

# 2018-19 Athletic Handbook

## TABLE OF CONTENTS

INTRODUCTION	2
ATHLETICS MISSION STATEMENT	3
RAINS ISD ATHLETIC PROGRAM EXPECTATIOINS	4
REQUIREMENTS TO PARTICIPATE	5
Physical Examination	
Athletic Department Forms Packet	
Acknowledgment of RISD Athletic Handbook	
Academic Eligibility	
ADMINISTRATION OF THE PROGRAM	6
ATHLETIC DEPARTMENT POLICIES	6-9
Coaches' Rules	6
Discipline Techniques	6
"Hazing"	6
Academics	7
Attendance	7
Squad Selection	7
Cutting Players	7
Injury or Illness	7
Respect for Others	7
Promptness	7
Disciplinary Removal	7
Dress and Appearance	8
Quitting	8
Conflict in Activities	8
Travel	8
Vacations	9
Club Sports	9
Tobacco, Alcoholic Beverages-Use of Illegal Drugs	9
Theft	9
Criminal Activity	9
Participation in the Athletic Period	9
AWARD POLICIES	9
INSURANCE	10
GUIDELINES	11
ACKNOWLEDGMENT FORM	12

# 2018-19 Athletic Handbook

## INTRODUCTION

The Rains Wildcats Athletic Handbook contains a general statement of the administrative regulations governing the overall Athletics program. Provisions within the Athletics Handbook may be expanded, modified, or revoked by the Principal, Superintendent, or the Board of Education. If any of the provisions of this Athletics Handbook are determined to be in conflict with either federal law or the laws of the State of Texas, then such provisions are superseded by applicable federal law, state law or Board policy. The provisions within this Athletic Handbook are severable, and those determined to be invalid, illegal, or unenforceable will not affect the validity, legality, or enforceability of the other provisions.

# 2018-19 Athletic Handbook

## ATHLETICS MISSION STATEMENT

The Rains Independent School District (RISD) believes that the athletics program should be an integral part of the complete district educational process. The mission of the RISD Athletic Department is to ensure and enhance the quality of life for youth by providing competitive activities. The pitting of one's skills, knowledge, and talent against friendly opponents is a means of learning one's own strengths and weaknesses. Good contests, properly supervised, give youthful competitors the opportunity to gain self-confidence, improve skills, learn and exhibit good sportsmanship, ethical behavior and integrity. Sports programs help the participant to 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 personal development. All programs are designed not only to teach athletic skills, but also to instill good character and teach sound values. The success of RISD Athletics sets a tone for the entire school year. It builds a positive self image for the individual athlete, the team, the school, the community, and, most importantly, for Rains ISD. It is our final goal that sports activities will produce young men and women who will become constructive and influential citizens who will leave their positive marks on this world, by making it a better place for future generations.

Randy Barnes

Athletic Director

Rains ISD

# 2018-19 Athletic Handbook

## **Rains ISD Athletic Program Expectations**

Expectations and Communications that parents and students should receive from a coach:

1. Team and/or sport specific rules.
2. Coaching philosophy.
3. Participation requirements.
4. Location and time of practices and contests.

Expectations and Communications that coaches should expect from parents:

1. Concerns expressed directly to the coach.
2. Advance notice regarding any schedule conflicts.
3. Behaving in a manner that is constructive and positive for the program and for their child.

Expectations and Communications that coaches should expect from student athletes:

1. Intent to participate.
2. Advanced notice should practice or contest have to be missed.
3. Participation and attendance at all practices and contests.
4. A positive attitude that contributes to the growth of the athletics program.
5. 100% Effort.

Decisions on who plays, how much they play, and the approach a team takes in their practices and contests lies solely with the head coach. Any concerns should be directed to the head coach of each respective sport. When a conference is necessary, the following procedures should be followed to help promote an effective resolution:

1. Call the coach to set up an appointment.
2. If the coach cannot be reached, call the Athletics Office to set up a meeting.
3. 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 the coach. Meetings of this nature are not usually productive and do not promote resolution of a given issue.

If the meeting with the coach does not provide a satisfactory resolution, the next step is to set up an appointment with the Athletic Director. The above Chain of Command will be strictly followed.

