

# **ROCKDALE ISD**



# **ATHLETIC HANDBOOK**

# **2018-19**

\_\_\_\_\_  
Athlete's Last Name

\_\_\_\_\_  
First Name

\_\_\_\_\_  
Grade

## **ROCKDALE INDEPENDENT SCHOOL DISTRICT 2018-2019 Athletic Handbook Acknowledgement Form**

The 2018-19 Athletic Handbook is available online at [www.rockdaleisd.net](http://www.rockdaleisd.net). If you would like a paper copy you may come by the Athletic Office or call 512-430-6150 to request a copy to be sent home with your student.

I have read, understand, and agree to abide by the guidelines in the 2018-19 Athletic Handbook set forth by the Rockdale ISD Athletic Department.

Students must turn in this signature page before participating in any Rockdale ISD Athletic program.

\_\_\_\_\_  
Parent Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Athlete Signature

\_\_\_\_\_  
Date

## **ATHLETIC STATEMENT**

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

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

### **BUT IT IS WORTH THE EFFORT!**

The most important aspect of successful programs besides hard work is the strict belief in the concept of the team. While each member of the team has individual goals or responsibilities in their position, the ultimate goal is to work together as one unit to complete the task at hand. As coaches, it is our goal to build the team concept above being an individual, develop the importance of team over each athlete's own individual brilliance, and help improve communication skills between all members of the team. We all contribute in some way to the total team success. Whatever your status, be proud of the role that you play. Work as hard as you can. We have high expectations of each and every team and staff member. We must start thinking in terms of **WE** and not **I**.

### **MESSAGE TO OUR PLAYERS AND PARENTS:**

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

## **ROCKDALE ATHLETIC PROGRAM POLICIES**

As with any privilege which gives satisfaction or rewards back to the participant, there must be a price to pay in order to reap those rewards. The following rules and policies give a clear indication of exactly what is expected and demanded of you as a member of this program.

### **1) CONDUCT**

Athletes will face disciplinary action, including possible suspension or expulsion, for demonstrating behavior that is detrimental to the team.

#### **Major Offense Disciplinary Action – 3 STRIKE POLICIES:**

Major offenses may include but are not limited to the use of alcohol, hazing, stealing, or other serious violations of the law or rules.

STRIKE 1 – 1<sup>st</sup> Offense – Suspension from competition for up to 30 days. Athlete must attend all practices.

STRIKE 2 – 2<sup>nd</sup> Offense – Suspension from competition for up to 60 days. Athlete must attend all practices.

STRIKE 3 – 3<sup>rd</sup> Offense – Removed from Athletics for the remainder of the school year. Re-admittance into Athletics must be approved through the Athletic Director. The committee will review grades and conduct reports of student during his/her time away from athletics.

#### **Minor Offense Disciplinary Action:**

The coach will address penalties assigned to minor offenses. Examples of minor offense may include but are not limited to:

1. Inappropriate language
2. Unwilling or lethargic attitude, poor work ethic
3. Disrespect to the teaching, administrative, or coaching staff
4. Disrespect to a game official
5. Display of temper
6. Not responsive to a coach's request
7. Argumentative attitude
8. Habitual disregard for rules
9. Negative effect on team morale
10. Unsportsmanlike behavior

Athletes will be required to follow the Discipline Management Plan for their campus.

STRIKE 1 – 1<sup>st</sup> Offense misconduct could result in:

- Loss of playing time
- Extra conditioning

STRIKE 2 – 2<sup>nd</sup> Offense misconduct could result in:

- Loss of playing time
- Extra conditioning
- Possible suspension from their team

STRIKE 3 – 3<sup>rd</sup> Offense misconduct could result in:

- Loss of playing time
- Extra conditioning
- Possible suspension from their team
- Possible removal from the Athletic Program

### **Felony Offense Disciplinary Action:**

Any athlete found to be accused of a felony will be suspended from Athletics. This is not an assumption of guilt, but rather to provide the student-athlete with an opportunity to clear his/her name. Students will be reinstated when the case is either dismissed or found not guilty. If the student is found guilty the student will be removed from Athletics for the remainder of the school year. Re-admittance into athletics must be approved through the Athletic Director.

### **ISS**

1. While in ISS (In-School Suspension) the athlete is required to attend all practices.
2. ISS placements are assigned by campus administration 3 different levels based on severity of action.
  - a. Level 1 = 1 day of ISS
  - b. Level 2 = 2-3 days of ISS
  - c. Level 3 = 4 or more days of ISS
3. Below are consequences for receiving the first ISS assignment:
  - a. Level 1 - Extra conditioning
  - b. Level 2 - Loss of playing time plus extra conditioning
  - c. Level 3 - Suspension from minimum of one contest plus extra conditioning
4. Below are the consequences for receiving a second placement in ISS:
  - a. Level 1 - Loss of playing time plus extra conditioning
  - b. Level 2 - Suspension from minimum of one contest plus extra conditioning
  - c. Level 3 - Suspension from minimum of two contests plus extra conditioning
5. Any athlete that receives a third level 2 or level 3 placement in ISS will be ineligible from athletic competition for the remainder of the school year. Repeated level 1 incidents may result in additional consequences.

### **DAEP**

Any student Code of Conduct disciplinary offense that results in an assignment to **DAEP** or expulsion will result in immediate dismissal from both the organization and from participation in all extra-curricular activities for the remainder of the school year and may

result in loss of accolades including but not limited to RISD post season awards, RISD scholarship opportunities and graduation regalia.

NOTE: Student clubs and performing groups such as the band, choir, and drill and athletic teams may establish codes of conduct – and consequences for misbehavior – that are stricter than those for students in general. If a violation is also a violation of school rules, the consequences specified by the Student Code of Conduct will apply in addition to any consequences specified by the organization.

## **2) HAZING**

Hazing is defined by *The American Heritage Dictionary of the English Language* as follows: (1) To persecute or harass with meaningless, difficult, or humiliating tasks; and (2) To initiate, as into a college fraternity, by exacting humiliating performances from or playing rough practical jokes upon.

In the athletic programs at Rockdale, we have many traditions that we want to pass along to our underclassmen. None of these traditions involve putting your hands on an underclassman in an inappropriate way, nor do they involve handling someone's personal possessions. Any athlete found to be involved in a hazing incident will be subject to discipline as detailed in the Code of Conduct section of the High School Student Handbook. The student-athlete will also be subject to the 3 Strike Policy as detailed in the Athletic Handbook.

Any teacher, administrator, or other person employed by the District, or any student who observes any other student engaged in any form of hazing, or who has reason to know or suspect that a student or students intend(s) to engage in hazing, shall report that fact or suspicion to the designated campus discipline person. [FNCC(L), FO(L)]

Bullying is a serious issue that takes on many different forms. Whether it is verbal, physical, or threatening in any manner, it will not be tolerated.

