

Name: _____, _____ Grade: _____
(Last) (First)

RAINS

INDEPENDENT SCHOOL DISTRICT



STUDENT – ATHLETE HANDBOOK

2015 - 2016

I understand and accept the terms of these conditions as morally binding and will honor each item in the Rains Athletic Handbook.

Signature of Student – Athlete _____

Date _____

Signature of Parent _____

Date _____

Name: _____, _____ Grade: _____
(Last) (First)

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Other Forms Required:

UIL Acknowledgement of Rules	OTC Form	Concussion Acknowledgement
UIL Steroid Policy	Medical History	Student Consent to Treat
Acknowledgement Form	UIL Physical Examination	Emergency Contact
Sudden Cardiac Arrest Awareness	HIPAA	Waiver & Release of Liability

Rains Independent School District

Athletic Mission Statement

The Rains I.S.D. Athletic Handbook contains a general statement of the administrative regulations governing the overall athletic program. Provisions of this Athletic Handbook may be expanded, modified, or revoked only by actions of the Principal, Superintendent, or the Board of Education. If any of the provisions of this Athletic Handbook conflict with federal or state laws, and regulations, or Board policy, those provisions are superseded by applicable law or Board policy. The provisions of this Athletic Handbook are severable, and the invalidity, illegality or unenforceability of any provision will not affect the validity, legality, or enforceability of the other provisions.

Rains ISD Athletic Philosophy

The Rains Independent School District believes that the district athletic program should be an integral part of the total education process.

The mission of the R.I.S.D. Office of Athletics is to ensure and enhance the quality of life for the youth by providing competitive activities. The matching of one's skills, knowledge, and talent against friendly opponents is a means of learning one's own strengths and weaknesses.

Good contest, properly supervised, give youthful competitors the opportunity to gain self-confidence, improve skills, exhibit good sportsmanship, ethical behavior and integrity. Sports programs help the participant develop physically, morally, and mentally.

Athletic offerings within the district are competitive and diversified, thereby allowing students the opportunity to realize their full potential relative to growth and development. All programs are designed not only to teach athletic skills, but also to instill good character and teach sound values.

It is felt that the success of the athletic program sets the tone for the entire school year. It builds a positive self-image for the individual athlete, the team, the school, the community, and importantly, for Rains I.S.D.

It is our final goal that sports activities will produce young men and women who will be able to enter the community and become constructive, contributing members of society; citizens that will leave their mark on this world by making it a better place for the future generations.

Director of Athletics

Derek E. Smith

REQUIREMENTS TO PARTICIPATE

The following items must be turned in to the Athletic Department before participating in any practice or game in any extracurricular activity.

A. Physical Examination

A physical examination is required every other year for all school students beginning in the 7th grade. Grades 7, 9, and 11 are required to take a physical examination prior to participation. A medical history form must be completed each year prior to participation. If a student was removed from participation by a doctor's order, the student must receive a release from the doctor prior to participation. If a student sustained a serious injury, which required surgery or removal from participation, the student will need to take physical examination prior to participation. If a student checked "yes" on certain questions on the "Medical History" form a physical examination may be required. The physical examination forms are available from the coaches or the Athletic Trainer. Use only the approved UIL form to record physical examinations. Club or organization forms will not be accepted.

B. Athletic Department Forms Packet

This packet includes (1) UIL Acknowledgement of Rules, (2) personal student and parent information.

C. Acknowledgement of R.I.S.D. Athletic Handbook

The student-athlete and the parent/guardian should sign the Handbook Acknowledgement page. It should then be returned to the Athletic Department. This shows receipt of the Athletic Handbook and acknowledges that the student-athlete and parent/guardian will comply with the rules and policies in the Athletic Handbook.

D. Academic Eligibility

A student in grades 9 – 12 may participate in extracurricular activities on or off campus at the beginning of the school year only if the student has earned the cumulative number in state-approved courses:

- a.) Beginning the ninth grade year- must have been promoted from the eighth to the ninth;
- b.) Beginning the tenth grade year- must have at least 5 credits towards graduation;
- c.) Beginning the eleventh grade year- must have at least 10 credits toward graduation or during the preceding 12 months, he/she must have earned 5 credits;
- d.) Beginning the twelfth grade year- must have 15 credits toward graduation or during the preceding 12 months, he/she must have earned 5 credits.

