

2021-2022

Swim Team Handbook

RR ROUND ROCK HIGH SCHOOL

OWNERSHIP

Head Coach: Tom Arredondo

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Assistant Coach : Mallory Rieger

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2021-2022 Contact Numbers

Round Rock Swimming

Tom Arredondo	Head Coach	512-587-9353
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Matt Groff	Principal	512-464-6011
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Dwayne Weirich	Athletic Director	512-464-5485

Dragon Swimming Philosophy

The goal of Dragon Swimming is to help student-athletes flourish. Swimmers that put in the hard work, are committed to the team and try their best will see their swimming improve and by the end of their time here at Round Rock will have a sense of accomplishment. More importantly we are seeking the betterment and growth of the individual; recognizing the value of hard work, contributing to a team, helping the community they are part of, making a conscious effort to make the right choices and not giving up when faced with challenges. If the student that leaves Round Rock High School is a better person because of being a Dragon Swimmer then the program will be a success.

Being a member of the RRHS Swim Team is a privilege not a right. Behavior that violates Team, District and U.I.L policy can result in suspension or dismissal from the team. As a member of Dragon Swimming, you are representing the TEAM, RRHS and RRISD. It is an expectation that all members of the team will act as role models and make decisions in their behavior and actions both inside and outside of school that reflect good judgment and moral character. The Dragon Swim Team has a history of success both academically and athletically and we look to continue that tradition year after year. We want to be known for our accolades in and out of the pool and not for actions that might poorly represent the Team or distract from our goal of success.

Because members of athletic teams represent their school and the District in a highly visible way, these students are viewed as role models. The demands and responsibilities require participants to commit time and effort while maintaining high standards of conduct. This code applies at all times and includes conduct on or off campus, while participating in an activity or not during the school calendar year, holidays, summer and weekends.

The Round Rock Athletic Department and the Principal set additional policies, regulations and rules. Under UIL guidelines, local athletic departments are allowed to set additional policies, rules and/or regulations as long as they are not less restrictive than those stipulated by the UIL.

Expectations for RRHS Swim Team Members

Take care of yourself.

- Think – “Is what I’m doing or about to do a smart choice?” If you have to question it at all then the answer is probably ‘no’.
- Budget your time and take care of business. This is especially important with grades. If swimming is important to you then grades should be equally important if not more so.
- Nutrition – if you want your body to perform to its potential, then feed it correctly. Lean protein, fruits and vegetables. Stay hydrated at all times.
- Sleep – the only way you are going to perform at your best is if you give your body time to recover and rest.
- Be honest with yourself. Is the effort you are putting into your grades and into your swimming what you want? Will they get you to your goals?
- Work hard at practice and your goals will take care of themselves

Take care of your teammates.

- Positivity and support go a long way, so does negativity.
- Motivate and push each other.
- Be a Family.
- Realize that what you do is reflective upon the rest of the team. Be a role model in your actions inside and outside of school.

Take care of your facilities.

- We are lucky to have what we do, don’t take it for granted – this includes the pool, the locker rooms and the school.
- Clean up after yourself.
- Help without being asked.

Round Rock High School Swimming

2021-2022 Schedule

Fri, 9/15	RRISD Opener	Krebsbach Pool (RRHS)	5:00 PM
Fri, 10/1	RR Quad #1	Krebsbach Pool (RRHS)	5:00 PM
Fri, 10/8	RR Quad #2	Krebsbach Pool (RRHS)	5:00 PM
Fri, 10/15	v. Atascocita	Krebsbach Pool (RRHS)	12:00 PM
Sat, 10/23	RR Invitational	Krebsbach Pool (RRHS)	8:00 AM
Fri, 11/5	RR Quad #3	Krebsbach Pool (RRHS)	5:00 PM
Fri/Sat, 11/19&20	North Zone TISCA (Q-Times)	Lewisville ISD Natatorium	TBD
Fri, 1/28/22	District 11 - 6A Championships	TBD	TBD
Fri/Sat, 2/4 & 5	Region 3-6A Championships	Rockwall ISD Natatorium	
Fri/Sat, 2/18 & 19	UIL 6A State Meet	TBD	TBD

*Dates are subject to change

- All eligible swimmers will participate in the home meets.
- Top 4 per event to the District Meet and top 6 out of District Meet advance
- Top 2 out of Regional Meet qualify for State (plus next 8 fastest from all regional times)

Attendance (Subject to change)

Practice Times

A Days – Boys 7:30 – 8:30, Girls 8:30 – 10:00

B Days – Girls 7:30 – 8:30, Boys 8:30 – 10:00

All practices are mandatory. If an athlete is going to miss practice, please use the following guidelines to make sure proper notification is given.

