden Cardiac Arrest Awareness Form / Concussion Acknowledgment Form
- Medical History / Physical Examination Form
- Student Acknowledgement of UIL Rules / Parent or Guardian Permit
- Helmet Warning (Football participants only)
- Medication Permit

Academic Eligibility

A student-athlete may participate in extracurricular activities on or off campus at the beginning of the school year only if the student-athlete meets the following requirements:

- Senior: 15 credits
- Junior: 10 credits
- Sophomore: 5 credits
- Freshman: promoted from 8th grade
- Middle School: pass the previous grade and be promoted

In order to remain eligible a student-athlete must pass all courses each grading period. If a student-athlete fails one or more courses for a grading period, the grades for all courses will be checked at the end of the designated reporting period (approximately 3 weeks) and the student-athlete will regain eligibility if he/she is passing every course. When any change in eligibility takes place, it is seven days before the change is effective. **An academically suspended student-athlete must attend and participate in all practices and/or training sessions.** Failure to comply with this requirement may result in removal from the athletic program.

8) Athlete/Parent/Coach Communication Process

Both parenting and coaching are very difficult vocations. By establishing an understanding between coaches and parents, both are better able to accept the actions of the other and provide a more positive experience for everyone. Parents have the right to know, and understand, the expectations placed on them and their children. Coaches have the right to know that if parents have a concern, they will discuss it with the coach at the appropriate time and place. **Do not confront the coach before, during or after a practice or contest. These can be emotional times for both the parent and coach. Meetings of this nature do not promote resolution of the situation, but often escalate it.**

Communication parents should expect from their child's coach:

1. Coach's philosophy.
2. Expectations the coach has for your son or daughter, as well as the team.
3. Locations and times of practices and contests.
4. Team requirements, i.e., fees, special equipment needed, school & team rules, off-season expectations.
5. Procedures that will be followed if your child becomes injured during participation.

Communication coaches expect from parents:

1. Any mental, physical or social concerns or issues regarding their son or daughter.
2. Notification of any schedule conflicts, illness or injury well in advance.

Issues NOT appropriate for discussion with your child's coach:

1. How much playing time each athlete is getting.
2. Position playing.
3. Team strategy.
4. Play calling.
5. Any situation that deals with other student-athletes.

Appropriate concerns to discuss with a coach:

1. The mental and physical treatment of your child.
2. What your child needs to do to improve.
3. Concerns about your child's behavior.

ATHLETE / PARENT / COACH CONFERENCE PROCESS

As your son/daughter becomes involved in the Sinton Athletic Program, they will experience some of the most rewarding moments of their lives. It is important to understand that there will be times when things do not go the way your child wishes. This is the opportunity for your child to talk with their coach and discuss the situation. When your child handles the problem it becomes part of the learning and maturation process. There will also be situations requiring a parent/coach conference (meeting, email, or phone). These are encouraged. It is important that both parties have a clear understanding of the other's position. Please follow these procedures to help promote a resolution:

1. The **athlete** will meet with the coach and/or head coach for his/her team or position.
2. If not resolved, the **parent/guardian and athlete** will meet with the coach and/or head coach of the team.
3. If still not resolved, the **parent/guardian and athlete** will meet with the coach and/or head coach, the Girls Coordinator (Girls' Athletics) and/or Athletic Director (Boys' Athletics).

9) Disciplinary Procedures

In order for an athlete to be considered in violation, one or more of the following must occur:

- Athlete admits to the violation
- Parent of the athlete admits to the violation
- A RISD staff member witnesses the athlete in violation
- A RISD administrator has reason to believe that an athlete has committed an offense
- A local agency report or violation is filed
- A local agency of the law makes a verbal report of a violation
- Evidence such as a photograph or video is presented

The following categories will address levels of discipline issues, and apply to all Rockdale ISD athletes at all times during the calendar year:

Category A Violations

Prohibited Conduct:

- Buying, selling, giving, delivering, using, possessing, or being under the influence of alcohol, marijuana, a controlled substance (without a proper prescription), or a dangerous drug at any time and regardless of whether the student is on school property or at a school-related activity; this includes any admission or citation for drug or alcohol offenses on campus or off campus (including social media).

Consequences:

1st Offense: The student shall be suspended from competition and/or public appearances in any extracurricular activity and school-sponsored organization, and shall not be eligible to park on District property or within 300 feet of district property for **15 (fifteen) school days** from the date that the school district is first informed of the confirmed positive test results. During the period of suspension, the student will be allowed to participate in any practices. The student will also be assigned extra physical training for each day of suspension. This student must be in the process of completing this disciplinary exercise before return to competition.