A student participating in U.I.L. activities will be suspended from participation in games after a grading period in which the student received a grade lower than a 70 on a scale of 100 in any academic class (other than an identified honors or advanced class). This suspension continues for three weeks. The grades will be reviewed at the end of each three-week period; the suspension will be removed if the student is passing all classes with a grade equal to or greater than 70.

Team or Sport Participating in: (Circle)

Football	Volleyball	** Baseball **
Track & Field	Cross Country	** Softball **
Powerlifting	Basketball	** Golf **
Cheerleading		** Tennis **

**** High School Sports ONLY ****

ACT Test for 11th / 12th Grade Athletes

We strongly encourage our student-athletes to further their education once they graduate from high school. One way we are helping aide our athletes is providing them the opportunity to take the ACT test, this test can be paid for by Rains ISD. Registration can be done in the high school counselors office upon appointment.

All Athletes in 11th / 12th grade will be recommended to take the test on **one** of the following dates:

**** September 12, 2015 ****

****Offered at Rains High School****

**** October 24, 2015 ****

December 12, 2015

**** February 6, 2016 ****

**** April 9, 2016 ****

June 11, 2016

Expectations of the Rains ISD Athletes

Each athlete should take what we call **CAT PRIDE** in representing Rains ISD. Coaches of athletic teams believe that students who are selected for the privilege of membership on teams should conduct themselves as responsible representatives of the school. The coaches at Rains ISD have selected a Code of Conduct that we expect our athletes to uphold. When members of our teams fail to abide by the Code of Conduct they are subject to disciplinary action. Members of these teams must always serve as exemplars of high moral character and demonstrate appropriate academic commitment, which is expected of all students. As recognized representatives of their school, members are expected to exhibit appropriate behavior both during the season and out of season, in uniform and out of uniform, on campus and off campus.

Rains I.S.D. has as its primary goal the academic education of all students. Therefore, each coach has the obligation to encourage students to perform within the highest academic standards.

Attendance:

- Athletes are expected to be punctual to all practices, games and athletic periods.
- If you are going to be late or miss for any reason the athlete or parent must contact the Head Coach of their particular sport before or at the same time of the scheduled meeting, practice, or game.
- If no contact is made athlete will be subject to disciplinary action. We want to hear from our athletes because of their well-being, safety, and accountability. We consider communication between coach–athlete–parent to be very important.

Grooming:

- Since it is a privilege not a right to be a part of Rains Athletics. We have a right to require more than the standard grooming policy stated in the Student handbook.
- The grooming policy will be set by each head coach of the particular sport your son or daughter is participating in.

Athletic Period:

- If you are going to participate in one or more of our school sponsored sporting events, you will be required to be in the previous semester and the current semester's athletic period.
**The only exception is those athletes who only participate in cross country, golf, tennis, track, and powerlifting. It will be up to the discretion of the head coach of these sports to require their athletes to enroll in the athletic period OR if academically it is in the best interest of the student athlete. (College courses / distance learning conflicts)
- During the athletic period you will receive the necessary strength and conditioning work to help you succeed in the overall program.
- During the athletic period you will gain leadership, character building, and work ethic that you can take with you beyond the playing field/court.
- Seniors will remain in the athletic period up until the completion of their final school sponsored sport. Upon completion seniors may change their schedule in the spring to be removed from the athletic period; however, they may not continue to participate in any sports following schedule change unless approved at the discretion of the spring sport head coach.

Rains Athletic Participation Policy

We here at Rains believe in the value of athletic participation in all its forms. Such participation sparks the qualities of team commitment, individual commitment, and personal excellence. Because every sport offers opportunities to develop these qualities, we are committed to a range of sports activities for every athlete who has the time and desire to play them.

Being a small 3A high school we are limited in numbers in some if not all of our athletic activities, we encourage our athletes to participate in multiple sports, and are allowed to do all of them if time and dedication allows.

