

**2018-19**

**Girls Soccer Handbook**

**RR ROUND ROCK HIGH SCHOOL**



Head Coach: Chad Aldrich

Round Rock High School

1/1/2018

## Coaching Staff

- **Head Coach**  
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## **PHILOSOPHY**

The Athletic Program at Round Rock High School is committed to excellence. We plan to provide an educational process in a safe school environment that will foster critical thinking and acquisition of knowledge and skills, a self-discipline that will encourage academic excellence, self-sufficiency, and personal responsibility and respect for diversity. All which will prepare students for life-long learning, a high standard of ethics and willingness to make a positive contribution to society.

Athletics is an extension of the school day. **It is a privilege not a right.** Our coaches are charged with the responsibility to teach values of accepting success graciously, accountability, citizenship, sportsmanship, confidence, tolerance, and handling disappointment. Also, they are challenged to teach leadership, organizational skills, participation within the rules, performing under pressure, persistence, work ethic, responsibility, sacrifice, self-discipline, social skills, striving toward excellence, taking instruction, physical well-being., and TEAMWORK.

By joining a RRHS athletic team, you become a representative of both that team and RRHS. It is essential that you act responsibly and do nothing to jeopardize your opportunity to maximize results from your high school experience. Your personal conduct is a direct reflection of your good moral character and ethical judgement.

**Participation in the program is a privilege, which students earn by maintaining these standards as well as displaying they are able to contribute to the team in an area that coaching staff feels fit.**

Because students represent their school and the District in highly visible positions in elected offices and/or appointed positions in which they perform, participate, or compete, these students are viewed as role models. The demands and responsibilities require participants to commit time and effort while maintaining high standards of conduct. This code applies at all times and includes conduct on or off campus, while participating in an activity or not during the school calendar year, holidays, summer and weekends.

The Round Rock Athletic Department and the Principal set additional policies, regulations and rules. Under UIL guidelines, local athletic departments are allowed to set additional policies, rules and/or regulations as long as they are not less restrictive than those stipulated by the UIL.

## **GOVERNING BODIES**

### **The University Interscholastic League (UIL) of Texas**

Round Rock High School is a member in good standing of the UIL. With membership, the Principal and Athletic Department agree to abide by all rules and regulations of the UIL.

### **13-AAAAAA**

Round Rock High School is proud to be a member of District 13-AAAAAA. Its own constitution and the UIL govern District 13-AAAAAA.

### **Round Rock Athletic Department**

The Round Rock Athletic Department and the Principal set additional policies, regulations and rules. Under UIL guidelines, local athletic departments are allowed to set additional policies, rules and/or regulations as long as they are not less restrictive than those stipulated by the UIL.

***Student-Athlete Behavior***  
***RRISD Athletic Administration***

A student-athlete represents the school community, and the privilege of being a member of a school team must be earned and maintained. Therefore, the following rules are established so that student-athletes understand the value of participation in extracurricular athletics and as a reminder that inappropriate behavior is punishable by suspension or removal from a team at the discretion of the coach, principal and athletic director.

**General Rules of Conduct**

- A. Show respect for RRISD staff sport officials, opponents and fans
- B. Participate in every practice, competition, performance, game, tournament, and event required by the Coach/Sponsor/Director.
- C. Arrive promptly, proper attired, for every practice, competition, game, tournament, etc., unless the Coach/Sponsor/Director has granted an excused absence or tardy.
- D. Adhere to the grooming standards as established by the individual activity/sport code of conduct as well as the RRHS student dress code.
- E. You are a role model. Demonstrate sportsmanlike behavior and respect those around you.
- F. Help promote and support other RRHS athletic programs
- G. Abide by all RRHS student-handbook policies.
- H. Exemplify honesty in school work
- I. Show respect and exemplify appropriate behavior in the classroom.
- J. Demonstrate appropriate behavior while engaged in school-related travel.
- K. Follow the RRISD Student Code of Conduct Handbook

**RRISD Extracurricular Code of Conduct**  
Arrests/Citations - Anytime During School Calendar Year or Summer/Holiday

## I. Extracurricular Activities

The term “extracurricular activities” means, without limitation, all interscholastic athletics, cheerleading, drill team, academic clubs, school approved clubs, extracurricular 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 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:

### 1<sup>st</sup> Offense:

Will result in a three-week suspension from the extracurricular activity 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.

### 2<sup>nd</sup> 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

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](http://www.roundrockisd.org)

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

**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.

**2<sup>nd</sup> 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.

**2<sup>nd</sup> Offense:** Will result in suspension from athletic competition for one (1) calendar year.

**3<sup>rd</sup> Offense:** Will result in permanent removal from all athletic teams.

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 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.

**2<sup>nd</sup> Offense:** Will result in suspension for the remainder of the school year.

**3<sup>rd</sup> Offense:** Will result in permanent dismissal of the athlete from high school athletics



## Discipline Model Protocol “Strike Policy”

### 1<sup>st</sup> Offense

- Meeting to include the head coach, and the student athlete and an assistant coach.
- Parents notified of meeting and outcome identified.
- Serious infractions of Team, District and /or UIL rules may be subject to suspension or dismissal from the program.