# 2018-19 Athletic Handbook

## REQUIREMENTS TO PARTICIPATE

The following items must be turned in to the the Rains ISD Athletic trainer.

### A. Physical Examination

A physical examination is required before a student participates in 7<sup>th</sup>, 9<sup>th</sup> and 11<sup>th</sup> grade athletic programs. The Physical forms, provided by the University Interscholastic League (UIL), are available from the Athletic Department Administrative Trainers. Only the approved UIL form will be acceptable for recording the results of a physical examination. Other club or organization forms are not acceptable. Each student-athlete must submit a completed Physical form, signed by either a physician (MD) or physician's assistant (PA) every two years.

### B. Athletic Department Forms Packet

This packet includes (1) UIL Acknowledgment of Rules and (2) a personal student and parent information form. The packet should be filled out completely! Do not leave any requested information blank. Sudden Cardiac Awareness form, Concussion Protocol, **All forms are found on the Rains ISD website under the "Athletics."**

### C. Acknowledgment of RISD Athletic Handbook

The student-athlete and the parent/guardian are required to review the handbook on the website. If after reviewing the handbook the parent has any questions please e-mail the athletic director.

### D. Academic Eligibility

Any 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 required cumulative number of credits in state-approved courses:

- a. Beginning the ninth grade year – must have been promoted from the eighth to the ninth grade.
- 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 UIL 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 when the student is passing all classes with a grade equal to or greater than 70.

# 2018-19 Athletic Handbook

## ADMINISTRATION OF THE PROGRAM

The head coach of each sport is responsible for making sure that all students are knowledgeable of both individual requirements and tryout procedures. All students are afforded an opportunity to try out or participate in any sport if they have met the head coaches' off-season and previous participation requirements. **(Note: In all sports, if uniforms are not turned in or paid for in full, then that student will not be allowed to participate in any future sport until his/her uniform is returned.)**

The Athletic Director administers all aspects of the Athletic Program to include the arrangement of all schedules, setting the time and place for team events, selection of respective officials, and the general management and oversight regarding all matters pertaining to the Athletic Program. The head coaches then attend to the specific details within their respective sports.

## ATHLETIC DEPARTMENT POLICIES

### 1. Coaches' Rules

With the approval of the Athletic Director, coaches may establish additional rules and regulations for their respective sports. An explanation of such a provision must be presented by the coach at the beginning of a season and explained in writing. The head coach will administer to an athlete any penalty when a violation of team rules occurs. Copies of all team rules are on file in the Athletic Department office.

### 2. Discipline Techniques

Discipline yourself, so others won't have to!!! Whatever type of discipline is required, the purpose is to help athletes improve themselves, and to become better persons. Each problem situation may require a different type of discipline. Failure on the part of either an athlete or his/her parent/guardian to accept this may result in dismissal from the team and/or athletic program. The discipline techniques listed below may be used alone or in combination for violations of the Student Code of Conduct. This listing is not intended to be a list of progressive sanctions.

1. Oral Correction
2. Counseling by coaches
3. Home visits by head coach
4. Parent-Coach conference with Athletic Director
5. Behavioral Contracts
6. Withdrawal of privileges – such as participation
7. Techniques of penalties identified by individual coach of sport/\* can include corporal punishment)
8. Dismissal from team or program

**“ If athletes attend Behavior Management (BMC), Alternative Education Program (AEP), After-School Detention, Saturday School Detention, or have a straight suspension, they still will be subject to discipline by their respective head coach after completing their school punishment.”**

### Hazing

“Hazing” is against the law and will not be tolerated. “Hazing” means any intentional, knowing, or reckless act occurring on or off school property directed against a student by one person, alone, or acting with others, that endangers the mental and/or physical health or the safety of a student for the purpose of pledging, being initiated into, affiliating with, holding office in, or maintaining membership in any organization whose members are to include other students. **Under Education Code 37.152, a person commits an offense if the person commits any of the following:**

- a. Engages in hazing;
- b. Solicits, encourages, directs, aids, attempts to aid another in engaging in hazing;
- c. Recklessly permits hazing to occur;
- d. Has first hand knowledge of the planning of a specific hazing incident involving a student, or has first-hand knowledge that a specific hazing incident has occurred, and knowingly fails to report that knowledge to either the Principal or the Athletic Director.

