

# ROCKDALE ISD



## 2022-2023 ATHLETIC HANDBOOK

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Athlete's Last Name

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First Name

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Grade

**ROCKDALE INDEPENDENT SCHOOL DISTRICT  
2022-2023 Athletic Handbook Acknowledgement Form**

The 2022-2023 Athletic Handbook is available online at [www.rockdaleisd.net](http://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 2022-2023 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.

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Parent Signature

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Date

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Athlete Signature

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Date

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# Rockdale Independent School District

## 1) Athletic Statement & Philosophy

To achieve success in any endeavor one must be dedicated, hardworking and enthusiastic. To achieve success in athletics, one must be uncompromising when it comes to practice and preparation, both on and off the field or court. As coaches, we will provide a rewarding experience to our student-athletes in a professional and enjoyable environment by displaying respect, integrity and the highest level of ethical standards. We offer equal opportunities for male and female student-athletes to participate in a wide variety of sports and we adhere to the UIL rules and philosophy. We value competitive athletic and academic experiences that foster self-esteem, a sense of responsibility, and an appreciation for lifelong learning. We will always strive for self-improvement and self-actualization. We will work to be as good as we can possibly become. It is extremely hard to achieve this status in life. For many, the price of success is too high. Many are content to wallow in mediocrity. It is difficult to make the correct choices and the necessary sacrifices to be successful.

**IT IS HARD TO BE A WINNER-**

**BUT IT IS WORTH THE EFFORT!**

### **Vision**

For Tiger and Lady Tiger Athletics to be the standard in creating processes that provide our athletes with the tools to be successful in every facet of their lives. We want our athletes to graduate, and we want their athletic experience to create championship habits for a lifetime. We want to prepare to win championships with relentless effort and detail every day.

### **Mission**

To create processes and opportunities that grow our athletes to become the very best version of themselves they can be on the field, court and in life.

**Participation in any extra-curricular activity is not a right, it is a privilege.**

### **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

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

## 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. It is an expectation of the RISD athletic department that every effort be made to be enrolled in an athletic period if you choose to participate in athletics. The exceptions to this may result from schedule conflicts and class size problems. Athletes in a team sport should be in the athletic period.

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 well groomed. To stay with these guidelines, male athlete's hair will be off the collar, not covering more than half the ear, not below the eyebrows and no longer than 6" tall/long. Female athletes should wear a hair style that will keep hair out of their eyes.
2. Non-natural hair coloring is not allowed. Natural hair color is described as blonde, brown, black, or red.

### 2) During competition, an athlete:

3. Learns that both winning and losing are part of the game and learns to accept both. Be modest in victory; be gracious in defeat.
4. 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 a minimum one game 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.
5. No non-natural colored hair will be allowed while representing RISD on game days. The athlete must adhere to the RISD dress code, maintain proper dress and appearance, good grooming, and personal cleanliness. All dress, hair, and clothing shall be neat and well-groomed. This is the minimum requirement of the athletic department. Individual team rules may be more stringent and provide further limitations.

### 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.

### 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. 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:

1<sup>st</sup>-5<sup>th</sup> 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. The athlete is subject to removal from a team or athletics at the coaches and athletic director's discretions on the 6<sup>th</sup> 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.

**The athletic period is vital to athletic success and is treated just like a practice as pertains to attendance, absence and make up work rules. The 1<sup>st</sup>-5<sup>th</sup> athletic period absence will be made up by makeup work handled by the head coach. After the 6<sup>th</sup> athletic period absence the athlete is subject to removal from athletics at the discretion of the Athletic Director.**

## 7) Eligibility

In order to be eligible to participate in an extracurricular activity event for a six week period following the initial six weeks period of a school year, a student must not have a recorded grade average lower than a 70 on a scale of 0-100 in any course for that preceding six weeks period. A student whose recorded six weeks grade average in any course is lower than 70 at the end of a six week period shall be suspended from participation in any extracurricular activity even during the succeeding three week period. If the student is passing all classes at the three week mark, the student may regain eligibility.



## 8) Athlete/Parent/Coach Communication Process

Before the start of each sport, the head coach will conduct a mandatory parent meeting regarding rules, regulations, and additional team rules will be distributed at that time.

If at any time, an athlete or parent has an issue/concern with a coach or program, the below process should be followed:

1. Athlete meets with the coach to discuss the problem
2. Parents and/or athlete meet with the coach
3. Parents schedule a meeting with the district Athletic Director

Coaches should never be approached to discuss a problem or complaint immediately following a game.

## 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 rules concerning to discipline issues apply to all Rockdale ISD athletes at all times during the calendar year:**

### **Tobacco**

**\*NO SMOKING OR USE OF ANY TOBACCO PRODUCTS, THIS INCLUDES E-CIGARETTES.**

The athlete who violates the above stated rules shall be subject to the following:

First Offense- Extra conditioning

Second Offense- Loss of playing time and extra conditioning

Third Offense- Suspension from minimum of one contest plus extra conditioning

### **Note:**

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.

### **Major Offenses –**

**May include but are not limited to the use of alcohol, drugs, hazing, stealing or other violations of the law or rules**

The athlete who violates the above stated rules shall be subject to the following:

First Offense:

1. Parent notification by the Head Coach
2. The student will be suspended from competition for up to 30 days. Athlete must attend all practices.