2nd Offense: Upon a second offense, the student shall be suspended from competition and/or public appearances in any extracurricular activity and school-sponsored organization, and shall not be eligible to park on District property or within 300 feet of district property for **60 (sixty) school days** from the date that the school district is first informed of the confirmed positive test results. During the period of suspension, the student will also not be permitted to participate in any practices. The student will also be assigned extra physical training for each day of suspension. This student must be in the process of completing this disciplinary exercise before return to competition.

3rd Offense: Upon a third offense, the student shall be suspended from competition and/or public appearances in any extracurricular activity and school-sponsored organization, and shall not be eligible to park on District property or within 300 feet of district property for a period of **1 (one) calendar year** from the date that the school district is first informed of the confirmed positive test results. During the period of suspension, the student will also not be permitted to participate in any practices. Students will not be allowed to complete or tryout for future offices, positions, or team/squad memberships during the 12-month suspension. The student will also be assigned extra physical training for admittance into the athletic program.

Student will be required to complete disciplinary exercises for each day of suspension. The student must complete the exercises in order to compete in a contest.

Category A suspensions will carry over from year to year and accumulate over the course of their high school years. Any Junior High offenses will carry over to high school, but will not count toward high school offenses.

If the offense occurs during the offseason/summer, the suspension from competition will begin with the first week of competition/activity.

If the offense occurs during the sport season or period of extracurricular activity, the suspension will begin with the next competition or extracurricular activity as determined by the coach, director, or sponsor.

Category B Violations

Prohibited Conduct:

- Engaging in theft, destruction, or misuse of school district property;
- Failing to return school property as directed where the property is valued at more than \$50;
- Engaging in fighting, hazing, harassment or bullying of others as defined by the Rockdale ISD Student Code of Conduct;
- Buying, selling, giving, delivering, using, possessing, or being under the influence of tobacco; E-cigarettes or vapes containing liquid nicotine. *Other banned substances or dangerous drugs would fall under a Category A violation*
- Engaging in any unreasonably dangerous athletic technique that unnecessarily endangers the health or safety of a student;
- Maintaining or being identified on social media that depicts behavior that is illegal or is sexual in nature;
- Sending, transmitting, or posting images or other material that is related to illegal or sexual activity;
- Engaging in conduct prohibited by the District's Student Code of Conduct that is punishable by placement in DAEP or expulsion; and
- Habitual Category C violations

Consequences:

First Offense:

The student will be suspended from participation for 5 school days and may be placed on a behavior contract

Second Offense:

The student will be suspended from participation for 15 school days and may be placed on a behavior contract

Third Offense:

The student will be suspended from participation for 45 school days and may be placed on a behavior contract

Fourth Offense:

The student will be suspended from participation in extracurricular activities for one calendar year. Violation will roll over into the next calendar school year.

Definition: "days" means school days, but also includes any non-school weeks in which an extracurricular competition or event occurs, such as camps during the summer or on school holidays.

Definition: "suspension" means that the student will not be permitted to participate in any competition, contest, scrimmage, performance, or election associated with an extracurricular activity. The student may continue to participate in practice.

***ISS or DAEP assignment may be more days than the 5 day athletic suspension. Any Category "B" violation will require a minimum of a 5 day Suspension*

Student will be required to complete disciplinary exercises for each day of suspension. The student must be in the process of completing the exercises in order to compete in a contest. The sport head coach and Athletic Director have the right to uphold suspension if the exercises aren't being completed in a timely fashion.

Category C Violations

Prohibited Conduct:

- Excessive tardies to games, meetings, practices, performances, camps, and/or other events without permission from the activity sponsor or coach;
- Being absent from games, meetings, practices, performances, camps, and/or other events without permission from the activity sponsor or coach;
- Engaging in acts of poor sportsmanship, such as cheating, using profane language, taunting other participants ;
- Being insubordinate to a coach or sponsor;
- Being disruptive during a game meeting, practice, performance, camp, and/or other event;
- Failing to return school district property as directed where the property is valued at \$50 or less;
- Violating the established rules or Handbook of a specific extracurricular activity in which the student participates;
- Violating the District's standards for dress and grooming or the standards set for the specific extracurricular activity; and engaging in general misconduct prohibited by the District's Student Code of Conduct.

