



Athletic Handbook

Hernandez Middle School

1901 Sunrise Road
Round Rock, Texas 78664

Bulldog Athletics



Hernandez Girls Athletic Philosophy

Mission Statement:

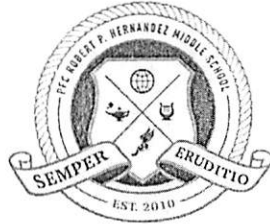
One Team. One Goal.

Philosophy:

Our Girls Athletic Program at Hernandez is committed to developing the whole person. We believe that the same criteria that determines success in our athletic environment are the same facets that cultivate and ensure success in our life's endeavors. High academic achievement, a strong work ethic, character, integrity, respect, loyalty to team and a competitive spirit that exhibits good sportsmanship. These are the values upon which all else is built upon. As Lady Bulldogs we are constantly striving to reach those expectations of excellence both in our athletic pursuits as well as striving to set the example in our life choices for others to follow. We are one team. We are Bulldogs.

"It's a great day to be a Bulldog!"

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Hernandez Boys Athletic Philosophy

Mission Statement:

Our mission in Hernandez Boy's Athletics is to equip our student-athletes with the tools needed to be successful in their athletic endeavors and more importantly, everyday life. We believe that by participating in our athletics program, our student-athletes will leave with a solid foundation of skills necessary to be able to take on challenges throughout the rest of their lives.

Vision Statement:

Our vision is to be a model program that exemplifies what it means to have an extremely competitive attitude while displaying class in all aspects of what we do. Our program is built on four core principles that we believe will help us achieve our vision to be the premiere middle school program in Round Rock ISD. OUR CORE PRINCIPLES ARE:

Respect * Responsibility * Hard Work * Accountability

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Communication Protocol w/Coaches:

Please contact your child's assigned team head coach for all questions or concerns. In our district we have an expected protocol for communication regarding athletics questions and/or concerns. Below is the expected protocol:

- A. Athlete/Team Coach
- B. Athlete/Parent/Team Coach/Girls Coordinator
- C. Athlete/Parent/Team Coach/Girls Coordinator/Campus Athletic Coordinator
- D. Athlete/Parent/Team Coach/Athletic Coordinators/AP
- E. Athlete/Parent/Team Coach/Athletic Coordinators/Principal

Sport Practice Times & Program Expectations:

Note: To maintain good standing and remain in the assigned athletic period for the year, each student-athlete must make a commitment to play two or more sports for the calendar year (off-season doesn't count as a sport).

I. Practice Sessions:

Team practice sessions for the various sports will be posted on our athletic websites by our athletic coordinators. Depending on what sport or track event your child is involved in, times may vary. Please contact your child's assigned coach for specific practice sessions. This information will be posted on our athletic websites and sent home with your child once they make a sports team.

Transportation is required by parents for both early morning practice session and/or after school sessions. The expectation is that parents are on time to pick up their child from practices. If a child walks home, they are expected to depart campus as soon as they are released.

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If a parent cannot pick up their child, then the expectation is that parents make arrangements for their child to be picked up in a very reasonable amount of time from the conclusion of the practice session. Thank you for your attention to this.

II. Expectations if you are hurt, sick, or miss practice sessions:

If you are injured, sick, doctor's excused note, etc. The expectation is that all participants still dress out for practice sessions if you attend that session. The injured or sick participant may assist their coach with assigned duties (running the clock, gym duties, etc).

If you miss a practice session, you are responsible to contact your assigned team coach by voice mail, or email; prior to the practice miss, stating that you will not be in attendance. Consequences (OTI's) will be implemented for no notification as well as missed conditioning sessions.

III. Pre-Season & Off-Season Training Sessions

If the child is not playing a particular sport, or does not make the team during the designated try out period; they will participate in pre- or off-season training sessions that are designed to prepare them for the next upcoming sport(s).

All program operating procedures and expectations remain the same for our off-season athletes. Academics remains a top priority. If a student-athlete fails two six-week periods in our school calendar year, they are removed from the athletic period and placed in a PE class (Athletic Participation Contract).

IV. Medical Notes & Athletic Trainer Visits

If a doctor visit is required; the expectation is that we receive a note from the doctor that is specific to what restrictions the athlete has.

It is the student-athletes responsibility to self-monitor their restrictions and doctor recommendations. It is also the athlete's personal responsibility to set up and/or attend rehab sessions with our high school athletic trainers at Stony Point HS. Their training room opens up by 6:30 am. Please communicate with your child's assigned coach if there are any specific medical concerns; or when an injury occurs.

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In reference to notes from parents, we of course welcome communication from our parents and will use our best judgment in dealing with sickness, injuries or concerns. Please note that we expect that if your child is too sick to practice or injured to do so, we expect her to go to a doctor to be evaluated. Professionally we will adhere to and abide by a doctor's note.

SPHS Training Office: (512) 428 – 7204

V. Tutorials

It is the student/athletes responsibility to maintain effective time management with balancing academic commitments and athletic responsibilities. Therefore, it is not excusable for an athletic to miss practice sessions to attend tutorials, make up quizzes, tests, etc. Only in an extreme emergency with prior coach approval will an athlete be excused to miss any practice session time. Grade checks will occur throughout the year.

In all cases, we have staggered practice times so that our 7th and 8th graders can attend either a before or after school tutorials session (depending on the sport), as long as they have communicated with their academic teacher; which is what our student-athletes have verbally been told by their coaches.

VI. Other Outside Activities

School extra-curricular athletic activities and commitments are expected to hold priority over outside off-campus activities or HeMS club commitments.

Questions? Call or send an email to your daughter's head coach. Coaches will typically respond in a 24-48 hour period of time. Please communicate any possible conflicts in advance to see what can be worked out that is in the best interest of our team.

VII. Bus Transportation

All athletes are expected to ride RRISD buses both to and from game contests. Student/athletes cannot leave games with parents; unless it is an emergency situation and it has been approved by our Athletic Coordinator's. All athletes are expected to stay through A and B games, then ride required district transportation back to HMS.

Buses will pick up and drop off students, in the bus lane, right outside the side entrance to the school. Please as a parent, do not park in the bus lane closest to the school. Leave room for buses to safely park and unload students. Please park to pick up your student in the parking lot. The bus lanes are technically "tow away/ticketed zones".

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Track is an exception during the spring. As long as the parent has filled out the *Alternate Travel Form*, they are allowed to sign out their child with an assigned coach and take them at the end of the child's event. Again there is a *24 hour* advance notice required with the approval of the *Alternate Travel Form* (included).

VIII. Equipment Care

All equipment issued to you from the HeMS Athletic department is property of RRISD. Therefore anything issued to your child during the school year is school property and must be cared for properly and returned in good condition at the required time the coach has indicated. If an item is damaged, lost, stolen, etc... you will be assessed a fine for the replacement cost of that item or items.

See your team coach in regard to if you are allowed to take your uniform home or return after every game. If the uniform is assigned to the student to take home and wash during the sport season, then uniforms are washed separately, on cold water settings, and hung up to dry. Please do not wash dark colors with whites. It will ruin the uniform color and do not use bleach.

