

W TRACK

PLAYER HANDBOOK

COACH DAVIS & COACH PAYTEN

Westwood Warrior Boys Track

“The Program”

RESPECT YOURSELF: Do only those things that will help you to achieve a successful future.

RESPECT YOUR TEAMMATES: Treat your teammates with courtesy, justice, and truthfulness.

RESPECT PROPERTY: Take care of your things and take care of the things we share.

RESPECT AUTHORITY: Treat all adults with courtesy, justice, and truthfulness.

“The Program Rules”

1. Attend school daily and be on time. No excuses for skipping or missing class. ATHLETIC PERIOD INCLUDED.
2. Be prepared for work everyday. In the classroom as well as on the track.
3. Do homework nightly. Tutorials are offered by all teachers; therefore, you do not have a reason for not doing your homework.
4. Be respectful to your teachers and coaches at all times.
5. Follow the school and track team dress code policy at all times.
6. Be on time for class, tutorials, and practice.
7. Tutorial sheet(s) will be signed by all teachers every week (for students who do not have an average above 75).
8. Do not engage in physical or verbal violence. Learn to disagree without being disagreeable.
9. Follow all of the district school and athletic policies.
10. Follow all athletic training policies.

REMEMBER THAT THESE RULES ARE CONCRETE. THERE IS NO GRAY AREA.

CONSEQUENCES:

1. WARNING
2. PHYSICAL REMINDER
3. PHYSICAL REMINDER/PARENT NOTIFICATION
4. PHYSICAL REMINDER/PARENT CONFERENCE
5. SUSPENSION FROM MEET(S) player/parent/coach/athletic coordinator conference
6. DISMISSAL FROM THE TRACK PROGRAM

The coach will be responsible for keeping documentation and providing the athletic coordinator with appropriate materials.

THREE LAWS FOR SUCCESS

1. DO WHAT IS RIGHT
2. DO THE BEST YOU CAN
3. TREAT OTHERS AS YOU WOULD LIKE TO BE TREATED

COACHES MUST:

1. BE POSITIVE ROLE MODELS
2. CARE ABOUT THEIR WORK
3. ENJOY THEIR WORK
4. BE COMMITTED TO WINNING
5. BE HONEST
6. BE UNDERSTANDING TO ALL SUGGESTIONS
7. HAVE MUTUAL RESPECT OF ALL STAFF MEMBERS
8. BE WILLING TO LISTEN BOTH WAYS
9. SUPPORT EACH OTHER AT ALL TIMES
10. BE YOURSELF

COACHING PHILOSOPHY

A coach *should* realize that the game essentially belongs to the athletes.

A coach *should* strive to develop a winning reputation, but should never sacrifice teaching good principles just for the sake of winning.

A coach *should* be knowledgeable about the sport he/she is coaching.

A coach *should* be able to justify his/her athletic program as an integral part of the education system.

A coach *should* remember that he/she is called to serve.

A coach *should* remember that his/her job is as good as they want it to be.

A coach *should* be sensitive to community feelings, but not allow themselves to be intimidated by those feelings.

A coach *should* be able to motivate or sell his team on the idea that they can perform better each week.

A HEAD COACH MUST BE A LEADER.

A COACH MUST:

Be hardworking, industrious, and have the desire to learn and improve.

Be enthusiastic, aggressive, and have a positive outlook.

Set goals for his/herself, their team, and the players on the team to give guidance and direction to their efforts.

Be sensitive to player feelings of self-worth and their fear of failure while remaining objective.

Have patience and self-control.

Be organized and prepared for all situations that may arise with attention given to details.

Establish a discipline policy that is used to improve, help, and correct, NOT antagonize.

Be a positive motivator who uses constructive criticism to correct mistakes and strive for perfection.

Motivate athletes individually. Treat athletes fairly but not equally.

Be firm, fair, consistent, and a problem-solver when dealing with players.

Be an effective teacher. Use the learning principles to educate athletes.

Have interest in his/her athletes outside of athletics.

Have open line of communication with her athlete. Let the athlete have input into the program but, they must understand that coaches will make any final decisions.