Bullying occurs when a student or group of students engages in written or verbal expression, expression through electronic means, or physical conduct that occurs on school property, at a school-sponsored or school-related activity, or in a vehicle operated by the District and that:

- Has the effect or will have the effect of physically harming a student, damaging a student's property, or placing a student in reasonable fear of harm to the student's person or of damage to the student's property; or
- Is sufficiently severe, persistent, and pervasive enough that the action or threat creates an intimidating, threatening, or abusive educational environment for a student.

Such conduct is considered bullying if it:

- Exploits an imbalance of power between the student perpetrator and the student victim through written or verbal expression or physical conduct; and
- Interferes with the student's education or substantially disrupts the operation of a school.

### **3) ACADEMICS**

Athletes must realize that they are students first and athletes second. Athletes must plan their schedule so that they can give sufficient time and energy to their studies to ensure acceptable grades. Athletes must be passing all subjects at the six weeks grading period in order to be eligible to play. Athletes failing a course will be ineligible for competition for three weeks. They may regain eligibility after three weeks if they are passing all subjects at that time. If not, they remain ineligible for another three weeks.

Athletes that habitually earn failing grades on grade reports and/or progress reports become a detriment to the athletic program. They are showing neglect in their responsibility and obligation to their team and the athletic program. They are also neglecting their main purpose for attending school.

Athletes are encouraged to maintain all their grades throughout the school year. Tutorials are available for students that are struggling with their grades. Athletes are encouraged to take advantage of the tutorials and/or other resources that are available to help them with their grades.

**Any athlete who fails two six weeks grading periods in a row will be placed on academic probation. Any athlete on academic probation that fails another six weeks could be removed from the athletics.**

### **4) ATTENDANCE**

It is the obligation and responsibility of team members to attend scheduled practices, contests, and meetings regularly and on time. If an unavoidable conflict arises with a practice or contest, one of the coaches should be notified before the workout or game. Failure to make contact prior to the practice, contest, or meeting may result in absence being considered unexcused.

#### ***Excused Absences from practice or contest:***

Excused absences will be made up. The make up for an excused absence is not punishment but is administered so that the athlete can make up missed work and conditioning. Examples of excused absences are illness, a death in the family, school sponsored activities, or emergency situations. **Athletes should understand that when they have to miss, it is imperative that a coach be notified prior to the absence.** Most of the head coaches will share their phone numbers with the athlete so that the athlete can contact them directly. The high school athletic number is 512-430-6150. If you cannot reach anyone at the high school athletic number, you may call the high school office at 512-430-6140 and leave a message for the coaches. Junior high athletes or parents may call the Junior High at 512-430-6100 and talk with a coach or leave a message with the office.

Athletes should understand that habitual absences, even though they may be excused, become detrimental to their ability to perform and to their knowledge of team concepts.

Habitual absences could result in disciplinary actions, including loss of playing time and/or possible suspension or dismissal from the team.

***Unexcused Absences:***

Athletes and parents should understand that failure to notify the coach prior to an absence will usually result in the absence being considered unexcused. Some extenuating situations will be considered an excused absence without prior notification. If there is a question as to whether it is excused or not, the head coach and/or athletic director will make the decision. Unexcused absences will be made up and disciplinary action will be taken.

Disciplinary action for unexcused absences from practice will be as follows:

- 1<sup>st</sup> unexcused absence – make up work plus additional disciplinary exercise.
- 2<sup>nd</sup> unexcused absence – make up work plus suspension from the next contest.
- 3<sup>rd</sup> unexcused absence – dismissal from the sport.

Disciplinary action for unexcused absences from contest will be as follows:

- 1<sup>st</sup> unexcused absence – make up work plus suspension from next contest.
- 2<sup>nd</sup> unexcused absence – dismissal from the sport

Unexcused absences will accumulate on a per sport/per season basis.

## **5) TRAVEL**

All varsity students who participate in school-sponsored trips shall be required to ride in transportation provided by the school to and from the event. All other athletes travel and return with the team unless previous arrangements have been made to do otherwise. An exception may be made if the student's parent or guardian presents a written request to the coach. The District shall not be liable for any injuries that occur to students riding in vehicles that are not provided by the school. Coaches shall not allow students to ride to and from contest with other students. If a parent signs a student out it is with the understanding that the student will ride home with the parent, not a student. All students being transported in private cars must have a request from parents on file with the Principal and Head Coach. Any students not participating in the actual contest will only be allowed to ride on district transportation with principal approval.

Athletes must dress properly on all trips. Coaches must monitor athlete behavior while traveling to and from events. Persons not employed by the school district are not allowed to travel, eat, or room with teams unless receiving prior approval from the Athletic Director and Principal. After a trip, coaches shall not leave school until all students have departed.

## **6) ATHLETIC PERIOD**

An athlete is required to be in the athletic period the semester prior to the season and the semester that the season is played. If they are not, then they will not be eligible for varsity completion (except for Golf, Tennis, Cross Country and Soccer). Any exception to this rule will be determined by the Athletic Director and the Principal

## **7) PROMPTNESS**

Always be on time to class, practice, games, etc. On trips, the bus will not wait. After the athletic period bell rings or after-school bell rings, you do not have time to waste. Get directly to the locker room. The sooner you are ready to begin, the earlier you may leave. Tardiness will result in disciplinary action.

## **8) ALL STUDENTS WHO WISH TO QUIT THE PROGRAM:**

1. Must bring a note from parents stating that they are aware of his or her intentions and its implications.
2. Forfeits his or her right to participate in that sport and will not be able to participate in another sport until the teams' season is over that the athlete quit.
3. If the Head coach agrees that it would be in the best interest of both the program and the athlete that the athlete quit his or her sport, there will be no penalty assessed.
4. There will be a two-week "grace" period from the day the athlete begins the sport. (If an athlete chooses to quit during this period, there would be no penalty.)

## **9) INJURED ATHLETES**

All athletic injuries should be reported to the coach or athletic trainer immediately. An accident report must be completed regarding any injury that requires medical attention. Injured athletes who cannot actively participate in the workout must still follow all the attendance policies. Being injured is not an excuse to miss practice. The injured athlete will be expected to dress out and participate mentally. This is also a time in which they may see the **Athletic Trainer** for treatment. (Some injuries may not allow the athlete to dress out or attend practice. If there is a question, the head coach will make the decision on the athlete dressing out or attending the workout). **If an athlete is injured, it is their responsibility to attend morning treatments at 7:00 A.M. If the athlete fails to show up for their treatment they may be required to participate in the daily workout.**

All athletic injuries should be reported to the coach or athletic trainer immediately. An accident report must be completed regarding any injury that requires medical attention.

## **10) RESPECT FOR COACHES**

Coaches should receive "Yes sir" and "No ma'am" responses from players when talking to them. Players in return will be treated with respect by their coaches. Whenever a coach is speaking with you, either individually or as a group, you will give your individual attention and always establish eye contact with him or her. Failure to adhere to these expectations will result in disciplinary action, which may include dismissal from the team.