1. Coaches must be contacted personally (either by email or in person).
2. It is the responsibility of the athlete and not the parent to make sure notification has been given.
3. Extenuating circumstances will be considered by the coaches.

Student-athletes are excused from team activities for academic or religious reasons, family emergencies, illness or injury. Prior notification by the student-athlete of the coach is required.

Consequences for missed practices:

1. After the first unexcused absence from practice, student will make up the missed practice the following day by swimming both practices.
2. After second unexcused absence from practice, student will sit out the next meet.
3. After third unexcused absence from practice, first strike will be issued and discipline protocol started.

Any changes to regular practice schedule due to meetings, meets or other school related events will be communicated through team website and/or remind notifications.

Holiday Practices

Due to the timing of our season, we will practice over Winter Break. A schedule of holiday practices will be sent out at least a month prior to breaks. If a swimmer is in town, it is required that they attend practice. If they are not in town, the Coaches must be notified prior to the date. A swimmer is allowed to attend club practice instead of winter practice as long as prior notification is given.

Eligibility

Any ineligible student is not allowed to participate or travel with the team to U.I.L. contests. The student-athlete can and should however continue to practice.

Students will become ineligible for the following reasons:

1. A student must maintain a minimum grade average of 70 during the marking period in all courses.
2. If a student athlete is ineligible, he may regain his eligibility at the three-week marking period. The student must not receive a failing progress report in ANY CLASS. (If they failed a math class and get a failing progress report in an English class, then they are considered ineligible.)
3. Students/athletes are expected to maintain proper behavior in school. Ineligibility for improper behavior is at the discretion of the Principals or Athletic Coordinator or Head Coach of the sport.
4. A student may obtain a “one time per semester” waiver for any grade in an “advanced” course that is above the grade of 60 and below that of 70. This waiver is a one-time per semester event and the proper steps must be taken by the student-athlete to complete the proper paperwork to regain his/her eligibility. This waiver must be initiated by the student and parent and is available at the Campus Principal’s Office.

Academics should be the student’s first priority. If swimming is important to you then academics should be equally as important. Without a passing average, you cannot compete.

In order to assist with academic success, there will be three “tutorial” days per nine week grading period. Two of the days will be set days, and one will be a “floating day” that can be used at the student’s discretion. Students are responsible for notifying their Coaches that they are using their day.

RRISD Eligibility Calendar 2021-2022

SEPTEMBER 24	END OF 6 WEEKS GRADING PERIOD
OCTOBER 1	ELIGIBILITY CHECK GAIN OR LOSE (GAIN BY CREDITS ONLY)
OCTOBER 15	END OF 9 WEEKS GRADING PERIOD
OCTOBER 22	ELIGIBILITY CHECK GAIN OR LOSE
NOVEMBER 5	IPR GRADE CHECK DATE
NOVEMBER 12	ELIGIBILITY CHECK GAIN ONLY
DECEMBER 3	IPR GRADE CHECK DATE
DECEMBER 10	ELIGIBILITY CHECK GAIN ONLY
DECEMBER 16	END OF 9 WEEKS GRADING PERIOD
JANUARY 12	ELIGIBILITY CHECK GAIN OR LOSE
JANUARY 26	IPR GRADE CHECK DATE
FEBRUARY 2	ELIGIBILITY CHECK GAIN ONLY
FEBRUARY 18	IPR GRADE CHECK DATE
FEBRUARY 25	ELIGIBILITY CHECK GAIN ONLY
MARCH 10	END OF 9 WEEKS GRADING PERIOD
MARCH 25	ELIGIBILITY CHECK GAIN OR LOSE
APRIL 8	IPR GRADE CHECK DATE
APRIL 15	ELIGIBILITY CHECK GAIN ONLY
APRIL 29	IPR GRADE CHECK DATE
MAY 6	ELIGIBILITY CHECK GAIN ONLY

Team Communication

Team news, meet schedule, meet results and other information is updated weekly and can be found at:

<https://rrhsboosterclub.swimtopia.com/>

Please check this website often to stay informed on team news.

Last minute communication due to weather or emergency will be sent to through text on occasion.