IX. Fundraising

We will do donation drives throughout the year as well as fundraising to support our athletic program every year.

X. Sport Banquets & Season Awards

During the school year there will be sports award banquets to celebrate our young ladies and their accomplishments during their seasons. Dates, times and details of these events will be released by the coaching staff at the beginning of each sport season. All banquets will be held on school property.

Expectations for the Student-Athlete

I. Behavior Expectations of the Student-Athlete

- A. Accept and understand the seriousness of your responsibility, and the privilege of representing your school and community. Make good sportsmanship a top priority for you and your teammates.
- B. Live up to standards of character and integrity established by your coaches.

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- C. Learn the rules of the game thoroughly and discuss them with parents, fans and fellow students. This will assist others as well as you in having a better understanding and appreciation of the game.
- D. Treat your opponents with respect and integrity.
- E. Wish opponents good luck before the game and congratulate them in a courteous manner following the contest, no matter the outcome. "Win or Lose the same way."
- F. Respect the integrity and judgment of game officials. Make a positive impression of you and your team in the eyes of the officials and everyone at the event.
- G. Do not say, write or post any derogatory comments about opponents, teammates, coaches, officials or spectators.
- H. Understand and know that you are held to a higher standard as a student-athlete.
- I. Students are to maintain a 70% in all their classes in order to participate in competition.
- J. If a student-athlete fails two six-week period out for our school calendar year, they will be removed from athletics and placed in a PE class for the remainder of the year.
- K. Student-athletes are expected to effectively relay all communication given from coaches to their parents.
- L. Respect and comply with all RRISD employees in their requests, regardless of what school they are from.

II. Practice Attire

All athletes are expected to be in the assigned practice attire daily. Follow the schedule set by the coach, otherwise O.T.I.'s will be enacted. School assigned attire can only be worn by the assigned athlete for occasions such as practice sessions and games.

III. Campus Conduct

- A. Follow all set athletic behavior expectations enacted by your coaches and adhere to all campus policies and operating procedures.
- B. Show respect to all teachers, staff, visitors and fellow students.
- C. Adhere to your individual teacher guidelines and classroom norms. Set a positive example for other students in class to follow.
- C. Attend class on time and in its entirety.
- D. Make up any missed assignments on personal time. Communicate with teachers, use time management and find solutions not to miss instructional practice time.
- E. Public displays of affection are not tolerated. Show respect for yourself, your family and your program.
- F. Mobile devices are to be used only during approved time by our campus BYOD policy.
- G. Cafeteria Expectations: Do not horseplay, move from table to table, or be perceived as a disruption or excessively loud during lunch. Be the example of how to act, not the problem.

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- H. Locker room Expectations: Phones are not to be out or used inside the locker room. No horse play, or disrespect will be tolerated. We also expect that clothes are taken home every week to be washed. Anything left out or stolen from the locker room, the district is not liable for. Lock up your valuables, or leave them at home.
- I. Before or after school, you have 10 minutes before or after the bell to get what you need out of the locker room before it is locked. You should only be in the locker room during your assigned athletic period.
- J. After school hours the campus expectation is that you clear the building unless you are in an assigned practice session or tutorials. We do not loiter after school behind the building at the blacktop area, practice fields, or portable area.
- K. You are expected to be respectful and comply with any RRISD employee on our campus at any given time.

IV. Off-Campus Expectations

All our athletes are expected to conduct themselves in a respectful, responsible, and ethical manner; one that represents the values and morals of our program expectations.

- A. Be aware that YOU are MORE VISIBLE and held to a HIGHER STANDARD than the regular student. More is expected from you at all times.
- B. Do not use any prohibited or illegal substances that will result in disciplinary action under UIL or RRISD guidelines. Do not put us in a position where we must replace you. Make good choices.
- C. Remember perception is reality. Exhibit good character and integrity in public by your choice of appropriate words and actions.
- D. Remember that you are representing our athletic program at all times. If you are removed from another sporting event in RRISD, you will face consequences on our campus as well.

V. Game Day Conduct & Athlete Expectations

- A. Be dressed in appropriate team assigned attire. Game day attire during the school day; as well as proper designated team travel/game attire.
- B. Be on time for bus departure and hustle to the bus after games to depart.
- C. Sit with your teammates at the gym during the A or B game. If you are not playing then you are cheering on your teammates.
- D. Mobile devices and electronics are either left in your locker on campus, or are put up as soon as you get off the bus, before you enter the gym or field (dependent upon your assigned coaches discretion). If it's a home game, all mobile devices are locked in your locker. They remain put away until after you are released from your team meeting with your coach.

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- E. If there is an emergency situation, you must ask your coach permission to use your phone to contact a parent.
- F. Always travel in pairs at away game contests. At home contests we do not hang out in the locker room or the hallways. You are expected to be in the gym, assisting coaches with team responsibilities and supporting your teammates.
- G. Athletes are to show sportsmanship to visiting opponents, coaches, fans and our officials. Conduct yourself with class even if someone chooses not to behave the same way. Players do not argue calls, show negative body language or choose any type of behavior that embarrasses our program.

Parent Expectations

- A. Communication: As coaches we will always deal with any concerns with your child first. Therefore the expectation is that if your child has a question about playing time, improvement, discipline, or assistance in the classroom; they are expected to set up a time to speak their coach. You may or may not be contacted about these meetings.
- B. Parent Communication: If you as a parent/guardian have a question or a concern, please follow the proper communication chain of command listed in our athletic contract. The first step is to contact your child's head coach in a 24-48 hour period of time to speak on the phone, by email, or if you would like to set up a meeting.
- C. Practices, try outs, team meetings, locker rooms, buses, our bench are team-only. Please respect our coaches' time with your child as a professional. All practices and try outs are closed to public viewing.
- D. Please do not approach a bench during warm-up, during the game, or after the contest. This also includes the team bus.
- F. Time: Please be on time in picking up your child from practice sessions, or at home or away game contests. If you need to schedule a ride for your child with another parent, please do so before the game. Our coaches have family's they need to spend time with as well, please respect their time.
- G. Sportsmanship: Good sportsmanship is expected to be shown at all game contests. Please follow the UIL guidelines (in this handbook) for behavior toward officials, coaches, visitors, other players, etc.

Note: *If personal conduct results in unsportsmanlike conduct or you are deemed to be a distraction or potentially threatening, then you will be removed from the facility. A meeting in the next few days will follow with school district administration to decide whether or not you will be banned from attending future RRISD sporting events.*

- H. Please remember, this is a game. A game your child is continuing to learn and has a passion for. Everyone is trying to do their best; your child, someone else's child, the officials, the coaches, etc. If you have a concern, do not approach an official, coaches nor the scorer's table. Please allow emotions to settle in a 24 hour period of time, then make contact with your child's head coach. Refrain from approaching your child's coach if you are upset after a game concludes. Thank you.