## **11) DRESS / PERSONAL APPEARANCE**

Your status as a member of our athletic program requires that you look sharp in uniform and out of uniform. Everyone will wear his or her uniform in the same manner. We are

not individuals. We will furnish your equipment; so do not bring your own equipment unless given special permission by the head coach. Take care of the equipment issued to you as if it were your own. Do not wear jewelry in practice since you cannot wear it during a game. Your appearance away from the field and field house, especially at school, should reflect the same pride that you show in our program.

For safety reasons and to attain a good team appearance, look sharp, be sharp. Give an appearance of pride. Remember, for many people perception is reality. It is important to remember that since athletics is a privilege, not a right; we will have a stricter dress code than that of the school. Hair will be kept appropriate and well groomed. Facial hair will not be allowed.

## **12) CARE OF EQUIPMENT AND FACILITIES**

You are to hang your equipment in your locker as directed. You are to clean your equipment and practice uniform on a regular basis. Do not track mud and dirt into the dressing room. Take off cleated shoes before entering the field house area. When you change into workout gear, your clothes are to be hung up in your locker. All trash will be thrown in the trashcan. Clean up in and around your locker each day. Failure to adhere to this policy will result in disciplinary action.

## **13) RULES REGARDING SOCIAL NETWORKING SITES**

1. Student-athletes may not post online any pictures, information or other content that might cause embarrassment to themselves, fellow student-athletes, teams, coaches, the Athletics Department or the school district (examples: obscene images or language, pictures at parties with alcohol, references to drugs or sex).
2. Student-athletes may not post any content online that is unsportsmanlike, derogatory, demeaning or threatening toward any other individual or entity (examples: derogatory comments regarding another school; taunting comments aimed at a student-athlete, coach or team at Rockdale ISD or any other school). No posts should depict or encourage unacceptable or illegal activities (examples: hazing, sexual harassment/assault, gambling, discrimination, fighting, vandalism, academic dishonesty, underage drinking, or illegal drug use).
3. Student-athletes may not post any information that is sensitive or personal in nature or is proprietary to the Athletic Department or Rockdale ISD which is not public information (examples: tentative or future team schedules, student-athlete injuries and eligibility status, travel plans/itineraries or information).

Inappropriate conduct while using Social Network could result in the following:

STRIKE 1 – 1<sup>st</sup> Offense:

- Loss of playing time
- Extra conditioning

STRIKE 2 – 2<sup>nd</sup> Offense:

- Loss of playing time
- Extra conditioning
- Possible suspension from their team

STRIKE 3 – 3<sup>rd</sup> Offense:

- Loss of playing time
- Extra conditioning
- Possible suspension from their team
- Possible removal from the Athletic Program

### **UIL MEDICAL PAPERWORK**

Athletes must have the following UIL and Rockdale ISD forms completed and on file with the Athletic Trainer each year before they are allowed to participate in the athletic period or an after school practice/game.

1. UIL Pre-Participation Physical Evaluation- Physical Examination
  - a. Athletes must have a physical at the beginning of 7<sup>th</sup>, 9<sup>th</sup> and 11<sup>th</sup> grades.
  - b. Physicals are good for 2 years as long as the athlete does not have a medical condition arise during that time. If an athlete does have a new medical condition during this 2 year period they may be required to get a new physical.
  - c. Physicals are offered for athletes at the school every May or parents can choose to go to their own physician.
  - d. Physicals need to be turned in to the Athletic Trainer before an athlete is cleared for participation.
2. UIL Pre-Participation Physical Evaluation- Medical History
  - a. Must be completed every year even if the athlete does not need a physical.
  - b. Medical History forms must be turned into the Athletic Trainer before an athlete is cleared for participation.
3. Rank One Sport- Online Paperwork
  - a. All other mandatory forms need to be filled out and submitted online at <http://rockdaleisd.rankonesport.com>.
  - b. Once forms have been submitted the Athletic Trainer will review the forms and approve the athlete for participation.

\*\*Once the Athletic Trainer has received all of an athlete's Medical Paperwork the coaches will be notified that the athlete is cleared for participation. Athletes missing any portion of the paperwork will not be allowed to participate in any athletic activity before, during or after school.

## **PHYSICIAN VISITS**

1. Anytime an athlete sees a physician (or any other medical professional) for an injury or illness they must provide the Athletic Trainer with a note from the physician stating what the athlete was seen for and the athlete's participation status.
2. If a doctor states that an athlete needs to sit-out, the athlete must provide a note from the doctor clearing them for participation.
3. Failure to provide the Athletic Trainer with a doctor note clearly stating the athlete's participation status will cause the athlete to sit-out until they can produce a note from the doctor clearing them for participation.
4. A parent note or a note from another doctor will not override the original doctor note and allow an athlete to return to participation sooner. The only circumstance that another doctor note will override the original note is if the 2<sup>nd</sup> note is from a specialist that the athlete was referred to by the primary care physician that originally sat them out.

## **AT HOME OR NON SCHOOL INJURIES**

1. The Athletic Trainer can only administer one injury evaluation and one treatment/first aid procedure.
2. The athlete must provide a doctor note stating the injury, the participation status, and an okay for the athlete to begin rehab/treatments (if needed) before the Athletic Trainer can provide any further treatment.
3. The athlete must provide the Athletic Trainer with a Doctor note clearing them for participation after an injury.
4. Failure to provide the Athletic Trainer with a doctor note clearly stating the athlete's participation status will cause the athlete to sit-out until they can produce a note from the doctor clearing them for participation.
5. A parent note or a note from another doctor will not override the original doctor's note and allow an athlete to return to participation sooner. The only circumstance that another doctor note will override the original note is if the 2<sup>nd</sup> note is from a specialist that the athlete was referred to by the primary care physician that originally sat them out.

## **INJURY TREATMENTS**

1. If an athlete has an injury they are required to attend treatment/rehab sessions before school (7:00 am) and after school.
2. Injured athletes will also be asked to treat their injury after practice; either at school or at home.
3. Additional treatment times can be arranged with the Athletic Trainer.

- Athletes will not be allowed to get treatment during the athletic period or practice time unless they attend morning treatments and treatment during this time is advised by the Athletic Trainer.

**ASTHMA POLICY**  
(EFFECTIVE August 1, 2004)

**PARENT/GUARDIAN - THIS IS YOUR COPY OF THE "ASTHMA POLICY";  
PLEASE KEEP THIS PAGE FOR FUTURE REFERENCE.**

THE FOLLOWING POLICIES ADDRESS STUDENT-ATHLETES WITH  
ASTHMATIC CONDITIONS THAT REQUIRE THE USE OF PRESCRIBED  
MEDICATION.

