



DRMS ATHLETIC RULES & REQUIREMENTS

Welcome back to the 2024-2025 school year! On behalf of our coaching staff, we would like to say how excited we are to have the opportunity to work with the athletes of Del Rio Middle School. We are eager to meet the athletes that will be representing Del Rio on the court, field, and in the classroom. We hope you are ready to meet the challenges of wearing a Rams or Queens' uniform.

Enclosed you will find helpful information regarding practices, schedules, and requirements for those athletes wishing to participate in the athletic program. In order to participate in sports and be in the athletic class, each student must have on file at this school a current physical (for the 2024-2025 school year), an acknowledgment of rules form, and Rank One completed online. This also pertains to any returning athlete.

MIDDLE SCHOOL ATHLETIC PHILOSOPHY

- Encourage participation in all sports
- Allow all participants to participate in all games
- Teach good work habits to participants
- Require participants to be properly examined, equipped, instructed, and supervised
- Stress the high ideals of sportsmanship
- Foster proper respect for authority

Attention to personal growth and achievement is a primary focus of our program. Although physical skill development is necessary to become a good athlete, it must be balanced with a positive attitude and outlook in relation to one's teammates and role on a team. The following attributes will be acknowledged and discussed throughout the year in athletic class:

RESPONSIBILITY
RESPECT
CARING

TRUSTWORTHINESS
FAIRNESS
CITIZENSHIP

GENERAL INFORMATION

DRMS athletic program offers competition in football, cross-country, volleyball, basketball, tennis, and track. Try-outs will be held in all sports except for football, cross country and track. Try-out sessions will be announced by the coaching staff and will be held before or after school. These try-outs are **closed** to the public. Individuals wishing to try out for a team will be required to attend all of these sessions. Selections will be made by the coaching staff based upon attendance, skill, effort, and attitude. Students that do not make the team selections will participate in the off season program during the athletic period.

The purpose of the off season program is to prepare students for future high school athletic competitions and develop individual skills. Training will consist of activities focusing on speed, strength, stamina, flexibility, coordination, agility, teamwork, confidence, and pride. In addition, specific sport skills training will be implemented when deemed appropriate by the staff.

All students enrolled in the athletic class will earn grades based on individual levels of fitness and daily participation that includes appropriate dress, attitude, and effort. Parents and participants should keep in mind this is an upper level class with high expectations in regards to participation, responsibility, cooperation, and improvement. Students will be expected to perform each day and make up any missed work due to absences or injury.

HAZING, BULLYING, INTIMIDATION

BULLYING, HAZING, INTIMIDATION POLICY Bullying, Hazing/Initiation/Rites of Passage, and Intimidation will not be tolerated on or off campus. Our District Administration, Secondary Consequence Guide (SCG), and Student-Parent Handbook (S-PH) will be used to determine initial consequences. The additional Athletic consequences below, will be applied after SCG and S-PH.

The first offense will result in a 2 week (10 school days) suspension of the student athlete from game season participation/competition. If there are not 2 weeks (10 school days) remaining in that particular sport season or activity, the balance will be fulfilled in a subsequent/next sport season or carried over into the next school year. He/She is still required to practice with their team, during this suspension. An Athletic Contract will be required.

The second offense will result in a 4-week (20 school days) suspension of the student athlete from game season participation/competition. If there are not 4 weeks (20 school days) remaining in that particular sport season or activity, the balance will be fulfilled in a subsequent sport season or carried over into the next school year. He/She is still required to practice with their team, during this suspension. An Athletic Contract will be required. The third offense will result in dismissal of the student athlete for the remainder of the season and removed from the athletic period.

DRUG/ALCOHOL AWARENESS/TESTING PROGRAM AND URINALYSIS

Drug and Alcohol use will not be tolerated. Per District Policy, FNF (Local) and FNF (Regulation), each participant in an Extra Curricular Activity must watch our District Drug /Alcohol Awareness Program Video or Power Point, must sign a Consent Form which is attached to our Athletic Physical Packet. Parents/Guardians must also watch the Video or Power Point and sign their athlete's Consent Form (attached to our Athletic Physical Packet). Our District requires random drug testing of any student in grades 7–12 who choose to participate in school sponsored extracurricular activities or requests a permit to park a vehicle on school property. If an athlete tests positive for an illegal drug or alcohol, he/she will be removed from athletic participation for 90 school days. Please see FNF (Local), FNF (Regulation) for our District Policy related to our Drug/Alcohol Awareness Program on our District Website.