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Social Media Expectations

Expectations are that if you are a part of our Hernandez Athletic program, as a participant or a parent/guardian; you are exercising personal caution and responsibility when using these sites. Expectations for our student/athletes are that they have privacy and safety settings enacted on their personal sites and devices.

Please remember that anything posted leaves a “footprint” that can be tracked and not only perceived in a negative way, but could also result in negative or even legal consequences beyond RRISD policies and procedures.

Participants are expected to demonstrate responsibility and show good character by not choosing to slander or participate in defamation of character, or bullying types of behaviors by either words or actions that defame our district, campus, coaches or participants in our program and outside programs.

Consequences for the disregard of these expectations will result in disciplinary action if they are proven to be found to have been harmful to our campus, individuals, or the integrity of our athletic program. If the action results in a disruption of our program or professional harmful to the individual, then the appropriate steps will be taken to ensure the integrity of our athletic program and our participants.

RROC Placement

If a student-athlete is removed from our campus for disciplinary purposes and placed at the Round Rock Opportunity Center (RROC), for any period of time, the following will be enacted:

- A. Student is removed from the athletic period and placed in a PE class upon their return to our campus.
- B. Meetings will be conducted on a case by case basis to determine whether the student will be allowed to return to athletic participation after certain consequences are completed to the satisfaction of our athletic department. This may include sitting out the remainder of the current athletic season, competition suspensions; or if the situation results in the termination of all future athletic participation for the remainder of the school year.
- C. The meeting will include the student, the student’s parents, the Campus Athletic Coordinator and either the Girls or Boys Athletic Coordinator as well our campus AP in charge of athletics.

Note: If the student is reinstated; they will be placed on a Behavior Contract. Failure to comply with the behavior contract will result in complete removal from the athletic program at Hernandez.

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Hernandez Middle School Facility & Behavior Expectations

Volleyball/Basketball

- RRISD admission prices are: \$4 Adults; \$2 Students.
- Doors open to the gym for entry at 5 pm.
- Please sit in the designated bleacher section of the facility (home/visitor).
- Outside food is not allowed in our gym or facility; concession stand food is allowed inside the gym. Please discard all trash.
- If spectators exit the facility, they will be expected to re-pay.
- If you are not a participant, please refrain from being on the playing court before, during or after the match or game.
- No outside sporting equipment or skateboards are allowed in facility for safety reasons.
- No flashes from camera's or phones during the actual competition. The light blinds officials, coaches and players.
- Spectators are expected to refrain from approaching coaching benches and the official table during game contests or before/after games. Coaches have responsibilities with teams and supervision duties. Recall the "24 hour policy" on waiting to have direct contact with coaches to address personal concern(s). Please follow our communication protocol.
- Non-participants (parents/siblings) are not allowed in our athletic hallway that leads into our locker room area or inside locker rooms.
- Hernandez game participants are expected to sit together and be in attendance for both the A/B team games (team policy).
- After games conclude; the gym facility is cleared by our Administrator on Duty and coaches on staff. Please wait for your child in the hallway by the concession area. Participants will be released approximately 15-20 minutes after the final game concludes.
- Remember to park in our designated parking lot, not the bus loading zone. Students and spectators are expected to exit the side of our facility at the conclusion of the game, and meet their parents in the designated lot.
- Do not park illegally and block exiting traffic in parking lots. Towing will be enacted.
- Respect and sportsmanship for officials, coaches and players is strictly enforced. If your actions or words are deemed to be inappropriate and potentially unsafe; you will be removed from our facility. If this occurs, a meeting will result to decide whether further disciplinary action(s) will be taken from a campus/district level for attendance at future athletic events.

Thank you for your assistance in supporting a positive environment at our sporting event.

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Hernandez Middle School Facility & Behavior Expectations

Football Games

- RRISD admission prices are: \$4 Adults; \$2 Students.
- Doors open to the football field for entry at 5:05 pm.
- Please sit in the designated bleacher section of the stadium (student section/ home/ visitor)
- Spectators are expected to sit in the bleachers and not stand on the sidewalks or in the bleacher walkways. Spectators may not stand against the handrails in the front of the bleachers. Spectators are not allowed on any green space areas that are flagged off on the premises.
- Outside food is not allowed in our facility; there is a concession stand available for food purchases. Please discard all trash in trashcans located throughout the property.
- If spectators exit the facility, they will be expected to re-pay to re-enter.
- **No outside sporting equipment or skateboards are allowed on the premises for safety reasons.**
- Non-participants (parents/siblings) are not allowed inside the fence that leads to the track/field.
- Spectators are expected to refrain from approaching coaching benches and/or press box during game contests or before/after games. Coaches have responsibilities with teams and supervision duties. Recall the "24 hour policy" on waiting to have direct contact with coaches to address personal concern(s). Please follow our communication protocol (refer to handbook).
- Hernandez game participants are expected to sit together and be in attendance for both the A/B team games (team policy).
- After the games conclude, our Administrator on Duty will help spectators exit the premises in a safe and timely fashion. Please wait for your child outside of the fence where you entered the property. Participants will be released approximately 15-20 minutes after the final game concludes.
- **Remember to park in our designated parking lot, not the bus-loading zone.** Do not park illegally in the fire lane or parking lot and block exiting traffic in parking lots. Towing will be enforced.
- **Respect and sportsmanship for officials, coaches and players is strictly enforced.** If your actions or words are deemed to be inappropriate and potentially unsafe, you will be removed from our facility and no refund will be issued. If you are removed, a meeting will result to decide whether further disciplinary action(s) will be taken from a campus/district level for attendance at future athletic events.

Thank you for your assistance in supporting a positive environment at our sporting event.

No Pass, No Play

•Students must be eligible under no-pass, no-play. Extracurricular activities include public performances, contests, demonstrations, displays and club activities. An activity would be considered extracurricular if:

- the activity is competitive;
- the activity is held in conjunction with another activity that is considered extracurricular;
- the general public is invited;
- an admission price is charged.

•Exception: If a student is enrolled in a state-approved course in which he or she must demonstrate mastery of the essential knowledge and skills in a public performance, then he or she may participate so long as the activity is not competitive, it is not held in conjunction with another activity that is competitive, and an admission price is not charged.

For example, a theatre student may participate in a non-competitive, free presentation of a one-act play in which the public is invited to attend.

Basics of No Pass, No Play

- Must be passing all courses (except identified advanced classes).
- Students lose eligibility for a three-week period, which is defined as 15 class days. Exception: one but only one of the three school weeks may consist of only three or four class days, provided the school has been dismissed for a scheduled holiday period. Two class days does not constitute a school week. Exception: Thanksgiving if schools are on holiday Wednesday, Thursday and Friday.
- School week begins at 12:01 a.m. on the first instructional day of the calendar week and ends at the close of instruction on the last instructional day of the calendar week (excluding holidays).
- Ineligible students must wait seven (7) calendar days after a three-week evaluation period and the grading period to regain eligibility.
- Students may regain eligibility an unlimited number of times throughout the school year. Passing means a minimum grade of 70 on all courses (except identified advanced classes).
- Note: Spring break can't be part of the 3-week evaluation process. All students are eligible during spring break.