Develop good relations with athlete's parents, school personnel, and community.

Insure that he/she is developing complete individuals. His/her program must teach values, develop self-discipline, shape attitude, and help mold structure into their player's lives.

MY PERSONAL PHILOSOPHY

As a teacher and coach, I realize that both teaching and coaching have much to offer each other. The Laws of Learning apply to all teaching situations. Many of the techniques used in the two disciplines are frequently overlooked by one field or the other. Many educators have admired the great organization, detail, and enthusiasm in which most coaches go about their tasks, while coaches can learn a great deal from the principles of learning being used in the classrooms.

Let us see how several of these concepts can be applied by the coaching profession. If a coach is asked whether or not he/she uses "time on task" during practice for each athlete in practice, the coach is always surprised to discover how much time some athletes will waste during their practices. This requires a coach to plan in a manner that allows "total participation" during practice.

For learning to be effective, practices or lessons should never be a mystery. The classroom student or athletic participant must clearly understand the objective for the day. After understanding the objective, it is essential that the learner understand how this objective relates to his development in the overall program.

There are different ways of learning, but the most effective way to learn is based on the theory of transfer. Effective teachers/coaches like to tie in all new concepts to the knowledge already absorbed in the long-term memory. Focus on what a student-athlete already knows and build on it. Using prior knowledge allows me to become a great teacher/coach.

Teaching theories have strongly validated the holistic approach to learning. You start by introducing the overall concept of the specific skills and then you learn it through sequential steps. I feel that the ability to motivate a student-athlete using different strategies and learning styles is the key to becoming a successful teacher/coach.

Using all resources, along with hard work and enthusiasm, will create a successful educator. With a positive outlook, I plan to aggressively attack the job of becoming a successful educator of student-athletes. My goal is to conquer objectives, teach values, develop self-disciplined, shape attitude, and help mold structure into the lives of my student-athletes. The most important this is to have fun doing it.

RRISD Heat Plan

The Round Rock ISD Heat Plan is a four-part plan. Each part is important to insure that the athletes in the Round Rock ISD are protected from the problems that can arise as coaches and athletes begin workouts during the hot summer months of August and September. The four parts are Education, Acclimation, Hydration, and Monitoring of Athletes for heat related problems.

Heat not only affects the performance of athletes but can also affect their health.

The information contained in this plan was provided in part by Dr. Robert Murray, Ph.D., FACSM, and Director of the Gatorade Sports Science Institute in Barrington, IL.

Part I: Education

Educating athletes to the need of how to best take care of themselves during hot weather workouts is only one part of the education needed to properly care for athletes. Coaches should educate themselves to stay abreast of all the latest information available concerning heat related problems among athletes.

Coaches should also help educate parents and others about their roles in helping to prevent heat related problems in athletes.

Heat Indexes and Psychrometers

All coaches should have a digital psychrometers and heat index, on their campus. These devices should be used to aide in determining atmospheric conditions, which can increase the danger of heat related problems in athletes.

While the index can aide coaches in identifying unfavorable conditions, coaches should remember that the heat index was developed for industry, and does not take into consideration the football uniform. The uniform can worsen the effects of unfavorable heat conditions and should be taken into consideration when determining the duration and intensity of practice, as well as the frequency of water breaks.

Coaches should always be aware of symptoms of heat illnesses; which are as follows:

IN OTHERS

- Irritability
- Confusion
- Belligerence
- Hyperventilation
- Refusal to Drink
- Staggering

IN YOURSELF

- Headache
- Dizziness
- Unusual Fatigue
- Heat Flush
- Paradoxical Chills
- Tingling Fingers

Ten tips coaches should know:

- Helmet and Jersey off whenever possible
- Easy access to water and electrolyte replacement drinks
- Gradually increase intensity and duration of workouts
- Gradually add equipment
- Use shade during breaks

- Quick access to cold towels and or cooling tubs
- Pre and post-practice weigh ins
- No prove yourself drills in the heat
- Closely monitor “At Risk” or poorly conditioned players

Part II: Acclimation

All Athletes should undergo a period of acclimation to help reduce the negative affects of heat during hot weather workouts.