### 2<sup>nd</sup> Offense

- Meeting to include the head coach, and the student athlete and a designated administrator and student-athletes parent/guardian.
- Student-athlete placed on behavior plan/contract pre-approved by Campus Athletic Director.
- Serious infractions of Team, District and /or UIL rules may be subject to suspension or dismissal from the program.

### 3<sup>rd</sup> Offense

- After consultation with the Campus Athletic Director and the Principal, students who continue to find difficulty in following the extracurricular Code of Conduct may be subject of suspension or dismissal.

A **serious infraction** that may be subject to a suspension or dismissal from the soccer program are of the following but not limited to:

1. Drugs, tobacco, and/or alcohol involvement
2. Theft inside the locker room
3. Social media posts that cause harm; depict or encourage unacceptable or illegal drug use
4. Cussing out an official, coach, player, or spectator during practices or matches

## Suspension from Participation in Athletics

The following are examples, but not limited to, reasons that may result in the suspension of a student-athlete. The length of suspension is at the discretion of the Director of Athletic Director and the Head Coach.

- A. Participants **who receive off-campus suspension** for disciplinary reasons will not be allowed to participate or practice during the length of the suspension. Participants will be eligible on the next day following the suspension.
- B. Ejection from a contest by an official, coach, or athletic director for unsportsmanlike or other inappropriate behavior.
- C. Actions punishable by the school administration which occurs outside the normal school day but while the student-athlete is involved in his/her sports season.
- D. Participants who are assigned to **The ROCK** campus are not allowed to participate in UIL.

## Dismissal/Removal from Athletics

A student's participation on a sports team is conditioned upon the student's compliance with the requirements and standards of behavior set forth in the Sports Handbook, the RRISD Code Of Conduct outlined in the Student-Parent Handbook and the policies of the RRISD Coaches Handbook. Students must meet UIL and RRISD eligibility requirements. Both student-athlete and parent must agree by signature to comply with behavior guidelines as set forth. The athlete has the right to discuss the dismissal with the Campus Athletic Director before final decision is made.

- A. Violations for RRISD District and or RRHS team drug and alcohol policy where indicated.
- B. Practice attendance issues/multiple practice/ game absences without communication.
- C. Refusal to comply after several chances on expected behavior infractions. (see 1<sup>st</sup>, 2<sup>nd</sup> 3<sup>rd</sup> strike policy)
- D. UIL No Pass – No Play policy- Students not passing two six week cycles ARE subject to dismissal. Circumstances with discipline and participation will ALSO be considered.
- E. Anything the coach determined as having become detrimental to the program.

## REQUIREMENTS FOR LETTERING

The following are a list of possibilities for earning a varsity letter in Girls Soccer.

Active member of the Varsity Team.

1. Attend practices and matches.
2. Discretion of the coach if player made a contribution to the success of the team.
3. Followed rules, procedures and expectations of RRISD and the soccer program as set forth in the handbook.

## CARE OF EQUIPMENT

**Athletes have an obligation and responsibility for all equipment issued them.** Each athlete is responsible for the proper care and retention of their equipment from the date of issue to the date of return. Equipment should be stored in a locked locker and a locker-room at all times when not in use. While competing at matches secure your equipment before your event. Do not leave it unattended while competing. Students will be charged the current replacement cost for any missing or vandalized equipment. Payment for the lost equipment is required at the time of the loss, prior to the next season of athletic involvement or graduation, whichever comes first.

No student will be allowed to try out for another sport until all outstanding equipment has been returned or paid for. If an athlete leaves the team during the season due to injury, academics, and discipline or of his own accord, it is his responsibility to return all school equipment.

## TRANSPORTATION

The school provides bus transportation, or a suitable substitute, to all "away" contests. All team members are expected to travel to and from these contests using the provided school transportation. A coach may give permission for student-athletes to ride home from a game site with their parent or guardian after a signed consent form is presented prior to leaving for the event by the parent and the student-athletes grade level principal.

## TRAVEL POLICY

Athletes are required to be on time. They must remember that they are representing the school. Dress in appropriate dress and do not wear anything that would become a distraction to the team or cause attention to be drawn to you. A list of players and parent contacts will be submitted to the Principals and Athletic Office prior to departure. Always double check and make sure you have your assigned equipment. Do not let your absent-mindedness be the reason that you are kept out of a contest.

## BUILDING AND FACILITY ACCESS

A school staff member will allow **no student access** to any of the athletic facilities without proper supervision. Students may not use the gymnasium or weight room unless there is a staff member present. We are very fortunate to have the facilities that we have. The locker room is a great place for the players and coaches. Take Care of it. It will be kept reasonably clean and it is the responsibility of the athletes to make sure this is adhered to. If you see someone deliberately neglecting the use of this, it is your obligation to report it and the coaches will handle it with appropriate measures. *(In other words, **clean up your mess.** We the coaches and the janitors are not here to clean up after you.)*

Student-athletes are expected to respect the locker facilities, showers and general areas of the athletic wing at both Round Rock High School and while visiting other schools. We expect the student-athletes to take pride in their facilities and those of opponents by using trash barrels and keeping these facilities in good condition. Any type of vandalism will not be tolerated! You will pick up after yourselves!!!

## **SECURITY OF PERSONAL BELONGINGS**

All personal belongings should be locked up in a locker or team room while the student-athlete is trying out, practicing, or playing. All students should use the lock that is assigned by the coaching staff to them for their athletic lockers and should never leave their locker unlocked. Round Rock High School cannot be responsible for loss of personal belongings. Personal locks will be removed from all lockers.