- The asthmatic athlete is to bring at least one extra inhaler to the school to be kept by the athletic trainer or coach. A note from the parent(s) to the athletic trainer or coach stating that the inhaler is the correct prescription and that the athletic trainer or coach has the authorization to administer the dose is also required. One inhaler will be kept by the athletic trainer (in a medical bag) or by the coach, and a second inhaler can be kept in the student's athletic locker for use before practice. The athlete is responsible for giving the medication to the athletic trainer or coach, and for obtaining replacements when they become empty.
- The asthmatic athlete is responsible for using the inhaler properly (i.e., technique, before activity). Most asthmatics athletes should use their inhaler about 15 minutes before practices/games. The athlete's inhaler (personal/own) must always be present on the field/gym/court during all practices and during games/matches. This applies to all athletes and all sports.
- The athlete Will Not be allowed to participate if their rescue medicine is not present (no exceptions). The athletes are not allowed to use another player's medication. Not having your medication as previously mentioned may result in not being allowed to participate, and having to make-up the missed practice and/or additional make-up work.
- The asthmatic athlete must be stable (the medicine works as designed) with the proper medications. When an individual must use their medication two times during an exercise period, or more than four times per week during an exercise period, the athlete is considered as unstable. Therefore, the athlete needs to be referred to their physician for evaluation and possible adjustments in the medication and its use.
- Communication between the player, coach, & athletic trainer is vital. For instance, if a player was awake the previous night with an asthma attack, he/she should be excused from practice the next day without fear of being of being excluded from practices or games. However, a note from the parent is required to verify the previous night's problem. This exclusion from practice does not relieve the athlete of the responsibility to make up the

practice at a later date.

6. Any student-athlete signifying asthma on their physical exam &/or medical history will be given a copy of this written policy. PLEASE KEEP THIS PAGE FOR REFERENCE!

## **CONCUSSION MANAGEMENT POLICY AND PROCEDURES**

### **Head Injury Assessment, Prevention, Management, and Return to Play Guidelines**

The following policy, procedures, and guidelines on assessment, prevention, and management of head injuries, as well as return to play guidelines has been developed in accordance with Texas' "Natasha's Law" and the goals of RISD athletics and Health Services to ensure the well-being of each student athlete. The risk of repeated concussions and second impact syndrome is also a concerning factor. These two problems can have long lasting, and even terminal effects, on the athlete.

Continuing to play with the signs and symptoms of a concussion leaves athletes especially vulnerable to greater injury. There is an increased risk of significant damage from another concussion before completely recovering from the first one. This can lead to prolonged recovery, or even to severe brain swelling (second impact syndrome) with devastating and even fatal consequences. It is well known that adolescent or teenage athletes will often under report symptoms of injuries (including concussions). As a result, education of administrators, coaches, parents, and students is the key for student athlete's safety.

#### **Purpose**

The RISD Athletic Department recognizes that concussions pose a significant health risk for student athletes. Therefore, the Athletic Department has implemented policies and procedures to deal with the assessment, prevention, management, and return to play guidelines for student athletes who have sustained a head injury.

#### **Prevention**

In an effort to reduce the number of head injuries in RISD the district insists that safety comes first. The following procedures will be used as guidelines to assist in the prevention of head injuries.

- Teach and practice safe playing techniques
- Teach athletes the dangers of playing with a concussion
- Encourage athletes to follow the rules of play and to practice good sportsmanship at all times
- Make sure athletes wear the right protective equipment for their activity (such as helmets, padding, and mouth guards)
- All headgear must be NOCSAE certified
- Make sure the headgear fits the individual and is secured properly to the individual

- For all sports that require headgear, a coach or appropriate designee should check headgear before use to make sure air bladders work and are appropriately filled
- Coaches shall also perform a weekly check of all headgear in use to insure that the head piece is in proper working condition
- Padding should be checked to make sure they are in proper working condition

Although all head injuries will not be prevented, RISD is working proactively in order to reduce the number and severity of head injuries that do occur.

### **Reporting Head Injuries**

It is important that the student athlete/ parent report all head injuries received to the Athletic Trainer and/or Jr. High coach. This includes any head injury that occurs out of the school environment. It is important that any head injuries be reported before any physical activity.

### **Athletic Venue Evaluation**

In all cases in which a head injury is suspected the athlete will be removed from athletic participation and an **initial assessment** will take place. The initial assessment will utilize the RISD Concussion Management Card. Following the initial assessment further medical evaluation will be determined as per “Tasha’s Law”. The athlete will **NOT** be allowed further participation on the day of injury. RISD Home Instructions for Head Injury will be provided, and parents/guardians will be contacted.

### **Health Care Professional Evaluation**

Evaluation by Health Care Professionals should include a neurological and a functional test. A neurological test should include but is not limited to eye movements, pupil response, balance (static and dynamic), hearing, and vision. A functional test should include but is not limited to heel toe walking, jogging, and progressive functional activity.

### **School Evaluation**

Any athlete that has sustained a head injury is required to report to the District Athletic Trainer or Jr. High coach daily. The District Athletic Trainer will notify the school nurse of any athlete that has sustained a head injury.

### **Treatment/ Rehabilitation**

RISD athletes who sustain a head injury will be instructed to rest, meaning total rest. Physical and cognitive rest, including but not limited to, NO athletic participation, NO recreational exercise, NO video games/ TV, NO computer usage, and NO text messaging.

Academically, if deemed necessary teachers will be notified and academic accommodations will be made.

## **Follow-up Evaluation**

RISD athletes who have sustained a head injury will be required to follow the return to play guidelines. Athletes will be required to check in with the Athletic Trainer and/or Jr. High coach daily until cleared by a medical professional. Once cleared by a medical professional, athletes will be required to complete a progressive return to activity protocol, and parents and athletes will be required to sign a school concussion release. **Even if cleared by a physician, athletes may not pass the progressive return to play protocol.**

## **Head Injury Data**

Within seven days of a head injury occurring or being cleared, all information will be reported to the Concussion Oversight Team. A standardized reporting form will be utilized for reporting purposes.

- High School and Jr. High Coaches will report to the District Athletic Trainer
- District Athletic Trainer will follow-up with High School and Jr. High Coaches on all head injuries
- District Athletic Trainer will collect all physician releases and student/ parent consent forms to be filed with the Superintendent's office

## **Liability Provisions**

The student and the student's parent or guardian or another person with legal authority to make medical decisions for the student understands this policy does not:

- Waive any immunity from liability of a school district or open-enrollment charter school or of district or charter school officers or employees
- Create any liability for a cause of action against a school district or open-enrollment charter school or against district or charter school officers or employees
- Waive any immunity from liability under Section 74.151, Civil Practice and Remedies Code
- Create any liability for a member of a concussion oversight team arising from the injury or death of a student participating in an interscholastic athletics practice of competition, based only on service on the concussion oversight team.

## **RISD Return to Play Considerations Following a Head Injury**

*Rockdale Independent School District is proactive in the prevention, recognition, and management of concussions in order to limit the risk of concussions associated with athletics. As well as to limit the potential catastrophic and long term risks associated with sustaining a concussion. Therefore the management and return to play decisions will remain in the realm of clinical judgment on an individual basis by both the Licensed Athletic Trainer and the Physician.*

RISD protocol following a head injury follows a stepwise progression. The athlete should be released from a physician\*, have a signed UIL Concussion Management Protocol Return to Play Form, and be symptom free for 24 hours before beginning this progression. The athlete should complete each level and progress to the next (in 24 hour intervals) if they remain asymptomatic both at rest and with exercise. Should the athlete become symptomatic during the progression, they should stop all activity for a 24 hour period. If the athlete is asymptomatic after 24 hours they should start the progression again at Level 1. If the athlete remains symptomatic for an extended period of time the athlete may need to return to the physician.