Preseason Football workouts should begin with at least four days of workouts in shorts, T-shirts, and helmets. Helmets should be removed frequently during the first workouts of the season and on any day that heat conditions are severe.

Sports, which normally do not work outside should remember that athletes who leave gyms for outdoor workouts must get acclimated to the weather.

During the early part of the season, athletes should weigh themselves before and after practice to determine the amount of weight loss during practice. **Remember...** “**Weight loss during practice IS water loss – weight loss over a period of time is fat loss.**” Athletes should replace the amount of fluid lost in practice before the next practice.

Students who report, after summer practices begin need to go through the same acclimation process as athletes that begin the first day. Coaches should make sure athletes who report after the first day of workouts, during hot weather

are properly acclimated before being allowed to participate in full pads, and at the same intensity as other acclimated athletes.

Benefits of Heat Acclimation:

- Better drinking habits
- More body water
- More blood
- Lower heart rate
- More blood to skin
- Sweat sooner
- Sweat more
- Sweat more widely
- Sweat less salty
- Better heart output
- Stay cooler

Part III: Hydration

Proper hydration is essential in protecting athletes and maximizing their performance during hot weather. Dehydrated players heat up faster and lose the benefits of acclimation.

Coaches should make fluids available at all times during practice and should monitor athletes to make sure they are consuming enough fluids. Some athletes may lose more than three quarts of sweat per hour during the hot and humid weather.

The more an athlete sweats, the more susceptible they are to dehydration. Sweat loss leads to dehydration, fatigue, cramps, heat intolerance, and slow recovery. Athletes need to consume more than the eight cups of water per day normally recommended for proper hydration. Some will need several quarts to replace fluids lost during workouts.

Don't rely on thirst

Thirst kicks in too late and shuts off too early. Thirst usually occurs when athletes have already begun to dehydrate.

Athletes should drink 20oz. of fluids within an hour or two before practice or games. Drink regularly during practice and games to minimize weight loss.

Salt is not an enemy – athletes should use salt on food during meals.

Dehydration:

WARNING SIGNS

Thirst
Irritability
Fatigue
Loss of Performance
Muscle Cramps
Nausea
Vomiting

TREATMENT

Stop activity
Rest in cool shaded area
Drink fluids

Guidelines for proper hydration

- 2-3 hours before practice or games, drink 17-20oz. of fluid and another 7-10oz. 10-20 minutes prior to the start of an event.
- After exercising, drink at least 20oz. per pound of weight loss within two hours of finishing, training, or competition
- Athletes should monitor their frequency of urination as well as the color of their urine. A well hydrated athlete will have a clear urine, where as urine from an athlete not well hydrated will have a yellow to orange color

Part IV: Monitoring Athletes

Coaches should observe athletes frequently and carefully before, during, and after practice. Coaches should be aware of the signs of the following heat related problems.

Symptoms of Heat Illness:

IN OTHERS

- Irritability
- Confusion
- Belligerence
- Hyperventilation
- Refusal to Drink
- Staggering

IN YOURSELF

- Headache
- Dizziness
- Unusual Fatigue
- Heat Flush
- Paradoxical Chills
- Tingling Fingers

Heat Exhaustion:

WARNING SIGNS

Headache
Nausea
Vomiting
Weakness
Dizziness
Rapid Pulse
Profuse Sweating

TREATMENT

Rest in cool shaded area
Drink fluids
Loosen or Remove Clothing or Equipment

Heat Stroke:

WARNING SIGNS

High Temperature
Nausea
Drowsiness
Confusion/Disorientation
Irrational Behavior
Collapse - Coma

TREATMENT

Seek emergency medical treatment
Cool first then transport

F.A.T.E.

First Academics Then Extracurricular

All Westwood boys track team members will be participating in a tutorial program titled F.A.T.E. This program will provide our student-athletes with the best chance for success in the classroom. The program places the utmost emphasis on academics, then participating in extracurricular activities.