SOCIAL MEDIA/CELL PHONE VIDEOS/PICTURES

Any communication, on or off campus, including, but not limited to, Instagram, Snapchat, Twitter, Facebook, photo sharing, inappropriate texting that is published or appearing on the internet is public domain even if it is marked private. Athletes are responsible for texting and electronic communications on the internet through their personal websites as well as postings on other athlete's websites. The areas of inappropriateness will include, but are not limited to, language (abbreviated or alluding to negative, lewd, vulgar or obscene comments about any individuals), pictures, suggestive poses, clothing, and reference to alcohol, drugs, and tobacco.

Communication on the internet or by electronic means by athletes that are published and as a result cause disruption or damage to school district property at SFDRCS or another school district are also inappropriate. Any student athlete involved in inappropriate, disruptive, negative, lewd, obscene, or sexual pictures,

comments, or statuses on any social networks may result in suspension or dismissal from their sport or our Athletic program. Students must remain aware that being a part of an extracurricular activity is considered an honor and a privilege and not a right. Our District Administration, Secondary Consequence Guide (SCG), and Student-Parent Handbook (S-PH) will be used to determine initial consequences. The additional Athletic consequences below, will be applied after SCG and S-PH. The first offense of any Social Media/Electronic Communication using pictures, videos, language, and/or words deemed inappropriate by our Administration and/or Coaching Staff will result in a minimum of 1 week (5 school days) to a maximum of 8 week (40 school days) suspension from game participation/competition. The length of suspension will be based on the severity/degree/level of the inappropriate behavior. He/She is required to practice with their team, during this suspension. An Athletic Contract will be required.

ATHLETIC PERIOD

During these athletic periods and throughout the in-season sport, athletes will be working on either specific sport related drills or the off-season conditioning program. Athletes who are injured during the athletic period or school athletic competition will receive injury specific treatments by the athletic trainer and are expected to participate to the maximum, but within a safe extent of their injury. Determination will be made by the head athletic trainer and coaches. All treatments must be followed, and once cleared, athletes will be released back into the in-season sport/conditioning program. **Please Note: No athlete is allowed in the locker room or training room anytime throughout the day except during the athletic class.**

SUITING OUT

It is mandated that all athletes enrolled in the athletic classes dress out every day in the required uniform made available by the DRMS Athletic Program. This uniform is to be worn ONLY during athletic class with the appropriate socks and shoes. This includes cleats for football, running shoes for cross-country, track, and off-season, and court shoes for both basketball and volleyball.

OPI's (Opportunities for Improvement) for NOT dressing out are as follows:

1st Offense - Verbal Warning followed by **20 Burpees.**

2nd Offense - Parent Conference followed by **30 Burpees.**

3rd Offense - Removal from the athletic class.

Please Note: If at any time the uniform assigned to the athlete goes missing, the parents and/or athlete are responsible to financially reimburse the Del Rio Middle School Athletic Department for the replacement of the missing uniform. Shirts and shorts are \$10 each.

DRESS CODE/GROOMING

- Proper attire and grooming is essential for the safety & presentation of all participants in sporting activities. All types of jewelry are prohibited and will not be allowed. This includes stud earrings. Jewelry worn on, but not limited to the following list, is prohibited for all athletes: nose, cheek, lip, eyebrow, tongue, ear etc. Any tattoos of any kind are to be covered.
- Hair must be placed up and away from the athlete's face during practices and competitions.
- No dyeing of hair with bright or distracting colors is permitted for athletes. No hair with designs, lines, etc. is permitted for all athletes.
- Athletes are not allowed to leave the gym, practice fields, game fields, or athletic buildings without their shirts on. Girls must wear a shirt over "Sports Bras". Athletes must wear appropriate clothing at all times.
- All athletes will adhere to the dress code in our SFDR-CISD Student Handbook that may be above and beyond our Athletic Dress Code.

OFI's (Opportunities for Improvement) for **NOT** following **grooming** requirements are as follows:

1st Offense - Verbal Warning followed by **2 sets of Bleacher with laps.**

2nd Offense - Parent Conference followed by **a Timed mile.**

3rd Offense - Removal from the athletic class.