\* Any Athlete referred to the Emergency Room must obtain Clearance from a non-ER physician prior to beginning the return to play progression

**Level 1- Light aerobic exercise- 5 to 10 minutes on an exercise bike or light jog; no weight lifting, resistance training, or any other exercise.**

**Level 2- Moderate aerobic exercise- 15-20 minutes of running at moderate intensity in the gym or on the field without a helmet or other equipment.**

**Level 3- Non-contact training drills in full uniform. May begin weight lifting, resistance training, and other exercises.**

**Level 4- Full contact practice or training.**

**Level 5- Full game play.**

Continued post-concussive symptoms, prior concussion history and any diagnostic testing results along with neurocognitive testing and physical exam, will be utilized by a Physician and Athletic Trainer in establishing a timeline for an athlete's return to activity. It is important to note that this timeline could last over a period of days, weeks, months, or potentially medically disqualify the student from athletics. All cases will be handled on an individual basis.

## RISD Home Instructions for Head Injury

\_\_\_\_\_ (athlete name) received a head injury, commonly called a concussion on \_\_\_\_\_ (date) while participating in an athletic event. The following are instructions for this person's care over the next few days.

- Do not drive a vehicle
- Rest, No physical activity
- Do not take Aspirin or Ibuprofen (Advil or Motrin)
- Tylenol (Acetaminophen) may be acceptable
- You may sleep, but should be checked on periodically if exhibiting moderate to severe symptoms

*Signs and symptoms of a closed head injury do not always present until hours or sometimes days after the initial trauma. Due to this fact; you should be aware of possible signs and symptoms that indicate a significant head injury including but not limited to the following:*

- Persistent or repeated vomiting
- Convulsions/ seizure
- Difficulty seeing
- Any peculiar movements of the eyes, or one pupil is larger than the other
- Restless, irritability, or drastic changes in emotional control
- Difficulty walking
- Difficulty speaking or slurred speech
- Progressive or sudden impairment of consciousness
- Bleeding or drainage of fluid from the nose or ears
- Any other abnormal behavior and/or sign or symptom

**If any of the above occurs call an ambulance or take the athlete to the hospital Emergency Room.**

**Emergency Phone Numbers: EMS- 911**

**Training Room: (512)430-2017 Athletic Trainer: Eugene Beaver, LAT (562)244-7443**

**Parent/ Guardian Contact: Yes  No  Notes: \_\_\_\_\_**

*RISD athletes who have sustained a concussion will be required to follow up with the RISD licensed athletic trainer or middle school coach each day until cleared by a physician. Although cleared by a physician, the athlete must still pass the (progressive return to play) protocol before they will be considered for release to full activity. (HB 2038, Tasha's Law)*

**Rockdale ISD Return to Play Guidelines  
Information for Treating Physician**

**Student Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Parent/Guardian Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

Rockdale ISD has developed a protocol for managing concussions as per HB 2038 “Tasha’s Law”. This policy includes a multidiscipline approach involving Athletic Trainer clearance, physician referral and clearance, and successful completion of activity progressions related to their sport. The following is an outline of this procedure.

All athletes who sustain head injuries are required to be evaluated by a physician. They must have a normal physical and neurological exam prior to being permitted to progress to activity.

1. The student will be monitored daily at school by the Athletic Trainer at the High School and the head coaches at the Jr. High. Accommodations may need to be given according to physician recommendations and observations.
2. The student must be asymptomatic at rest and with exertion.
3. Once cleared to begin activity, the student will start a progressive return to play protocol. The progressions will advance in 24 hour intervals. The progressions are:

**Level 1**- Light aerobic exercise- 5 to 10 minutes on an exercise bike or light jog; no weight lifting, resistance training, or any other exercise.

**Level 2**- Moderate aerobic exercise- 15-20 minutes of running at moderate intensity in the gym or on the field without a helmet or other equipment.

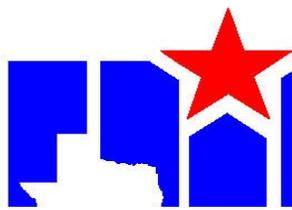
**Level 3**- Non-contact training drills in full uniform. May begin weight lifting, resistance training, and other exercises.

**Level 4**- Full contact practice or training.

**Level 5**- Full game play.

**Note – Athlete progression continues as long as athlete is asymptomatic at current activity level. If the athlete experiences any post concussion symptoms, he/she will wait 24 hours and start the progressions again at the beginning.**

**For full release to play a physician release, parent/athlete signed consent and a progressive return to play protocol must be completed and on file.**



# Concussion

# Management

## Protocol Return to Play Form

*This form must be completed and submitted to the athletic trainer or other person (who is not a coach) responsible for compliance with the Return to Play protocol established by the school district Concussion Oversight Team, as determined by the superintendent or their designee (see Section 38.157 (c) of the Texas Education Code).*

\_\_\_\_\_  
Student Name (Please Print)

\_\_\_\_\_  
School Name (Please Print)

### Designated school district official verifies:

Please Check

- The student has been evaluated by a treating physician selected by the student, their parent or other person with legal authority to make medical decisions for the student.
- The student has completed the Return to Play protocol established by the school district Concussion Oversight Team.
- The school has received a written statement from the treating physician indicating, that in the physician's professional judgment, it is safe for the student to return to play.

\_\_\_\_\_  
School Individual Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
School Individual Name (Please Print)

### Parent or other person with legal authority to make medical decisions for the student signs and certifies that he/she:

Please Check

- Has been informed concerning and consents to the student participating in returning to play in accordance with the return to play protocol established by the Concussion Oversight Team.
- Understands the risks associated with the student returning to play and will comply with any ongoing requirements in the return to play protocol.
- Consents to the disclosure to appropriate persons, consistent with the Health Insurance Portability and Accountability Act of 1996 (Pub. L. No. 104-191), of the treating physician's written statement under Subdivision (3) and, if any, the return to play recommendations of the treating physician.
- Understands the immunity provisions under Section 38.159 of the Texas Education Code.

\_\_\_\_\_  
*Parent/Responsible Decision-Maker Signature*

\_\_\_\_\_  
*Date*

\_\_\_\_\_  
*Parent/Responsible Decision-Maker Name (Please Print)*

**Concussions**  
**(Tasha's Law- HB 2038)**

- Report All Head Injuries  
Remove from Activity Immediately  
“When in Doubt, Hold them out”  
Parent/ Guardian Contact  
Physician Release  
Parent/ Athlete Release  
Progressive Return to Play Protocol
- 1) Light Aerobic
  - 2) Moderate Aerobic
  - 3) Non Contact Practice
  - 4) Full Contact Practice
  - 5) Full Game

**DIABETES POLICY**

Any Rockdale ISD student participating in any RISD /UIL sponsored athletic activity that has been diagnosed (by a licensed physician) with any form of Diabetes, and is currently under a physician's care, and is receiving treatment for their type of Diabetes, **MUST** inform the RISD Athletic Trainer and their coaches of their Diabetes and treatment requirements.