- Varsity Teams** - Participation is up to the discretion of the head coach
- 9th – JV Teams** - All players who are not injured will participate to some degree
- 7th – 8th Teams** - All who are not injured will play as equitable as possible

*Please try to refrain from criticizing the coach for personnel decisions. The coach will put the best possible line-up on the field or court. If you are concerned with the coach's judgment regarding personnel, please call the coach and make an appointment to discuss the situation. You may change your mind when the coach has the opportunity to explain why they are implementing a particular line-up.

Rains Athletics Tryout Policy

High School & Junior High Athletics: It is the philosophy of our athletic program to allow anyone to be a part of any sport they wish to participate. However, they must abide by the rules, represent themselves and this school district in a positive manner at all times. It is a group effort to make this program successful.

Junior High Athletics: Our athletes that are in 7th and 8th grade will be participating in at least tryouts for all sports offered; volleyball, football, basketball, and track. We want to encourage our athletes to play as many sports as they can and want to play. We require that our athletes at least sample all the sports that are offered. Kids all mature at different times and develop in different ways; we feel here at Rains that it is too early to determine if a kid should specialize at such a young age.

Rains Athletic – Failure to Complete a Sport Policy

The University Interscholastic League believes that most students enjoy the pursuit of excellence and seek opportunities to test themselves against their own accomplishments and those of their peers. Participation in athletics provides students with the opportunity to:

- ... Refine physical and mental aptitudes
- ... Feel a sense of pride and dignity
- ... Experience team work and develop a sense of fair play
- ... Develop the ability to lead and the willingness to follow
- ... Foster self-discipline and perseverance
- ... Appreciate that rules, consistency applied, create order and discipline
- ... Affirm self-worth in times of disappointment as well as adulation

A student's level of commitment to the sport in which he/she participates is an important factor in the attainment of these values. Students are encouraged to complete all endeavors (sports) in which they begin. Quitting will never be an option within this program. I am of the firm belief quitting is contagious and can be the demise of any program if not monitored. Quitting is never considered a solution to conflict-resolution. Therefore we are allowing the student a five (5) school day grace period from the first practice date in each sport to determine their interest in the sport. Once committed, a student who fails to complete a sport (quits) before the sport concludes will not be eligible to participate (practice or game) in another sport until the conclusion of the sport in which he/she failed to complete. A student removed from a team for disciplinary reasons (and allowed to remain in the athletic program) will also be subject to this rule. If a student quits a particular sport the previous year and wants to play same sport the following year, student is required to run 15 miles in 5 consecutive days in order to participate in that sport.

(Exception: Students who participate in more than one sport simultaneously ...
baseball, softball, track, etc., are not subject to this rule.)

Rains Athletics Club Sports Policy

We are dedicated to building a program that feeds on each other's success. We want our athletes to be dedicated to the teams they are a part of here at Rains. We want to hold our athletes to their commitment to be a part of the Rains athletic program and the individual sports they represent.

In order to secure this commitment and dedication to Rains athletic programs we have established a policy dealing with Club, Select, and AAU sports regarding missing practices or games. They guidelines are as follows:

First Time Offense - Any school sponsored sport(s) practice or game missed or removed from early due to club sport(s) will result in disciplinary conditioning.

Second Time Offense - Any school sponsored sport(s) practice or game missed due to club sport(s) will result in suspension from school sponsored team for one game.

Third Time Offense - Any school sponsored sport(s) practice or game missed due to club sport(s) could result in suspension from school sponsored team for one year.

* This policy is for any activity that the school sponsors and offers; volleyball, football, basketball, baseball, powerlifting, track, softball, golf, or tennis. It does not apply to anything that the school does not sponsor; EX: gymnastics, wrestling, etc.

Parental and Guardian Viewing of Practices

We encourage all parents to come and watch practices. It allows you to be more involved and you can see first-hand what we are trying to do with our programs. Please be aware that this is not a time to speak with the coaches to discuss your child. This can be arranged at both parties' convenience.