## **COLLEGE/CAREER GUIDANCE**

One of the most important decisions facing high school students is what to do with their lives after high school. The members of the Round Rock High School Athletic Staff are willing and eager to assist all of their students with this extremely important decision. Staff members fully understand the importance of this assistance. They may be able to answer questions, contact schools and/or coaches, and write letters of recommendation. The least they will be able to do is guide students to a more knowledgeable resource who can help with decisions. If a student's goal is to compete athletically at the collegiate level, it is very important to be aware of the ever-changing NCAA Regulations.

Round Rock High School's Guidance Counselors Department has a wealth of information and experience on NCAA regulations. They also have copies of the NCAA Clearinghouse Registrations Forms, which must be completed by all students planning to participate at the college level.

## **SPORTSMANSHIP**

Round Rock High School expects all parties at a contest to display the highest level of sportsmanship. Players, coaches, and spectators are to treat opponents, officials and visiting spectators with respect and the same "poise and class" that we do our own teammates. .

The UIL reserves the right to warn, censure, place on probation or suspend for up to one calendar year any player, team, coach, game or school official, or school determined to be acting in a manner contrary to the standards of good sportsmanship. Round Rock High School in turn reserves the right to impose the same penalties on spectators displaying poor sportsmanship at any of our contests, both home and away.

## **HAZING**

Texas state law states that no form hazing will be tolerated in any form or fashion.

"Hazing" means any intentional, knowing, or reckless act, occurring on or off the campus of an educational institution, by one person alone or acting with others, directed against a student, that endangers the mental or physical health or safety of a student for the purpose of pledging, being initiated into, affiliating with, holding office in, or maintaining membership in an organization. The term includes:

- (A) any type of physical brutality, such as whipping, beating, striking, branding, electronic shocking, placing of a harmful substance on the body, or similar activity;
- (B) any type of physical activity, such as sleep deprivation, exposure to the elements, confinement in a small space, calisthenics, or other activity that subjects the student to an unreasonable risk of harm or that adversely affects the mental or physical health or safety of the student;
- (C) any activity involving consumption of a food, liquid, alcoholic beverage, liquor, drug, or other substance that subjects the student to an unreasonable risk of harm or that adversely affects the mental or physical health or safety of the student;
- (D) any activity that intimidates or threatens the student with ostracism, that subjects the student to extreme mental stress, shame, or humiliation, that adversely affects the mental health or dignity of the student or discourages the student from entering or remaining registered in an educational institution, or that may reasonably be expected to cause a student to leave the organization or the institution rather than submit to acts described in this subdivision; and
- (E) any activity that induces, causes, or requires the student to perform a duty or task that involves a violation of the Penal Code.

The appropriate authorities will deal with violators of hazing.

## SEXUAL HARASSMENT

It is the policy of Round Rock High School to promote and maintain a working environment and educational atmosphere for students, which is free from sexual harassment. It is illegal and against the policies of Round Rock High School for any person, male or female, to sexually harass another person. Administrators and supervisory personnel have a duty to maintain the school environment free of sexual harassment or intimidation.

## MEDICAL EXAMS/PARENTAL PERMISSION FORMS

All students who plan to participate in athletics must have written proof of a current physical exam signed by a physician. *That physical form must be dated after **June 1**, prior to the upcoming school year.* In order for the exam to be current, it is **required** that an annual exam be scheduled between June 1 and the start of class each school year. Such an exam would cover a student for an entire school year. Medical Exam Forms are available in the Athletic Trainers office or from the coach.

Emergency card, insurance waiver, and UIL Consent forms, which contain important emergency and insurance information, must be completed and signed by the athlete and parents and are available in the Athletic trainers office or from the coach as well.

Athletes will not be allowed to participate in practice without the completion of the Medical Exam, Emergency card, insurance waiver, and UIL Consent forms. All forms can be picked up from the training office.

## INSURANCE

A non-contributory, supplemental insurance program is provided for all participants in interscholastic sports. In general, coverage begins after limits of the family insurance have been exhausted. It is the obligation of the athlete and his family to complete the necessary forms to qualify for benefits. Details regarding insurance coverage can be obtained from the Athletic

## ACADEMIC ELIGIBILITY

**Academic Performance:** Students opting to play soccer should keep in mind that academic achievement should be their main priority. Frequently, the most successful athletes are those who perform well academically in the classroom and are instrumental in promoting a positive learning environment at Round Rock High.

**Summary of Round Rock High Eligibility Rules:** Any student on academic probation is not eligible to participate in game situations in interscholastic sports and all other extra-curricular activities. The student-athlete can and should however continue to practice.

Students will be placed on academic probation for the following reasons.

1. A student must maintain a minimum grade average of 70 during the marking period in all courses.
2. If a student athlete is ineligible, he may regain his eligibility at the three-week marking period. **The student must not receive a failing progress report in ANY CLASS.** (If they failed a math class and get a failing progress report in an English class, then they are considered ineligible.)
3. **Students/athletes are expected to maintain proper behavior in school. Ineligibility for improper behavior is at the discretion of the Principals or Athletic Director or Head Coach of the sport.**

A student may obtain a waiver one time a school year for any grade in an AP or Honors course that is above the grade of 60 and below that of 70. This waiver is a onetime event and the proper steps must be taken by the student-athlete to complete the proper paperwork to regain his/her eligibility.