Communication to expect from Coach

1. Philosophy of the coach
2. Expectations the coach has for your child as well as all the athletes on the squad
3. Locations and times of all practices and contests
4. Team requirements; i.e., practices, conduct, academics
5. Procedure followed should your child be injured during participation
6. Discipline that may result in the denial of your child's participation

Communication expected from Parents

1. Concerns expressed directly to the Coach
2. Notification of any scheduled conflicts well in advance.

Concerns to Discuss with Coach

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

Issues not appropriate to discuss with Coach

1. Event selection – individual and relay
2. Other student-athletes

Email is the preferred method of contact. Please email Coach Arredondo at thomas_arredondo@roundrockisd.org. Emails will be replied typically be replied to within 24 hours unless it is the weekend.

Parent Communication Process

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 a clear understanding of the other's position. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue of concern.

Level 1: Encourage your child to speak directly with the coach; many times this can take care of itself.

****** Have your child visit with their head coach **first**. If we are preparing students for life's lessons, this is a critical piece of their education. When you exclude your child from the process you are in essence removing their voice.

Level 2: If you have contacted/conference with the head coach, and wish to also have the Campus Athletic Coordinator involved, please contact the head coach, and request that the athletic coordinator is involved. (The head coach may also request that the athletic director sit in on a parent meeting.)

Level 3: If level 1 and level 2 fail to solve the issue, a meeting with the campus principal can be set up to assist in providing a resolution.

Call the Athletic Office at Round Rock High School (464-6120) to set up an appointment at least a day in advance.

If the coach cannot be reached, speak to the Athletic Secretary or leave a message. A return call from the coach will be arranged, or a meeting set up for you.

Commitment

High School athletics demands a tremendous amount of commitment. Students should make themselves aware of the time commitment and understand that High School athletics will take precedence over club sports.

Round Rock High School policy states: Once an athlete is established on a team, he may not leave one team (voluntarily or due to dismissal by the coach) and try out for another team without the consent of both coaches involved and the Athletic Coordinator.

Attendance and Tardies

Round Rock High School student-athletes are reminded at the beginning of each season of the requirements for good school and team citizenship. They are as follows: come to school every day, be on time for school and classes, attend all classes, do your homework, and behave at all times in a mature manner. The abuse of any of these citizenship requirements could result in suspension or dismissal from an athletic team.

Medical Exams/Parent Permission Forms

All students who plan to participate in athletics must have written proof of a current physical exam signed by a physician. *That physical form must be dated after **June 1**, prior to the upcoming school year.* In order for the exam to be current, it is **required** that an annual exam be scheduled between June 1 and the start of class each school year. Such an exam would cover a student for an entire school year. Medical Exam Forms are available in the Athletic Trainers office or from the coach.

Parents should go to the following website to complete the necessary athletic forms - <https://roundrockisd.rankonesport.com>

- UIL Steroid Form
- UIL Cardiac Awareness Form
- UIL Acknowledgement of Rules Form
- UIL Concussion Form
- RRISD Extracurricular Code of Conduct Form (RRISD ExCC)
- RRISD Illegal and Controlled Substance Abuse Form (RRISD I & CS)
- RRISD Parent Consent

You must also complete *the Pre-participation Medical History form and have the Pre-participation Physical Form completed by your doctor. The Emergency Card should be completed and turned in at the same time as these.*

The Pre-participation Medical History form, the Pre-participation Physical Form, and the Emergency card must be turned into the Athletic Trainers at the high school. This will be the only paper copies that your student athlete will turn in.

Once you have completed the online forms, medical history, physical exam by your doctor, emergency card and turned them in to the Athletic Trainers, your child will be eligible to participate in athletics (*this includes practices during, before after school, and off-season workouts*).

Team Rules and Regulations

1. The classroom is the first priority of the athlete. Set a good example in behavior and in grades.
2. Do not break any U.I.L., District or Swim Team Rules.
3. No horseplay in pool area or locker room
4. Display good sportsmanship in victory or defeat.
5. Show respect to your teammates, teachers, parents and coaches.

Student-Athlete Behavior ***RRISD Athletic Administration***

A student-athlete represents the school community, and the privilege of being a member of a school team must be earned and maintained. Because students represent their school and the District in highly visible positions in which they perform, participate, or compete, these students are viewed as role models. The demands and responsibilities require participants to commit time and effort while maintaining high standards of conduct. This code applies at all times and includes conduct on or off campus, while not participating in an activity or not during the school calendar year, holidays, summer and weekends. Therefore, the following rules are established so that student-athletes understand the value of participation in extracurricular athletics and as a reminder that inappropriate behavior is punishable by suspension or removal from a team.

