

## INTRODUCTION

The policies in this handbook are in compliance with school board policies and administrative procedures. This handbook super cedes all prior publications governing Rice Consolidated ISD athletic teams and shall be used by all principals, coaches, and players in grades 7-12.

The athletic program is an integral part of the total school experience for both boys and girls. It offers a variety of sports and activities to all students who have potential skill and the desire to participate. The procedures and regulations set forth in this handbook are designed to provide for the efficient operation of such a program.

You, the student athlete, will be held accountable and responsible for all policies contained within this handbook and for any additional ones that your respective coaches might add.

## PHILOSOPHY

We believe that an exemplary athletic program is an extension of the classroom. As such, athletics offers students an opportunity to develop and grow physically, intellectually, emotionally, and socially. Positive benefits of athletics include, but are not limited to, self-esteem, self-discipline, self-confidence, and the development of team spirit. Further, participants learn the values associated with competition and benefit from the experiences of both winning and losing. For the participating athlete, these experiences provide an integral part of the foundation needed to be a productive citizen capable of leading a full and enriching life.

## PARTICIPATION

It is the goal of the athletic program to offer the opportunity of participation to every student who has the ability and desire to do so. However, no student is obligated to take part in athletics nor is participation in athletics required. **It is to be stressed that participation in the Rice Consolidated ISD Athletic Program is a privilege, not a right. Since it is a privilege, the coaching staff, in accordance with Rice Consolidated ISD policy and due process procedures, has the authority to suspend or revoke the privilege with the rules and standards of this athletic program if not followed.**

## AVAILABLE SPORTS

The following sports are available for students in the Rice Consolidated ISD.

Football:	Boys Teams: Varsity, Junior Varsity, 8 <sup>th</sup> grade, and 7 <sup>th</sup> grade
Basketball:	Boys Teams: Varsity, Junior Varsity, Freshman, 8 <sup>th</sup> grade, and 7 <sup>th</sup> grade Girls Teams: Varsity, Junior Varsity, Freshman, 8 <sup>th</sup> grade, and 7 <sup>th</sup> grade
Baseball:	Boys Teams: Varsity, Junior Varsity
Softball:	Girls Teams: Varsity, Junior Varsity
Track & Field:	Boys Teams: Varsity, Junior Varsity, 8 <sup>th</sup> grade, and 7 <sup>th</sup> grade Girls Teams: Varsity, Junior Varsity, 8 <sup>th</sup> grade, and 7 <sup>th</sup> grade
Tennis:	Boys Teams: Varsity, Junior Varsity, 8 <sup>th</sup> grade, and 7 <sup>th</sup> grade Girls Teams: Varsity, Junior Varsity, 8 <sup>th</sup> grade, and 7 <sup>th</sup> grade

Golf: Boys Teams: Varsity, Junior Varsity, 8<sup>th</sup> grade, and 7<sup>th</sup> grade  
 Girls Teams: Varsity, Junior Varsity, 8<sup>th</sup> grade, and 7<sup>th</sup> grade  
 Cross Country: Boys Teams: Varsity, Junior Varsity, 8<sup>th</sup> grade, and 7<sup>th</sup> grade  
 Girls Teams: Varsity, Junior Varsity, 8<sup>th</sup> grade, and 7<sup>th</sup> grade  
 Powerlifting: Boys Teams: Varsity, Junior Varsity  
 Girls Teams: Varsity, Junior Varsity  
 Soccer: Boys Teams: Varsity  
 Girls Teams: Varsity  
 Volleyball: Girls Teams: Varsity, Junior Varsity, Freshman, 8<sup>th</sup> grade, and 7<sup>th</sup> grade

Teams may be increased or reduced depending on participation.

## **RICE CONSOLIDATED HIGH SCHOOL ATHLETICS**

Physical conditioning is of primary importance to an athlete. With weather conditions giving us extreme heat and humidity, it is critically important that an athlete report to practice in top physical condition.