## **Social Media**

Student-athletes are high-profile representatives of the Round Rock 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, Round Rock High School, and Round Rock ISD 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, Vine, YouTube, Instagram, Blogspot, etc.) has grown tremendously. 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.

Because players and teams are associated with RRISD - inappropriate use of social media can be subject to discipline at school. Student Athletes are to refrain from using social media in a way that is negative towards themselves, or to a specific person or team. If a player is proven to have breached team rules in this manner, they can be subject to the discipline model at the athletic program.

## RRISD Eligibility Calendar 2018-2019

SEPTEMBER 21	END OF 6 WEEKS GRADING PERIOD
SEPTEMBER 28	ELIGIBILITY CHECK GAIN OR LOSE (GAIN BY CREDITS ONLY)
OCTOBER 12	IPR GRADE CHECK DATE
OCTOBER 19	ELIGIBILITY CHECK GAIN ONLY
NOVEMBER 2	END OF 6 WEEKS GRADING PERIOD
NOVEMBER 9	ELIGIBILITY CHECK GAIN OR LOSE
NOVEMBER 30	IPR GRADE CHECK DATE
DECEMBER 7	ELIGIBILITY CHECK GAIN ONLY
DECEMBER 19	END OF 6 WEEKS GRADING PERIOD
JANUARY 15	ELIGIBILITY CHECK GAIN OR LOSE
JANUARY 28	IPR GRADE CHECK DATE
FEBRUARY 4	ELIGIBILITY CHECK GAIN ONLY
FEBRUARY 15	END OF 6 WEEKS GRADING PERIOD
FEBRUARY 22	ELIGIBILITY CHECK GAIN OR LOSE
MARCH 8	IPR GRADE CHECK DATE
MARCH 15	ELIGIBILITY CHECK GAIN ONLY
APRIL 5	END OF 6 WEEKS GRADING PERIOD
APRIL 12	ELIGIBILITY CHECK GAIN OR LOSE
APRIL 26	IPR GRADE CHECK DATE
MAY 3	ELIGIBILITY CHECK GAIN ONLY

## TEAM RULES AND REGULATIONS

The team rules that will be established are very important to the program.

1. The classroom is the first priority of the athlete. They must be good students first. Do not draw negative attention to yourself and give the team a bad image.
2. Do not break any U.I.L rules.
3. Do not break a District Policy at set forth but the student handbook or the RRISD athletic handbook.
4. No horseplay in a school vehicle going to and coming from a contest. Athletes will ride to and back from matches together on the school transportation.
5. Abusive/Profane language will not be tolerated.
6. Conduct unbecoming to **champions will not be tolerated**. (Ex: arguing with officials, other students, coaches).
7. No verbal fighting, treat each other with respect.
8. Keep locker rooms clean and sanitary. Lockers will be cleaned out weekly.
9. Do not steal from your teammates. It will result as a serious infraction.
10. Be a TEAM player and not a distraction.

## COMMITMENT

When trying out for a team and after being selected to be a member of a team, Round Rock High School student-athletes are expected to attend all practices and games of that team prep time. Weekend practices vary but should be expected.

High School athletics demands a great deal of time and commitment. Students should make themselves aware of the time commitment and understand that **High School athletics will take precedence over club sports**.

Soccer athletes are expected to be double blocked in the soccer period unless not taking an academic course will prevent the athlete from graduating. Players will not use the soccer period as an off period unless the player is

1. A senior
2. Soccer season is over
3. Head coach, athletic coordinators, and the principal allow all it (and not guaranteed per year)

**Round Rock High School policy states: Once an athlete is established on a team, he may not leave one team (voluntarily or due to dismissal by the coach) and try out for another team without the consent of both coaches involved and the Athletic Coordinator.**

## SCHOOL/FAMILY VACATIONS, EXTENDED ABSENCES

Every team member is expected to be present for **all team practices and games**. Because of scheduling parameters, many of our teams practice and/or play during scheduled school vacations. Student-Athletes, who plan to be absent for an extended period of time due to vacation or a planned extended absence, **must** discuss this situation with the coach prior to trying out for the team (varsity members should not miss). **When an athlete must miss practice, they will make the practice up, just as if they missed an assignment in the classroom. Missing practices may affect playing time and or starting roles.**

## SCHOOL ATTENDANCE AND TARDINESS

Round Rock High School student-athletes are reminded at the beginning of each season of the requirements for good school and team citizenship. They are as follows: come to school every day, be on time for school and classes, attend all classes, do your homework, and behave at all times in a **mature manner**. The abuse of any of these citizenship requirements could result in suspension or dismissal from an athletic team.

## Playing Time

Perhaps the most emotional part of a student-athlete being involved in high school athletics centers around playing time. The student-athlete becomes involved in interscholastic athletics for the first time and finds that practices and expectations are much more intense and demanding. Factors such as practice attendance, attitude, commitment, and of course, athletic skill enters into the decision.

There are many decisions made on a regular basis by the Round Rock High School coaching staff. It is the coaches' responsibility to decide which athlete should start a contest, which should play what position, and how long each athlete should play. These coaching decisions, often difficult to make, are made only by the coaching staff and are approached very seriously after having observed the student-athlete in practice sessions, game-like situations, scrimmages, and at times, games.

