

Refugio Independent School District
Athletic Department
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Refugio, TX 78377

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REFUGIO ATHLETIC GUIDE



Athlete: _____

PREFACE

The purpose of this manual is to orient you in the operation of the Refugio Athletic Program. Keep this manual throughout the year 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 community and school district. This includes:

1. Play **hard**, clean competition at all times.
2. **Never** give up.
3. Accept the decision of officials without complaint.
4. Know and observe the rules of the game.
5. Be good sports at all times.
6. Play the game with **great enthusiasm**.
7. Be in **superior physical condition**.

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

PHILOSOPHY OF THE ATHLETIC PROGRAM

To provide a well-rounded program with opportunities for all students to participate in the sports of their choice.

To provide an athletic program that will achieve the following objectives:

- The student will improve and maintain physical fitness (strength, endurance, agility, neuromuscular coordination, balance, and flexibility).
- The student will develop an appreciation for athletics and other related activities through participation.
- The student will develop desirable health knowledge and safety practices.
- The student will learn the importance of scholastic achievement as a prerequisite to athletic competition.
- The program will 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.

ORGANIZATION

Things that Bobcats and Lady Cats Believe In

1. We believe in playing by the rules.
2. We believe in discipline.
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.)

Rules for Classroom Behavior

If you are a winner in the classroom, you will very likely be a winner in athletics. Therefore, we intend to help your teachers see that you get a good education.

If you are doing well and behaving well in the classroom, your coaches will know it and be very proud of you. If you misbehave or do poor work in the classroom, we will know that also. Expect to be disciplined until you get your act together.

Eligibility Requirements

1. You must pass all subjects.
2. In Junior High, you must pass the previous grade and be promoted.
3. In High School, you must have a certain number of credits:

Senior: 15 credits

Junior: 10 credits

Sophomore: 5 credits

Freshman: promoted from 8th grade

Sport Changes

We want all athletes to participate in as many school-sponsored sports as possible. If an athlete quits a sport in season, he/she will not be able to participate in another sport until the entire season of the sport dropped is complete; the athlete will also be subject to "punishment" for quitting at the discretion of the head coach or Athletic Director.

Management of Felony Crimes

In the Refugio I.S.D. Athletic Department, we 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, with the approval of the administration, reserves the right to suspend any student athlete, who is suspected of committing any crime, depending on the circumstances. The athletic department's decision will not conflict with any state or federal laws, or the State Student Code of Conduct (i.e. Chapter 37).

Phone Numbers

ATHLETIC DIRECTOR
526-2743

H.S. BOYS
526-2743

H.S. GIRLS
526-4872

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.

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.

Trips

1. All athletes will act like ladies and gentlemen at all times.
2. All athletes will be dressed in appropriate and neat attire. Each head coach will determine the attire of their athletes.
3. All athletes represent Refugio High School. If it is not represented well, there will be no trips.
4. All athletes will ride to and from all functions with the squad. Exceptions will only be made in special situations with the prearranged consent of the head coach.
5. There will be no horseplay or misbehaving on the bus.
6. When we eat in a restaurant, all athletes will behave in a refined manner.

Training Rules

Bobcats and Lady Cats do not smoke, drink or use illegal drugs. If you are caught, the discipline will range from probation to suspension from the squad. **First offense: 5,000 yards of "whistle drills" plus probation. Second offense: 10,000 yards of "whistle drills" plus a two week suspension. Third offense: 20,000 yards of "whistle drills" plus a four week suspension, and a referral to RISD counseling services. Fourth offense: suspension from the Refugio ISD Athletic Program for one full semester. The "semester" will begin after the offense on a date determined by the Athletic Director.** As per the State Student Code of Conduct (i.e. Chapter 37), any student who, while on school property or at a school-related event on or off school property, has any dealings in any way with alcohol, will be placed in D.A.E.P. for an amount of time to be determined by the principal.

Proper rest and diet are extremely important to good physical conditioning. An athlete must set his or her own curfew and follow it at all times. You will not perform at your best without proper rest.

All training rules will fall under and abide by State and Federal laws and the Student Code of Conduct (i.e. Chapter 37).

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 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.

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 will be allowed; including but not limited to, multi-color, unusual designs, mohawks, shaved lines, and "shaggy" cuts. Acceptable haircuts will be at the discretion of the Athletic Director and the Administration. In addition, male athletes may not wear earrings or piercing of any kind while on school campus or at any athletic function.** Please also refer to the Student Dress Code for grades 7-12 for what is and is not acceptable. The Student Dress Code is approved by the Board of Trustees each year and applies to all students attending Refugio ISD.

Dressing Room Behavior

1. No running.
2. No horseplay.
3. Keep the equipment in your locker, never on the floor.
4. You will be instructed in how to store your equipment in your locker.
5. Be especially careful in and around the showers.

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: Hard-Clean-Sportsmanlike. 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 good, everyone will know.

Practice

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

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.

Your Equipment

1. Take pride in your equipment and facilities.
2. If you lose equipment, you pay for it.
3. If you have equipment problems, see your group coach immediately after practice 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).

*****Students safety in all extracurricular activities is a priority of Refugio ISD. All Refugio ISD football helmets are reconditioned and recertified every other year and any helmet that has reached its expiration date is discarded. Refugio ISD also chooses to put every 7-12 grade football player in a varsity grade helmet.***

Awards

You can be awarded one 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. *School board policies and student handbooks supersede these policies and procedures.*

Behavior Expectations of Student-Athletes and Spectators

The University Interscholastic League 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.

- 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.

REFUGIO ATHLETIC DISCIPLINE PROCEDURES

Our discipline policy is very simple: We are going to treat you as student-athletes in every way. You need to think that being in athletics is like having a job. We expect you to show up every day, on time, and eager to work. If you break our rules, we are going to document your offense, and punish you. If you build a record of breaking rules, you will be suspended from the program for up to one full six weeks. If you are a continual discipline problem, you will be permanently removed from the athletic program. Discipline will be administered to athletes for breaking rules, such as, but not limited to:

1. cussing,
2. showing disrespect towards anyone,
3. failing to call a coach before being absent,
4. horseplay on a bus, on a trip, or at any time,
5. late to practice or game,
6. destructive actions, etc.
7. misbehaving in the classroom
8. participating on a non-school team while in season without approval

An Athletic Department must have rules to be effective. These rules will apply to every athlete because each and everyone will be treated exactly the same in similar situations. Coaches are an extension of your family. As an extension of your family, the coaching staff will expect and demand appropriate behavior from our athletes at all times. We will display class and respect, and the community will be proud to call us their own. Also, we will be proud to be known as

“The BOBCATS” and “The LADY CATS”

I have read the Discipline Policy of the Refugio Athletic Department and agree to follow this policy. I am aware that athletics is a voluntary program and no student has an entitlement to participate.

Student Signature

Date

Parent Signature

Date