The key to being successful in our tutorial program is to maintain at least an 80 or “B” average in every class. The following are our guidelines and consequences of the program.

Guidelines:

- (80 & Above)-** Must make contact with each individual teacher ONCE during the school week.
Get tutorial sheet signed and turn in every Friday before the students Athletic Period.
- (75-79)-** Must attend tutorials in that particular class a minimum of TWICE per week. Plus get tutorial sheet signed by all other teachers and turned it in every Friday before the students Athletic Period.
- (74 & Below)-** Must attend tutorials in that particular class a minimum of THREE times per week. Plus get tutorial sheet signed by all other teachers and turned it in every Friday before the students Athletic Period.

Consequences:

- 1st Offense:** Physical Reminder. Coach’s discretion
- 2nd Offense:** Physical Reminder/Parent Contact
- 3rd Offense:** Physical Reminder/Parent/Athlete Conference
- 4th Offense:** Physical Reminder/Coach notifies athletic coordinator in writing
- 5th Offense:** Discussion of dismissal/coach/parent/athlete/coordinator

- All physical reminders will be done on the athlete’s time, not during the athletic period.
- Physical reminders are at the head coach’s discretion.
- There will be no discussion or deals cut. No gray area!!!

Teachers are not heartless people. If a student goes in from the beginning of the six weeks and makes a genuine effort to do work and show concern for their grade, a teacher will appreciate that. A teacher will more that likely be willing to help you than if you come in the last day of the six weeks. The key is EFFORT! Make an effort to do your work. Make an effort to show some pride in your grades. Last but not least, show the teacher the RESPECT that they are due in their classroom and you will have no problems in class.

Our ultimate goal is to have “Zero” loss of participation due to grades. Failure to comply with any rules outline in the tutorial program may result in termination. There are no excuses and no exceptions. Bottom line- DO YOUR WORK!!!

F.A.T.E.

First Academics Then Extracurricular

Should any student-athlete choose not to follow the guidelines in this elective activity, there will be discussion of removal from the program.

Thanks to the parents/guardians for your support in stressing the importance of the student-athlete's work in academics. If I can be of any assistance, please do not hesitate to call (512) 464-4055.

_____ had a grade of 75 or below in the following class or classes and will be required to attend F.A.T.E. twice a week.

1st Block: Teacher _____ Subject _____ Grade _____

2nd Block: Teacher _____ Subject _____ Grade _____

3rd Block: Teacher _____ Subject _____ Grade _____

4th Block: Teacher _____ Subject _____ Grade _____

5th Block: Teacher _____ Subject _____ Grade _____

6th Block: Teacher _____ Subject _____ Grade _____

7th Block: Teacher _____ Subject _____ Grade _____

8th Block: Teacher _____ Subject _____ Grade _____

Thank you,

Coach Davis

09-10 Round Rock ISD Dates for UIL Eligibility

Grading Period	End of Six Weeks Grading Period	Lose Eligibility for 3 Weeks or Regain Eligibility for Six Weeks	3 Week Evaluation Period for Students Ineligible at end of Six Week Grading Period*	Regain Eligibility After 3 Week Evaluation Period
1st Six Weeks	Friday - Sept. 25	Friday - Oct. 2	Monday Sept. 28 - Friday Oct. 16 (For students ineligible after 1st six weeks)	Friday - Oct. 23
2nd Six Weeks	Friday - Nov. 6	Friday - Nov. 13	Monday Nov. 9 - Tuesday Nov. 24 (For students ineligible after 2nd six weeks)	Tuesday - Dec. 1
3rd Six Weeks	Friday - Dec. 18	Tuesday - Jan. 12**	Tuesday Jan. 5 - Monday Jan. 25 (For students ineligible after 3rd six weeks)	Tuesday - Feb. 2
4th Six Weeks	Friday - Feb. 12	Friday - Feb. 19	Tuesday Feb. 16 - Monday March 8 (For students ineligible after 4th six weeks)	Tuesday - March 23
5th Six Weeks	Friday - April 2	Friday - April 9	Monday April 5 - Friday April 23 (For students ineligible after 5th six weeks)	Friday - April 30
6th Six Weeks	Friday - May 28		All Students are Academically Eligible During Summer Recess	

* Grades are not cumulative. Only grades taken during the three week period should be considered.