**At the Varsity level**, we look for our teams to compete against opponents at the highest possible level of execution. This is the highest level of high school interscholastic competition. Players, coaches, parents, staff, and the community want the Round Rock High School varsity teams to be successful on the field of play. As long as the score is being kept, Round Rock High School should attempt to win as many varsity games as possible. In order to accomplish this, there are many instances when the most competitive, skilled team members will carry the major burden of the contest. **However, teams cannot and will not be successful without committed substitutes, "role" players, or "second team" players.** These players have to be ready at all times to step forward and shoulder the burden when called upon. It is these student-athletes whose hard work in practice each day prepares the team for the upcoming contest.

**At the Junior Varsity level**, all athletes will play if capable. The Junior Varsity team is a developmental program for reaching the varsity team.

## Development Academy Soccer Club Options

Lots of thought goes into how to still improve a player that wants improving, all while at the same time how can it still benefit the Rock soccer program without threats imposed on players at the DA club level. The below decision is based on the following: *Can the athlete still benefit trainings as a soccer player at Rock soccer, will the decision allow the athlete to help create a soccer relationship inside the program, and at the same time, is there a future aspect of a DA player coming back to play for Rock soccer.* This is why there is a difference between a senior DA player and an underclassman player when deciding factors until DA and high school can manage a player who wishes to play for both in future years.

### **- 9<sup>th</sup> Grade, 10<sup>th</sup> Grade, 11<sup>th</sup> Grade DA Players**

- May train in the fall athletic period no questions asked
- By tryouts, options are:
  1. Choose to stay DA, train only in athletic period (not before or after school unless they choose to), and play scout team when needed to improve varsity level of play
  2. Choose to stay DA, change schedule for spring semester
  3. Choose to play for RR, ask to play pre-DA/FDL or a different team to gain benefits of both systems (especially recruitment/development)

### **- 12<sup>th</sup> Grade DA Players**

- May train in the fall athletic period no questions asked
- By tryouts, options are:
  1. Choose to stay DA, change schedule for spring semester
  2. Choose to play for RR, ask to play pre-DA/FDL or different team to gain benefits of both systems
  3. Choose to play for RR, no club ball



## PARENT COMMUNICATION PROCESS

There are situations that may require a conference between the coach and the parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue of concern.

**Level 1:** Encourage your daughter to speak directly with the coach; many times this can take care of itself. If you have a specific question please wait 24hrs after a competition to contact your daughter's coach.

**\*\*Teachable Moment:** Have your daughter visit with their head coach **first**. If we are preparing students for life's lessons, this is a critical piece of their education. When you exclude your daughter from the process you are in essence removing her voice.

**Level 2:** If you have contacted/conference with the head coach, and wish to also have the Campus Athletic Director involved, please contact the head coach, and request that the athletic director is involved. (The head coach may also request that the athletic director sit in on a parent meeting.)

**Level 3:** If level 1 and level 2 fail to solve the issue, a meeting with the campus principal can be set up to assist in providing a resolution.

Call the Athletic Office at Round Rock High School (464-6120) to set up an appointment at least a day in advance.

If the coach cannot be reached, speak to the Athletic Secretary or leave a message. A return call from the coach will be arranged, or a meeting set up for you.

## COMMUNICATION YOU SHOULD EXPECT FROM THE COACH

1. Philosophy of the coach
2. Expectations the coach has for your child as well as all the athletes on the squad
3. Locations and times of all practices and contests
4. Team requirements; i.e., practices, special equipment, out-of-season conditioning
5. Procedure followed should your child be injured during participation
6. Discipline that may result in the denial of your child's participation

## COMMUNICATION COACHES EXPECT FROM PARENTS

1. Concerns expressed directly to the coach
2. Notification of any scheduled conflicts **well in advance**.

As your child becomes involved in the programs at Round Rock High School, they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way you and your child wishes. At these times, discussion with the coach is encouraged.

## APPROPRIATE CONCERNS TO DISCUSS WITH COACHES

1. The treatment of your child, mentally and physically
2. Ways to help your child improve
3. Concerns about your child's behavior

It is very difficult to accept your child's role within the team concept. Coaches make judgment decisions based on what they believe to be the best for all students involved. What they observe over the course of the practice environment. As you have seen from the list above, **certain things can be and should be discussed with your child's coach**. Other things, such as those that follow, must be left to the discretion of the coach.

## ISSUES NOT APPROPRIATE TO DISCUSS WITH COACHES

1. Team strategy
2. Coaching Decisions
3. Other student-athletes

There are situations that may require a conference between the coach and the parent. These are to be encouraged. It is important that both parties involved have a clear and open-minded understanding of the other's position. We feel that if the conference pertains to your son, that he should be involved in the discussion and therefore needs to attend the meeting as well. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue of concern.

Call the coach at his extension to set up an appointment at least a day in advance. If the coach cannot be reached, leave a message. A return call from the coach will be arranged, or a meeting set up for you. **DO NOT CALL A COACH AT HOME.** A coach's time with family is severely limited during the season. I will make every effort to contact you back within 24 hours. **Please contact Coach Aldrich through e-mail [chad\\_aldrich@roundrockisd.org](mailto:chad_aldrich@roundrockisd.org)**

**PLEASE DO NOT ATTEMPT TO CONFRONT A COACH BEFORE OR AFTER A CONTEST OR PRACTICE.** These can be emotional times for both the parent and coach. Meetings under these circumstances do not promote resolution.

