



# ***STUDENT ATHLETE & PARENT HANDBOOK 2020-2021***



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# Del Rio Athletics Mission Statement



Del Rio Athletics is an enhancement and extension of the educational process, for all student athletes in San Felipe Del Rio CISD. Through athletic participation, we will contribute to the development of outstanding compassionate leaders at Del Rio Middle School, Del Rio Freshman School, Del Rio High School, our Del Rio community, and our society.

Del Rio Athletics will always strive to achieve the highest level of excellence in our student athletes on and off the playing field, court, track, and course. Our student athletes will be held to the highest academic standards and strictest code of conduct on and off the field(s) of play.

Del Rio Athletics will educate all participants on exercising great sportsmanship and displaying positive leadership qualities at all times. By using sound and proven fitness and nutritional regiments, Del Rio Athletics will provide for the positive development and enhancement of our student athlete's self-image and overall health: physical, mental, and emotional.

Del Rio Athletics will never condone any acts of mistreatment toward others or the use of illegal drugs or alcohol at any time.

Coach Ric Smith  
SFDR-CISD Athletic Director

## District Vision Statement

It is the vision of San Felipe Del Rio CISD to provide a safe and nurturing environment where all students become contributing citizens prepared to compete and excel in an ever-changing world.

## District Goals

The District shall maintain a safe environment, utilize quality curriculum and diverse instructional opportunities to ensure student achievement at the highest standards of excellence.

The District shall be a good steward of the community's resources - financial, human, facilities - and explore new opportunities for organizational efficiency and effectiveness.

The District shall provide meaningful and effective communication in a timely manner to all parents, students, staff and District Partners.

## District Quick Facts

48 years since the consolidation of San Felipe ISD and Del Rio ISD

Over 10,509 students

Overall student-teacher ratio: 16.7 to 1

Accountability Rating: MET STANDARD

One 6A High School

One Freshman Campus

One 7th & 8th Grade Middle School

One 6th Grade Middle School

Seven elementary K-5 Schools

One Head Start / Early Childhood Campus

Comprehensive, college-prep, dual credit curriculum

Career and Technology Dual Credit Education

Twenty (22) 9<sup>th</sup> through 12<sup>th</sup> grade Athletic Sports Programs – 11 Girl's Sports, 11 Boy's Sports

Ten (10) 7<sup>th</sup> and 8<sup>th</sup> grade Athletic Sports Programs – 5 Girl's Sports, 5 Boys Sports

Athletically compete in District 30-6A w/Eagle Pass HS, United HS, United South HS, Alexander HS, LBJ HS, Nixon HS

Over 1300 Student Athletes in our Athletics Program in grades 7 through 12.



## Del Rio Athletics Philosophy



I believe the ultimate Athletic program responsibility is to be a major contributor in the positive development of compassionate, knowledgeable, honest, hardworking, and morally strong young women and young men. Our **GOAL** is to develop and build the best athletic teams/individuals possible, but our **PURPOSE** is in the development of **CHARACTER, MORALS, VALUES**, and to give **HOPE** to our student athletes.

Through encouraging and/or demanding high academic achievement, promoting great sportsmanship at all times, and instilling and modeling outstanding leadership qualities, we as an athletic family will be an important contributor in the development of the whole student athlete. To become an elite Athletic program we must provide safe and state of the art facilities and equipment for our athletes and coaches. In doing this we provide our athletes with tools of opportunity to develop their athletic skills to the highest level possible.

Our Athletic program is an extension of the classroom and the educational process. It allows for an enhancement of the public school educational experience. Although academics is the priority of our educational system, athletics teaches and develops physical, mental, and emotional attributes, not found anywhere else. Through the athletic experience, many students remain in school and achieve higher academic standards because of the standards needed to participate in our UIL Athletic programs.

Athletics teach lifelong skills, develops character, and integrity. Athletics contributes to a positive work ethic, teaches us to work with others to reach common goals, teaches leadership qualities and physical limitations, and we learn to finish what is started. Through competition, we learn to handle winning and losing, how to get along with other people, deal with difficult situations, develop a “never give up attitude”, and to always strive to be the best.

As teachers first and coaches second, we must conduct ourselves in a manner that will instill and teach our athletes compassion, empathy, kindness, accountability, responsibility, respect, dedication, commitment to a cause, and that there are no short cuts to success.

We will promote great sportsmanship in practice and on game day competitions at all times. We will stress team accomplishments over individualism, but the individual effort will always be recognized. The team concept in competitive sports provide many opportunities to learn and apply to life skills such as trust, working together, communication, and reaching our physical and mental limitations and abilities. As an athletic program we will win with poise, humility, and respect for our opponents. We will learn from losing such as self-control, renewed work ethic, improved focus, better communication, recognize our weaknesses, and strengths. Our athletes will always be expected to give 100% positive effort in all they do.

