

Refugio Independent School District

Athletic Department

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REFUGIO ISD ATHLETIC GUIDE

reviewed by the
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PREFACE

The purpose of this guide is to orient you in the operation of the Refugio ISD Athletic Program. This Athletic Guide *is effective immediately* and all its contents supersede any previous RISD Athletic Guide contents. Athletes and their parents / guardians should keep this guide and refer to it often.

Refugio Bobcats and Lady Cats are expected to always conduct themselves in a way that will bring pride to our school district and the community of Refugio. Behaviors that bring embarrassment upon RISD or which do harm to the reputation and standing of Refugio ISD and/or the community of Refugio will not be tolerated.

The Refugio ISD Board of Trustees has adopted a policy (FO LOCAL) which allows for additional, more stringent, rules/regulations for behavioral expectations for all students who participate in Refugio ISD extra-curricular activities. Additionally, policy FO LOCAL also provides for additional or separate disciplinary consequences for a student who chooses to violate said behavioral expectations.

To facilitate the goal of conducting themselves in a manner which fosters pride and respect in the school district and the community of Refugio, all RISD athletes are required to:

1. Exhibit good sportsmanship – in words and conduct -- at all times;
2. Play the game with great enthusiasm and with a desire to promote fairness and team effort ahead of individual acclaim or accomplishments;
3. Play hard and clean during all competitions at all times;
4. Never give up;
5. Accept the decision of all game officials, coaches and school administrators without complaint or argument;
6. Know and observe the rules of the game;
7. Be in superior physical condition.

Be the best person you can possibly be and you will always be a winner.

PHILOSOPHY OF THE RISD ATHLETIC PROGRAM

The Refugio ISD Athletic Program is committed to providing a well-rounded program with opportunities for all students to participate in the sports of their choice and to provide an athletic program that will guide student-athletes to achieve the following objectives:

- Develop a value for hard work and the personal qualities of self-control, self-confidence, self-discipline, dedication, leadership, loyalty, good sportsmanship, and respect for themselves and others;
- Learn the importance of scholastic achievement as a prerequisite to athletic competition;
- Develop an appreciation for athletics and other related activities through participation;
- Improve and maintain physical fitness (strength, endurance, agility, neuromuscular coordination, balance, and flexibility);
- Develop desirable health knowledge and safety practices.

THE REFUGIO ISD ATHLETIC ORGANIZATION

Things that Bobcats and Lady Cats Believe In

1. We believe in the absolute need for discipline in our lives; the benefit of learning self-control and self-discipline along with the necessity to accept the authority and wisdom of those who are working to teach us and direct our paths.
2. We believe in playing by the rules in all our athletic endeavors.
3. We believe in super physical condition.
4. We believe in fundamentals.
5. We believe in excellent execution.
6. We believe in having great morale on our team. (We know that we can never have number 6, unless we first have 1-5.)

The University Interscholastic League (UIL)

Refugio ISD is a proud member of the Texas University Interscholastic League (UIL) and as a member school is dedicated to the rules, regulations and expectations established by the UIL.

The University Interscholastic League (UIL) is dedicated to offering character-building, educational competition to member school students. In an attempt to give appropriate athletic competition to our student-athletes, it is imperative that we have an understanding of the correct and incorrect way to

conduct oneself as it pertains to UIL sanctioned events, whether it is in practice, competition or outside of the athletic arena.

The values of good citizenship and high behavioral standards apply equally to all activity disciplines. In perception and practice, good sportsmanship shall be defined as those qualities of behavior, which are characterized by generosity and genuine concern for others. The University Interscholastic League views good sportsmanship as a concrete measure of the understanding and commitment to fair play, ethical behavior and integrity. Responsible behavior at athletic events by participants, coaches, fans, and cheerleaders is the overall goal of the UIL.