"It's a great day to be a Bulldog!"

Dropping a Course With a Failing Grade

- A student who drops a class with a failing grade after the end of the fourth week is ineligible. A student may drop after the second or third week, or during the fourth week and retain eligibility.
- A student who drops a class with a failing grade at the end of a grading period is ineligible until seven calendar days after the end of the three-week evaluation period.

Changing Failing Grades

- A failing grade can be changed after it has been recorded if:
 - a mechanical error occurred in averaging or recording;
 - the teacher's grading procedure violated local policy, state law or SBOE rule and the student would have been eligible had policies or law been followed.
- Extra credit work or work turned in after the grading period or evaluation has ended may not be considered when determining a student's eligibility for extracurricular activities except in the case of an "incomplete" grade.

Incompletes

- A student with an incomplete grade is ineligible at the end of the seven-day grace period unless the "incomplete" is replaced with a passing grade prior to the end of the seven-day grace period. Students with "incomplete" past the seven-day grace period remain ineligible until work is made up in accordance with district policy.
- Extra work or work turned in after the grading period or evaluation has ended may not be considered when determining eligibility except in the case of "incomplete."

Spring Breaks & Holidays

- All students are eligible during a holiday of a full calendar week or more.
- A week of spring break or winter holiday CANNOT count as one week of the 3-week evaluation period.
- If a grading period or three-week evaluation period ends on the last class day prior to a school holiday of one week or more, the seven calendar day grace period to lose eligibility and the seven calendar day period to regain eligibility begin the first day that classes resume.
- For specific date examples, see the current UIL/TEA Side-by-Side at <http://www.uiltexas.org/policy/tea-uil-side-by-side>

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Round Rock ISD Athletic Code of Conduct – Use of Illegal or Controlled Substances During School and/or School Sponsored Events

Participation in athletics in the Round Rock ISD is a privilege, not a right, granted to students by the school district.

The privilege of participation in athletics may be withdrawn at any time if a student athlete is found to be in violation of the standards of conduct established by the district or by the coach of a particular sport.

The consequences for the use of illegal or controlled substances by students involved in athletics will be in accordance with the guidelines listed below. This policy is intended to be a minimum standard of consequences for athletes involved in the use or possession of, or under the influence of, illegal or controlled substances (alcohol and drugs). Stricter consequences may be applied depending on the extent and circumstances of the involvement by an athlete.

1. Any athlete involved in the use or possession of, or under the influence of, a controlled or illegal substance at any athletic event or trip in which he/she represents RRISD as a member of an athletic team will be suspended from participation in athletics for a period of one (1) calendar year.

A second offense will result in permanent removal from all athletic teams.

2. Any athlete involved in the use or possession of, or under the influence of, a controlled or illegal substance at a school function or on school premises will not be allowed to participate in any school sponsored athletic competition and practice for a minimum of six (6) weeks. Suspension will begin immediately for sports in season and will carry over to the next sport season until the six week suspension from competition and practice has been fulfilled. The six week suspension from competition and practice will begin at the start of the sport season for athletes involved in sports not currently in season. Disciplinary action will carry over from sport to sport and year to year until the athlete has missed six weeks of competition and practice.

A second offense at a school function or on school premises will result in suspension from athletic competition for one (1) calendar year.

A third offense will result in permanent removal from all athletic teams.

3. The discipline and/or dismissal of athletes involved in the use or possession of, or under the influence of, illegal or controlled substances at times other than when the athlete is on school premises or under school supervision will be at the discretion of the coach of the sport in which the athlete participates. The principal, campus athletic coordinator, and head coach of the sport must be involved in any decisions

Round Rock ISD Athletic Code of Conduct – Use of Illegal or Controlled Substances During School and/or School Sponsored Events

concerning the consequences of inappropriate behavior while not on school premises or at a school function.

In cases involving athletes from different sports for the same offense the principal, athletic coordinator, and head coaches of the sports in which the athletes participate will be involved in determining any disciplinary action.

USE OF TOBACCO

Any athlete involved in the possession or use of tobacco on school premises or at a school function will be suspended from athletic competition and practice for three (3) weeks.

A second offense will result in suspension for the remainder of the school year.

A third offense will result in permanent dismissal of the athlete from high school athletics.

RRISD Extracurricular Code of Conduct

I. Extracurricular Activities

The term "extracurricular activities" means, without limitation, all interscholastic athletics, cheerleading, drill team, academic clubs, school approved clubs, extra curricular fine arts performances, student government, and any other activity or group that participates in contests, competitions, or community service projects on behalf of or as a representative of the District. The term includes any non-curricular event and membership or participation in groups, clubs, and organizations recognized and approved by the Board of Trustees and the school district and sponsored by the district or a campus. All extracurricular activity participants, including elected and appointed officers of all campus organizations, will be subject to the provisions of this Extracurricular Code of Conduct.

II. Jurisdiction

Student participation in extracurricular activities is encouraged. Round Rock ISD makes extracurricular activities available as an extension of the regular school program, with this important difference: participation in the regular curriculum is a right afforded by law to each student, while participation in the extracurricular activities is a privilege that carries additional expectations for acceptable conduct. Students engaging in extracurricular activities represent not only themselves, but also other students and the school district when performing, competing, or participating in extracurricular activities and while wearing uniforms or other clothing that identifies the student to the community or public in any setting as Round Rock ISD students. For this reason, their behavior must be exemplary and reflect the finest attributes of the total Round Rock ISD student body at all times and places. Important goals of the extracurricular activities are to give students direction in developing self-discipline, responsibility, pride, loyalty, leadership, teamwork, respect for authority, and healthy living habits.

Because participation in extracurricular activities is a **privilege and not a right**, Round Rock ISD is authorized to set higher standards for participants of extracurricular activities than it would for those students who choose not to participate in these activities. Therefore, this *Extracurricular Code of Conduct* extends beyond the *Round Rock ISD Student Code of Conduct* not only in types of behavior prohibited, but also in corresponding consequences and jurisdiction for imposing discipline. In case of a conflict between this Code and the activity or sport specific campus handbook, the Code will prevail.

This *Extracurricular Code of Conduct* will be enforced with all students grades 7th-12th participating in extracurricular activities:

- regardless of whether school is in session;
- regardless of whether the student is directly involved with the extracurricular activity at the time the prohibited conduct occurs;
- regardless of whether the extracurricular activity is in-season; and
- regardless of where or when the conduct occurs.

It is possible that a student who violates the *Round Rock ISD Student Code of Conduct* will incur consequences from both the appropriate school administrator and from his or her coach or sponsor for the same particular violation. It is also possible that a student participating in extracurricular activities could violate the *Extracurricular Code of Conduct* and be subject to

RRISD Extracurricular Code of Conduct

discipline by a coach or sponsor without having violated the *Round Rock ISD Student Code of Conduct*.