The student is required to provide the athletic trainer/coaching staff with both their type of Diabetes and/or any special medications or dietary requirements. This information is required to be on the medical history form, and on the emergency information form. Talking directly to the Athletic Trainer about the condition is always the safe route!

**DRUG TESTING POLICY**

Rockdale Independent School District believes that any student who represents Rockdale ISD Schools, the community of Rockdale, their classmates, and their families has an obligation to perform at the highest level of their ability and to behave in a manner that casts a positive light on everyone and everything they represent. Implementing this program is intended to send a message to the students that we do care about them as individuals and what they do to their bodies.

Drugs and/or mood altering chemicals have a negative effect on behavior and learning. They are a health problem to many students and adults and have proven to be destructive to the total development of an individual and team concept. They affect not only the person using these chemicals but every other person who plays a significant part in their lives. Thus, we will not place any student, teacher, or administrator at risk of physical or mental harm because of a student on drugs or mood altering chemicals.

The drug testing program requires that any student in grades 9-12 desiring to participate in any District extracurricular program, co-curricular programs, and/or park on district property or within 300 feet of district property consent to mandatory random drug testing

as described in this document. It is the consensus of the District that these students should be free of drugs or mood altering chemicals as well.

This program also allows any student in the school district to participate in the drug testing program if parental consent is provided.

## **Process**

All students in grades 9-12 who participate in the extracurricular program will be subjected to mandatory random drug testing throughout the school year and will be required to provide the District with written consent signed by both the student and parent/guardian. The vendor used by the District operates a non-regulated laboratory and works in conjunction with three Substance Abuse and Mental Health Services Administration (SAMHSA) certified laboratories to administer drug testing. The vendor will determine the students to be tested for each testing occurrence by use of a computerized method that insures randomization. Under no circumstances will human interference be allowed to alter the randomized nature of student selection. The percentage of students tested during each random sampling can represent up to 15% of the student testing population. Results from the testing laboratory will be available no later than 4:00 p.m. on the third day after samples are collected.

## **List of Extracurricular Activities Requiring Drug Testing**

Students who participate in extracurricular activities/organizations, co-curricular activities/organizations, or desire to park on RISD property or within 300 feet of district property in grades 9-12 will be required to participate in Rockdale ISD's mandatory drug testing program. These activities include but are not limited to:

All UIL extracurricular activities, including Academic, Music, and Athletics

Band-Marching, Concert

Cheerleading

Golden Girls

Future Farmers of America

Health Occupations Student Association

Spanish National Honor Society

Spanish Club

Fellowship of Christian Athletes

Peer Assisted Leadership Students

Prom/Homecoming/Dances

National Honor Society/National Junior Honor Society

Rotary Interact

Student Council

Parking on district property or within 300 feet of district property

## **Urinalysis Drug Testing Procedures**

### **Random Selection**

a) The District shall provide the approved vendor with a list of all identified testing pool participants. Students shall be chosen for testing by a federally approved computer-based

random number generator that is matched with students' student ID numbers, first and last names, or designations as per District Policy.

b) The vendor will collaborate with Rockdale ISD on choosing screening dates approved by the district. Randomly selected dates will not conflict with holidays, Federal, State or local student assessment dates.

c) It is understood that all students listed on the testing pool are eligible for unannounced drug testing throughout the year in an objective, random selection process. To assure that this process is random, all eligible students, whether or not they have been chosen for testing in the past, will remain in the pool of students for each subsequent selection period unless otherwise specified by the District.

d) Rockdale ISD will provide the approved vendor with updated student information as follows: When new students come into the District or leave the District, the approved vendor will be notified via e-mail, phone call or U.S. Postal Service. This practice will assure that students on the monthly list are accurate and always up to date.

### **Collection of Samples**

a) Each student shall provide a urine sample in a restroom or other private facility. Facilities shall be secure, with only one student testing at a time, to assure security and confidentiality for each student.

b) The urine sample shall be collected in a sealed split specimen collection container provide by the vendor. The student shall provide the collected sample to the testing laboratory representative and the assigned District official shall confirm that the student's identification information on the sample is correct. The split specimen container shall be sealed by the vendor's representative and witnessed by the student. The vendor's representative shall transport all collected specimens directly to the laboratory for analysis.

c) The vendor will use the laboratory split sample method in accordance with Department of Health and Human Services (DHHS).

d) The vendor will provide only same sex observation collections if necessitated per District Policy.

e) A copy of the specimen collection and chain-of-custody procedures used by the District and Compliance Consortium Corporation shall be made available to any parent or student upon request

### **Documentation and Reporting**

The approved vendor will process all documentation and submit completed reports within 72 hours. All reporting will be submitted to the appropriate campus administrator of the Rockdale ISD. Date of the receipt of the completed reports of positive testing will determine the onset of the appropriate period of suspension.

### **Consequences for Positive Test**

No action shall be taken by the school against a student with a positive test result other than suspension from participating in extracurricular activities, co-curricular activities, and/or ability to park vehicle on school property. No school-related privileges will be withdrawn from students who are not participating in extracurricular activities, but choose to participate in the District's drug testing program by parental consent.

The results of any drug or alcohol test shall not be given to law enforcement authorities, and shall not be used for any disciplinary purposes other than as specified within this policy.

If a positive test results in a suspension in excess of the number of days remaining in the school year, the suspension period will run until the later of the last instructional day or the last extracurricular activity. Any remaining suspension time shall continue, beginning with the earlier of the first instructional day or the first extracurricular activity of the following school year.

An initial positive test shall be confirmed by a second test of the same specimen before being reported as positive.

## **Consequences**

### **First Offense**

The first confirmed positive test will result in the following consequences:

Notice to the student's parent or other person having lawful control of the student;

A conference between the campus principal, parent or other person having lawful control of the student, and the student, with the coach or sponsor of the student's extracurricular activity and the school counselor in attendance, if appropriate, and as determined by the campus principal; and

The student or parent shall have 15 school days following the meeting to provide a medical explanation for a positive result. Medical explanations / documentation must be provided by a duly licensed physician, dentist, or other medical practitioner licensed to issue prescriptions. Upon acceptance of the medical explanation, the offense is negated. In the event of a positive subsequent test, the offense is again considered to be the First Offense and the student or parent shall again have 15 school days following the meeting to provide a medical explanation.

The student must agree to mandatory testing during the all following random periods.

The student shall be suspended from competition and/or public appearances in any extracurricular activity and school-sponsored organization, and shall not be eligible to park on District property or within 300 feet of district property for 15 (fifteen) school days from the date that the school district is first informed of the confirmed positive test results. During the period of suspension the student will also not be permitted to participate in any practices.