In order to ensure the true value of interscholastic competition, one must understand their own personal prejudices that may affect judgment and be sure that personal actions are beneficial to the educational values of the activity. Your behavior influences others whether you are aware of it or not. The UIL reminds student-athletes and all event spectators of the following:

- Always support your team and the efforts of all participants involved.
- Do not intimidate or ridicule a player, coach or official before, during or after a contest.
- Remember that a ticket is a privilege to observe the contest, not a license to verbally assault others or to be generally obnoxious.
- Learn the rules of the game so that you may understand and appreciate why certain situations take place.
- Always respect the integrity and judgment of officials. They are present to regulate the flow and enforce the rules of the game.
- Show respect for the opposing players, coaches, spectators and support groups. Treat them as guests to your school.
- Use only cheers that support and uplift the teams involved.
- Refrain from the use of any controlled substance (alcohol, drugs, etc.) before, during and after the game on or near the site of the event.
- Be a positive role model at events through your own actions and by censuring those around you whose behavior is unbecoming of a true fan.

Spectators, support groups, and players that do not follow the above stated guidelines will be subject to penalties which may include removal from an event and possible banning from RISD activities.

Behavior Expectations for all RISD Student-Athletes:

Expectations for Classroom Behavior

If you are a winner in the classroom, you will very likely be a winner in athletics. Therefore, it is the intention of every athletic coach, classroom teacher and school administrator of RISD to provide you with the very best educational experience within every classroom on each and every day.

If you as an RISD student-athlete are attending all your classes every day, giving your best effort in every classroom every day, if you are conducting yourself in a respectable manner and showing due respect to every classroom teacher, administrator and RISD staff member, your coaches will know of your hard work, your self-control and self-discipline and will be very proud of your commitment to excellence.

However, if you choose to not attend school as required, if you choose to misbehave in the classroom, hallways or other campus areas, if you choose to do poor-quality work in the classroom and/or show any form of disrespect for your classroom teachers, staff members and/or administrators, your coaches will be aware of such poor behavioral choices. Any RISD athlete who chooses to act in such a manner should expect to be disciplined by the Athletic Department in addition to any disciplinary actions taken by the classroom teacher and/or school administrator.

Poor behavioral choices, lack of effort, poor attendance to classes, lack of respect for classroom teachers, staff members and/or administrators will not be tolerated by the RISD Athletic Department.

Expectations for Athletic Participation Eligibility

In order to be eligible to participate in any RISD athletic contest, you must meet all eligibility guidelines prescribed by the UIL. In part all athletes must:

- 1) Pass all subjects;
- 2) Pass the previous grade level and be promoted to the next grade level (junior high athletes);
- 3) Have earned a specified number of credits: 12th graders – 15 credits; 11th graders – 10 credits; 10th graders – 5 credits; and 9th graders – be promoted from the 8th grade;

Expectations for Conduct on Athletic Trips

As participation in any RISD athletic event will require frequent travel, all RISD athletes are to understand and adhere to the following travel guidelines:

1. All athletes represent Refugio ISD and the community of Refugio. All athletes will act like ladies and gentlemen at all times. If an athlete acts in a manner which does not represent the school and/or community in a positive and respectable manner, that athlete will be subject to disciplinary actions from both the school administration as prescribed within the *RISD Student Code of Conduct* and from the RISD Athletic Department. No future travel opportunities for

any athlete who chooses not to conduct his/herself in a respectable manner is one possible disciplinary action that may be taken;