III. Prohibited Conduct

Round Rock ISD students who participate in extracurricular activities are prohibited at all times from:

- any conduct resulting in arrest and/or citations from law enforcement officers; this does not include minor traffic violations.

Social media misconduct will be addressed in the handbook in the area of Athletics and Fine Arts. All extracurricular activities fall under the RRISD Student Code of Conduct.

IV. Procedures

The coach, director and/or sponsor will determine whether an *Extracurricular Code of Conduct* violation has occurred. Upon determination of an *Extracurricular Code of Conduct* violation, the following individuals will be notified:

1. student
2. student's parent(s) or guardian(s);
3. campus administrator
4. appropriate school counselor to provide counseling, support, and guidance in dealing with issues associated with alcohol, drugs, mood-altering chemicals, and other prohibited activities.

V. Disciplinary Action

Coaches, directors, campus administrators, and sponsors will review all the facts and circumstances surrounding a particular violation and impose appropriate disciplinary action. Campus administrators may remove a student who violates the *Extracurricular Code of Conduct* from the extracurricular activity.

Violation of any of the above-mentioned rules by a student participating in extracurricular activities will be subject to the following disciplinary action:

- Suspension from all extracurricular activities as outlined below:

First Offense:

The first offense will result in a three-week suspension from the extracurricular activity (ECA) that the participant is currently enrolled in. The suspension becomes effective immediately following the *notification, review and confirmation* of a violation. Suspension includes travel in a school vehicle to and from competition. The suspension does not include practice; however the campus administration may also impose a suspension on practice.

Second Offense:

Removal from all extracurricular activities for one calendar year.

A student who is cited for an offense while not in-season (off-season) or over the summer will receive "one strike", with a second offense resulting in removal from extracurricular activities for one calendar year.

RRISD Extracurricular Code of Conduct

Re-admission into the extracurricular activity is at the discretion of the coach, director, or sponsor.

Nothing in this *Extracurricular Code of Conduct* limits the authority of a coach, director, or sponsor to impose reasonable sanctions, including extra workouts, and/or community service for students who breach team or organization conduct expectations but do not engage in prohibited conduct.

VI. Appeals

Questions or complaints from parents regarding disciplinary measures should be addressed to the campus administration, in accordance with Policy FNG (Local). A copy of this policy may be obtained from the principal's office or the central administration office or through Policy On Line at the following address: www.roundrockisd.org

Disciplinary consequences will not be deferred pending the outcome of an appeal.

An Open Letter to the Fans

Dear Fan,

You walk up to the stadium or field ready to see a clash between your high school team and your most hated rival. You pull out your hard earned cash for that ticket, that golden ticket that allows you to a seat where you plan to "help" your team with constant berating of the opposing team and officials. You feel it is your duty as a fan to do everything you can for your team, and your role is to call it like you see it from 50 feet away in the stands.

What you don't understand is that your verbal abuse does nothing more than tear at the fabric of high school sports. The players on the athletic field, court or diamond are not being paid to play; they are not professional athletes that have to deal with fans like you on a daily basis. It is a privilege, not a right, for these athletes to compete as much as it is a privilege for you to sit in the stands and watch.

But what about your golden ticket that you paid good money for, doesn't that entitle you to something? Yes, you get the opportunity to watch two schools show off their skills and what they have learned in the athletic classroom. Other than that, your ticket gives you little more than a first-come-first-serve spot on a crowded row of bleachers. Contests could not exist without rules, and just as the players have to abide by rules on the field, you too have to follow the rules in the stands.

It's not all your fault; you probably had someone much like yourself at your high school games. Hopefully it's not the case, but you may never have seen proper spectator decorum. The UIL has a few basic tips that can help steer you in the right direction.

1. The field of play is the athletic classroom for student-athletes. Instead of math and science they learn teamwork and group responsibility in addition to dealing with success and overcoming adversity. You wouldn't dare interrupt a teacher giving a test to his or her students, yet you do it to coaches and student-athletes routinely in their classroom.

2. Your ticket does not entitle you to disrespect or degrade others in any way. Everyone who is a part of high school athletics gives their best effort and that commitment to educational athletics should be celebrated.

3. Understand that the student-athletes you are watching will make mistakes, and no participant should be ridiculed at any time because of their efforts. Many of them are still learning the games they play and can easily be disheartened by a rogue fan attacking their performance.

4. High school coaches are actually full-time teachers first and coaches second. Anyone who tries to reverse this order is taking the first step to destroying a program. No one wants a program to fail, but the merciless pressure you put on him or her as someone who had nothing to do with the building of the program can bring it down.

5. Officials are present to promote the game and the student-athletes involved. They make judgment calls in good faith based on their knowledge and extensive training. A lot of time and effort has gone into making sure that they know the rules better than you. Respect their decisions.

6. Finally, you are a guest of the school and should act like one. Winning is an admirable goal of competition, but it is nothing if it comes at the expense of morals, ethics, and common sense.

This manual is intended to help participants and school officials understand the importance of sportsmanship in UIL athletics. Please take the time to read each section and feel free to visit our extensive Web site at www.uil.utexas.edu. If you have any questions regarding sportsmanship or the UIL please contact one of our staff members.

-University Interscholastic League

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Learn Contest Rules

It is essential to be well informed of contest rules. The spirit of good sportsmanship depends on conformance to a rule's intent and to the letter of the given rule. Learn and abide by contest rules at all times.

Exercise Responsible Behavior at all Times

In order to ensure the true value of interscholastic competition, one must understand their own personal prejudices that may affect judgment and be sure that personal actions are beneficial to the educational values of the activity. Your behavior influences others whether you are aware of it or not.

Respect Opponents at all Times
Opponents are guests and should be treated accordingly by providing the best accommodations and tolerance at all times. Showing respect for opponents is not only appropriate, but will positively reflect on your school, team and family.

Recognize and Appreciate Skilled Performances Regardless of Affiliation
Applaud the good efforts made by an opponent as well as your team. Applause is a sign of compassion, recognition of a good performance, reflects a true awareness of the game and should be practiced regularly.



Respect Officials

Officials are present at a contest to ensure participants, coaches and spectators follow the intent of the rules. Their impartial judgment should not be called into question and blame should never be placed on officials before, during or after competition. The rule of good sportsmanship is to accept and abide by decisions made by officials in order to teach this valuable lesson to students for application later in life.

Respect Teammates and Yourself

The foundation of proper sportsmanship begins with your ability to recognize and appreciate the efforts of your teammates as well as yourself. Avoid any activities that could be classified as hazing toward teammates and respect yourself by choosing not to take performance-enhancing drugs.

Positively Interact with Fans

Regardless of team affiliation, an important aspect of good sportsmanship is the positive interaction participants, coaches, officials and others have with fans attending a contest. Through positive interaction, a level of decency and compassion is illustrated to individuals attending the sporting event and continued attendance is desired.

Display Representative Behavior at Athletic Events

As a representative of your school, never allow poor judgment to interfere with the responsibility you have to positively reflect on your program. Regardless of your stature as a student, player, coach, parent or spectator, it is paramount that you show proper sportsmanship and by doing so show that you value the benefits of UIL athletics.