The student must participate in an approved substance abuse program and receive a certificate of completion. Failure to attend will result in ineligibility until the program has been completed. A list of approved programs will be provided by the school district. Any programs not on the approved list will be subject to review.

### **Second Offense**

Upon a second offense, the student shall be suspended from competition and/or public appearances in any extracurricular activity and school-sponsored organization, and shall not be eligible to park on District property or within 300 feet of district property for 60 (sixty) school days from the date that the school district is first informed of the confirmed positive test results. During the period of suspension the student will also not be permitted to participate in any practices.

The student must again participate in an approved substance abuse program and receive a certificate of completion. Failure to attend will result in ineligibility until the program has been completed. A list of approved programs will be provided by the school district. Any programs not on the approved list will be subject to review.

### **Third Offense**

Upon a third offense, the student shall be suspended from competition and/or public appearances in any extracurricular activity and school-sponsored organization, and shall not be eligible to park on District property or within 300 feet of district property for a period of 1 (one) calendar year from the date that the school district is first informed of the confirmed positive test results. During the period of suspension the student will also not be permitted to participate in any practices. Students will not be allowed to complete or tryout for future offices, positions, or team/squad memberships during the 12-month suspension.

The student must again participate in an approved substance abuse program and receive a certificate of completion. Failure to attend will result in ineligibility until the program has been completed. A list of approved programs will be provided by the school district. Any programs not on the approved list will be subject to review.

### **Fourth Offense**

Upon a fourth offense, the student shall be banned from participation in any extracurricular activities, school-sponsored organizations, and shall not be eligible to park on District property or within 300 feet of district property for the remainder of their enrollment at Rockdale ISD.

### **Appeal**

The parent(s)/guardian(s) may appeal for a third retest of the original sample. The laboratory conducting the retest must be certified by the Substance Abuse and Mental Health Services Administration (SAMHSA). The cost of the retest shall be at the expense of the parent(s)/guardian(s).

Parent(s)/guardian(s) may appeal the consequences of a positive test as outlined in board policy FNG (legal) and FNG (local). Any consequences imposed will remain in effect during the appeal.

Nothing in this policy limits or prohibits the application of other District policy, including the District Student Code of Conduct, regarding student possession, use, or distribution of illegal drugs or alcohol on school property or at school activities or events.

### **Confidentiality**

Testing results shall be kept confidential and disclosed only to the student, his or her parent(s)/guardian(s), and school officials designated by the Superintendent. Confidentiality shall be maintained at all levels. Results shall not be placed in student's permanent record.

**FOOTBALL HELMET SAFETY REQUIREMENTS,**  
**EFFECTIVE FOR THE 2018-19 SCHOOL YEAR**

According to section Sec. 33.094 of the Texas Education Code:

- (a) A school district may not use a football helmet that is 16 years old or older in the district's football program.
- (b) A school district shall ensure that each football helmet used in the district's football program that is 10 years old or older is reconditioned at least once every two years.
- (c) A school district shall maintain and make available to parents of students enrolled in the district documentation indicating the age of each football helmet used in the district's football program and the dates on which each helmet is reconditioned.
- (d) The University Interscholastic League may adopt rules necessary to implement this section, provided that the rules must be approved by the commissioner in accordance with Section 33.083(b).

## **Eligibility for All Extracurricular Participants After the First Six Weeks of the School Year**

A student who receives, at the end of any grading period (after the first six weeks of the school year), a grade below 70 in any class (other than an identified advanced class) or a student with disabilities who fails to meet the standards in the Individual Education Plan (IEP) may not participate in extracurricular activities for three school weeks. An ineligible student may practice or rehearse, however. The student regains eligibility after the seven calendar day waiting period has ended following a grading or the 3 school weeks evaluation period when the principal and teachers determine that he or she has earned a passing grade (70 or above) in all classes, other than those that are advanced. All schools must check grades for all participants at the end of the first six weeks of the school year. From that point, grades are checked at the end of the grading period whether it is six, nine, or twelve weeks in length. Students who pass remain eligible until the end of the next grading period. All activity coaches and directors are responsible for obtaining official grade reports from the individual the principal designates as the keeper of official grades before the student represents the school. This provision applies to all grading periods. It also applies to all three-school week evaluation periods for ineligible students.

- All students are eligible during a school holiday of a full calendar week or more. When the bell rings to dismiss students for the December holidays, all students are eligible until classes resume in January. The same is true for summer recess and fall and spring breaks provided those breaks consist of at least a full calendar week. (See example at the end of this document.)
- Students in year-round schools are eligible during inter-sessions.
- If a grading period or three school week evaluation period ends on the last class day prior to a school holiday of one calendar week or more (e.g. spring break, winter holidays), the seven calendar day grace period to lose eligibility and the seven calendar day waiting period to regain eligibility begin the first day that classes resume.
- Students lose eligibility for a three school week period. For purposes of the law, "three school weeks" is defined as 15 class days. Exception: One, but only one of the three school weeks may consist of only three or four class days, provided school has been dismissed for a scheduled holiday period. Two class days does not constitute a "school week" for purposes of this law except Thanksgiving week if schools are on holiday Wednesday, Thursday and Friday. A school district may request an exception from UIL officials to the two-day school week in the event of a disaster, flood, extreme weather condition or other calamity as listed in §42.005. In the event two of three school weeks are shortened, one of the shortened weeks may be counted as five days with ten other actual class days making up the fifteen class days. After the first six weeks of the school year, academically ineligible students in schools with six week grading periods have one opportunity to regain eligibility after the first three school weeks of the grading period; students in a nine week grading period have two opportunities, one at the end of the first three school weeks and one at the end of the first six school weeks. Students who fail to regain eligibility at the evaluation periods remain ineligible until seven calendar days after passing a grading period.
- Note: When computing eligibility calendars, it is helpful to remember that the seven day grace period after the grading period also contains school week one of the three

school week evaluation period. Also, a seven-calendar day grace and waiting period is always applicable after grading periods and evaluation periods.

Example: School week ends on Friday - Students who are losing eligibility have a seven-calendar day grace period, and students who are regaining eligibility have a seven-calendar day waiting period. Eligibility is lost or regained the following Friday at the time the regular school day ends or would end if that day is a holiday. Section 5 (b) of the UIL Constitution and Contest Rules defines calendar week as 12:01 am on Sunday through midnight on Saturday. 19 TAC, §76.1001 (b) states: The school week is defined as beginning at 12:01 am on the first instructional day of the calendar week and ending at the close of instruction on the last instructional day of the calendar week, excluding holidays.