In conjunction with our athletic trainer and various medical doctors specializing in sports medicine, we have constructed the following criteria.

Beginning in August, 2018, an athlete playing high school athletics must successfully complete all of the following criteria:

1. Pass a bi-yearly physical administered at Rice Consolidated High School by a staff of sport medicine doctors or your personal doctor. The physical must be on a UIL athletic physical form.

All of the physical forms must be signed and completed by the student, parent / guardian and doctor.

2. Be a part of the athletic off-season program the second semester of the previous school year or it will become a decision of the Head coach of that sport. Exception would be participation in other sports.

3. Abide by all rules and regulations as outlined in the student handbook and athletic handbook.

4. Must pass a conditioning program before participating.

5. If playing an individual sport the Head Coach of that sport will let you know the type of equipment needed that RICE CISD does not provide.

6. Any other issues that may arise will be handled accordingly by the Athletic Director and Head Coach of that sport.

## **RESPONSIBILITIES OF THE ATHLETE**

All athletes have the responsibility to give their best, play to win, follow training guidelines, and exhibit good conduct and fair play at all times so as to be a credit to his/her school. Athletes, as well as coaches, are always on display. As the saying goes “we are judged by the company we keep.” Our actions in everyday life, both private and public are a direct reflection on this athletic program and our school. The responsibilities of Rice Consolidated ISD athletes are as follows:

### **During Competition, An Athlete:**

1. Learns that both winning and losing are part of the game and must learn to accept both. Be modest in victory and gracious in defeat.
2. Does not use illegal tactics in attempt to defeat the opponent or to beat the rules of the game.
3. Has complete control of himself/herself at all times. Displays of temper, use of profanity, disrespect for coaches and officials will result in loss of respect for the athlete and in disciplinary action from the coach.
4. Will respect the decisions of officials at all times.

### **In The Classroom, An Athlete:**

1. Must realize that he/she is a student first, an athlete second. The student-athlete must give time and energy to their academic courses to achieve acceptable grades that meet both local and TEA requirements for participation.
2. Must maintain a satisfactory citizenship and behavior record. Tardiness, disrespect for teachers, and unacceptable behavior will not be tolerated.

### **On Campus, An Athlete:**

1. Must maintain proper dress and appearance, grooming, and personal cleanliness.
2. Will refrain from fighting, horseplay, and unacceptable behavior in and around the school building.
3. Will seek out avenues to become leaders in the school population.
4. Will not wear any type of athletic RICE CISD issued equipment during school hours unless traveling in the early morning to a contest per UIL rules. If a coach sees the athlete wearing athletic issued equipment during the school day, he/she will collect the equipment, and return it to the appropriate coach.

### **During The Athletic Period and Before and After School Practice, An Athlete:**

1. Will notify the coach if he/she needs to miss a game or practice that is scheduled after school hours. Absence from the class will be handled according to school guidelines.
2. Will be dressed out and prompt for roll check.
3. Will maintain a neat and clean locker space.
4. Will shower for hygiene purposes after each workout.
5. Will dress decently as he/she leaves the dressing room. You will not be allowed to wear practice clothes home.
6. Will place soiled laundry in the appropriate bin for washing.
7. Will be responsible for any athletic school issued equipment. The coach will make equipment issued list that the athlete will sign. All equipment lost, stolen, not returned, ruined in the laundry, etc. will be replaced at replacement cost.

### **During Team Travel/ Activity Run, An Athlete:**

1. Will travel to and from out of town contests with the team. If for some reason you need to ride home with your parents/guardians, you must clear it with the coach in charge prior to leaving and you must present the school an adopted written release form signed by your parents/guardians. Under no circumstance will you be released to ride with anyone other than your parents/guardians or a person designated by your family (must be 21 or older).