Behavior Expectations

It takes everyone in the school community to ensure that proper sportsmanship is carried out at all times. From players, coaches and school officials to spectators and media personnel, sportsmanship is the responsibility of all.

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Overall Acceptable Behavior

- Applaud all participants during team introductions, regardless of team affiliation.
- Show respect to officials and accept their judgments as part of the contest.
- Cheerleaders should lead fans in positive cheers that promote sportsmanship and fair competition.
- Participants should shake hands before and after each contest, regardless of outcome.
- Treat competition as a game, keeping the value of education paramount.
- Coaches/players search out opposing participants to recognize them for outstanding performance or coaching.
- Applause at the end of a contest for performances of all participants.
- Everyone show concern for an injured player, regardless of team affiliation.

Overall Unacceptable Behavior

- Attempts to distract opponent during contests such as yelling or waving arms during opponent's free throw attempt, serve, etc.
- Antagonizing, disrespectful or derogatory yells, chants, songs or gestures.
- Booing or heckling an official's decision.
- Criticizing officials in any way; displays of temper with an official's call.
- Refusing to shake hands or give recognition for good performances following a game.
- Blaming loss of game on officials, coaches or participants.
- Laughing or name-calling to distract an opponent.
- Use of profanity or displays of anger that draw attention away from the game.

Behavior Expectations: STUDENT GROUPS AND SPECTATORS

Behavior Expectations of Student Groups

- Always provide positive support for your team. Never ridicule or degrade the opposing team or players.

- Conduct yourself in an exemplary manner. Remember that you represent your school both at home and away.

- Assist cheerleaders with yells, chants, etc. Always be a working part of pep assemblies with preparation, organization and involvement.

- Treat opposing players, coaches, spectators and support groups with respect and enthusiasm. Applaud good performances on both teams. Doing this will show that you understand and can recognize athletic achievement, regardless of team affiliation.

- Always display proper sportsmanship toward officials and value their contributions to the game. Respect the judgments made during a contest. All calls are impartial and should be accepted by all parties.

- Use only positive cheers, signs and chants during a contest. This will show that you understand proper sportsmanship while giving your organization and school a good reputation.



Behavior Expectations of Spectators

- Always support your team and the efforts of all participants involved.

- Do not intimidate or ridicule a player, coach or official before, during or after a contest.

- Always praise athletes for their actions during a game; never degrade a participant for their efforts. Athletics are a learning experience for students, and mistakes will be made.

- Remember that a ticket is a privilege to observe the contest, not a license to verbally assault others or be generally obnoxious.

- Learn the rules of the game so that you may understand and appreciate why certain situations take place.

- Always respect the integrity and judgment of officials. They are present to regulate the flow and enforce the rules of the game.

- Show respect for the opposing players, coaches, spectators and support groups. Treat them as guests to your school.

- Use only cheers that support and uplift the teams involved.

- Recognize and show appreciation for an outstanding play by either team.

- Refrain from the use of any controlled substance (alcohol, drugs, etc.) before, during and after the game on or near the site of the event.

- Be a positive role model at events through your own actions and by censuring those around you whose behavior is unbecoming.

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Trustworthiness

- Trustworthiness - Be worthy of trust in all I do.
- Integrity - Live up to high ideals of ethics and sportsmanship and always pursue victory with honor. Do what is right even when it is unpopular or personally costly.
- Honesty - Live and compete honorably. Never lie, cheat, steal or engage in any other dishonest or unsportsman-like conduct.
- Reliability - Fulfill commitments. Do what I say I will do. Be on time to practices and games.
- Loyalty - Be loyal to my school and team. Put the team above personal glory.

Respect

- Respect - Treat all people with respect at all times, and require the same of other student-athletes.
- Class - Live and play with class. Be a good sport. Be gracious in victory and accept defeat with dignity. Give fallen opponents help, compliment extraordinary performance and show sincere respect in pre- and post-game rituals.
- Disrespectful Conduct - Do not engage in disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks, trash-talking, taunting, boastful celebrations or other actions that demean individuals or the sport.
- Respect Officials - Treat contest officials with respect. Do not complain about or argue with official calls or decisions made during an athletic event.

Responsibility

- Importance of Education - Be a student first, and commit to getting the best education I can. Be honest with myself about the likelihood of getting an athletic scholarship or playing on a professional level and remember that many universities will not recruit student-athletes that do not have a serious commitment to their education, the ability to succeed academically or the character to represent their institution honorably.
- Role Modeling - Consistently exhibit good character and conduct myself as a positive role model. Remember, participation in sports is a privilege, not a right and that I am expected to represent my school, coach and teammates with honor both on and off the field. Suspension or termination of the participation privilege is within the sole discretion of the school administration.
- Self-Control - Exercise self control. Do not fight or show excessive displays of anger or frustration. Have the strength to overcome the temptation to retaliate.
- Healthy Lifestyle - Safeguard my health. Do not use any illegal or unhealthy substances including alcohol, tobacco and drugs or engage in any unhealthy techniques to gain, lose or maintain weight.
- Integrity of the Game - Protect the integrity of the game. Play the game according to the rules.

Fairness

- Be Fair - Live up to the highest standards of fair play. Be open-minded, and always be willing to listen and learn.

Caring

- Concern for Others - Demonstrate concern for others. Never intentionally injure any player or engage in reckless behavior that might cause injury to others or myself.
- Teammates - Help promote the well being of teammates by positive counseling and encouragement or by reporting any unhealthy or dangerous conduct to coaches.

Citizenship

- Play by the Rules - Maintain a thorough knowledge of and abide by all applicable game and competition rules.
- Spirit of Rules - Honor the spirit and the letter of the rules. Avoid temptations to gain competitive advantage through improper techniques that violate the highest traditions of sportsmanship.

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POSITION STATEMENT AND RECOMMENDATIONS FOR HYDRATION TO MINIMIZE THE RISK FOR DEHYDRATION AND HEAT ILLNESS

National Federation of State High School Associations (NFSH)
Sports Medicine Advisory Committee (SMAC)

DEHYDRATION, ITS EFFECTS ON PERFORMANCE, AND ITS RELATIONSHIP TO HEAT ILLNESS:

- Appropriate hydration before, during, and after physical activity is an important ingredient to healthy and successful sports participation.
- Weight loss during exercise and other physical activity represents primarily a loss of body water. A loss of just 1 to 2% of body weight (1.5 to 3 pounds for a 150-pound athlete) can negatively impact performance. A loss of 3% or more of body weight can significantly increase the risk for exertional heat-related illness. If an athlete is already dehydrated prior to beginning activity, these effects will occur even sooner.