### 3. Academics

All students are required to remain academically eligible to participate. Remember NO PASS – NO PLAY!! Repeated academic suspensions may result in the dismissal of a student from the respective team.

# 2018-19 Athletic Handbook

## 4. Attendance

Student athletes need to attend their classes and be on time. If an athlete must miss an athletic period or practice, he/she should be sure that it can't be avoided. **If an athlete must be absent, then he/she must call and talk to one of the coaches before the athletic period or practice.** Subsequent to any absence, the athlete will be required to make up any missed work. Repeated absences can result in dismissal from the team. **\*Loss of playing time will occur with any unexcused absence.**

## 5. Squad Selection

In accordance with the philosophy of athletics and our desire to see as many students as possible participate in the athletic program, head coaches are encouraged to keep as many students as they can on their teams. Time, space, facilities, equipment, personal preference, and other factors inherently place limitations that dictate the effective squad size for any particular sport.

## 6. Cutting Players

Choosing the members of athletic squads is the sole responsibility of the head coaches of those squads. Prior to tryouts, the head coach shall provide the following information to all candidates for the team:

- a. Extent of tryout period
- b. Criteria used to select the team
- c. Number of candidates to be selected
- d. The practice commitment if they make the team
- e. Game commitments.

## 7. Injury or Illness

We have Coaches and an Athletic Administrator who knows his/her business. He/she will either treat an athlete or refer him/her to a physician. If an athlete must leave school because of illness, he/she should call or come by the Athletic Office, head coaches' office, or the training room. If an athlete is ill or injured, he/she will not be expected to work out. However, if the athlete is at school, he/she is expected to wear the uniform of the day and accompany the team unless given special permission by the head coach.

## 8. Respect for Others

Coaches should receive "Yes Sir/Ma'am", "No Sir/Ma'am" responses from players when talking to them. Players in return will be treated with respect by their coaches. Athletes are expected to show respect for the opposing players, coaches, officials, spectators, and support groups ... treating others as he/she would want to be treated.

## 9. Promptness

Athletes must always be on time. After the final bell of the day rings, players do not have any time to waste. Each must go directly to his/her specific sport location. On trips, the bus will not wait. Tardiness will result in disciplinary action.

## 10. Disciplinary Removal

If it becomes necessary to consider removing a student from either a team or the athletic program, the head coach of that team will notify the Athletic Director. The student will have the opportunity to discuss the situation with both the head coach and the Athletic Director. Parents will receive notification and be invited to attend the conference.

## 11. Dress and Appearance

Athletic participation is voluntary on the part of the student, and upon entering the program, the athlete agrees to abide by the spirit, rules, and regulations which pertain to athletes. One important rule is that athletes must maintain a neat appearance at all times. Athletes should be very professional ... in uniform and out. Their appearance away from the field house or gym, especially at school, should reflect the same class and pride that they show in the athletics program. Each athlete will wear his/her uniform in the same manner. No one will be different. The Athletic Department will furnish each athlete with required equipment. Athletes should not bring their own. Men and women are to wear attire as requested by the head coach. Grooming and dress will be explained in detail to the athletes and will be enforced by the coaches. Athletes are public relations ambassadors for their school and as such, serve as role models for others. **\*Male athletes will NOT style their hair in a way to "hide" the actual length.**

# 2018-19 Athletic Handbook

## 12. Quitting

Anyone walking off the field or gym floor during a practice or game will be considered by the coach to have quit the team. Anyone quitting a sport after a trial period of two weeks will not be allowed to participate in athletics for **three (3) months**. An Athlete may appeal the suspension after (1) month if the following criteria are met:

1. The Student Athlete has not been assigned to DAEP or suspended from school.
2. The student/athlete has not failed a class.
3. The student/athlete will be required to attend ALL workouts for a period of (1) month BEFORE he or she can participate in a competition for Rains ISD.

The above suspension may be appealed to a committee composed of the Superintendent or his designee, the High School Principal or his designee and the Athletic Director. The Athletic Director may, at his sole discretion, make an exception to this rule when an event outside the control of the athlete or his/her family causes the athlete to drop a sport. A clear understanding is to be reached by the Athletic Director and the athlete before the sport is dropped.