Note: Students placed in DAEP are ineligible to participate in or attend extracurricular activities pursuant to Texas Education Code § 37.006(g). Furthermore, if a student's DAEP assignment is longer than the suspension, the student will serve out DAEP time before regaining eligibility in extra-curricular activities.

Note: The standards of the ECC are independent of the Student Code of Conduct. Violations of these standards of behavior that are also violations of the Student Code of Conduct may result in a student being disciplined under both standards.

Consequences:

Each coach or sponsor will assign consequences for Category C violations.

Note: An extracurricular activity participant starts each school year with a clean slate, unless he or she had participation in extracurricular activities revoked during the previous school year, in which case that revocation continues from year to year. In addition, any consequences that were assessed during the prior school year for which the student owes additional suspension or behavior contract time must still be completed. For example, a student who was suspended from participation for 4 school weeks during the last week of school may have an additional 3 weeks of suspension to complete beginning with the next school year.

Suspension:

Each coach will have the authority, with the concurrence of the Athletic Director, to suspend or place on probation for an extended period of time, any student athlete for major or minor infractions of rules for that team.

Any student suspended from athletics must be given:

1. The reason(s) for the suspension.
2. The time and provisions of the suspension.
3. The procedures for reentering the program.
4. Information on class schedule change or options.
5. The opportunity to appeal.

Parents of the suspended athlete will be notified **within 24 hours of suspension by the coach.**

Appeals:

The student and/or parent shall have the right to appeal any decision to suspend a student or expel a student from the athletic program. A request for appeal must be submitted to the head coach within **3 days** of the suspension.

An appeal by the student and/or parent of suspension or expulsion from athletics shall be considered by the appropriate school personnel, not on the basis of individual judgment(s), but on the basis of:

1. Variation from printed policy, administrative procedures, regulations, or rules and standards from membership, and participation in athletics;
2. Failure to establish reasonable documentation that the student's conduct/behavior has violated the standards for suspension or expulsion from athletics;
3. Failure to give the student/parent due process (notice of the facts being alleged) about the conduct/behavior and opportunity to refute the charges.

Placement in Alternative Education (DAEP)

- Any athlete placed in DAEP will not be allowed to participate in or attend any athletic activities during Their DAEP placement.
- A student will be assigned by the Athletic Director 1 make-up day for each day they are in DAEP.
- A student who is out of DAEP and working on make-up days must attend practice.
- A student must complete all make-up before they will be eligible to compete again.
- More than 1 DAEP placement may result in removal of athletic participation for the calendar year.

Placement in ISS

1. While in ISS (In-School Suspension) or OSS (out-of-school suspension) the athlete is required to attend all practices.
2. Students are ineligible for competition while serving an ISS/OSS assignment until the end of the last school day of the suspension.

Below are consequences for receiving an ISS assignment:

- a. 1 day assignment or any placement due to missing Friday School- disciplinary exercise
- b. 2 to 4 day assignment- loss of playing time plus disciplinary exercise
- c. 5 day assignment- suspension from a minimum of one contest plus disciplinary exercise.
3. After five referrals that resulted in an ISS/OSS assignment, the athlete will be placed on a probationary contract, which could include removal from athletics for up to a calendar year.
4. Disciplinary exercises will be completed before return to competition.

10) Quitting or Dropping a Sport

Failure to Complete a Sport (Quitting)

It is the belief of the athletic program and the desire of the coaching staff to see as many students as possible participate in the athletic program. It is also a goal of our program to encourage and persuade athletes to participate in as many sports as possible. However, if an athlete quits a sport in season, he/she will not be able to participate in another sport until the entire regular season of the sport dropped is completed. Unique situations and the timing of the athlete quitting will be evaluated and assessed by the head coach in conjunction with the Athletic Director. It is important to note that quitting a team is considered to be a serious matter, and the athlete may lose all future athletic privileges. If an athlete does quit, he/she:

- will forfeit his/her letter or award for the sport quit
- may not be allowed to participate in the sport in the future (discretion of head coach and Athletic Director)
- may be required to do extra work/sport specific conditioning to participate in another sport, if both sports are in season at the same time
- may be suspended/removed from the athletic period

Choosing to Sit Out a Year

If an athlete plays a season in a sport and chooses to sit out a year(s) (not due to illness or injury) and asks to return back to play the following year, it will be left to the discretion of the head coach in conjunction with the Athletic Director whether he/she will be eligible to play. It is the belief of the athletic program that sitting out a year(s) for reasons not health related or a rare circumstance with future intent of returning another year is not a team attitude.