- Athletes should be weighed (in shorts and T-shirt) before and after warm or hot weather practice sessions and contests to assess their hydration status.
- Athletes with high body fat percentages can become significantly dehydrated and over-heat faster than athletes with lower body fat percentages while working out under the same environmental conditions.
- Athletes have different sweating rates and some lose much more salt through their sweat than others. "Salty sweaters" will often have noticeable salt stains on clothing after workouts, and often have a higher risk of developing exertional muscle cramps.
- Poor heat acclimatization/fitness levels can greatly contribute to an athlete's heat intolerance and heat illness risk.
- Certain medications, or fever, can negatively affect an athlete's hydration status and temperature regulation, increasing the risk for heat illness.
- Environmental temperature and humidity each independently contribute to dehydration and heat illness risk.
- Clothing that is dark or bulky, as well as protective equipment (such as helmets, shoulder pads, and other padding and coverings), can increase body temperature, sweat loss and subsequent dehydration and heat illness risk.

- Even naturally dry climates can have high humidity on the field if irrigation systems are scheduled to run prior to early morning practices start. This temporary increase in humidity will continue until the water completely soaks into the ground or evaporates.
- A heat index chart should be followed to help determine if practices/contests should be modified or canceled. The NOAA National Weather Service's heat index chart can be found at: <http://www.weather.gov/cvr/heat/index.shtml>
- On-site wet-bulb temperature should be measured 10-15 minutes before practices or contests. The results should be used with a heat index to determine if practices or contests should be started, modified, or stopped.
- If wet-bulb temperature measurement is not available, the heat index for your approximate location can be determined by entering your postal zip code: <http://www.osaa.org/heat/index/>

Example of the effects of relative humidity on the risk for dehydration and heat illness:

- A relative humidity of 40 percent and a temperature of 95 degrees Fahrenheit activity is conducted. However, even with a lower air temperature of only 85 degrees Fahrenheit, the risk for exertional heat illness could be the same or greater with a higher relative humidity of 70 percent.

WHAT TO DRINK DURING EXERCISE AND OTHER PHYSICAL ACTIVITY:

- For most exercising athletes, water is appropriate and sufficient for pre-hydration and rehydration. Water is quickly absorbed, well-tolerated, an excellent thirst quencher and cost-effective.
- Traditional sports drinks with an appropriate carbohydrate and sodium formulation may provide additional benefit in the following general situations:
 - Prolonged continuous or intermittent activity of greater than 45 minutes
 - Intense, continuous or repeated exertion
 - Warm-to-hot and humid conditions
- Traditional sports drinks with an appropriate carbohydrate and sodium formulation may provide additional benefit for the following individual conditions:
 - Poor hydration prior to participation
 - A high sweat rate or "salty sweater"
 - Poor caloric intake prior to participation
 - Poor acclimatization to heat and humidity

WHAT NOT TO DRINK DURING EXERCISE:

- A 6 to 8% carbohydrate formulation is the maximum that should be utilized in a sports drink. Any greater concentration will slow stomach emptying and potentially cause the athlete to feel bloated. An appropriate sodium concentration (0.4-1.2 grams per liter) will help with fluid retention and distribution and decrease the risk of exertional muscle cramping.
- Fruit juices with greater than 8 percent carbohydrate content and carbonated soda can both result in a bloated feeling and abdominal cramping.

- Athletes should be aware that nutritional supplements are not limited to pills and powders as many of the new "energy" drinks contain stimulants such as caffeine and/or ephedrine.
 - These stimulants may increase the risk of heat illness and/or heart problems with exercise. They can also cause anxiety, jitteriness, nausea, and upset stomach or diarrhea.
 - Many of these drinks are being produced by traditional water, soft drink and sports drink companies which can cause confusion in the sports community. As is true with other forms of supplements, these "power drinks", "energy drinks", or "fluid supplements" are not regulated by the FDA. Thus, the purity and accuracy of contents on the label is not guaranteed.
 - Many of these beverages which claim to increase power, energy, and endurance, among other claims, may have additional ingredients that are not listed. Such ingredients may be harmful and may be banned by governing bodies like the NCAA, USOC, or individual state athletic associations.
 - See the NFHS Position Statement and Recommendations for the use of Energy Drinks by Young Athletes for further information.
- HYDRATION TIPS AND FLUID GUIDELINES:**
- Many athletes do not voluntarily drink enough water to prevent significant dehydration during physical activity.
 - Drink regularly throughout all physical activities. An athlete cannot always rely on his or her sense of thirst to sufficiently maintain proper hydration.
 - Drink before, during, and after practices and games. For example:
 - Drink 16 ounces of fluid 2 hours before physical activity.
 - Drink another 8 to 16 ounces 15 minutes before physical activity.
 - During physical activity, drink 4 to 8 ounces of fluid every 15 to 20 minutes (some athletes who sweat considerably can safely tolerate up to 48 ounces per hour).
 - After physical activity, drink 16 to 20 ounces of fluid for every pound lost during physical activity to achieve normal hydration status before the next practice or competition.
 - The volume and color of your urine is an excellent way of determining if you're well hydrated. Small amounts of dark urine means that you need to drink more, while a "regular" amount of light-colored or nearly clear urine generally means you are well-hydrated. A Urine Color Chart can be accessed at: <http://atl.uwa.edu/adm/nr/U/M/urinecolorchart.doc>
 - Hyponatremia is a rare, but potentially deadly disorder resulting from the over consumption of water. It is most commonly seen during endurance events, such as marathons, when participants consume large amounts of water over several hours, far exceeding fluid lost through sweating. The opposite of dehydration, hyponatremia is a condition where the sodium content of the blood is diluted to dangerous levels. Affected

Revised and Approved October 2011

- individuals may exhibit disorientation, altered mental status, headache, lethargy, and seizures. The diagnosis can only be made by testing blood sodium levels. Suspected hyponatremia is a medical emergency and EMS (Emergency Medical Services) must be activated. It is treated by administering intravenous fluids containing high levels of sodium.
- References:**
- Casa DJ, Armstrong LE, Hillman SK, et al. National Athletic Trainers' Association position statement: Fluid replacement for athletes. *Journal of Athletic Training* 2000;35:212-224.
- McKeag DB, Moeller JL. ACSM's Primary Care Sports Medicine. 2nd Ed. Philadelphia: Wolters Kluwer/Lippincott Williams & Wilkins, 2007.
- Montain SJ. Hydration recommendations for sport 2008. *Current Sports Medicine Reports* 2008;7:187-92.
- National Collegiate Athletic Association. Guideline 2c: Prevention of heat illness. 2010-11 Sports Medicine Handbook (21st edition).
- Sawka MN, Burke LM, Burke LM, Eichner ER, et al. American College of Sports Medicine position stand. Exercise and fluid replacement. *Medicine & Science in Sports & Exercise* 2007;39:377-90.

Bulldog Athletics



Alternate Travel Permission Form Hernandez Middle School Athletics RRISD

I, _____, am requesting to take my
(Parent Name Printed)
child; _____ from his/her athletic event
(Student/Athletes Name)
at, _____, and provide an
(Athletic Event or Event Destination)

alternate means of travel for my child that does not include RRISD bus transportation .