All athletes will be provided a 24 hour "cooling" off period after an attempt to quit a sport. The student/athlete will be solely responsible for contacting the head coach to request a meeting to return to the team or activity.

## 13. Conflict in Activities

A student who attempts to participate in several extracurricular activities will, undoubtedly, be in a position of a conflict of obligations. The Athletic Department recognizes that each student should have the opportunity for a broad range of experiences in the area of extracurricular activities, and to this end, will attempt to schedule events in a manner to minimize conflicts. Students must do everything they can to avoid continuous conflicts. This would include being cautious about participation in too many activities where conflicts are bound to happen. It also means immediately notifying the faculty sponsors and coaches who are involved when a conflict arises. When a conflict arises, the coaches will work out a solution so the student does not feel caught in the middle. If a solution cannot be found, the Athletic Director will make the decision based on the following:

1. The relative importance of each event.
2. The importance of each event to the student.
3. The relative contribution the student can make.
4. How long each event has been scheduled.
5. Talk with parents.

Once a decision has been made and the student has followed the decision, he/she will not be penalized in any way by either a faculty sponsor or a coach. If it becomes obvious that a student cannot fulfill the obligation of a school activity, he/she should withdraw from that activity in a timely fashion so as not to place an unreasonable burden on the team, coach, or sponsor.

## 14. Travel

Athletes represent their community, school, and coaches. It is expected that all will dress in an acceptable manner on trips, and conduct themselves properly. When missing classes because of an athletic event, it is the responsibility of the athlete to see his/her teacher the day before the missed classes. All work shall be made up at the convenience of the teacher. All athletes making a school-sponsored trip shall be required to ride to and from the event in transportation provided by the school. Exceptions will be up to the discretion of the Coach. A request prior to the scheduled event is the most helpful.

## 15. Vacations

Vacations by team members during a sporting season are discouraged and while family values will always take precedence over program requirements, parents and athletes in conflict between vacations and program requirements may wish to reassess their commitment to being involved in athletics. We urge parents not to plan their vacations during times when there will be conflicts. In the event of an absence due to a vacation that is unavoidable, an athlete must:

- a. Contact the head coach prior to the vacation.
- b. Practice one day for each practice or contest day missed prior to resuming competition (contest day will count as a practice day).
- c. Be willing to assume the consequences related to their status on the squad as a starter, 2<sup>nd</sup> string, etc. for the time missed.

# 2018-19 Athletic Handbook

## 16. Club Sports

A club is a sports program outside of the school that is not affiliated with UIL athletics. We are very fortunate to live in a community where the high school can be the main focus. Athletes' obligations are to the school team first. We will not excuse our athletes to miss a school contest or practice for a club event. **If an athlete pursues club participation, he/she must:**

**a. Contact all head coaches of sports at the school in which he/she is participating.**

**b. Be willing to assume the consequences related to their status on the squad as a starter, 2<sup>nd</sup> string, or even dismissal, for the time participating in club activities without approval of all head coaches involved at the school.**

## 17. Tobacco, Alcoholic Beverages – Use of Illegal Drugs\*\* see addendum.

There will be no use of tobacco products, alcoholic beverages, or illegal drugs at any time for those students who desire to take part in the Athletic Program. The consequences for violation are a part of each sport's discipline contract.

## 18. Theft

Taking things that do not belong to you` will not be tolerated. A player caught will be dismissed from the team. We ask that you do not bring valuables or large sums of money to the dressing room. Lockers should be kept locked at all times.

## 19. Criminal Activity

Any activity that brings disgrace or dishonor to the Rains Athletic Program will not be tolerated. Such activity will result in dismissal from the program. The consequences are also a part of each sport's Discipline Covenant.

## 20. Participation in the Athletic Period

All athletes are encouraged to participate in the athletic period. In an effort to maximize each student athlete's potential, the athletic period will consist of weight lifting, conditioning and sports specific activities. The requirements will be that each athlete in the period will participate in our track program. Each athlete will be expected to participate in at least one track meet and the district track meet.