** All students are eligible during Winter Holidays and Spring Break.

Westwood Athletics
Parent/Coach Communication Plan

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefits to children. As parents, when your children become involved in our programs, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

Communication that you should expect from your child's coach:

1. Expectations the coach has for your child as well as all the players on the squad
2. Locations and times of all practices and contest
3. Team requirements, i.e., practices, special equipment, out-of-season conditioning, etc...
4. Discipline that may result in the denial of your child's participation

Communication coaches expect from parents:

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

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

Appropriate concerns to discuss with coaches:

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

It is very difficult to accept your child's not playing as much as you may hope. Coaches are professionals. They make judgment decisions based on what they believe to be the best for all students involved. As you have seen from the list above, certain things can be and should be discussed with your child's coach. Other things, such as those following, must be left to the discretion of the coach.

Issues not appropriate to discuss with coaches:

1. Playing time
2. Team Strategy
3. Other student-athletes

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

If there is a concern to discuss with a coach, the procedure should follow:

1. Please encourage your child to speak directly with the coach, many times this can take care of the problem
2. Call to set up an appointment
3. If the coach cannot be reached, call the Athletic Director at (512)464-4031
4. Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution
5. If the meeting with the coach did not provide a satisfactory resolution, call and set up an appointment with the Athletic Director to discuss the situation

Team Policy

WHAT WE EXPECT FROM YOU

We can only achieve success through your cooperation in all rules and regulations laid down by the coaching staff for your physical and mental condition. Physical conditioning is one of the most important factors affecting the performance of a track team.

1. Your education comes first, then track. You must pass all classes with at least a 70. We expect your conduct to be first class in the classroom. Show respect to your teachers. You must go to class - skipping will not be tolerated.
2. Have character, spirit, and hustle.
3. Be more aggressive and focused than your opponent at all times.
4. Don't wear your feelings on your sleeve. We will coach you hard and with enthusiasm. If you don't do something right or at the pace we want, we will make you do it over again until you get it right and at the correct pace. Don't take criticism personal-we are trying to make you successful.
5. Make progress and strive to improve every day.
6. To be a champion, you must live like a champion 24 hours a day.
7. Hustle! Run when you are called up and give your coach your attention.
8. Know your assignments, warm-up routines, steps, and markers for any events you may do throughout the year.
9. You must pay the price for a championship. Make practice and off-season workouts without exception. Be on time. You must sacrifice some things that others get to do.
10. We expect you to respond with "YES" and "NO" sir/ma'am.
11. Give a great effort at all times.

WHAT WE EXPECT FROM YOU con't

12. Use proper language at all times.
13. Every player must think in terms of team success instead of individual glory. For example: not every player can be the fastest sprinter on the team- some of us must be quarter milers or jumpers for us to have a successful team. We will try to let you run the races that you would like to run; however, sometimes we as coaches must change your event for the best of track team.
15. Maintain personal fitness and hygiene. Get your rest. Eat right. Train hard.
16. Play by the rules.
17. Only coaches may speak to meet officials unless you are on the track and an official is giving you directions.
18. Be a leader in your school. Set the example for the rest of the school.
19. Have self-discipline. Do the right thing all the time. You cannot fool yourself. You know right from wrong. Don't give in to peer pressure.

INJURIES

If you are injured, notify your coach as soon as possible. If you become aware of an injury after practice, see your coach before you leave. It helps to improve communications between our track staff and the medical community for you to report an injury to your coach before seeing a doctor. We care about your welfare. We are not always mind readers. We must know if you are seeing a doctor so that we can prepare insurance and rehabilitation.

You are to receive treatment before school, after school, or at lunch. If you are missing treatments, you are telling us that you are well enough to practice. You will not receive treatments during practice time.