11) Criteria for Lettering (for athletes in grades 9-12)

Participant must have completed the season as a Varsity member in good standing and meet UIL requirements to be eligible for consideration.

Each head coach reserves the right to award a letter to a participant because of extenuating circumstances such as an injury or because the participant was elevated from JV status to Varsity status late in the season.

Football, Basketball, Baseball, Volleyball, Track, Soccer and Softball

Participant must have been a member of the Varsity team for at least one-half of the season.

Cross Country

Participant must have placed in the top ten individuals at the varsity District Cross Country Meet or be a member of the team and have participated in at least one-half of scheduled meets.

Golf

Participant must have been a member of the "five member" Varsity team for at least one-half of the season's tournaments or have qualified for Regional honors.

Tennis

Participant must have completed the season as a Varsity member in good standing. Participant must have been a member of the "six member" Varsity team for at least one-half of the season's tournaments.

Managers/Trainers/Statisticians/Record Keepers

Must be in attendance at regular workouts and games or events for two years.

NOTE: Any student who has qualified for a letter but has been dismissed from the team for disciplinary reasons will not receive an award.

12) Athletic Passes

The Rockdale ISD Athletic program will issue Player Passes to those athletes participating in each sport. The following stipulations shall apply to the passes:

1. Only the player whose name appears on the pass may use it. Free admission is allowed only when the pass is presented. Without the pass, the athlete must pay the standard student admission charge.
2. Identification may be required.
3. Use of the pass may be revoked if an unauthorized person uses the pass or the holder of the pass displays unsportsmanlike conduct at any contest.
4. Passes will be issued to admit athletes to Rockdale ISD athletic events held in RISD.
5. If any athlete drops from a sport, the coach of that athlete must take up the player pass as a part of the issued equipment.

13) Social Media

Student-athletes are high-profile representatives of the Rockdale Independent School District, and their behavior is subject to scrutiny by their peers, the campus, community, and the media. The actions of a single student-athlete can reflect positively or negatively not only on the individual student-athlete, but also on his or her team and coaches, the Athletics Department and the entire school campus. Therefore, student-athletes are expected to represent themselves and RISD with honor, dignity and integrity at all times – including when interacting on social networking websites and in other online environments. The popularity of social networking websites (e.g., Facebook, Twitter, YouTube, Instagram, Snapchat, etc.) has grown tremendously during the last few years. These websites can serve as valuable communication tools when used appropriately. The use of social media, however, has the potential to cause problems for both the student-athlete and the school environment. Almost anything a student-athlete posts on a social networking site may be viewed by others, and both the media and the general public are more likely to view the profiles of student-athletes than the profiles of other students.

The Athletics Department has developed this Student-Athlete Social Networking Guideline in order to:

1. Provide recommendations and suggestions for student-athletes to help them use social media in a safe and responsible manner
2. Outline important rules that student-athletes must follow when using social media

Important Suggestions & Recommendations Regarding Social Networking Sites

Some students mistakenly believe social networking websites have a veil of privacy about them and assume their profiles are viewed only by a close circle of friends and fellow students. To the contrary, the content on most of these sites is accessible by anyone in the general public unless security and privacy features are used. The public nature of these websites has created personal safety and personal welfare concerns. For example, student-athletes have been stalked or sexually harassed and assaulted as a result of their Facebook profiles. Fans of opposing teams have taunted student-athletes based on information obtained from social networking sites. Student-athletes also should be aware that potential employers and graduate school admissions officers now regularly screen applicants by conducting “Google” searches of an applicant’s name and by reviewing the applicant’s social networking profiles. Students are being passed over for interviews and denied admission to universities based on the content of their profiles.

Student-athletes should be very careful about what personal information they share on the internet. For their own security, protection and welfare and that of their teammates and friends, the Athletics Department strongly recommends and advises student-athletes to:

- Keep phone numbers, physical addresses, birthdates, current whereabouts, travel plans and other personal information strictly confidential. This information should not be contained in a student-athlete's personal online profile.
- Limit the access of others to e-mail addresses and screen carefully those whom a student athlete may accept as "friends" on a social networking site.
- Use whatever security and privacy features are available to restrict the ability of others view a student-athlete's site or to post pictures, messages and other content on a student athlete's site.
- If an individual contacts a student-athlete via a social networking site and the nature of the contact makes the student-athlete concerned for his or her safety or uncomfortable in any way, the student-athlete should immediately contact a parent, a coach, or a campus administrator.