Our coaching staff has the responsibility of modeling great character traits and values at all times. As a coaching staff, the behavior we display during preparation, practices, competition, and in passing will be reflected and modeled by our athletes.

Finally, Athletics and all Extra Curricular Activities are a privilege and not a requirement for promotion to the next grade level or graduation. As with any privilege which gives reward or satisfaction back to the participant, there must be higher standards of behavior, conduct, thinking, knowledge, and understanding expected of you as a member of the Del Rio Rams or Del Rio Queens athletic programs or this privilege of Athletic participation may be taken away.

Ric Smith

Del Rio Athletics Director, RAA

## Participation Guidelines

Our **GOAL** in Athletics is to develop and build the best athletes and athletic teams possible, but our **PURPOSE** is in the development of **CHARACTER, MORALS, and VALUES** of our student athletes. We will expect and encourage all athletes to be in their sports Athletic Period. Due to extenuating ACADEMIC circumstances only, an athlete may not be able to get into an Athletic period. So, it is not mandatory to be in an Athletic Period, if your Academic schedule does not allow it. Some sports may have stricter standards related to their Athletic Period, and those stricter standards will be enforced so not to allow students to be a part of a program that did not do the prior work involved. All students/athletes are encouraged to participate in as many sports, as their interests and abilities will allow. We encourage **MULTI-SPORT ATHLETES**. If an athlete wants to quit a sport, he/she should first be directed to the head coach of that sport, who will discuss the matter with him/her. An athlete who quits or is dismissed in one sport, cannot start a second sport until the original sport has completed their season, unless an agreement is made between the two Head Coaches involved.

### PLAYING TIME AND PLAYER SUBSTITUTION

Coaches shall use the following guidelines for playing time and substitution in all sports. Playing time and position played is determined by the coaching staff, not by summer/travel league/team coaches or the parents of the athlete. Athletes may have input as to the position they want to play, but the ultimate decision will be determined by the coaching staff and the needs of the team. **TEAM before ME!**

### MIDDLE SCHOOL ATHLETICS

Every athlete will play in every Team sport contest provided they come to practice regularly, remain in good standing with the athletic program they are participating in, and maintain great classroom grades and behavior with their teachers and coaches. The amount of playing time will be at the discretion of their coach(s). Every athlete will get playing time to work on fundamental skill development, gain knowledge of the sport, and to develop the mental and physical attributes related to athletic competition. In individual sports like Cross Country, Track Field, Tennis, Golf, etc.. all athletes should be allowed to participate in all meets, matches, tournaments. In addition entry fees must be paid to allow all athletes to participate, let your Head Coach know.

It is extremely important that we stress sportsmanship, developing skills, teaching, and coaching the fundamentals of each sport, at the MS level. Winning has its place and is important, but teaching great sportsmanship, developing skills, and teaching fundamentals supersedes winning games.

### HIGH SCHOOL ATHLETICS

On Varsity teams, winning is important, but our priority is on developing the individual student athlete to be great young men and women. We will always emphasis developing honorable character traits, great sportsmanship, knowledge of the sport, superior skill, and provide great coaching. Coaches will determine the players selected to the varsity teams and playing time is not guaranteed at the Varsity level. Seniors are not guaranteed a roster position, but will be encouraged to remain a part of the team in some capacity: manager, trainer, etc.... Coaches shall substitute as the game situation dictates. Coaches are encouraged to play everyone through Non District Contests, but once District, Area, Region, or State contests begin, playing time may not happen.

Sub-Varsity teams will consist of as many members as possible. Coaches will determine game rotations, in case there is an abundance of players. The Head Coach should have input into who plays, but most decisions should be made by the coaches for those teams, with the Head Coaches approval. **NO FAVORITISM** of playing time or position, **WILL BE ALLOWED AT ANY TIME.**

**FRESHMAN ATHLETES WILL NOT** be on Varsity or JV teams in our TEAM sports on day 1. There may be a very rare exception to this rule, but that exception will be determined by the Head Coach and Athletic Director only, not parents or a need to fill a Varsity/JV roster. A Freshman must not only be able to handle the mental and physical demands required of a 6A Varsity athlete, but he/she must be able to start on the team and play a considerable amount of the time or they will remain at the Sub Varsity level. If a Freshman athlete has Varsity level potential, they must show the ability to dominate, mentally and physically, first at the Freshman level, then the JV level before ever being considered to be moved up to the Varsity level. If you as a Head Coach are developing/building your program properly, then you should not have a need to have Freshman on your Varsity team. Develop your athletes from the Middle School up. Individual Sports are an exception to this rule, but need to follow the same guidelines of a Freshman starting at the Freshman level, then JV level, and possibly on to the Varsity level. Freshman will not travel with Varsity and JV teams as managers. They need to remain with their team and coach and practice, if there is not a Freshman game. See me if this FRESHMAN RULE is not understood. **\*If a Freshman is moved to the Varsity and fails a 6 Week grading period, they will be moved back to the Freshman/JV team and remain there the rest of the season.**

## **NON-SCHOOL-SPONSORED CLUB/TRAVEL SPORTS**

It is the expectation of SFDRCSISD student athletes and athletic Coaching Staff that school-sponsored sports take precedence over non-school-sponsored club/travel/city sports. Failing to follow this expectation may result in suspension or dismissal from the school-sponsored sport.