WHAT WE EXPECT FROM YOU con't

DRESSING ROOM REGULATIONS

1. No fighting or horseplay.
2. Stay out of the equipment & training rooms or coaches' office unless with a coach.
3. Keep your dressing room clean. Trash goes in the trashcan. Be responsible.
4. Keep your equipment clean.
5. Take your shoes off inside. No spikes in hallway or locker room.
6. Do not leave any equipment out or on the floor. You will be instructed on how to store it in your locker.
7. Do not enter the coaches' office unless you knock and get permission to enter.
8. Do not steal from your teammates. It will result in immediate dismissal from the squad.
9. Always lock your locker. Don't give your combination to anyone.
10. Failure to adhere to these rules will result in losing your locker and you will have to take clothes and equipment home with you every day.

REQUIRED FORMS

1. Physical form. Date, time, and cost will be announced.
2. Parent permission
3. Power of attorney- you will not be allowed to participate without the above two forms signed and turned in to the coaches office.
4. Athletic code
5. Emergency room form (card)

WHAT WE EXPECT FROM YOU con't

TRIP RULES

1. All players and managers going on a trip must go and return on the bus. Under certain circumstances parents may arrange for return transportation with but this is ONLY under extreme circumstances. The head coach must have a phone call or a note from the parent prior to leaving on the trip.
2. Be on time.
3. Be sure you have all your equipment.
4. Keep the bus clean. No trash is to be left on the bus. Have pride.
5. Remember, you are representing your community, coaches, parents, and school. Make sure you have proper conduct at all times.
6. Be rested, stay off your feet, be serious, keep it quiet, and think about winning.
7. You will be neatly dressed.
8. Sit in the seat that is assigned on the seating chart.
9. Take care of the opponents' facilities like you would your own.
10. Ipods with headphones are allowed on trips if the head coach cannot hear them, but YOU are responsible for them.

MEET DAY PROCEDURES

Conduct yourselves on meet day in a manner so that you will be emotionally and physically ready to play. Avoid confusion, eat properly, and use good judgment.

If you are assigned ISS on meet day, and you are supposed to leave on a trip before the school day is over, you will serve the full day of ISS and not be allowed on the trip. Take care of how you act in school and you will not have this problem.

If you miss classes because of a game, it is the **RESPONSIBILITY OF THE ATHLETE** to get the assignment **BEFORE** we leave for the contest. This will allow the athlete to turn in the assignment on time.

TRAINING VIOLATIONS

Offenses that involve alcohol, drugs, or tobacco will be dealt with according to the athletic code. You are an athlete. Prepare like a champion.

WHAT WE EXPECT FROM YOU con't

STEALING

Stealing from a teammate or from the school will result in immediate dismissal from the team. You must be trustworthy.

ATTENDANCE

You won't get much done in life if you work on only the days when you feel like it. You must have the self-discipline to be reliable.

Track is a sport that if one piece of the puzzle is missing you cannot play. Those who practice will play. Don't put your teammates in a bind by missing a workout. Call us to let us know you won't be at practice so we can make alternate plans. You can leave a message with the secretary if you can't reach us. When you start work someday, your boss will expect this.

If you are in school and are sick and cannot practice, the head coach must get a note from home or a phone call from home before the workout for you to be excused from practicing. The athletic period is considered a workout.

If you are sick or injured, you are to dress in shorts and a t-shirt and attend practice and go with your group coach. You will always dress out.

EXCUSED ABSENCE: To be excused, you must have a note from home or phone call from home to the head coach before the practice is missed. If not, the absence will be considered unexcused. Excused absences include: illness, family emergency, death in the family. The athletic period is considered a practice.

CONSEQUENCE: 1. Not start the next game. Possible adjustment in depth chart and playing time, depending on circumstances. This will be determined by the head coach.

2. Make-up conditioning missed on the day you return.

UNEXCUSED ABSENCE: Not an excused reason. For example: doing homework, getting a haircut, buying school clothes, not verifying an excused absence. If you are suspended from school, you are suspended from all school activities for that day-including practice. **THREE UNEXCUSED MAY RESULT IN DISMISSAL FROM THE TEAM.**

WHAT WE EXPECT FROM YOU con't

CONSEQUENCE: Suspended 1 meet, make-up missed conditioning, and 2 miles run the day you return.