**IF THE MEETING DID NOT PROVIDE A SATISFACTORY RESOLUTION,** call and set up an appointment with the Athletic Coordinator and the coach. The Athletic Coordinator will listen carefully to our concerns and mediate a resolution between you and the coach. *Your concerns are important to us. Never hesitate to follow the above procedures to make those concerns known. Together we can work to improve our athletic program.*

### Daily Team Attendance During Season

Practice Times: (subject to change at any time)

- 7:30am – 9:45am ( after school may be scheduled for position training or additional training if needed)
- Expect practices over holidays during season; if unsure, ask coach.
- Saturdays, based on the schedule, tba.

It is extremely important that your daughter be present at all practices. The time and planning necessary for practices is extensive and therefore the coach must know in advance that an athlete is not going to participate in order to make the proper adjustments necessary. If an athlete is going to miss practice, please use the following guidelines to make sure proper notification is given (No one is too sick to call. Athletes be responsible!).

1. Coach of appropriate team must be contacted personally (either by phone or in person).
2. It is the responsibility of the athlete and not the parent to make the notification.
3. Extenuating circumstances will be considered by the coaches.

Student-athletes are excused from team activities for academic or religious reasons, family emergencies, illness, or injury. **Prior notification by the student-athlete of the coach is required!!**

All athletes are expected to dress out daily unless given permission by the head coach. Plan on being at practices early, avoid delays in advance (i.e. rain predicted next day, traffic, etc.), and come ready to play

## Soccer Make-Up Practices

Make-up practices are not punishment; they are an attempt to make-up the workout your teammates already put in while you were absent. If you miss school, you are required to make-up the assignments given on the day you were out. Because it is impossible to emulate the practice environment the following prescribed workout has been established.

For Example but Not Limited To:

120s Circuit Training + 100 Yard Ball Ladder Work + Square Tech Training

The make-up is a result of missing practice your coaching staff and teammates have already ran practice for the team. Your make-up workout requires additional time of the staff that they may not be able to provide. Your coaches have many duties/responsibilities on campus that require their time. Teacher meetings are quite often scheduled after the school day is out this may not allow the staff to be at your disposal. However inconvenient this may seem for you, it is equally inconvenient that the staff put in additional practice time outside the team practice.

### Opportunity For Improvement (OFI's)

The following, but not limited to, will result in your daughter receiving OFI's:

1. Late to the Soccer Period/Practice According to Coach's Time
2. Absent Without Communication (Absent With Communication Results in Make-Up Practice)
3. Behavior Unbecoming of a "Dragon" – Deemed Inappropriate By Coaches (Refer to Team Rules)
4. Classroom Issues – Referral From Teachers
5. Multiple Infractions – Tardy/Absence/Discipline

OFI's can include, but not limited to:

1. Stadium Runs
2. Running Backwards
3. Ladders
4. Wind Sprints
5. Floor Sweeps



# ROUND ROCK DRAGONS

## Athletic Training Room Guidelines

### **GENERAL RULES AND INFORMATION**

- Absolutely NO SHOES in the Athletic Training Room!!!
- Always treat Athletic Training Staff and Student Athletic Trainers with RESPECT. They are here to help you!
- Respect all of our equipment. Much of it is expensive and hard to replace. Everything we have is to make YOU better.
- Athletes WILL NOT be seen during any academic class periods. If you have an emergency, have teacher call to Athletic Training Room and have it cleared with the Athletic Training Staff.
- Injury Evaluations and Rehab for injuries are to be done before school or other scheduled treatment times.
- Athletes need to wear proper attire when coming to the Athletic Training Room for treatments or rehabilitation.
- All athletes need to have completed all RRISD Pre-Participation Paperwork, including physicals and emergency cards prior to getting practice attire and trying out or working out with the teams.

### **INJURIES**

- COMMUNICATION with Athletic Training staff is of the utmost importance.
- If an athlete is injured during a practice or game make sure that they follow-up with Trainer Vincent and/or Trainer Carrillo first if you are able. If not, make sure to call and let them know of any injury or illness.
- If you feel that you must go to the Emergency Room, PLEASE call Trainer Vincent or Trainer Carrillo. We must report to Athletic Director.
- Athletes who show up to practice and state they cannot work out should be sent immediately to the Athletic Training Room.
- An athlete wishing to be taped must report to the Athletic Training Room for morning treatments. NO treatment, NO tape!!!
- The Athletic Trainers and our staff want to make sure that our athletes are safe and getting the best care and treatment available.
- 
- Nikki Vincent, ATC,LAT  
512/464-6127 office                      fax 464-6119  
512/771-0790 cell  
nikki\_vincent@roundrockisd.org
- OPEN                      , ATC,LAT  
512/464-6122 office  
512/619-0237 cell

## **DOCUMENTATION**

- Injuries are to be seen by the Round Rock Athletic Training Staff preferably before you see a physician. **If the athlete goes to the doctor they need to come by the Athletic Training Room and take a Physician Referral Form with them to be completed by the doctor. The athlete must then obtain a release form from the doctor before being allowed to play.** (A Physician Referral Form is included at the end of this document.)
- Physician Referral Forms or any other Doctor's notes are to be turned into the Athletic Training Staff and may determine whether they are allowed to be able to return to a practice or game.
- A healthcare provider includes but is not limited to the following:
  - Dentist, Orthopedist, Oral Surgeon, Medical Doctor, Pediatrician, Physician's Assistant, Nurse Practitioner, Physical Therapist, and Chiropractor
- A Physical Therapist cannot release an athlete to activity
- A release from a physician does not necessarily mean an athlete will return to play; it's a release to the Athletic Trainers.