## **PROCESS FOR DETERMINING UIL ELIGIBILITY**

Coaches will check the following criteria to determine academic eligibility for students participating in UIL athletic events. (Exceptions are found in the UIL Constitution and Contest Rules, i.e., honor classes). Ineligible students athletes are expected to practice with their team, but may not compete with the team.

### **I. FALL ELIGIBILITY**

- \* Students going into grades 7, 8, or 9 must have been promoted to (Not placed in) that grade.
- \* Students going into grades 10, 11, or 12 have two ways they may be eligible for the fall semester:
  1. Receive five credits from the previous year. (When a student receives credits from the previous year, the number of credits from other high school years is not a factor.)
  2. Have accumulated at least 10 credits at the beginning of the third year and 15 credits at the beginning of the fourth year in high school.

Students who either complete summer school courses or correspondence courses prior to the fall semester may apply credits toward fall eligibility.

- \* Students may become eligible for UIL competition at the end of the seventh week of school, if at the end of the first six weeks grade check they are passing all courses with an average of seventy or above.

### **II. RETAINING ELIGIBILITY**

Grade check procedures for schools on a six-week grading period:

- \* Check grades at the end of the sixth week of school. If a student fails a class on the sixth-week grade check, then he/she will become ineligible on the Friday of the seventh week.
- \* A student that is failing at the end of this six-week grading period will become ineligible on the Friday of the seventh week. This student's grades will be checked again at the end of the third week of the new grading period. If he/she is passing all classes, he/she will regain eligibility on the Friday of the fourth week. If the

student is still failing at the end of the third week, grades will be checked at the end of the sixth week to see if he/she will regain eligibility.

\* If a student is passing all classes at the end of a six-week grading period, the student has earned their eligibility for the entire six-week period and does not need to be checked until the end of the next six-week period.

\*\*Please see “TEA & UIL Side By Side” manual for additional information on Eligibility/Ineligibility.

### **INELIGIBLE STUDENT ATHLETES**

Students who are ineligible for extra-curricular sports due to failing grades, will be expected to practice with the team during the athletic period and before/after school. Ineligible students are prohibited from traveling and associating with the team DURING THE CONTEST. Ineligible athletes can't be a part of any school related activities such as Parents Night, Homecoming Floats/Parades, Senior Nights, etc... Their name can be announced, but they can't be in a uniform or on the field/floor with the other eligible players. If the athlete does not continue to practice with the team, he/she may be dismissed from the team and will not be awarded any letter recognition.

### **ATHLETIC OBJECTIVES**

1. First and foremost, you are expected to be an outstanding student in the classroom and get a great education.
2. Keep as many student athletes as possible in a disciplined, positive, nurturing, and good environment.
3. Instill good habits, sound morals, exemplary citizenship, and a high standard of sportsmanship in the pupils of San Felipe Del Rio Consolidated Independent School District.
4. Encourage students to grow physically, mentally, emotionally, spiritually, and socially.
5. All athletes should have an appreciation for optimum health and physical fitness. The importance of proper rest, good eating habits and cleanliness should be stressed at every opportunity.
6. Develop all programs in such a manner that the end result will be one of positivity, unity, harmony, and success.
7. Instill in all athletes the desire to represent their school and community in a manner that will make the school administrators, coaches, parents, teachers, and other citizens of the community proud of them.
8. Emphasize to athletes at all levels of competition, the realization that athletic competition is a privilege that carries definite responsibilities. Some of these are: training, loyalty, eligibility, improvement, courage, and perseverance.
9. Create in all student athletes a greater interest in the value of education.
10. Maintain and conduct the most successful Athletic Program possible.

### **THE DEL RIO STUDENT ATHLETE**

There are many advantages of being a member of an athletic team in the San Felipe Del Rio Consolidated Independent School District. There are so many that it would be difficult to list them all. However, there are some realities each student athlete needs to be aware of before accepting the challenge of becoming a student athlete for our school, such as

1. You must pass all classes to be eligible to play and are expected to excel in the classroom.
2. Training rules may cramp your social life. Sacrifices will be necessary. *If you like to party, then you need to decide what is more important, A good party or a uniform? .... It will be tough having both.*
3. You will have to practice every day, either before or after school, Saturdays and possibly Holidays.
4. You may practice and never get to start or have limited playing time.
5. Do not expect favors because you are an athlete; expect a challenge.
6. You will be expected to be well-behaved on and off the field. What you do off the field may get you suspended or dismissed from athletic participation.
7. Per U.I.L. Rule; Gender is determined by the gender listed on a student's birth certificate.