2. While traveling for a school event / competition, all athletes will be dressed in appropriate and neat attire. Each head coach will determine proper attire of their athletes;
3. All athletes will ride to all functions / competitions with the team / squad. Athletes may be allowed to ride home after an event / competition with a parent or guardian, but only if prior written request has been made by the athlete's parent and if such request is approved by the head coach / sponsor of the event. Exceptions to this rule will only be made in special situations with the prearranged consent of the head coach;
4. There will be no horseplay, shoving, standing, loud music or loud talking on any RISD school bus including any bus transporting an RISD athlete to any contest. Coaches / sponsors and drivers on the bus are required to maintain order and discipline on the bus and their directives are to be heard and obeyed without question or arguing. At no time will any bus driver, coach or sponsor be subject to any words or actions of disrespect from any RISD athlete;
5. All RISD athletes will show proper respect for the property of others. Vandalism and/or theft will not be tolerated and will result in discipline from the school administration as per the *RISD Student Code of Conduct* as well as disciplinary action from the RISD Athletic Program including the possibility of removal from the RISD Athletic Program as prescribed in the disciplinary procedures outlined below;
6. Any behavior on a school trip which brings reproach or embarrassment upon the school district and/or community of Refugio will result in disciplinary action through both the *RISD Student Code of Conduct* and the *RISD Athletic Department Athletic Guide*.
7. When RISD athletes travel, all behavior (actions and speech) will be such that only honor and respect for Refugio ISD and the community will be the end result.

REFUGIO ATHLETIC DISCIPLINE PROCEDURES

Participation in Refugio ISD athletics is a privilege. As such, every athlete must honor and protect that privilege as it can be forfeited by poor behaviors, poor choices, at any time.

An Athletic Department must have rules to be effective. These rules will apply to every athlete. The RISD Athletic Program discipline policy is very simple: We are going to expect you, as a student-athlete, to conduct yourself at all times, whether on the field or court of competition or in the classroom or on a school trip, with integrity and in a respectable manner.

Participating in RISD athletics is analogous to having a job: You are expected to show up for work every day, on time, committed to doing your very best work. If you fail to meet established guidelines for performance and/or fail to comply with established rules, you will be punished. If

you continue to choose not to comply with established expectations for performance and /or behavior, you will be permanently removed from the athletic program.

All Refugio ISD student-athletes are held to the Board-approved *RISD Student Code of Conduct* and its expectations for behavior along with its prescribed consequences for poor behavior/choices. Pursuant to the contents of the *RISD Student Code of Conduct* and this *RISD Athletic Guide* all RISD athletes are reminded of the following prohibited behaviors:

- 1) Misbehaving in any RISD classroom, other learning area, or service location;
- 2) Showing any form of disrespect or defiance or insubordination towards any RISD teacher, coach, staff member, administrator, or any guest of Refugio ISD, or any game official or spectator at any event;
- 3) Use of profanity;
- 4) Fighting or inciting another to fight;
- 5) Possession, distribution or use of alcohol, tobacco products (including e-cigarettes) or any illegal drug or substance;
- 6) Vandalism or theft of any property;
- 7) Violating the RISD dress and/or grooming standards as outlined in the *RISD Student Handbook* and the *RISD Athletic Guide*;
- 8) Inappropriate behavior on a bus, while on a school trip, or at any school event;
- 9) Being late to or absent from a practice or game without notifying a coach prior to the tardiness or absence;
- 10) Participation in a non-school team while the sport is in-season without approval from the RISD Athletic Director.

The RISD coaching staff will expect and demand appropriate behavior from all athletes at all times. Refugio ISD athletes will display integrity, class and respect. RISD student-athletes will conduct themselves in such a manner that the community will be filled with pride, respect and admiration for the school district. Also, we will be proud to be known as **“The BOBCATS” and “The LADY CATS.”**

Training Rules

Proper rest and diet are extremely important to good physical conditioning. An athlete must exhibit self-discipline and establish a self-imposed curfew and follow it at all times. You will not perform at your best without proper rest. Further, the City of Refugio has a curfew for under-age residents that should be respected and followed.

Bobcats and Lady Cats do not smoke, drink or use illegal drugs. If you are caught, the consequences for such poor choices as outlined within the *Refugio ISD Student Code of Conduct* will be followed. In addition, the RISD Athletic Program will also implement discipline for such violations which may range from probation to suspension from the team/squad. **First offense: 5,000 yards of “whistle drills” (or other comparable “drills” as deemed appropriate by the head coach and Athletic Director) plus a two week suspension from all athletic events / contests. Second offense: 10,000**

yards of “whistle drills” (or other comparable “drills” as deemed appropriate by the head coach and Athletic Director) plus a four week suspension from all athletic events / contests and referral to the RISD counseling services. **Third offense: Suspension from the RISD Athletic Program for one full semester. The “semester” will begin after the offense on a date determined by the Athletic Director and the campus administrator. Fourth offense: Removal from the RISD Athletic Program for remainder of the student-athlete’s RISD school tenure.**

Please note: These RISD Athletic Program disciplinary actions are in addition to any required or discretionary disciplinary actions that the district administration may/shall impose in accordance with the *RISD Student Code of Conduct* and pursuant to the Texas Education Code, Chapter 37.