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.

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.

Discipline Protocol

First Offense

- Meeting to include the head coach, and the student athlete.
- Parents notified of meeting and outcome identified.
- Serious infractions of Team, District and/or U.I.L. rules may be subject to suspension or dismissal from the program.

Second Offense:

- Meeting to include the head coach, and the student athlete and a designated administrator and student-athletes parent/guardian.
- Student-athlete placed on behavior plan/contract pre-approved by Campus Athletic Coordinator.
- Serious infractions of Team, District and/or U.I.L. rules may be subject to suspension or dismissal from the program.

Third Offense:

- After consultation with the Campus Athletic Coordinator and the Principal, students who continue to find difficulty in following the extracurricular Code of Conduct may be subject to suspension or dismissal.

Dismissal from Athletics

A student's participation on a sports team is conditioned upon the student's compliance with the requirements and standards of behavior set forth in the Sports Handbook, the RRISD Code Of Conduct outlined in the Student-Parent. Students must meet UIL and RRISD eligibility requirements. Both student-athlete and parent must agree by signature to comply with behavior guidelines as set forth. The athlete has the right to discuss the dismissal with the Campus Athletic Coordinator before a final decision is made. The following may result in dismissal of a student athlete from the program:

- A. Violations for RRISD District and or RRHS team drug and alcohol policy where indicated.
- B. Refusal to comply after behavior infractions. (see 1st, 2nd, 3rd strike policy)
- C. UIL No Pass – No Play policy – Students not passing two six weeks cycles are subject to dismissal. Circumstances with discipline and participation will also be considered.
- D. Other serious violations of district, campus or community expectations of behavior.

Lettering Requirements

The following are a list of possibilities for earning a varsity letter in Swimming.

1. Finishing Top 8 at the District Meet in an Individual Event or Relay.
2. Participated for three years and made a contribution to the success of the team both academically and athletically.

Equipment

Athletes have an obligation and responsibility for all equipment issued them. Each athlete is responsible for the proper care and retention of their equipment from the date of issue to the date of return. Equipment should be stored in a locked locker and a locker-room at all times when not in use. Students will be charged the current replacement cost for any missing or vandalized equipment. Payment for the lost equipment is required at the time of the loss, prior to the next season of athletic involvement or graduation, whichever comes first.

No student will be allowed to try out for another sport until all outstanding equipment has been returned or paid for. If an athlete leaves the team during the season due to injury, academics, and discipline or of his own accord, it is his responsibility to return all school equipment.

Transportation

The school provides bus transportation, or a suitable substitute, to all “away” contests. All team members are expected to travel to and from these contests using the provided school transportation. A coach may give permission for student-athletes to ride home from a game site with their parent or guardian after a signed consent form is presented prior to leaving for the event by the parent and the student-athletes grade level principal.

Travel Policy

Athletes will receive instructions on departure times from Coach Arredondo in advance of a meet. Swimmers who are not on time will be left behind and cannot compete for that meet. They cannot be driven by parents or drive themselves. Swimmers will wear team shirt and warm-ups for travel meets. A list of players and parent contacts will be submitted to the Principals and Athletic Office prior to departure.

Buildings and Facilities

A school staff member will allow no student access to any of the athletic facilities without proper supervision. Students may not use the pool, gymnasium or weight room unless there is a staff member present. We are very fortunate to have the facilities that we have. The locker room is a great place for the players and coaches. Take Care of it. It will be kept clean and it is the responsibility of the athletes to make sure this is adhered to. If you see someone deliberately neglecting the use of this, it is your obligation to report it and the coaches will handle it with appropriate measures.

Student-athletes are expected to respect the locker facilities, showers and general areas of the athletic wing at both Round Rock High School and while visiting other schools. We expect the student-athletes to take pride in their facilities and those of opponents by using trash barrels and keeping these facilities in good condition. Vandalism will not be tolerated and may result in dismissal from the meet and/or suspension from the team.

Lockers

All personal belongings should be locked up in a locker while at school. All students should use the lock that is assigned by the coaching staff to them for their athletic lockers and should never leave their locker unlocked. Round Rock High School cannot be responsible for loss of personal belongings. Personal locks will be removed from all lockers.