## 21. Practice Attendance

All athletes will be required to call the head coach of the sport **"at the beginning of the school day or before"** to inform the coach of his/her absence. Contacting the office of the school **"is not " considered contact for athletics.** An excused absence will be defined as; illness, death in the family, or family emergencies. Again it is excused only if the head coach has been informed prior to the absence. School sponsored field trips can be excused but NOT all. The student/athlete will understand that ANY absence of practice can result in loss of playing time. Unexcused absences are any absence not reported to the head coach prior to the beginning of the school day. Unexcused absences WILL result in a loss of playing time and will require the student/athlete to "make up" any workouts missed.

The coaches and athletic department understand emergencies arise. The practice rules are to reward the athlete that is committed to his/her sport. **Attendance to practice is a mandatory requirement. Students must attend practices if they expect to compete in a contest.**

## 22. Drug Testing

**ALL student/athletes will be subject to random drug testing through out the school year. \*SEE POSSIBLE CHANGE ON THE LAST PAGE OF THIS DOCUMENT.**

### AWARD POLICIES

UIL rules prohibit athletes from accepting anything of value other than as listed in these policies. All athletes must adhere strictly to all training, attendance, conduct, discipline, and appearance rules set forth by the coaches for the entire school year before being considered for an athletic award. All scholastic eligibility rules established by the School Board, the University Interscholastic League, and T.E.A. must be met. Coaches recommend athletes for an award. Schools may give one major award jacket, not to exceed \$60 in value, to a student during high school enrollment at the same school for participation in one of the UIL interschool competitions. One additional symbolic award, not to exceed \$10 in value, may be presented for participation in each additional UIL activity. The \$10 award shall not be given to a student for an activity during the same year that the major award is given for that activity. Rains athletes who qualified for a letter jacket will receive the jacket either during their 10<sup>th</sup> grade year.

# 2018-19 Athletic Handbook

## INSURANCE

Rains ISD strives to provide each and every student athlete with the best care possible under the guidance of a certified coach and a team physician, who has a Licensed Athletic Trainer on his staff. Each year, we hope to avoid injuries, but unfortunately, that is something that cannot be controlled. The reality is that all medical expenses resulting from an athletic injury are inherently the parent's responsibility. Therefore, Rains ISD has elected to purchase an excess insurance policy for all UIL sanctioned participants even under these tough economic times. Rains ISD also provides all students the opportunity to purchase an insurance policy with the current insurance company under contract at a minimal cost. We encourage all parents to check with the Athletic Coordinator for details to see if this is something that may benefit them. Listed below are two scenarios that a parent and/or guardian may find themselves in when their child is hurt during an athletic event and must follow in order to qualify for our "excess" coverage.

1. If the parent and/or guardian carry primary insurance on the student the following steps should be followed:
  - A. All injuries must be reported and documented by the Head Coach and the Athletic Director.
  - B. Injury must have resulted during a sanctioned practice or competition under the supervision of a coach.
  - C. All visits to the doctor or other providers must be approved by the Administrative Trainer.
  - D. Parents and/or guardians must fill out a claim form within 90 days of the injury.
  - E. Parents and/or guardians must show proof of insurance when claim form is filled out.
  - F. Parents and/or guardian will submit itemized bills in a timely fashion from all doctors, hospitals, or other providers that rendered services to the student athlete.
  - G. Insurance company will pay on what the primary insurance has not covered. Please be aware that the "excess" coverage may not totally pay all the remaining balances.
  - H. Parents and/or guardians are asked to submit a copy of all correspondence from the "excess" insurance company to the Athletic Coordinator in a timely fashion.
2. If the parent and/or guardian do not carry primary insurance on the student the following steps should be followed:
  - A. All injuries must be reported to and documented by the Head Coach and the Athletic Director.
  - B. Injury must have resulted during a sanctioned practice or competition under the supervision of a coach.
  - C. All visits to the doctor or other providers must be approved by the Administrative Trainer and reported to the Athletic Coordinator.
  - D. Parents and/or guardians must fill out a claim form within 90 days of injury.
  - E. Parents and/or guardians will submit itemized bills in a timely fashion from all doctors, hospitals, or other providers that rendered services to the student athlete.
  - F. Insurance company will become primary and pay on reasonable and customary charges on any athletic related injury. Please be aware that any balances remaining after the insurance has paid will be the responsibility of the parents and/or guardians.
  - G. Parents and/or guardians are asked to submit a copy of all correspondence from the "excess" insurance company to the Athletic Coordinator in a timely fashion.