## **TREATMENTS**

- Athletic Training room is open Monday – Friday 7:30 – 8:50 AM. Any other times by appointment with the Athletic Trainer
- Please give yourself and staff plenty of time to complete your treatments and rehab in the morning.
- If you ride a bus and cannot make it to morning treatments, please stop by and let the Athletic Trainer know. We will make arrangements and schedule treatments at lunch or after school.
- Athletic Periods are for working out and practice, they are not treatment times. Athletes will be sent back to watch and learn at practice and reminded to come during regular treatment times.
- If an athlete is unable to work out with their team, then an arrangement will be made with Coaching staff and Athletic Training staff to plan a workout for you. Athletes then must check in with their coaches and then come suited out and ready for a conditioning and rehab session.

## **TREATMENT AND REHAB POLICY**

- If you're hurt, you're here.
- If you're not hurt, you're not here.
- If you need tape, you need treatment.
- If you don't do your treatment, you DON'T get taped!

Round Rock High School has an athletic trainer on site to evaluate and treat athletic injuries as they may occur. The athletic trainer provides medical coverage for athletic contests and practices, but is limited to being at one place at any one time. There is no athletic trainer on duty on non-school days except as scheduled by the Director of Athletics.

In case of an injury, the athletic trainer will evaluate and recommend to the parent/guardian the direction of care. It is imperative that all injuries be reported to the athletic trainer prior to seeing a physician. If a visit to the hospital or physician is necessary, a written medical note releasing the athlete for treatment or return to participation is mandatory. Athletes may report to the athletic trainer any time before or after school or during your athletic period for treatment or evaluation.



## **Round Rock High School Athletic Training** **Concussion Notification Form**

\_\_\_\_\_ received a concussion today and the Round Rock Athletic Training department wants to make you aware of symptoms that may require further evaluation if necessary.

If your child begins to elicit increases in these symptoms you should seek further medical care:

- Increasing headache
- Nausea or vomiting
- Difficulty or slurred speech
- Balance or coordination difficulty
- Unusual or out of character behavior
- Changes in level of consciousness
- Blurred or double vision
- Disorientation
- Delayed verbal or motor response
- Amnesia
- Stiffness in the neck or weakness in arms or legs
- Blood or clear fluid from nose or ears
- Abnormal drowsiness or sleepiness

Please DO NOT allow your child to:

- Take any medication except Tylenol when indicated by Dr. or Athletic Trainer
- Engage in any physical activity until evaluated by a Dr. or Athletic Trainer

The following should be done if checked:

\_\_\_\_\_ Wake up your son/daughter every \_\_\_ hours tonight to check for the above symptoms.

\_\_\_\_\_ Have your son/daughter check in the training room at \_\_\_\_\_ am/pm.

\_\_\_\_\_ Have your son/daughter follow-up with a Dr. for further evaluation.

If you are uncertain about the above symptoms please contact:

Nikki Vincent, ATC, LAT  
512/464-6127 office

512/771-0790 cell

[nikki\\_vincent@roundrockisd.org](mailto:nikki_vincent@roundrockisd.org)

OPEN, ATC, LAT  
512/464-6122 office

512/619-0237 cell

512/464-6119 fax



## **Round Rock High School Athletic Training** **Concussion Notification Form**

### **MANAGEMENT OF HEAD INJURIES THAT INTERRUPT RETURN TO PLAY**

Any athlete, whose concussion involves loss of consciousness, doesn't "clear" in 15 minutes or who has had previous concussions should not return to play or practice until medical clearance is obtained. Generally, an athlete is advised not to return to play or practice in a contact sport until he/she is asymptomatic and clear for at least one week. This means no headache, confusion or any of the symptoms related to a concussion.

### ***Return to Play Protocol →***

Once it is determined that the student-athlete may resume activity, the following return to play protocol will be followed. Each step represents one day or a 24 hour period.

1. No activity, complete rest. Once asymptomatic, proceed to next level.
2. Light aerobic exercise such as walking or stationary bike, no resistance training.
3. Sport specific exercise (ex., running in soccer, catching passes in football), progressive addition of resistance training at steps 3 or 4.
4. Non-contact training drills.
5. Full contact training after medical clearance.
6. Game play.

With this stepwise progression, the athlete should continue to proceed to the next level if asymptomatic at the current level. If any post concussion symptoms occur, the student-athlete will drop back down to the previous asymptomatic level and try to progress again after another 24 hours.

## Round Rock ISD Athletics Behavioral Contract

The Round Rock Independent School District (RRISD) believes in the value of extracurricular activities and the many benefits derived from participation. The RRISD also recognizes that extracurricular participation is a privilege and not a right; granted to those who satisfy the University Interscholastic League, RRISD, campus, and individual program expectations regarding academic and social behavior.