Expectation of Communication

One of the most significant obstacles to overcome is a lack of communication between coaches and parents. There are several ways to accomplish this:

1. **Open Door Policy** – Our coaches at Rains have an open door policy, we always like to hear from our parents and are always willing to listen to any concerns you may have. Items our coaches will not discuss are listed below.
 1. *Athletes Playing time – Unless 7th – JV*
 2. *Play Call Selection*
 3. *Other peoples kids*
2. **Parent meetings** – It will be up to the discretion of the head coach to have a parent meeting for their sport before the season begins ... this has proved invaluable in the past. The head coach of each sport will notify you of these meetings in advance. Your attendance will enhance our relationship.
3. **Feedback Policy** – Coaches will respond back to all phone calls or emails in a timely manner. We will also keep you informed of both positive and negative dealings with your child.
4. **Chain of Command** – Please try and follow this chain, unless extreme situations dictate otherwise.

Speak with the Coach your son/daughter is associated with, if that is not effective then ...
Speak with Head Coach over particular sport, if that is not effective then ...
Speak with Athletic Director, if not satisfied, then ...
Speak with Superintendent

Transportation To and From Games

I strongly recommend parents to encourage their children to ride back from all sporting events with their teammates. I feel this builds unity as a group. Parents wishing to bring their child home after the sporting event must contact the Athletic Director or Head Coach 24 hours prior to the event. We understand there are some extenuating circumstances that may occur without the knowledge of both the parent and the student within the 24 hour time frame. Those “emergency” type situations will be handled correctly by the Athletic Director and/or Head Coach of that particular sport. Therefore, all students will ride to games on the school bus and return on the bus unless there is a signed release form from the parent ONLY. We will not release students to anyone but parents unless previous arrangements have been made.

Rains Trainer / Health and Injuries

We will take every precaution to see that your child participates in the safest environment possible. We have a professional certified athletic trainer on staff that will supervise all injuries and rehabilitation.

Athletic Injury/Hurt Guidelines:

- All injuries or hurts must be presented to our staff trainer.
- Our trainer can direct the athlete/parents if there is a need to seek out further medical assistance.
- If your child is injured your son or daughter will be under the direction of the trainer in conjunction with physician until both feel he/she is ready to participate in his/her athletic activity. (Ex: concussion protocol.)
- ***The attendance policy will still be enforced for treatments needed by the athlete.***

We understand that illnesses and injuries are a part of life. However, we are seeing a tendency to miss workouts and athletic period after spending an entire day at school. Please do not come to school ill. You not only jeopardize your own well-being but that of others. If the athlete has to miss school or workout we would like for them to call in and let us know. We feel this teaches proper protocol for when the athlete is in the business world, and it also allows us to make necessary changes in workout schedules. Parents and students, please try to follow the guidelines listed below:

- 1) You the parent, have the right to diagnose an illness or injury at any time. Please have your son or daughter see our Rains Athletic Trainer prior to the athletics period with a note describing any issues or problems that may be bothering your son or daughter physically. After visiting with the Trainer he/she will notify the coaching staff on the athlete's status, whether the athlete needs to be held out of activities or is well enough to participate in athletic activities.

Letter Jackets and Varsity Lettering Requirements

Letter jackets will be awarded by the school based upon completion of the following criteria:

- 1) The student and parent/ guardian must sign the organization's extracurricular participation agreement.
- 2) The student must be considered a participant from the first until the final date of the season.
- 3) The student must remain academically eligible from the first until the final date of the season.
- 4) The student must demonstrate an attitude of commitment while exemplifying the philosophy of the organization.
- 5) The student must be recommended by the sponsor of the organization and approved by the principal and appropriate director.
- 6) Student letter jackets will be provided by the district for approved organizations. Students will receive only one jacket with one varsity letter during their high school career.