The date of the event is: ____ / ____ / ____

Parent Signature: _____

Date: ____ / ____ / ____

Approval: Y N

Athletic Coordinator Signature: _____

Date: ____ / ____ / ____

Note: 24 hour advance notice for approvals

Bulldog Athletics



Program Participation Contract

As a participant in our athletic program, we expect the highest academic and character standards from our athletes. Our athletes must embody the integrity, self-discipline and work ethic that is their assumed responsibility and expected of all our participants. We expect our athletes to demonstrate respect and good character in all their behavior choices; whether that be in their daily actions on campus or in game situations against opponents.

All our program participants and families are required to follow all guidelines, policies and operating procedures that are set forth in this document, our handbook, and on their assigned teams by the coaching staff. All campus, district and UIL policies must be adhered to at all times. If any policies or operating procedures aren't followed, the result will be individual or team discipline consequences. Depending on the offense or the number of occurrences, the following actions could be taken (*coaches profession discretion applied/may not occur in the following order*):

1. O.T.I. (*Opportunity to Improve*) will be enacted.
2. A verbal or written apology for the action may be required by the student-athlete.
3. Family representative may be contacted when action occurs, or could be contacted if the athletes action(s) become repetitive.
4. Behavior Log (*optional*)

If issues persists, a behavior contract will be enacted, resulting in a conference with the coach, athletic coordinator, the parent and athlete. The expected conduct and consequences will be explained at the meeting and in the contract. If the child does not meet the expectations and make the appropriate required changes; removal from the athletic period and program will occur at another date.

The removal from a particular team, or athletic program is an option at any time; based upon the discretion of the head coach, the athletic coordinator and campus administration.

A program requirement for participation is that the participant must participate in two tryout sports to be placed in the athletic period, while remaining in good academic and program conduct status.

If an athlete fails two six week periods in the school year, they will be removed from the athletic period and placed in a PE class.

Bulldog Athletics

As a member of this program, each athlete will also be expected to adhere to these following guidelines:

1. Absence from practice: Athlete must call-in or email, prior to the absence. Please call the team coach to make them aware of the absence as soon as possible, or if late to the practice session.
2. Injury : Doctor or Athletic Trainer note must be submitted to the team coach as soon as the athlete returns to school. Notes are required to indicate what the injury is, the specific restrictions and anticipated recovery time. "Parent Notes" do not take the place of a Doctor's note. *Illness Policy: "If you are well enough to come to school, you're well enough to come to practice."*
3. Late to practice, game, or indicated meeting time: (3) 35 second O.T.I.'s before athlete can begin practice or play in game. Note: *If athlete does not make the required time, then the Coach may determine what O.T.I.'s to enforce. This may include towel pushes or outside running, etc.*
4. All jewelry will be removed for all practice, games and training sessions. Tattoos must not be visible in practices or at game competitions. Groom expectations are mandatory. No unnatural hair color is allowed, color streaks that are deemed inappropriate. You are a representative of our campus program, keep that in mind.
5. Phones are not allowed to be on, out or used inside of our locker room. Phones are not allowed out in the gym area during practice, team meetings, or competition time. Consequences will be enacted if this is abused.
7. Damage to issued equipment, or school property: Appropriate fine is assessed.
8. Travel to and from games will occur on school district buses. Only in an emergency situation will the coach/administrator in charge approve leaving with a parent with the *Alternate Travel Form* document (24 hour advance notice required). Talk to the Coach in advance.
9. All athletes will be instructed where to sit while the other teams are playing. They are expected to sit as a team and help cheer for their teammates. Participants will remain at the game(s) until it concludes and they are release by their coach of their required team duties.
10. In the event of an injury:
 - A. Players will undergo necessary treatment
 - B. Players will still attend practice/game and dress out
 - C. Doctor or Trainer clearance needed before returning
 - D. Players are expected to participate in practice/game sessions indicated by the team coach

Bulldog Athletics

11. Playing Time is not guaranteed, nor is it equal. Playing time is earned through practice sessions and is always at the discretion of the coach based upon various factors.
12. Concerns or problems will be addressed by following the following chain of command:
 - A. Athlete/Team Coach
 - B. Athlete/Parent/Team Coach
 - C. Athlete/Parent/Team Coach/Campus Athletic Coordinator
 - D. Athlete/Parent/Team Coach/Athletic Coordinators/Campus Administrator
13. All meetings with the coaches will be done on an appointment basis. Do not expect to be able to speak with them on issues during games or between/after games. Follow 24 hour rule.
14. Social Media Responsibility: Be careful what you tweet/post online. District and/or Legal actions will be taken for improper use that results in slander/defamation of character, illegal actions or harassment . It's simple... show respect and treat others as you would want to be treated.
15. Alternative school placement (RROC); If a participant is placed at the RROC and removed from our campus, they will be removed from our athletic period and placed in a PE class upon their return to our campus. If the former participants wants to return to athletics a meeting will occur with the program coach, athletic campus coordinator and campus administration. The situation will be assessed by all involved to decide if a second opportunity will be given for that young person based upon why removal occurred initially. If participation is granted, the child must earn their way back in, under a behavior contract. Speak to the athletic campus coordinator for more information.

I, _____, am committed to the Hernandez Athletic Program and my teammates. As an athlete I am committed to following all campus, district and UIL policies. I am committed to staying drug and alcohol free, as well as demonstrating good values and moral choices. I am committed to helping my teammates be the best people they can be. I am committed to always displaying good sportsmanship in game situations. I understand that participation in RRISD athletics is a privilege not a right and my playing time is based upon various criteria including my campus conduct. I will adhere to all expected program policies and operating procedures. I understand that there are consequences, should I violate any commitments or guidelines set forth in this contract or in our athletic handbook.

Student/Athlete Printed Name

Signature

Date: ____/____/____

Parent/Guardian Printed Name

Signature

Date: ____/____/____

Bulldog Athletics



Program Operating Procedures/Policies Handbook Agreement

By signing and returning this document, you are stating that you have received information on the Hernandez Middle School athletic program and you agree to abide by our program expectations, operating procedures and policies that were outlined in our parent meetings, athletic handbook and team contracts.

As a participant in our program, you are acknowledging and agreeing to follow our district communication protocol that has been outlined for our parents and all athletic participants. You are also stating that you will comply with all Round Rock ISD and UIL policies and operating procedures for continued athletic participation. Athletic participation in our district is considered a privilege not a right. Decisions that are made are based upon the discretion of the coach as a professional. A student-athlete who does not comply with policies or operating procedures may be reprimanded and face disciplinary measures, or depending on the athletic administration's decision, be removed from participation in the program.

Student-athletes can be placed on a behavior contract or academic contracts at any time that expected standards of excellence have not been met nor maintained. Our athletes are held to a higher standard and expected to be leaders on our campus, in our district and throughout our community at all times.

Statement: I understand and will abide by the program expectations, policies and participation requirements that have been outlined above for the upcoming school calendar year.

Signatures:

_____	_____	Date: __ / __ / ____
Student/Athlete Printed Name	Signature	

_____	_____	Date: __ / __ / ____
Parent Printed Name	Signature	