Second Offense:

1. Parent notification by the Head Coach
2. The student will be suspended from competition for up to 60 days. Athlete must attend all practices.

Third Offense:

1. Parent notification by the Head Coach
2. The student will be suspended from participation from all extracurricular competitions for a minimum of one calendar year. Removal from athletic roll sheet will be at the head coach's discretion.

**Note:**

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.

### **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) the athlete is required to attend all practices.
2. ISS placements are assigned by campus administration. There are 3 different levels based on severity of action.
  - a. Level 1 = 1 day of ISS or any placement due to missing Saturday School (not to exceed 1)
  - b. Level 2 = 3-4 days of ISS
  - c. Level 3 = 5 or more days of ISS
3. Below are consequences for receiving the first ISS assignment:
  - a. Level 1 - Extra conditioning
  - b. Level 2 - Loss of playing time plus extra conditioning
  - c. Level 3 - Suspension from minimum of one contest plus extra conditioning
4. Below are the consequences for receiving a second placement in ISS:
  - a. Level 1 - Loss of playing time plus extra conditioning
  - b. Level 2 - Suspension from minimum of one contest plus extra conditioning
  - c. Level 3 - Suspension from minimum of two contests plus extra conditioning
5. Any athlete that receives a third level 2 or level 3 placement in ISS will be ineligible from athletic competition for the remainder of the school year. Repeated level 1 incidents may result in additional consequences.

## **10) Quitting or Dropping a Sport**

There will be times when some athletes find it necessary to quit playing a sport before, during, or after the season. Whatever the reason, an athlete must follow the steps listed below:

1. The athlete should think the whole situation through before reaching a final decision. Athletes will have a 2 week grace period to quit without penalty.
2. The athlete should talk to the coach to see if a solution can be reached without having to quit. A conference between the parents, athlete, and coach, or any combination thereof, may be required, and is highly recommended before an athlete will be permitted to quit.
3. If an athlete decides to quit, he/she must check out of the sport just as he/she would check out of any academic class.
4. All equipment must be turned in clean. The athlete must pay for any equipment not returned.
5. If the athlete decides to quit one sport and join another, the athlete forfeits his or her right to participate in another sport until the regular season is over for the team he or she quit.
6. If the head coach agrees that it will be in the best interest of both the program and the athlete that the athlete quit his or her sport there will be no penalty assessed.
7. Participation in a sport an athlete has previously quit, is up to the discretion of the head coach.
8. If an athlete quits two sports outside of the grace period in a calendar year, the athlete is subject to removal from athletics at the discretion of the Athletic Director.

## **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.**

1st Offense - Warning and parent meeting with the head coach. Consequences will be determined based on the severity of the infraction and may include suspension or dismissal from the team or athletic activities.

2nd Offense – Parent meeting with the head coach and the Athletic Director. Consequences will be determined based on the severity of the infraction and may include suspension or dismissal from the team or athletic activities.

3rd Offense – Parent meeting with the head coach, Athletic Director, and the district Athletic Director. Consequences will be determined based on the severity of the infraction and may include suspension or dismissal from the team or athletic activities.

## **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. He 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, he 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.

# **TEN COMMANDMENTS OF CHAMPIONSHIP**

## **ATHLETIC PARENTS**

1. Be positive with your son/daughter. Let them know they are accomplishing something by simply being part of the team.
2. Do not offer excuses or place blame if your son/daughter is not playing. Be supportive and encourage them to work hard and do their best. Assure your child that their role is extremely important to the team.
3. Do not criticize the coaches in front of students. Coaches, like parents, represent authority; they are teachers charged with responsibility of education in a complex society. Continual parental criticism creates doubt in the mind of the athlete and can render the coaches ineffective. As a result, the athlete becomes a complainer.
4. Encourage your son/daughter to live an athletic life off the field of play. An athlete must have proper rest and diet to be effective mentally and physically. Know what your athlete is doing at all times. Be accountable for your child.
5. Insist on good grades. If an athlete is not passing, he/she cannot play. We want an athlete to be a successful person, not just a successful athlete.
6. Do not live your life through your son/daughter. Athletics are for the students, let them play! Do not show animosity or jealousy toward any of your child's teammates. This type of envy can rub off on your child and have an adverse effect on him/her and the team. Remember, it is amazing what can be accomplished when no one cares who gets the credit!
7. Allow the coaches to coach. They work with the athletes daily and know the individual abilities of each participant. They are professionals and have been trained to coach.
8. Understand the athletic pyramid. The further one advances in athletics, the more difficult it becomes to be successful. Being a little league all-star does not ensure success at the high school level. Each level becomes more demanding and requires more parental support and understanding.
9. Your successes or a sibling's successes, do not constitute guaranteed success for all family members. Each child is an individual, unique, like no other before or after. The battle one must wage is against oneself only, against taking the line of least resistance, against not working for self-improvement. Comparisons, although inevitable, should be avoided at all costs because they can lead to irreparable damage.
10. Love your child for who he/she is, not for his/her athletic accomplishments. Your child is a human being, not an object.