Management of Felony Crimes

The Refugio I.S.D. Athletic Department will follow the guide of the Texas High School Coaches Association’s Code of Ethics when dealing with felony crimes. Article IX of the T.H.S.C.A.’s Code of Ethics states:

It will be considered a breach of the Code of Ethics to willingly allow a student athlete who is charged with and/or under indictment for a felony crime to participate in an athletic contest. This action should not be considered a presumption of guilt, but rather it affords the accused athlete the time and opportunity to clear his/her name. The student athlete may be allowed to remain on his/her team as a suspended member, but should not be allowed to represent his/her school or community in an athletic contest while under this suspension.

Management of Other Crimes and Suspicion of Crimes

The Athletic Director and/or the administration of Refugio ISD, reserves the right to suspend from participation any student athlete, who is suspected of committing any crime, depending upon the circumstances and the evidence available. The decision by the Athletic Director and/or the district’s administration will not conflict with any state or federal laws, or the *RISD Student Code of Conduct*. A decision to suspend a student-athlete will be immediately communicated to the athlete, her/his parent or guardian and to the Superintendent. Any such action taken should not be considered a presumption of guilt.

Coordination Between Campus Disciplinary Measures Taken and RISD Athletic Program Discipline

If an RISD student-athlete is disciplined by any district administrator for violations of the *RISD Student Code of Conduct*, *Student Handbook* or any classroom or campus rule, the student-athlete should expect to also be disciplined through the Athletic Program. In short, Bobcats and Lady Cats are expected to obey all school and classroom rules.

The following Athletic Program disciplinary measures will be enforced for the corresponding school rule or behavior expectations violation:

1. Habitual tardiness to any class which results in an athlete being assigned to Lunch Detention will result in the athlete owing 5,000 yards of “whistle drills” (or other comparable “drills” as deemed appropriate by the head coach and Athletic Director) in athletics;
2. One “unexcused” absence from any class will result in the following: 5,000 yards of “whistle drills” (or other comparable “drills” as deemed appropriate by the head coach and Athletic Director); A second “unexcused” absence from any class will result in 10,000 yards of “whistle drills” (or other comparable “drills” as deemed appropriate by the head coach and Athletic Director) and a one week suspension from any athletic competition/game; Three or more “unexcused” absences from any class will result in removal from RISD Athletic Program for remainder of semester and possible loss of credit for the class as per state attendance laws;
3. A discipline referral form filed by any classroom teacher, staff member, or any school administrator for action to be taken by the campus administration, may result in a one-week suspension from any/ all athletics events/ contests dependent upon the circumstances and nature of the incident generating the referral. The Campus Principal will determine whether or not the discipline referral warrants a suspension from athletic participation;
4. An ISS placement, for a “serious offense” (as determined by the Administration), will result in a one-week suspension from any/ all athletic events/competitions; A second ISS placement, for a “serious offense” (as determined by the Administration), within the same semester will result in a two-week suspension from any/ all athletic events/competitions; A third ISS placement, for a “serious offense” (as determined by the Administration), within the same semester will result in the student-athlete being suspended from the RISD Athletic Program for the remainder of the semester; A fourth ISS placement within the same school year will result in the student athlete being dismissed from the RISD Athletic Program for one calendar year;
5. An out-of-school suspension will result in a one week suspension from any/ all athletic events/competitions; A second out-of-school disciplinary action within the same school year will result in a two week suspension from any/ all athletic events/competitions; A third out-of-school disciplinary action within the same school year will result in the student-athlete being dismissed from the RISD Athletic Program for the remainder of the school year. If the third out-of-school suspension occurs within the last two weeks of the school year, then the athlete is suspended from the RISD Athletic Program for the subsequent school semester;
6. Any student-athlete who is formally removed from any class by an RISD classroom teacher, in accordance with the *Student Code of Conduct* and Texas Education Code, chapter 37 procedures for a formal teacher removal from class, will be suspended from the RISD Athletic Program for the remainder of the semester. If the teacher’s formal removal of a student-athlete from class occurs within the last four weeks of a school year, then the suspension from RISD athletics will be in effect for the remainder of that school year and for the subsequent semester. A second action involving a teacher formally removing the athlete from any class will result in the student-athlete being dismissed from the RISD Athletic Program for one calendar year;
7. A student-athlete assigned to the school’s Disciplinary Alternative Education Placement (DAEP) will be suspended from the RISD Athletic Program for one full “semester.” The