## Rockdale ISD – UIL Eligibility Dates 2018-19

<b>Grading Period</b>	<b>End of Six Weeks Grading Period</b>	<b>Lose Eligibility for 3 Weeks or Regain Eligibility for Six Weeks</b>	<b>3 Week Evaluation Period for Students Ineligible at End of Six Week Grading Period</b>	<b>Regain Eligibility After 3 Week Evaluation Period</b>
1 <sup>st</sup> Six Weeks	Friday – Sep. 28	Friday – Oct. 5 3:30 p.m.	Monday Oct. 1 – Friday Oct. 19 (For students ineligible after 1 <sup>st</sup> six weeks)	Friday – Oct. 26 3:30 p.m.
2 <sup>nd</sup> Six Weeks	Friday – Nov. 2	Friday – Nov. 9 3:30 p.m.	Monday Nov. 5 – Tuesday Nov. 30 (For students ineligible after 2 <sup>nd</sup> six weeks)	Friday – Dec. 7 3:30 p.m.
3 <sup>rd</sup> Six Weeks	Friday – Dec. 21	Thursday – Jan. 16 8:00 a.m.	Thursday Jan. 9 – Wednesday Jan. 28 (For students ineligible after 3 <sup>rd</sup> six weeks)	Monday – Feb. 4 3:30 p.m.
4 <sup>th</sup> Six Weeks	Friday – Feb. 15	Thursday – Feb. 22 3:30 p.m.	Monday Feb. 18 – Friday Mar. 8 (For students ineligible after 4 <sup>th</sup> six weeks)	Monday – Mar. 22 8:00 a.m.
5 <sup>th</sup> Six Weeks	Friday – Apr. 5	Friday – Apr. 12 3:30 p.m.	Monday April 8 – Friday April 26 (For students ineligible after 5 <sup>th</sup> six weeks)	Friday – May 3 3:30 p.m.
6 <sup>th</sup> Six Weeks	Thursday– May 23		All Students are Academically Eligible During Summer Recess	

All students are eligible during Winter Break and Spring Break.  
Students must be passing ALL classes to regain eligibility.

## CRITERIA FOR AWARDING VARSITY ATHLETIC LETTERS

\* Participant must have completed the season as a Varsity member in good standing and meet UIL requirements to be eligible for consideration.

\*\* Each head coach reserves the right to award a letter to a participant because of extenuating circumstances such as an injury or because the participant was elevated from JV status to Varsity status late in the season.

### **I. Football, Basketball, Baseball, Volleyball, Track, Soccer and Softball**

1. Participant must have been a member of the Varsity team for at least one-half of the season.

### **II. Cross Country**

1. Participant must have placed in the top ten individuals at the varsity District Cross Country Meet or be a member of the team and have participated in at least one-half of scheduled meets.

### **III. Golf**

1. Participant must have been a member of the "five member" Varsity team for at least one-half of the season's tournaments or have qualified for Regional honors.

### **IV. Tennis**

1. Participant must have completed the season as a Varsity member in good standing.
2. Participant must have been a member of the "six member" Varsity team for at least one-half of the season's tournaments.

### **V. Managers/Trainers/Statisticians/Record Keepers**

1. Must be in attendance at regular workouts and games or events for two years.

## COLLEGE SPORTS

The National Collegiate Athletic Association (NCAA), an organization founded in 1906 that has established rules on eligibility, recruiting, and financial aid, regulates many college sports. The NCAA has four membership divisions - Division I, Division I-AA, Division II, and Division III. Institutions are members in one or another division according to size and scope of their athletic programs and whether they provide athletic scholarships.

If you are planning to enroll in college as a freshman and you wish to participate in Division I or Division II sports, **you must be certified** by the NCAA Initial-Eligibility Clearinghouse. The Clearinghouse will analyze your academic information and determine if you meet the NCAA's initial-eligibility requirements.

### CORE COURSES

#### Division I:

- At least four years English
- At least three years math (Algebra 1 or higher level)
- At least two years social science
- At least two years natural or physical science (including one lab course if offered)
- At least one year additional classes in English, math or natural/physical science
- Four additional courses (any area above or in a foreign language, or comparative religion/philosophy)

Note: Division II is same as above except only three years of English, two years of math and three extra years of English, math or natural/physical science.

It is also **your responsibility** to make sure the Clearinghouse has the documents it needs to certify you. These documents are:

1. Your completed and signed Student Release Form and fee.
2. Your official high school transcript
3. Your ACT or SAT scores

The NCAA has a booklet called ***"MAKING SURE YOU ARE ELIGIBLE TO PARTICIPATE IN COLLEGE SPORTS"*** that is available in the counselor's office that will give you specific directions on filling out the forms for the Clearinghouse. The Clearinghouse may also be reached as follows:

NCAA Clearinghouse  
301 ACT Drive  
P.O. Box 4043  
Iowa City, IA 52243-4043  
(319) 337-1492

**\*\* Start the process EARLY -- by the first semester of your junior year. \*\***

## COLLEGE ENTRANCE EXAMS

### 2018-19 SAT EXAM SCHEDULE (website: [www.collegeboard.org](http://www.collegeboard.org))

<b>TEST DATE</b>	<b>REGISTRATION DEADLINE</b>	<b>LATE REGISTRATION DEADLINE w/late fee</b>
Aug. 25, 2018	July 27, 2018	Aug. 15, 2018*(Rockdale)
Oct. 6, 2018	Sept. 7, 2018	Sept. 26, 2018
Nov. 3, 2018	Oct. 5, 2018	Oct. 24, 2018*(Rockdale)
Dec. 1, 2018	Nov. 2, 2018	Nov. 20, 2018
Mar. 9, 2019	Feb. 8, 2019	Feb. 27, 2019
May 4, 2019	Apr. 5, 2019	Apr. 24, 2019
Jun. 1, 2019	May 3, 2019	May 22, 2019*(Rockdale)

Cost: SAT \$47.50    SAT + Writing \$64.50    Subject tests \$26 +\$22 per test  
**Additional** late registration fee: \$29

### 2018-2019 ACT EXAM SCHEDULE (website: [www.actstudent.org](http://www.actstudent.org))

<b>TEST DATE</b>	<b>REGISTRATION DEADLINE</b>	<b>LATE REGISTRATION DEADLINE w/late fee</b>
Sep. 8, 2018	Aug. 10, 2018	Aug. 26, 2018*(Rockdale)
Oct. 27, 2018	Sept. 28, 2018	Oct. 14, 2018
Dec. 8, 2018	Nov. 2, 2018	Nov. 19, 2018
Feb. 9, 2019	Jan. 11, 2019	Jan. 18, 2019*(Rockdale)
Apr. 13, 2019	Mar. 8, 2019	Mar. 25, 2019
June 8, 2019	May 3, 2019	May 20, 2019
July 13, 2019	June 14, 2019	June 24, 2019

Cost: ACT \$46.00    ACT + Writing \$62.50  
**Additional** late registration fee: \$29.50

**Rockdale High School code: 445-925**

**When you register online you must use a credit card. Debit cards are not accepted.**

**If you are eligible for free or reduced lunch please see your counselor for information on how to register at a reduced cost.**

## **TEN COMMANDMENTS OF CHAMPIONSHIP** **ATHLETIC PARENTS**

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