PARTICIPATION

Membership in the athletic program is a *privilege* and students will be held accountable to the highest level of expectation. Participants are required to always dress out daily in the required uniform and put forth their best effort in all activities. If, for any reason, a student is not able to participate fully due to an injury or illness, a doctor's permit is required. A parent's note doesn't excuse the student athlete from participation and workouts. Our licensed athletic trainer will evaluate injuries and make adjustments accordingly.

OFI's (Opportunities for Improvement) for **NOT** following **participation** requirements during an in-season sport or off-season training are as follows:

1st Offense - Verbal Warning followed by **5-60s.**

2nd Offense - Parent Conference followed by **a Timed mile.**

3rd Offense - Removal from the athletic class.

PRACTICES

If a student is a member of any sport's team, then he/she is expected to attend all practices and games as required by the coaching staff. Failure to do so will result in reduced playing time or removal from the team. A student that is absent from school on the day of a game will not be allowed to play that night. Athletes are always expected to arrive to class, practice, and games on time. Failure to do so will result in disciplinary action as outlined in the Del Rio Middle School Code of Conduct: reduced playing time or other action(s) deemed appropriate by the coaching staff. When an individual is selected for a team, she and her parents must make a commitment to make sure that the athlete attends all practices and contests. If, for any reason, a student is not able to participate fully due to an injury or illness a doctor's permit is required. Injured athletes are required to attend practices and modifications will be made accordingly.

OFI's (Opportunities for Improvement) for **unexcused absences** and **little or no participation** during practices are as follows:

1st Offense - Verbal Warning and reduced playing time.

2nd Offense - Parent Contact and suspension from 1 game.

3rd Offense - Suspension from a second game.

4th Offense - Removal from the team.

PLAYING TIME AND RELEASE TO ANOTHER SPORT

Playing time will be at the discretion of the coaching staff of that sport. Athletes are released to participate in other UIL sports at the conclusion of each season. Some may choose to compete in multiple UIL sports in the same season. We will work out a schedule so they can compete in both. If an athlete is dismissed or quits any team during the season, that athlete will not be allowed to move to the next sport until the previous sports season is complete.

ELIGIBILITY

Academics is your reason for attending school. If you do not take care of your academic responsibilities, you will lose your athletic privileges. Students that participate on a sports' team are required to pass all classes at the end of each six-week grading period. If an athlete fails a class, she will become ineligible to play in game competitions for approximately three weeks. However, during this time, she is expected to participate in all practices. Also, if at the end of the next three-week period **ALL GRADES ARE PASSING** and an eligibility form has been

completed, then the athlete will be allowed to compete. The coaching staff, in accordance with the guidelines set forth by the University Interscholastic League (UIL), will determine specific day(s)/dates for eligibility. If a student requires tutoring services, she should communicate with the coaching staff her needs and arrange a suitable time to attend these sessions with the appropriate teacher. If a student-athlete fails multiple six-weeks, she may be removed from the athletic period at the discretion of the coaches. At the end of the six weeks athletes that pass will be rewarded with a free day.

ATTENDANCE

All athletes are expected to be present at school the day before, day of, and the day after any athletic contest. There may be consequences to missing school the day before, day of, and the day after a game or competition.

BEHAVIOR

DRMS athletes will be held to a high degree of appropriate behavior on the court, field, and in the classroom. Your actions reflect directly on the integrity and pride of the athletic program. Improper behavior of any kind both in and out of the classroom could affect playing time, team status, and class assignment. Students are expected to follow all rules and guidelines as set forth by the Del Rio Middle School Student Code of Conduct.

If the infraction(s) violated any District and/or School Policies, then our Athletic Program will have additional ATHLETIC DEPARTMENT consequences you must complete before returning to or remaining in our Athletic Program.

IN-SCHOOL SUSPENSION/OUT OF SCHOOL SUSPENSION

1. If a student-athlete is placed in ISS or OSS, they are not allowed to return after school for practice/game/travel/activity. If it is on the day of the game, travel, or any other team activities; they will not be allowed to participate (note: School administration may assign ISS/OSS on a different day than the infraction. This rule applies on the actual day(s) assigned to suspension). The student athlete must make up the practice/game/activity (including athletic period) that was missed during the suspension before returning to normal status. Make ups are determine at the discretion of the Head Coach pertaining specifically to their sport. Additional consequences and or days suspended may be added to this if deemed necessary by the Head Coach and/or Athletic Director.