“semester” will begin after the offense on a date determined by the Athletic Director and the campus administrator. If the DAEP assignment occurs within the last four weeks of the school year, then the suspension from RISD athletics will be in effect for the following semester. Any subsequent behavior on the part of the athlete which results in an additional DAEP assignment, during the same school year, will result in the student-athlete being removed from the RISD Athletic Program for one calendar year.

Sport Changes

All athletes are encouraged to participate in as many school-sponsored sports as possible. If an athlete quits a sport in season, he/she may not be able to participate in another sport until the entire season of the sport dropped is complete. Whether or not an athlete can participate in a sport after quitting another sport will be determined at the discretion of the head coach and Athletic Director.

Physical Examination

Every incoming athlete in 7th, 9th, and 11th grade must have a physical examination. All athletes must complete a Medical History Form each year which might require a physical examination.

Parent Consent

Every athlete must have the Acknowledgement of Rules Form, Steroid Form, Concussion Form, and Cardiac Form signed by themselves and their parent or guardian prior to practicing or competing in any Refugio ISD athletic event at any level.

Insurance

The school has an insurance program for its athletes. The school’s insurance is a secondary coverage to your own primary insurance. Student athletes are not prohibited from obtaining their own coverage.

Practice Attendance

You are expected to be at every practice. If for any reason you must miss practice, call or see your group coach or the head coach in advance. If you do not do this, your absence is unexcused. After a phone call, it is up to the head coach to determine if the absence will be excused or not. Any unexcused absence will result in punishment. The punishment could range from extra work to removal from the team/squad.

Every athlete must be in the athletic period unless the Athletic Director has given his approval otherwise. Do not make appointments during practice time or during your athletic period. This includes off-season. If you need time to make up class work, it will not be done during your athletic period or practice time.

Practice

1. Practice with enthusiasm. You will play like you practice. If you do not practice hard, do not expect to play;
2. Arrive to practice on time;
3. Keep your equipment/uniform on unless instructed by a coach to take it off;
4. Do not ever sit down or walk in practice.

Injuries

If you are injured in practice, tell your coach immediately. If you become aware of an injury after practice, see the trainer and tell your coach. The trainer will either take care of your injury or send you to a physician. If a player is injured, they are still expected to suit out and participate in some form of rehabilitating activity depending on the nature of the injury. If you come to school sick or become sick during the school day and remain in school, you are still expected to suit out and participate as much as possible.

Grooming

Our athletes will be well-groomed and neat throughout the school year. Hair should be kept neat and no unusual haircuts or styles will be allowed; including but not limited to, multi-color, unusual designs, ponytails, mohawks, shaved lines, and “shaggy” cuts. Acceptable haircuts/hairstyles will be at the discretion of the Athletic Director and the school administration in accordance with the *RISD Student Handbook*. In addition, male athletes may not wear earrings or piercing of any kind while on school campus or at any athletic function. Caps and hats are acceptable provided they are worn correctly (bill facing straight forward). No “sagging” clothes will be allowed while on school campus or at any athletic function or on any school trip. Please also refer to the *RISD Student Handbook* for details regarding student dress and grooming expectations for grades 7-12.