2. Will dress neatly and properly on all trips. The type of competition, time, and length of trip may dictate the type of dress acceptable.
3. Will conduct himself/herself properly on the school bus or school appointed vehicle.
4. Will receive permission from the coach before bringing any radios, electronic games, etc. or any other electronic devices aboard the bus.
5. Will be informed of the departure and return times for each trip. Every effort will be made by the coaching staff to notify the proper personnel as to unexpected change in arrival time.
6. Will not be allowed to bring parents, family members, or friends on bus trips.
7. The athlete is responsible for making sure that the bus is clean and windows are up before taking bus back to transportation.

### **In the Community an Athlete:**

Must be accountable for his/her actions! The athlete must understand that being an athlete is a privilege and all eyes in the community are on them. Athletes are held at a higher standard than that of the normal school student. Athletes should conduct themselves in a way that they do not embarrass themselves, parents or school district. We coaches, teachers, staff and administrators believe that we are one big family and would like for our athletes to understand what happens in the community good or bad affects our athletic family and will/will not be tolerated. Some of the things that could happen that we would like to prevent is alcohol, tobacco, sex, drugs, recklessness behavior, and any type of bad behavior that the athlete knows is wrong. All our athletes should understand the difference between right and wrong. **IF AN ATHLETE CHOOSES TO DO THE THINGS THAT THEY KNOW IS WRONG THERE WILL BE A CONSEQUENCE FOR THEIR ACTIONS.**

## **ATHLETIC CODE OF CONDUCT**

Participation in athletics means more than competition between the different individuals or the different teams representing different schools. It teaches fair play, sportsmanship, understanding, and appreciation of teamwork. It also teaches that quitting means failure, while hard work means success. With these goals in mind, this guide was set up for the use of all concerned, because the conduct of an athlete is closely observed in many areas of life.

In the area of athletic competition, a real athlete doesn't use profanity or illegal tactics. He or she learns the fact that winning and losing are part of the game, and that he should be modest in victory and gracious in defeat. It is always courteous to congratulate the opponent of a well-played game after the contest. False athletes often display fits of temper, clown, etc. when things fail to go as desired or when replaced by a teammate. A true athlete has complete control of himself at all times.

Officials in a game are there for the purpose of insuring that both teams will receive a fair deal. Officials do not lose a game for you. It is athletic tradition and rule that no one except the appointed captain, and then in a tone of respect for the purpose of clarifying a rule, will talk to the officials. Any behavior contrary to that, which has been stated, is a direct reflection to your school, to other players, and to coaches. It will not be tolerated.

## General Guidelines

Athletes who behave in a manner, which reflects poorly on the athletic program, will subject themselves to disciplinary action. Disciplinary action which may be taken includes, but is not limited to, the following areas:

1. Extra physical training as assigned by the coach.
2. Missing one or more future contest
3. Suspension from athletics for a period of time specified by the coach.
4. Expulsion from the program.
5. Combinations of actions listed above.

The athletic department will strive to be as fair and equitable as possible in the administration of disciplinary action. However, each athlete's case will be evaluated on an individual basis. The department will take such action as it feels is in the best interest of the athlete and the program.

**Specific Disciplinary Action** – Following disciplinary action taken by the school:

**\*The athlete will not be able to return to competition until running is completed\***

1. Alcohol – (First Offense) - One week suspension (which must include at least one game) and must run 15 miles (or equivalent workload at discretion of Head Coach and Athletic Director). If the athlete comes to the coach to disclose the bad choice before coach finds out, the running will decrease to 10 miles. (Second offense) – Four week suspension and must run 25 miles (or equivalent workload). (Third offense) – Removal from all athletic competitions for six weeks. (Fourth offense) – Removal from RICE CISD Athletic Program for 1 year and the athlete must enroll and complete an Accredited Drug Counseling Program.

2. Drugs – (First Offense) - Possession/use of illegal drugs of any type or mind-altering, prescription drugs belonging to others will result in two-week game suspension and must run 25 miles (or equivalent workload at discretion of Head Coach and Athletic Director). (Second Offense) – Dismissal from current sport and all athletic competitions for nine weeks. (Third Offense) - Dismissal from RICE CISD Athletic Program for 1 year and the athlete must enroll and complete an Accredited Drug Counseling Program.