UNEXCUSED ABSENCE FROM A MEET

You will be released from the squad if you have an unexcused absence from a meet that you are scheduled to compete in.

TARDIES

Tardies will not be tolerated for meetings, practice, or departure from school. If you are with a teacher or an administrator bring us a note to excuse the tardy.

CONSEQUENCES: Physical reminder AFTER the completion of the workout that day.

UNIFORM

You will wear the standard school issue uniform to practice and games. Any exceptions must be approved by the head coach. We spend a lot of money to dress the same way- we believe that a team should look uniform. An improper uniform will result in the same consequence as a tardy. You are not to wear school issued equipment outside of athletics; also, you are not to lend school issued equipment to anyone.

LOCKER

You are expected to keep a clean and orderly locker. We will give you instructions on how we want it organized. A bad locker will result in the same consequence as a tardy.

WHAT WE EXPECT FROM YOU con't

UNSPORTSMANLIKE CONDUCT

In the event that an athlete is disqualified from a meet for unsportsmanlike conduct, the following procedures will be followed:

- | | |
|-----------------------|--|
| FIRST OFFENSE | <ol style="list-style-type: none">1. The player will make an oral apology to the team for his conduct.2. The player will write a written apology to the officials and the opposition.3. 2-mile run after practice. |
| SECOND OFFENSE | <ol style="list-style-type: none">1. Suspended from the next meet.2. Same as first offense. |
| THIRD OFFENSE | <ol style="list-style-type: none">1. Automatic dismissal from the squad. |

PROFANITY

We will not allow profanity in the program. Consequences will be the same as a tardy.

HAIR

Hair length and style is a personal choice, as long as it is within district policy. However, you must keep in mind that your hair shouldn't hinder your performance during a race. Keep it a short reasonable length so it won't be a distraction. Safety should be a concern to you. Derogatory words or symbols cut into hairstyles will not be allowed. Facial hair is to be kept clean shaven and neat.

WHAT WE EXPECT FROM YOU con't

SCHOOL

You must attend class. If we get a report from a teacher or administrator that you are skipping class, we will check on it and, if it's true, you will not run that week and complete the 2-mile dummy run after practice.

POLICY TO RECEIVE A VARSITY FOOTBALL LETTER

As of the 2009-2010 school year, in order for an athlete to receive a varsity letter in track you must:

1. Complete the season as an eligible member of the varsity team.
2. Participate in practices and squad activities as designated by the head coach.
3. Be in good standing with the school administrator.
4. Be Responsible for equipment. Turn it in.

ROUND ROCK INDEPENDENT SCHOOL DISTRICT

EXTRA CURRICULAR CODE OF CONDUCT

Extracurricular Activities

The term “extracurricular activities” means, without limitation, all interscholastic athletics, cheerleading, drill team, academic clubs, special interest clubs, extracurricular fine arts performances, student government, and any other activity or group that participates in contests, competitions, or community service projects on behalf of or as a representative of the District.

The term includes any non-curricular event and membership or participation in groups, clubs, and organizations recognized and approved by the Board of Trustees and the school district and sponsored by the district or a campus. All extracurricular activity participants, including elected and appointed officers of all campus organizations, will be subject to the provisions of this Extracurricular Code of Conduct.

Jurisdiction

Student participation in extracurricular activities is encouraged. Round Rock ISD makes extracurricular activities available as an extension of the regular school program, with this important difference: participation in the regular curriculum is a right afforded to each student, while participation in the extracurricular program is a privilege that carries additional expectations for acceptable conduct. Students engaging in extracurricular activities represent not only themselves, but also other students and the school district when performing, competing, or participating in extracurricular activities and while wearing uniforms or other clothing that identifies the student to the community or public in any setting as Round Rock ISD students. For this reason, their behavior must be exemplary and reflect the finest attributes of the total Round Rock ISD student body at all times and places. Important goals of the extracurricular program are to give students direction in developing self-discipline, responsibility, pride, loyalty, leadership, teamwork, respect for authority, and healthy living habits.