### Guidelines Governing Disciplinary Action

1. During periods of suspension from competition, attendance at each team practice is required. Attendance at athletic contests will be at the discretion of the head coach, but suspended athletes are not to be dismissed from school to attend contests. They may not be in team uniform at any time during a suspension.
2. If a violation under these provisions occurs before the competitive season or during the "off" season, the suspension will begin during the athlete's next competitive season. Suspensions not completed due to the end of a season shall be completed in the athlete's next season.
3. Failure to complete a learning option or to attend practices regularly during a suspension period will result in removal from the team for the remainder of the season. The learning option must be completed before joining another athletic team.

## 2018-19 Athletic Handbook

### **4. All offenses will be cumulative over the student athlete's entire high school career.**

5. An athlete who quits a team in order to avoid serving a suspension will not be deemed to have met his/her obligation and is ineligible to compete for any team ... until the suspension has been fully served.
6. An athlete who quits or is removed from one team prior to the end of that team's season may not join another team during the same season. Athletes who are released from a team may try out for another sport during that season with both coaches' approval.
7. If an athletic violation occurs during the season, the athlete will not be eligible to receive any post season awards. Athletes who violate the Athletic Code of Conduct will not be able to receive a varsity letter when the infraction occurs in season.
8. If an athlete's competitive suspension is carried over to a new sport season, the athlete may try out for a team, but may not begin to compete until the suspension has been fully served.

### **Due Process**

#### **"All information received will be investigated to determine its validity and merit."**

1. The Athletic Director or the designated campus administrator will contact the parent of any athlete who is involved in an alleged offense and will describe the incident along with possible disciplinary action taken and counseling resources.
2. Appeals of tobacco, alcohol, drugs or other unacceptable behavior infractions:
  - a. Following an interview with the Athletic Director, or his designee, the student athlete and parent(s) will be provided with written notice of the disciplinary action. The school will retain written confirmation (either the student's signature or other reliable written documentation) that the notice was provided to the student.
  - b. If the student wishes to appeal the action, (s)he must submit the appeal, in writing to the Athletic Director or his designee, within two school days of the athlete's receipt of written notice of the disciplinary action. The written appeal must contain, in detail, the athlete's reasons why the disciplinary action should be changed, or not imposed at all.
  - c. The Athletic Director, or his designee, will conduct a further hearing. The Athletic Director or his designee shall issue a written decision no more than five school days following the hearing.
  - d. If the student wishes to appeal the Athletic Director's, or his designee's, decision (s)he may appeal to the Superintendent of Schools, in writing, no more than five school days following her/his receipt of the Athletic Director's or his designee's decision. The Superintendent will conduct a hearing. The Superintendent shall issue a written decision no more than five school days following the hearing.
  - e. If the student wishes to appeal the Superintendent's decision (s)he may appeal to the Board of Education, in writing, no more than five school days following receipt of the Superintendent's decision.

# 2018-19 Athletic Handbook

## ACKNOWLEDGMENT FORM

The Rains ISD Board of Trustees has approved ALL policies stated in the Athletic Handbook. After the student/athlete and the parent have reviewed the handbook the parent will e-mail; [athletictrainer@rainsisd.org](mailto:athletictrainer@rainsisd.org) stating that you and your child have read and understand the policies contained in the 2017-18 Rains JH/HS Athletic Handbook.

The parent will send the above e-mail no later than Tuesday, September 4, 2018. If a parent has not sent the above e-mail by the date stated above; it will be considered "signed" the the athletic department.

## SEE BELOW

The administration is considering the below proposal.

### POSSIBLE CHANGE TO OUR DRUG TESTING PROCEDURES:

Perform a "baseline" drug test to ALL Rains High School athletes. Baseline test will be performed the week of August 6th, 2018 for all football, volleyball and cross country student/athletes. Students that compete in basketball, softball, baseball, track, golf and tennis will be tested during the first week of the school year.

The baseline test is to "prevent" the use of illegal substances prior to the school year. Student/athletes safety is a huge concern. Students that compete in our athletic program are challenged each day both physically and mentally.

# 2018-19 Athletic Handbook