Rules Regarding Social Networking Sites

Participation in RISD Athletics is a privilege and not a right. As a condition of being a student athlete in RISD, student-athletes must abide by the following rules related to the use of the internet and social networking sites:

1. Any postings or communications via social networking websites which disrupt either the educational or athletic environments or which advocates the violation of any school or team policy would be unacceptable.
2. Student-athletes may not post online any pictures, information or other content that might cause embarrassment to themselves, fellow student-athletes, teams, coaches, the Athletics Department or the campus (examples: obscene images or language, nudity, pictures at parties with alcohol, references to drugs, sex, or illegal activities).
3. Student-athletes may not post any content online that is unsportsmanlike, derogatory, demeaning or threatening toward any other individual, teammate, coach, faculty member, or entity (examples: derogatory comments regarding another school; taunting comments aimed at a student-athlete, coach or team at another school). No posts should depict or encourage unacceptable or illegal activities (examples: hazing, sexual harassment/assault, gambling, discrimination, fighting, vandalism, academic dishonesty, underage drinking, and illegal drug use).
4. Student-athletes may not post any content online that would constitute a violation of the RISD Student Code of Conduct.
5. Student-athletes may not post any information that is sensitive or personal in nature or is proprietary to the Athletic Department or the school which is not public information (examples: tentative or future team schedules, student-athlete injuries and eligibility status, travel plans/itineraries or information).
6. Student-athletes are required to abide by all laws related to the use of the internet (including state and federal privacy laws such as FERPA and HIPPA), and student athletes are personally liable for any violations of those laws.

Student-athletes in RISD are required to abide by rules set forth in these guidelines.

The failure to do so will be considered a violation of the student-athlete code of conduct and/or the RISD student code of conduct. The violation may result in disciplinary action by the athletics department and the campus. Any violation of the above social media policy will revert to discipline based on the category of the offense. Any act defined above that does not fall in Category A or B violations would fall into Category C, and have coach or Athletic Director assigned consequences.

14) Procedures When Ill or Injured

Your health is of concern to your coach and every member of your team. In the event you feel ill or injured, report to your Athletic Trainer as soon as possible. They can assess you and guide you on going to the doctor as well as inform you of any paperwork that you will need to take with you. If you go to the doctor before seeing the Athletic Trainer, you must bring back WRITTEN instructions from the doctor as to your care. An injury that could possibly hamper your ability to participate must be reported to the Athletic Trainer and/or coach as soon as possible. Specific instructions regarding treatment by the Athletic Trainer will be given to you at the start of your season. If the Athletic Trainer sends you to the doctor, they will give you a form to take with you, if you forget/lose the form be sure that you ask for and bring back WRITTEN instructions from the doctor as to your care. If you feel that you need to see the doctor about an injury, make sure that you check with the Athletic Trainer since they have been licensed to provide proper care for you and may be able to provide you with information regarding your injury and the type of doctor you should see. Going to the doctor for an athletic injury without informing the Athletic Trainer is discouraged, but if you go to an Emergency Room or doctor without first seeing the Athletic Trainer you still need to bring back WRITTEN instructions from the doctor as to your care. A RETURN TO SCHOOL OR PE note will not suffice. The note needs to be specific in order for you to return to athletics.

Parent notes will not be accepted as a reason to miss practice. If an athlete is too ill or injured to practice then he/she must report to the Athletic Trainer or bring a written note from the doctor specifying the illness/injury and the number of days the athlete is to miss.

Whenever you are injured or have an illness of a minor nature, you may be required to dress out (but not participate) and stay with your group during the workout. You learn from each practice session, whether you are actually working out or simply observing.

When injured or when considered injured, each athlete is required to receive treatment every day until released by the Athletic Trainer. Athletic periods will not be used for treatments of injuries or for the evaluation of injuries except under special circumstances. Treatment periods are before school, after school, or as designated by the Athletic Trainer.

If an injury should become more serious while the athlete is away from school, the athlete, or his/her parents should call the Athletic Trainer, and/or get in touch with their family physician.

If athletes desire to talk to the Athletic Trainer for any reason, they are welcomed and encouraged to do so. A time should be arranged that will not interfere with the work schedule listed above.

Cooperation with these policies will ensure that each athlete has the same opportunity to compete with the least chance for re-injury.

All athletes must follow campus athletic training room rules.