3. Tobacco – Athletes are prohibited from possessing or using tobacco products. (First offense) – Must run 10 miles (or equivalent workload at discretion of Head Coach and Athletic Director). (Second offense) – Must run 25 miles (or equivalent workload) and one week suspension. (Third offense) – Removal from the program for 6 weeks.

\*Vaping – Athletes are prohibited from possessing or using a vaping device. The consequence will fall under the proper consequences based on the substance being used in the device (Drugs or Tobacco).

4. Felony offenses—See section 37.006 Texas Education Code—each case will be reviewed on an individual basis and disciplinary action will be taken as deemed necessary. Athletes detained or incarcerated for violations of the law may be suspended from participation in athletics pending

the resolution of the case. Upon being found guilty, the athlete will be removed from athletics for one semester or longer.

5. Misdemeanor offenses—(other than traffic violations) each case will be reviewed on an individual basis and disciplinary action will be taken as deemed necessary. Athletes detained or incarcerated for violations of the law may be suspended from participation in athletics pending resolution of the case.

7. A student ejected from a contest for improper conduct will miss the next contest. The Athletic Director and Head Coach of the sport in which the athlete is participating in also reserve the right to enforce other consequences.

8. For certain circumstances, athletes will be placed on athletic probation. Athletic probation means that any future serious Offenses, or any series of minor offenses may result in expulsion from the program. After an athlete is placed on probation and another violation occurs, the athlete will be subjected to an intense review of his or her performance and attitude to determine eligibility to remain in the program.

9. The athletic department reserves the right to institute any other such rules and/or procedures as may be necessary to ensure smooth and efficient operation of the athletic program along with the “well being” of all athletes. Any other such regulations will have the approval of the principal and/or superintendent.

10. If an athlete is placed in In School Suspension (ISS), District Alternative Educational Placement (DAEP) or suspended from the school, the athlete will not be able to participate in any practices or athletic competitions until the entire punishment is completed. Once this punishment is completed, the athlete must make up the unexcused absences before they will be allowed to participate in athletic competition.

The Athletic Code was prepared to inform the Rice Consolidated ISD athletes and their parents of the expectations during their participation in the Rice Consolidated ISD Athletic Program. The intent of this code is to establish as much uniformity as possible in the administration of the guidelines of the athletic department.

## **DISCIPLINE PROCEDURES**

The coach can successfully manage many behaviors. There should be immediate and consistent intervention of behavior, which impede orderly athletic procedures or interferes with the orderly operation of them. EACH COACH SHOULD HAVE ON FILE A DISCIPLINE LOG TO RECORD PARENT MEETINGS, BEHAVIORAL ISSUES, AND STUDENT MEETINGS WITH ATHLETES.

### **Procedures:**

1. Intervention should occur by the coach who is supervising the athlete or who observes the misbehavior.
2. A record of offenses and disciplinary actions shall be maintained by the coach and turned in to the athletic director.
3. The coach must discuss the misbehavior with the parent, athletic director, or support personnel.
4. Each sport will have a written documentation of discipline procedures.

## **Discipline Options:**

### **Corporal Punishment:**

Athletes (Males-only) will be subject to corporal punishment within the athletic department. No athlete will receive more than 3 swats per school day. A letter will be sent home to the parents from the Athletic Director asking for approval by the parent to use corporal punishment. Witnesses by other staff, coaches, and/or administrators will be present during corporal punishment.

### **Additional Discipline Options:**

- Verbal reprimand
- Conference with student
- All punishment must pertain to sport skills
- Be assigned school duties other than a class task, including but not pertaining to, restoration of property and cleanup
- Probation
- SUSPENSION for one game
- SUSPENSION for two games
- Removal from team that he/she is participating with. If not actively participating in a sport at the time of the violation, the athlete will be suspended from the next sport that they choose to participate in for 20% of the scheduled season.
- The athlete will be placed on one-year probation. Future violations could lead to the suspension of athletic privileges for the remainder of the student's eligibility.
- Dismissal from the sport for the season. Dismissal from athletics for a year. As outlined in the District's Policy Manual, a student will be dismissed from the time of infraction until the end of that year. If the infraction occurs within the last six-week period, the suspension is for the entire next year, until that date when the student was suspended.