An additional symbolic award will be presented to a student who earns an additional letter(s) by the corresponding organization. Additional patches will be the financial responsibility of the student. In addition to the above standard requirements, the sponsor may request that additional requirements be identified for his/her program

Sports Specific for Lettering Criteria:

Football –	Participate in 5 Varsity games
Volleyball –	Participate in 10 Varsity games
Basketball –	Participate in 10 Varsity games
Baseball -	Participate in 10 Varsity games
Softball -	Participate in 10 Varsity games
Track -	Earn 10 Varsity points during season OR 1 point at Varsity District Meet
Tennis -	Participate in ALL tournaments and Varsity District OR qualify for Regionals
Golf -	Participate in ALL tournaments and Varsity District OR qualify for Regionals
Cross Country -	Participate in ALL meets and Varsity District meet OR qualify for Regionals
Power Lifting -	Participate in ALL meets OR qualify for Regionals
Athletic Trainers -	The above guidelines and be in attendance at all regular workouts and games
Athletic Managers -	The above guidelines and be in attendance at all regular workouts and games

All athletes MUST FINISH their respective seasons in good standing with regards to academics and disciplinary matters** In the event of not having satisfied all of the criteria for lettering, any athlete may be awarded a letter based upon their contributions to the team as determined by the coach.

Rains Athletic Department **Code of Conduct**

It is the opinion of this athletic department to allow the opportunity of success to every student-athlete. However, we will never compromise the integrity of this program by any unbecoming actions from anyone. It is the belief of this program that our student-athletes have a choice and they are responsible for the consequences of those choices. Although there are different levels of offenses every student-athlete will be held accountable and be reprimanded for any offenses unbecoming to themselves, their family, this school district and this community.

We strongly disapprove of students staying home on school days to rest for events that day or night. The administration reserves the right to limit participation of students in cases of non-attendance at school.

Rule enforcement will be consistent and immediate. It is in the opinion of this athletic department that each student-athlete represents this district 24 hours a day 7 days a week. Any infraction both on campus and off campus will be dealt accordingly.

Each head coach has the prerogative to establish additional rules pertaining to the sport being supervised. Rules may include attendance at practices, curfew, dress, and general conduct of athletes during practices, trips, etc. Rules set by the individual coach must be approved by the Athletic Director and communicated to the athletes.

Discipline Plan:

LEVEL ONE

First incident of inappropriate behavior

Level One Infractions include:

- Insubordination to a teacher and/or coach
- Missed workouts/no excuse
- Tardiness/no excuse
- Profanity
- Improper locker etiquette
- Club Sport Violation
- Inappropriate conduct during competition

ACTION

Out of season – Parent contact and conditioning or corporal punishment (swats)

In-season – Parent contact, and conditioning corporal punishment (swats)

LEVEL TWO

Multiple Level One infractions

First incident of the following infractions:

- Disclosure of drugs
(ticketed and/or tested-refusal to test is an complete automatic failure)
- Use of alcohol (ticketed)
- State law violations
- Theft
- Vandalism
- Alternative School Assignment (DAEP)

ACTION

Out of season – Parent contact, 30 day suspension from any athletic competition must complete 15 miles in 5 consecutive days prior to returning

In-season – Parent contact, 30 day suspension current athletic sport, must complete 15 miles in 5 consecutive days prior to returning

****DAEP assignment will act as 30 day suspension if assigned****

NOTE: STUDENT-ATHLETES ARE REQUIRED TO ATTEND EVERY SCHEDULED PRACTICE DURING SUSPENSION. IN THE EVENT THEY FAIL TO PARTICIPATE FROM PRACTICE THEY WILL BE REMOVED FROM THAT SPORT. ANY STUDENT ISSUED A LEVEL TWO INFRACTION WILL NOT RECEIVE ANY SUPERLATIVES FOR THAT SPORT(S) THEY WERE SUSPENDED IN.

LEVEL THREE

Continued incident of Level One infraction with no correction of behavior
Second incident of Level Two infraction

ACTION

Parent contact, suspension from all athletic competition for one calendar year, complete 50 miles in 10 consecutive days by the before reinstatement.

LEVEL FOUR

Continued incident of Level One infraction with no correction of behavior
Continued incident of Level Two infraction

Parent contact, suspension for all athletic competition indefinitely.

NOTE: This athletic program believes in allowing each student-athlete the opportunity to correct inappropriate behavior unbecoming to themselves, their parents, this district and community. Those student athletes entering the 7th grade will be held accountable to those disciplinary actions defined by the athletic policy. Upon entering the 9th grade each student-athlete will start over with a “clean” record which will carry through upon the day of their graduation.