Dressing Room Behavior

1. No running or horseplay;
2. Keep all equipment neatly stowed in your locker as per the directions given to you for storage of equipment;
3. Keep the dressing room floor clear of objects;
4. For personal safety, be especially careful in and around the showers and other potentially slippery areas;
5. When visiting (a guest) at another location/dressing room the same expectations apply;
6. Vandalism and/or theft of any property or equipment will not be tolerated.

Game Day

Conduct yourselves on game day in such a way that you will be emotionally and physically ready for the game. Avoid confusion. Eat properly. Use good judgment in all your behavior. Your coaches will give you a written schedule for all procedures the afternoon and evening of the game.

The Game

The coaches will give you an organizational plan. Stick by it and be alert at all times. Play the game the way you are taught: Sportsmanlike—Clean—Hard. Never fake an injury. Lying around on the ground or court when you are not seriously injured is not acceptable. Losing your temper will not be tolerated. Do not showboat: When you do something well everyone will know.

Non-School Participation (Select Teams, Club, etc.)

All Refugio ISD athletes grades 9-12 are strongly discouraged from participating on any non-school teams while a member of a school team in season. If an athlete chooses to participate on these types of teams while a member of a school team in season, he or she must abide by the following guidelines:

- Any participation requires approval of the school head coach of the sport in season at the time
- No Refugio school games, competition, or practice time shall be missed for any reason due to an athlete's association or participation with a non-school team or club.

Violation of the above mentioned guidelines could result in loss of playing time, suspension from the school team affected, and/or removal from the Refugio ISD athletic program.

Athletic Equipment

1. Take pride in your equipment and the school's facilities.
2. If you lose or destroy any piece of equipment, you will be required to pay for it;
3. If you have equipment problems, see your group coach immediately and get it fixed. Do not wait until the next day;
4. All equipment that is issued may not be worn outside of the game or practice situation, unless the head coach has approved it (especially court shoes);
5. All athletic equipment issued to an athlete (including any locker/storage area) is the property of Refugio ISD and may be inspected, searched and or required to be returned at any time.

Awards

You can be awarded one letter jacket in your high school career. To be eligible for a jacket, you must letter in a varsity sport. Each sport has its own criteria for lettering and it is up to the discretion of the head coach of the sport on who receives a letter for that sport.

STUDENT-ATHLETE and PARENT ACKNOWLEDGEMENT FORM

Every student-athlete and parent/guardian is required to sign and return this sheet acknowledging receipt of the RISD Athletic Guide. Further, the required signatures attest that both the student-athlete and the parent/guardian have completely read the entire RISD Athletic Guide and that both parties agree to abide by / follow the program guidelines / expectations / rules set forth within the RISD Athletic Guide.

A copy of the guide should be kept on file by the parent/guardian and referred to as needed. If the student-athlete and/or parent /guardian have any question(s) regarding any item contained within the RISD Athletic Guide they are to contact the RISD Athletic Director, Mr. Jason Herring at 361-526-2743.

Also, the RISD Athletic Guide may be viewed via the school district’s website at www.refugioisd.net under the “Athletics Schedule” tab.

I have read the *Refugio ISD Athletic Guide* and I agree to abide by the expectations for proper behavior, the rules and regulations as set forth within the *RISD Athletic Guide*, and I further understand the stated disciplinary consequences set forth for choosing not to adhere to the *RISD Athletic Guide* and the *RISD Student Code of Conduct*. I am aware that participation in RISD athletics is a privilege and no student has an entitlement to participate.

Student Signature and printed name

Date

Parent/Guardian Signature

Date

NOTE: Failure to return this sheet signed by both the student-athlete and the parent guardian by the deadline established by the Athletic Director will result in the student-athlete being dismissed from the Refugio ISD Athletic Program.