### **Appeal:**

The student and/or parent shall have the right to appeal any decision to suspend, expel a student, or place a student on probation from the athletic program. The steps in the appeal process will be as follows:

1. Personal visit with the coach.
2. Personal visit with the Athletic Director.
3. Personal visit with the Building Principal.
4. Personal visit with the Superintendent.

An appeal by the student and/or parent of suspension, expulsion, or probation from athletics shall be considered by the appropriate school personnel, not on the basis of individual judgment(s), but on the basis of:

1. Variation from printed policy, administrative procedures, regulations, rules, and standards for membership and participation in athletics.
2. Failure to establish reasonable documentation that the student's conduct/behavior has violated the standards of athletics.
3. Failure to give the student/parent due process about the conduct/behavior and opportunity to refute the charges.

**The coach will not discuss issues that have to deal with a player's playing time.**

**Profanity/Disrespectful Behavior:**

Profanity and disrespectful behavior will not be permitted on the field, court, dressing room, or on the school campus. Disciplinary action for these offenses will be outlined at the beginning of the season. Discipline will in all cases match the severity of the offense. This can include additional running to probation and suspension. Additional offenses will result in expulsion from the program.

**Absence From Contest/Workout:**

Workout time is valuable to you and your teammates. If you must be absent from a workout or contest, you must notify the head coach of your sport or athletic office at (979) 234-3535 (x1204) or (979) 234-3535 (x1215 for female athletes). If you are sent home during the school day for any reason, it is important that you let the coach in charge know that you will not be at practice. Failure to report an absence will result in additional makeup work when you return. The amount of additional work will be determined by the coach in charge in concurrence with the Athletic Director. By following the call-in procedure, the athlete will lessen the amount of makeup work required for participation. All athletes will be required to make up missed practices according to the individual Coach's discretion

Repeat assignments to ISS or DAEP:

ISS-DAEP -Repeat assignments to SAC could be grounds for removal from the athletic program.

1<sup>st</sup> offense – coach discipline / parent contact by coach of that sport

2<sup>nd</sup> offense – doubles discipline / parent contact

3<sup>rd</sup> offense – triples discipline / parent contact

4<sup>th</sup> offense – 1 game suspension / parent, coach conference with administrator to determine removal of program. Discipline will be enforced by each Head Coach of that sport. At the end of the school year the discipline will start over for next year.

**EXTRA-CURRICULAR ORGANIZATION UNIFORM  
DISCIPLINE MANAGEMENT SYSTEM (EC-DMS)**

This document covers the discipline procedures for all athletic extra-curricular programs within the Rice Consolidated ISD. Student participants in Rice Consolidated ISD will adhere to the following disciplinary guidelines. By definition, discipline is meant to train, correct, mold, or perfect. In no way do we want to be harsh with our students or throw them out of organizations that are there to help them build the very attitudes and characteristics that they may at times experience difficulty with. This discipline management system is designed to set high and consistent expectations for all athletic extra-curricular participants. If a student chooses not to cooperate with the system, he/she may ultimately be put out of the extra-curricular activity. Disciplined teams win championships. It is a cornerstone of all successful organizations. Do your part and bring PRIDE to yourself and the Rice Consolidated ISD.

**Definitions and Explanations:**

Suspension- During a period of suspension from an extra-curricular program, students may be required to practice but will not be allowed to compete in any event related to that

organization, nor will they be allowed to travel with the group for fun or competitive trips.

Probation- A period of one calendar year after the offense. A probationary period begins the day that the sponsor meets with the student and delivers the written reprimand. There will be zero tolerance during the probationary period.