SGLC, If a student is at SGLC he/she will need to make up all the days missed and be in good standings before being allowed to resume athletic competition.

2. Fighting - There is absolutely NO tolerance for fighting. This behavior will be reported immediately to the principal for further action. Any and all consequences will be carried out by both the Athletic Program and the District. If you are suspended for any amount of days and if there is a game or contest during this time, you are not allowed to travel or participate. If you get suspended a second time, then you will be removed from both the team and the athletic class.

3. Attitudes - Negative attitudes of any kind towards others will also NOT be tolerated. All athletes, no matter what sport they are in, will at all times be polite and show respect to all coaching staff, teachers, and administration. Any participation in any one of these actions by athletes will be cause for automatic removal from the team and athletic class.

THEFT/STEALING

WILL NOT BE TOLERATED. COACHES WILL NOT BE RESPONSIBLE FOR ANY ITEMS

STOLEN. (All students are assigned a locker and it is their responsibility to lock all valuables in their locker.) It is strongly recommended not to bring money or anything of great value such as apple watches, ipads, jewelry into the locker rooms.

CHEATING

If a student athlete gets caught cheating, she will have additional Athletic Dept. OFI's (Opportunities for Improvement).

SECURITY

Each student enrolled in the athletic class will receive a locker. The student is required to bring a combination lock only to use to lock all personal belongings in the locker. Athletes will give the coaches the combination to their locks. If, at any time a problem arises, the student should notify a member of the coaching staff immediately. It is the responsibility of the student, not the coaches, to pick up any personal belongings and lock them up in the lockers. Once an athlete leaves the locker room, she will **NOT** be able to return back into the locker room to retrieve any items. All this must be done prior to leaving the locker room.

Please remember the following:

- Do not share your locker or combination with anyone
- Only use your assigned locker
- Make sure all personal belongings are put away before exiting the locker room
- Keep your locker locked at all times
- Follow locker room rules as indicated by the coaching staff

Failure to do the above could result in damage and/or theft and the coaches and SFDR-CISD will not be held responsible.

TRANSPORTATION

Parents are responsible for transporting athletes to and from all practices and athletic contests. Students should be picked up at the designated time, and parents will receive a practice schedule from each coach indicating those dates and times. SFDR-CISD provides bus transportation to all away games from the Del Rio Middle School campus. Students are required to ride the bus with other team members to and from these games. However, parents may pick up and transport home their child at the away site if they sign their student out with the coach at the game. Athletes will **NOT** be allowed to ride home with anyone other than their legal guardian. Failure to follow this rule may result in disciplinary action from school officials. A telephone will be made available to athletes if needed.

BAGGAGE CHECK

Athlete's bags will be checked prior to getting on the bus before every contest. Athletes will not be allowed to take or carry any medication. All medication has to be cleared by the trainer or sent with a prescription and given to a coach. Students will also not be allowed to take any open bottles or containers. All bottles and/or containers have to be sealed.

COACHES INFORMATION

Coach Lerma
830-778-4500 ext. 2544
Beatriz.lerma@sldr-cisd.org

Coach Smith
alexandria.smith@sldr-cisd.org
Coach Gee
melanie.gee@sldr-cisd.org
Coach Acosta
Jessica.acosta@sldr-cisd.org

Coach Casillas
830-778-4500 ext. 2545
derek.casillas@sldr-cisd.org

Coach Cardenas
robert.cardenas@sldr-cisd.org
Coach Ladner
christopher.ladner@sldr-cisd.org

Return this SIGNED SECTION to your coach

Del Rio Middle School Athletic Handbook: Rules and Procedures Acknowledgement Form

As an agreement to the athletic rules and requirements set forth herein, please note the following:

I have read and agree to the above rules and procedures that will be used in conjunction with the SFDR-CISD rules and policies to be a member of our athletic program. I understand that by not following the rules and procedures of these handbooks, I may be subject to automatic removal from the DRMS Athletic Program.

Our DRMS Athletic Rules & Requirements will be used in conjunction with the SFDR-CISD Athletic Department's Student Athlete and Parent Handbook located at <https://www.sfdr-cisd.org/media/soaaz1a3/student-athlete-parent-handbook-2024-25.pdf>

Student Athlete (Print Name): _____

Signature: _____

Grade:_____ **ID#:**_____ **Date:**_____

Parent/Guardian (Print Name):_____

(Signature):_____

Date:_____