College Guidance

One of the most important decisions facing high school students is what to do with their lives after high school. The members of the Round Rock High School Athletic Staff are willing and eager to assist all of their students with this extremely important decision. Staff members fully understand the importance of this assistance. They may be able to answer questions, contact schools and/or coaches, and write letters of recommendation. The least they will be able to do is guide students to a more knowledgeable resource who can help with decisions. If a student's goal is to compete athletically at the collegiate level, it is very important to be aware of the ever-changing NCAA Regulations.

Round Rock High School's Guidance Counselors Department has a wealth of information and experience on NCAA regulations. They also have copies of the NCAA Clearinghouse Registrations Forms, which must be completed by all students planning to participate at the college level.

Sportsmanship

Round Rock High School expects all parties at a contest to display the highest level of sportsmanship. Players, coaches, and spectators are to treat opponents, officials and visiting spectators with respect and the same "poise and class" that we do our own teammates. .

The UIL reserves the right to warn, censure, place on probation or suspend for up to one calendar year any player, team, coach, game or school official, or school determined to be acting in a manner contrary to the standards of good sportsmanship. Round Rock High School in turn reserves the right to impose the same penalties on spectators displaying poor sportsmanship at any of our contests, both home and away.

Hazing

Texas state law states that no form hazing will be tolerated in any form or fashion. The appropriate authorities will deal with violators of hazing.

"**Hazing**" means any intentional, knowing, or reckless act, occurring on or off the campus of an educational institution, by one person alone or acting with others, directed against a student, that endangers the mental or physical health or safety of a student for the purpose of pledging, being initiated into, affiliating with, holding office in, or maintaining membership in an organization. The term includes:

- A. any type of physical brutality, such as whipping, beating, striking, branding, electronic shocking, placing of a harmful substance on the body, or similar activity;
- B. any type of physical activity, such as sleep deprivation, exposure to the elements, confinement in a small space, calisthenics, or other activity that subjects the student to an unreasonable risk of harm or that adversely affects the mental or physical health or safety of the student;
- C. any activity involving consumption of a food, liquid, alcoholic beverage, liquor, drug, or other substance that subjects the student to an unreasonable risk of harm or that adversely affects the mental or physical health or safety of the student;
- D. any activity that intimidates or threatens the student with ostracism, that subjects the student to extreme mental stress, shame, or humiliation, that adversely affects the mental health or dignity of the student or discourages the student from entering or remaining registered in an educational institution, or that may reasonably be expected to cause a student to leave the organization or the institution rather than submit to acts described in this subdivision; and
- E. any activity that induces, causes, or requires the student to perform a duty or task that involves a violation of the Penal Code.

Sexual Harassment

It is the policy of Round Rock High School to promote and maintain a working environment and educational atmosphere for students, which is free from sexual harassment. It is illegal and against the policies of Round Rock High School for any person, male or female, to sexually harass another person. Administrators and supervisory personnel have a duty to maintain the school environment free of sexual harassment or intimidation.

Social Media

Because players and teams are associated with RRISD - inappropriate use of social media can be subject to discipline at school.

Student Athletes are to refrain from using social media (i.e.) Facebook, Twitter, etc... in a way that is negative to a specific person or team. If a player is proven to have breached team rules in this manner, he/she can be subject to the discipline model of the athletic program.

Postings which result in embarrassment or are detrimental to team members or team chemistry are strictly prohibited.

RRISD Extracurricular Code of Conduct

I. Extracurricular Activities

The term “extracurricular activities” means, without limitation, all interscholastic athletics, cheerleading, drill team, academic clubs, school approved 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.

II. 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 by law to each student, while participation in the extracurricular activities 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 activities 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*.

III. 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; this does not include minor traffic violations.
- Social media misconduct will be addressed in the handbook in the area of Athletics and Fine Arts. All extracurricular activities fall under the RRISD Student Code of Conduct.

RRISD Extracurricular Code of Conduct

IV. 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. campus administrator
4. appropriate school counselor to provide counseling, support, and guidance in dealing with issues associated with alcohol, drugs, mood-altering chemicals, and other prohibited activities.

V. Disciplinary Action

Coaches, directors, campus administrators, and sponsors will review all the facts and circumstances surrounding a particular violation and impose appropriate disciplinary action. Campus administrators may remove a student who violates the *Extracurricular Code of Conduct* from the extracurricular activity.