Communication Requirements- Any student, parent, or school employee who is aware of any offense on or off campus is under obligation to report it to the Principal. The Principal will report the offense to the sponsor/coach of each organization the student belongs to.

Enforcement of the System-Enforcement of the EC-DMS will be the responsibility of the sponsor/coach of the organization. The Principal will provide consultation to the sponsors/coaches as needed to assure consistency between the organizations.

Appeals- if a student or parent feels that the system has been applied incorrectly, they must appeal in writing within seven (7) days to the sponsor. If the sponsor cannot resolve the matter, the appeal letter should be passed along to the Principal, then the Superintendent, and finally the School Board.

Confidentiality- everyone involved has a responsibility to maintain confidentiality.

Scope of the System- The system is intended to apply to offenses that occur during school, during participation in the extra-curricular event, or offenses committed out of school.

Removal- A period of time ranging from the rest of the school year to one full calendar year where the student would not be allowed to participate at all in an organization.

### **Awards Policy & Lettering:**

1. Each varsity athlete will receive one letter jacket award. A student will receive a letter jacket from the district.
2. The coach, with the approval of the athletic director, reserves the right to letter or not to letter an individual, trainer, manager or transfer student based on specific activity or team policy.
3. Students must compete at the Varsity level each year of a UIL sponsored activity.
4. Student must complete the season in good standing. (Including Academic eligibility and conduct)
5. Junior/senior transfer students will be dealt with individually by the athletic director.

#### UIL Sponsored events:

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

Band  
Choir  
UIL Academics  
One Act Play  
FFA

## **DRESS CODE AND GROOMING**

### **Grooming and Hair:**

1. Good hair grooming must be evident at all times, so as not obstruct the student's vision.
2. The hair of male students should be kept in a neat, clean, and frequently trimmed style.
3. Hair length in male students should not extend over the ears, curl up or extend over the ears, curl up or extend beyond the top of a dress shirt collar in back.
4. Male students shall be clean shaven (no facial hair) at all times from ear lobe to collar.
5. Pony tails on male athletes are not permitted.

### **Miscellaneous:**

1. Caps, hats, and headbands are not to be worn inside buildings.
2. Shoes must be worn at all times. (Soft soled flip-flops, shoes with cleats; beach or shower shoes are not acceptable.)
3. Dark glasses are not to be worn inside the building unless approved by the campus administrator.
4. The wearing of earrings is not appropriate for boys, while participating in athletics. We will adhere to UIL rules that state no jewelry will be worn during competition.
5. Suggestive writings, symbols, emblems or pictures on garments depicting sex, violence, blood or gore, Satanism, or cults are not permitted.
6. The display of advertising (logos and emblems) of alcoholic beverages, illegal drugs, or tobacco products will not be permitted on clothing items.
7. Appropriate undergarments will be worn at all times.
8. Any student wearing attire deemed inappropriate by the campus administrator will be asked to change or be placed in ISS for the day.

Appearance is basically the responsibility of the students and parents. The school does not want to assume this responsibility. However, certain guidelines need to be followed so that the educational process is not diverted.

## **STUDENT ELIGIBILITY**

A student in grades 7-12 may participate in extracurricular activities on or off campus at the beginning of the school year only if the student has earned the cumulative number of credits in state-approved courses indicated in the subsection:

1. **Beginning at the 7<sup>th</sup> Grade Year** – Promoted from the 6<sup>th</sup> to the 7<sup>th</sup> grade.

2. **Beginning at the 8<sup>th</sup> Grade Year** – Promoted from the 7<sup>th</sup> to the 8<sup>th</sup> grade.
3. **Beginning at the 9<sup>th</sup> Grade Year** – Promoted from the 8<sup>th</sup> to the 9<sup>th</sup> grade.
4. **Beginning at the 10<sup>th</sup> Grade Year** – Promoted from the 9<sup>th</sup> to the 10<sup>th</sup> grade.
5. **Beginning at the 11<sup>th</sup> Grade Year** – Promoted from the 10<sup>th</sup> to the 11<sup>th</sup> grade.
6. **Beginning at the 12<sup>th</sup> Grade Year** – Promoted from the 11<sup>th</sup> to the 12<sup>th</sup> grade.