Because participation in extracurricular activities is a privilege and not a right, Round Rock ISD is authorized to set higher standards for participants of extracurricular activities than it would for those students who choose not to participate in these activities. Therefore, this Extracurricular Code of Conduct extends beyond the Round Rock ISD Student Code of Conduct not only in types of behavior prohibited, but also in corresponding consequences and jurisdiction for imposing discipline. In case of a conflict between this Code and the activity or sport specific campus handbook, the Code will prevail.

This Extracurricular Code of Conduct will be enforced with all students grades 7th-12th participating in extracurricular activities:

- Regardless of whether school is in session;
- Regardless of whether the student is directly involved with the extracurricular activity at the time the prohibited conduct occurs;
- Regardless of whether the extracurricular activity is in-season; and
- Regardless of where or when the conduct occurs.

It is possible that a student who violates the Round Rock ISD Student Code of Conduct will incur consequences from both the appropriate school administrator and from his or her coach or sponsor for the same particular violation. It is also possible that a student participating in extracurricular activities could violate the Extracurricular Code of Conduct and be subject to discipline by a coach or sponsor without having violated the Round Rock ISD Student Code of Conduct.

Prohibited Conduct

Round Rock ISD students who participate in extracurricular activities are prohibited at all times from:

- Any conduct resulting in arrest and/or citations from law enforcement officers;

Procedures

The coach, director and/or sponsor will determine whether an Extracurricular Code of Conduct violation has occurred. Upon determination of an Extracurricular Code of Conduct violation, the following individuals will be notified:

1. Student
2. Student's parent(s) or guardian(s)
3. Appropriate school counselor to provide counseling, support, and guidance in dealing with issues associated with alcohol, drugs, mood-altering chemicals, and other prohibited activities

Disciplinary Action

Coaches, directors, and sponsors will review all the facts and circumstances surrounding a particular violation and impose appropriate disciplinary action. Coaches, directors, and sponsors will strive for consistency and exercise sound professional discretion. School personnel may remove a student who violates the Extracurricular Code of Conduct from his/her current sport or school-sponsored activity. The person making the final determination regarding disciplinary action will have any relevant records pertaining to the student. Violation of any of the above-mentioned rules by a student participating in extracurricular activities will be subject to the following disciplinary action:

- Suspension from all extracurricular activities until one of the following choices has been completed:

1st Offense –

Community service (documented) HS: 30 hours/MS: 15 hours

OR

Completion of sport/activity specific skill improvement drills to be determined by the coach, director or sponsor.

2nd Offense –

Removal from the program

Nothing in this Extracurricular Code of Conduct limits the authority of a coach, director, or sponsor to impose reasonable sanctions, including extra workouts, for students who breach team or organization conduct expectations but do not engage in prohibited conduct.

Appeals

Questions or complaints from parents regarding disciplinary measures should be addressed to the campus administration, in accordance with Policy FOC (Local). A copy of this policy may be obtained from the principal's office or the central administration office or through Policy on Line at the following address: www.roundrockisd.org

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

ROUND ROCK INDEPENDENT SCHOOL DISTRICT

EXTRA CURRICULAR CODE OF CONDUCT

A condition to participating in any Round Rock ISD extracurricular activity or holding any office (elected or appointed) is to sign an acknowledgement that the student has read and understands the Extracurricular Code of Conduct. The student's parent or guardian must also sign an acknowledgement. The acknowledgement states that the signing party understands the consequences for engaging in prohibited conduct.

Date _____

I have read the Round Rock ISD Extracurricular Code of Conduct and agree to adhere to these rules as a condition for my voluntary participation in Round Rock ISD extracurricular activities. I understand that failure to do so will result in disciplinary measures related to my extracurricular participation.

Student Name _____

Student Signature _____

I have read the Round Rock ISD Extracurricular Code of Conduct and understand requirements for my child's voluntary participation in Round Rock ISD extracurricular activities. I understand the consequences that my child will face if he or she fails to adhere to these rules and agree to such terms.

Parent Name _____

Parent Signature _____