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 as outlined below:**

First Offense:

The first offense will result in a three-week suspension from the extracurricular activity (ECA) that the participant is currently enrolled in. The suspension becomes effective immediately following the *notification, review and confirmation* of a violation. Suspension includes travel in a school vehicle to and from competition. The suspension does not include practice; however the campus administration may also impose a suspension on practice.

Second Offense:

Removal from all extracurricular activities for one calendar year.

A student who is cited for an offense while not in-season (off-season) or over the summer will receive “one strike”, with a second offense resulting in removal from extracurricular activities

Re-admission into the extracurricular activity is at the discretion of the coach, director, or sponsor.

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

VI. Appeals

Questions or complaints from parents regarding disciplinary measures should be addressed to the campus administration, in accordance with Policy FNG (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.

USE OF TOBACCO / VAPING

Any athlete involved in the possession or use of tobacco / vaping on school premises or at a school function will be suspended from athletic competition and practice for three (3) weeks.

A second offense will result in suspension for the remainder of the school year.

A third offense will result in permanent dismissal of the athlete from high school athletics.

TRAINER AND TRAINING ROOM

Round Rock High School has athletic trainers on site to evaluate and treat athletic injuries as they may occur. The trainers provide medical coverage for athletic contests and practices, but are limited to being at one place at any one time. There is no trainer on duty on non-school days except as scheduled by the Director of Athletics. In case of an injury, the trainer will evaluate and recommend to the parent/guardian the direction of care. It is imperative that all injuries be reported to the athletic trainer prior to seeing a physician. If a visit to the hospital or physician is necessary, a written medical note releasing the athlete for treatment or return to participation is mandatory. Athletes may report to the trainer any time after school for treatment or evaluation.

Round Rock ISD Coaching Code of Ethics

The coach will be aware of his/her tremendous influence in the education of the student athlete and shall never place the value of winning above the value of instilling the highest desirable ideals of character.

The coach shall treat all athletes fairly and with respect. The coach shall not engage in the use of embarrassment or humiliation to motivate behavior. The coach shall be consistent in the administration of discipline to athlete's involved in the same offense.

The coach will uphold the honor and dignity of the coaching and education professions. The coach shall always set an example of the highest ethical and moral conduct in personal contact with the student athlete, officials, school administrators, the UIL, the media, the public, and parents.

The coach shall take an active role in the prevention of drug, alcohol, and tobacco abuse and under no circumstances condone their use.

The coach shall promote the entire school's program and direct his/her program in harmony with the total school's program and mission.

The coach shall emphasize the importance of academics and provide opportunities for academic support and growth.

The coach shall be knowledgeable with the contest rules and is responsible for their interpretation to team members. The spirit and letter of the rules should be regarded as absolute values.

The coach shall actively enhance sportsmanship with all connections to his/her program.

The coach shall demonstrate respect and support of all contest officials. The coach shall not indulge in conduct which will incite players or spectators against opponents or officials. Public criticism of officials or players is unethical.

The coach shall not engage in the use of abusive language or actions in practice, games, or elsewhere in dealing with athletes. The use of profanity is not acceptable.

The coach shall not encourage or force athletes to specialize or restrict them from participating on other school teams. The coach shall not in any way attempt to "recruit" athletes to join a specific sport program at the expense of another school program, or advise them that by not doing so will affect their status and position on teams within their program.

The coach shall ensure that student athletes and parents understand all expectations of team behavior via the use of clear and unambiguous communication at all times. The coach shall have a sport specific handbook and hold a preseason meeting with parents to provide clarity. The coach shall collect a signed acknowledgement and agreement page from parent/guardian and student.

Round Rock ISD Athletic Team Removal Procedure

The Round Rock Independent School District (RRISD) believes in the value of extracurricular activities and the many benefits derived from participation. The RRISD also recognizes extracurricular participation is a privilege and not a right; granted to those who satisfy the University Interscholastic League, RRISD, campus, and individual program expectations regarding academic and social behavior.

A student who fails to abide by the requirements for being in good standing with an extracurricular team may be removed from the team. The removal process shall be in the best interest of the student and the team, and also be supported by documentation and review by district personnel. Coaches are required to notify parents as behavioral concerns arise (within 3 calendar days) and in all but the most sudden and serious cases this should occur prior to the initiation of a behavioral contract or request for dismissal.