Coaches of extracurricular activities may develop and enforce standards of behavior that are higher than the District-developed Student Code of Conduct and may condition membership or participation in the activity on adherence to those standards. Extracurricular standards of behavior may take into consideration conduct that occurs at any time, on or off school property. A student and his or her parent shall sign and return to the sponsor or coach a statement that they have read the extracurricular behavior standards and consent to them as a condition of participation in the activity. This formal contract is to notify all parties that continued failings to meet the requirements of extracurricular participation will result in removal from the \_\_\_\_\_ team.

The recent behavior of \_\_\_\_\_ has not met the standards required to be in good standing on the \_\_\_\_\_ team. The specific incident or incidents and documentation of such (previously shared with parent/guardian and student) are provided below (parental/guardian contact shall have taken place within 3 days of the incident):

- 
- 
- 
- 
- 

\_\_\_\_\_ (student) was made aware of his/her failure to satisfy district, school, or team standards on \_\_\_\_\_ (dates).

\_\_\_\_\_ (parent/guardian) was/were notified on \_\_\_\_\_ (date) by the method of \_\_\_\_\_, and confirmation of contact made was verified by \_\_\_\_\_. (name)

### **Notes:**

In order to regain and remain in good standing \_\_\_\_\_ (student) is required to satisfy the following conditions:

- 
- 
- 
- 
-



By signing below all parties acknowledge and agree to changes in behavior required for continued extracurricular participation for \_\_\_\_\_(student) at \_\_\_\_\_(school) and further acknowledge that failure to sign this Behavior Contract (within 3 calendar days) and/or fulfill ALL requirements may lead to removal from the extracurricular activity permanently. Any disputing of the reasons cited for the need of this contract must be scheduled for a campus discussion within 3 days of the contract being made known to the student and parent/guardian.

\_\_\_\_\_(student printed name)

\_\_\_\_\_(student signature and date)

\_\_\_\_\_(parent/guardian printed name)

\_\_\_\_\_(parent/guardian signature and date)

\_\_\_\_\_(coach printed name)

\_\_\_\_\_(coach signature and date)

\_\_\_\_\_(Campus Athletic Coordinator signature and date)

\_\_\_\_\_(District Athletic Director signature and date)

\_\_\_\_\_  
Campus Principal or designee signature

## Quitting a Sport

It is the goal of the athletic program to offer the opportunity to participate for every student who has the ability and desire to do so. Participation is a privilege, not a right.

### **To Whom It May Concern:**

There will be times when an athlete finds it necessary to quit playing a sport before, during, or after the season. The following should be followed in order to quit a sport:

1. The athlete should talk to the coach. The coach should ask for a note from the parents indicating they are aware of the decision.
2. The student may need to be placed into a Physical Education class in order to complete the credit begun in athletics or stay in the athletic period until such time as a schedule change can occur, which could be the next semester.
3. All equipment issued must be returned or paid for.
4. An athlete shall not join another sport until the end of the season of the sport he/she has quit.
5. It shall be the coach's decision whether to allow that student to return to the sport in the future.

#### **Student**

\_\_\_\_\_ has chosen to not play soccer for Round Rock High School any longer. She understands that this is his choice, and that by choosing not to play must adhere to the above guidelines.

Student signature \_\_\_\_\_ Date \_\_\_\_\_

#### **Parent**

We understand that our daughter does not want to play soccer and by making this choice, forfeits the opportunity to play in the future at Round Rock High School.

Parent signature \_\_\_\_\_ Date \_\_\_\_\_

**HC signature** \_\_\_\_\_ **Date** \_\_\_\_\_

## Handbook Acknowledgement

### Handbook /Code of Honor:

***For athletes that believe and support the lessons of being part of a TEAM.***

I accept responsibility for my behavior on and off the court. I understand that what I do and say affects my teammates, school, and other people either positively or negatively.

I lead courageously and live with integrity by speaking up against injustice and on behalf of others even when it is hard or unpopular.

I act with respect toward myself and the people and things around me including my parents, my coaches, my teammates, my teachers, my opponents, and the spectators.

I do not put people in boxes according to their race, gender, religion, neighborhood, sexual orientation or abilities. I judge people by the content of their character.

I act with empathy. I try to understand what is going on in the hearts and minds of others and what is causing those feelings so that I can be supportive and encouraging. I ask, "How can I help you?"

I serve as a role model at all times by talking politely and acting courteously toward coaches, teammates, opponents, officials, and spectators. I understand that it is a privilege to represent my family, school and community as a student-athlete.

I give 100% effort to practices, games, and events. I understand that effort demonstrates my commitment to the team and my respect for my coaches and teammates.

I display good sportsmanship. I acknowledge and applaud the efforts of others. I encourage my teammates with positive statements. I refrain from boasting to my teammates and 'trash-talking' to members of other teams. I accept defeat graciously by congratulating my opponents on a game well played.

*Because I represent my family, school, and team, I abide by the policies, rules and guidelines of the school, team, and coaches. I have read and will respect and honor our team handbook.*

Student Athlete Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Print Name: \_\_\_\_\_

**As the parent of a RRHS student athlete I believe in the lessons of being part of a TEAM and understand the importance of my daughter following the Team Handbook.**

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Print Parents Name: \_\_\_\_\_