In order to be eligible to participate in extracurricular activities for a six-week period following the initial six-week period of the school year, a student must not have received a grade lower than a 70 on a scale of 0 – 100 in any course for that preceding six-week period.

A student whose recording six-week grade average, in any course, is lower than a 70 at the end of the six-week grading period shall be suspended from contest in any extracurricular activity during the succeeding three-week period until the end of a three-week period during which the student achieves a course grade average of at least 70 in all classes. Student athletes must continue to practice with the team if they fail. An athlete that chooses not to participate in practice is choosing not to be a part of that team/individual sport.

### **PHYSICAL, MEDICAL, AND INSURANCE REQUIREMENTS**

All students are to have on file in the Athletic Trainer’s office a copy of the following athletic forms. These will be updated at the beginning of each school year. These include:

1. **Physical Form** - current information regarding the health standing of each athlete. These must be completed on a standardized form and signed by the parent/guardian.
2. **Acknowledgement of the Rules** – signed by the parent/guardian.
3. **Insurance Waiver** – required UIL form indicating primary insurance coverage for the participating athlete. \*
4. **Copy of Letter of Acceptance** – form indicating receipt of student athletic handbook.

\*Athletic insurance shall be offered to all students who are participating in UIL sponsored activities. The program will be in accordance with the rules and regulations of the UIL and Rice Consolidated ISD. This is a **secondary type** of policy that will pay only after claims have been submitted to the athlete’s primary carrier. If the athlete has no other coverage, then this coverage becomes primary. Policy requirements are subject to change yearly.

### **PROCEDURES WHEN ILL OR INJURED**

Your health is not only a personal item, but also a concern of the participating team. In the event you feel ill and your condition does not improve, if possible, please see the trainer first or your doctor as soon as possible.

An injury that could possibly hamper your ability to participate must be must be reported to the Athletic Trainer/Coach. Specific instructions regarding treatment by the trainer will be given to you at the start of the season. On all injuries, please check with the trainer/coach **first**. If further care is needed, the trainer can direct the athlete and parents to the appropriate source of care.

Whenever you are injured or ill of a minor nature, you are required to dress out (but not participate) and attend and group/team teaching sessions. Treatment by the trainer will be set on an individual basis.

Any athlete that has seen a doctor must obtain a written release form from the doctor before they can practice or participate.

### **DROPPING A SPORT**

There will be times when some athletes find it necessary to quit playing a sport before, during or after the season. Reasons for such a decision will vary widely, but despite the reason, the following should be adhered to when dropping a sport:

1. The athlete should think the whole situation through before reaching a final decision.
  2. The athlete should talk to the coach to see if a solution can be reached without having to quit.  
A conference between the parents, athlete, and coach, or any combination thereof may be required and is highly recommended before an athlete will be permitted to quit.
  3. If an athlete decides to quit, he/she must check out of the sport just like he/she would check out of any academic class.
  4. All equipment must be returned clean. Missing equipment must be paid for.
  5. If an athlete wants to return to a sport, he/she must consult the appropriate coach. The decision will be left up to the discretion of the coach with regard to allowing the athlete to return or not to the team.
  6. If the athlete decides to quit one sport and join another, the athlete must receive permission from both coaches involved. If the coaches involved do not give permission, then the athlete must wait until the first sport has completed its season before joining the new sport.
- \* Once a semester or season has started, the Athletic Director in writing must approve all athletes that are removed from a sport or athletic period. No coach shall be allowed to request a schedule change without the approval of the Athletic Director. If a student is new to the district, they may be admitted to an athletic program, but the coach and Athletic Director should be made aware of the new athlete when setting the students schedule.