The following steps shall be adhered to during a review for dismissal from a RRISD athletic team:

1. Documentation of a serious incident or series of incidents involving the failure of the student to abide by the RRISD Student Code of Conduct, the Extracurricular Code of Conduct, a Round Rock ISD Athletic Behavioral Contract, or individual team requirements for good standing. The documentation shall have been shared with the athlete and his/her parent/guardian within 3 calendar days of the incident in most cases.
2. If applicable, review of an existing Round Rock ISD Athletic Behavioral Contract previously agreed upon by campus administration, the student, and his/her parent or guardian.
3. Suspension from the team for district review of a coach's request for dismissal, not to exceed one week in most cases.
4. Review of the documentation or evidence by at least three different district personnel. A head coach at a middle school or high school level shall make the request for review to the campus athletic coordinator, who if in agreement shall send the request to the campus principal or their designee for review and approval. It shall then be sent to the RRISD Athletic Director for review. If the campus coordinator is initiating the request, it will go directly to the campus principal or their designee for approval, and then be sent to the RRISD Athletic Director. Agreement by all shall be required for formal dismissal and shall be supported by documentation which in most cases has been previously shared with the athlete's parent/guardian.
5. A formal dismissal meeting invitation shall be extended to the student's parent or guardian, and the student where the reason or reasons for dismissal will be shared. This meeting should take place within one week of the incident which has triggered the athlete's suspension. All shall indicate by signature their attendance at the dismissal meeting. Should a meeting not take place, the head coach must have documentation of attempts to contact the parent/guardian and then personally inform the student of dismissal and document such action.
6. A copy of all documentation related to the dismissal shall be maintained by the head coach at the campus for two calendar years.
7. Any questions regarding the dismissal process shall be directed to the RRISD Athletic Director for guidance.

Round Rock ISD Athletics Behavioral Contract

The Round Rock Independent School District (RRISD) believes in the value of extracurricular activities and the many benefits derived from participation. The RRISD also recognizes that extracurricular participation is a privilege and not a right; granted to those who satisfy the University Interscholastic League, RRISD, campus, and individual program expectations regarding academic and social behavior.

Coaches of extracurricular activities may develop and enforce standards of behavior that are higher than the District-developed Student Code of Conduct and may condition membership or participation in the activity on adherence to those standards. Extracurricular standards of behavior may take into consideration conduct that occurs at any time, on or off school property. A student and his or her parent shall sign and return to the sponsor or coach a statement that they have read the extracurricular behavior standards and consent to them as a condition of participation in the activity. This formal contract is to notify all parties that continued failings to meet the requirements of extracurricular participation will result in removal from the _____ team.

The recent behavior of _____ has not met the standards required to be in good standing on the _____ team. The specific incident or incidents and documentation of such (previously shared with parent/guardian and student) are provided below (parental/guardian contact shall have taken place within 3 days of the incident):

-
-
-
-
-

_____ (student) was made aware of his/her failure to satisfy district, school, or team standards on _____ (dates).

_____ (parent/guardian) was/were notified on _____ (date) by the method of _____, and confirmation of contact made was verified by _____. (name)

Notes:

In order to regain and remain in good standing _____(student) is required to satisfy the following conditions:

-
-
-
-
-

By signing below all parties acknowledge and agree to changes in behavior required for continued extracurricular participation for _____(student) at _____(school) and further acknowledge that failure to sign this Behavior Contract (within 3 calendar days) and/or fulfill ALL requirements may lead to removal from the extracurricular activity permanently. Any disputing of the reasons cited for the need of this contract must be scheduled for a campus discussion within 3 days of the contract being made known to the student and parent/guardian.

_____(student printed name)

_____(student signature and date)

_____(parent/guardian printed name)

_____(parent/guardian signature and date)

_____(coach printed name)

_____(coach signature and date)

_____(Campus Athletic Coordinator signature and date)

_____(District Athletic Director signature and date)

Campus Principal or designee signature

Round Rock High School

Handbook Acknowledgement Form

This form will be sent out through Google Forms

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.

I have read the **2021-2022 Round Rock High School Swimming Handbook** and the **RRISD Code of Conduct**. I 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:

Date _____

I have read the **2021-2022 Round Rock High School Swimming Handbook** and the **RRISD Code of Conduct**. I agree to adhere to these rules as a condition for my student's participation in Round Rock ISD extracurricular activities. I understand his/her failure to do so will result in disciplinary measures related to their extracurricular participation.

Parent Name:

Parent Signature:

Date _____