NOTE: If a Licensed Athletic Trainer suspects that athletic participation would jeopardize the health and welfare of a student-athlete, the Athletic Trainer may prohibit the student athlete from participating.

## DEL RIO STUDENT ATHLETE EXPECTATIONS / STANDARDS

### *As a Student Athlete:*

1. You are expected to get an outstanding education. ACADEMICS is your priority.
  2. You are expected to be at school the day before, the day of, and the day after a contest/game/competition. Missing any of these days, without a valid excuse from your parent/guardian, may result in you not being allowed to compete in the next game/competition. School attendance is required every day, unless and excused absence is approved by our administration.
  3. Truancy is unacceptable. Be in class, on time, every day! EARLY is ON TIME, on time is LATE!
  4. Be loyal and respectable to your teachers, coaches, teammates, family, administration, and school.
  5. You are expected to demonstrate exemplary conduct, on and off campus, year around, 24/7, 365 days.
  6. Be totally honest in all your dealings. Admit your mistakes, faults, digressions and become better from it.
  7. Place the goals of the team above any self-interest, thereby disciplining yourself to make the personal sacrifices to achieve team goals. Individual successes will always be recognized and applauded.
  8. You are expected to give your total effort, to make the most of the skills that you have been blessed.
  9. Athlete hair policy: No facial hair. Male hair should be off the shoulders. Mohawks, multiple/unnatural colors, etc. are not permitted for either males and females year round. Natural colors are Black, Brown, Blonde.
  10. No jewelry during practice or competitions.
  11. Go to practice EVERYDAY! There are very few acceptable excuses to miss a practice.
  12. Any athlete who quits a sport will not be allowed in another sport until the sport he or she quit has finished or has received the consent from all coaches involved. Also, any athlete who quits or is dismissed from a sport forfeits that sport's athletic letter/award.
  13. Not to be engaged in fighting, profanity, or trash talk. Remember, people don't see you; they see the school's name across your chest. Ejections, unsportsmanlike conduct, personal fouls, yellow/red cards, etc... may result in suspension from future athletic contest
  14. If a student becomes academically ineligible for two consecutive 6-week grading periods, they may be dismissed from athletics. The student can be reinstated when academics stability is demonstrated.
  15. NO HAZING/BULLYING/INTIMADATION will ever be tolerated. This includes any activity intentionally taken in which any student(s) humiliates, degrades, or physically or mentally abuses any other student. This includes through SOCIAL MEDIA.
  16. Never be in an environment where alcohol, tobacco or any illegal substance or activity is going on. If you are a party/social gathering, in a car, etc. where drugs, alcohol, or tobacco are present, LEAVE! Do not be found guilty by association. Severe consequences will be applied for any illegal activity related to drugs, alcohol, tobacco, etc.. Social Media pictures/videos of you consuming, holding, posing with, etc.. will get you suspended/removed from Athletic participation. Even if your parent(s) approves of this behavior, we do not and consequences will be applied.
  17. Engaging in taking pictures/videos in locker rooms, on playing fields/courts, or while on athletic trips will not be tolerated. Including inappropriate use of cell phones and SOCIAL MEDIA outside of school time or off school property can lead to suspension or dismissal from our athletic program.
  18. NO TATTOOS or PIERCINGS will be exposed/visible during the school day, during an Athletic Period, before or after school Practices, during any competitions/events when representing SFDR CISD or Del Rio Athletics.
- \*\*Any violation of the above expectations may lead to consequences such as being put on probation, suspended and/or benched for one or more games/meets/contest/matches/events, placed on our Athletic Contract, or dismissal from an Athletic sport or Athletics all together.**



## UIL Student Athlete's Code of Conduct

### Trustworthiness

**Trustworthiness** - Be worthy of trust in all I do.

**Integrity** - Live up to high ideals of ethics and sportsmanship and always pursue victory with honor. Do what is right even when it is unpopular or personally costly.

**Honesty** - Live and compete honorably. Never lie, cheat, steal or engage in any other dishonest or unsportsmanlike conduct.

**Reliability** - Fulfill commitments. Do what I say I will do. Be on time to practices and games.

**Loyalty** - Be loyal to my school and team. Put the team above personal glory.

### Respect

**Respect** - Treat all people with respect at all times, and require the same of other student-athletes.

**Class** - Live and play with class. Be a good sport. Be gracious in victory and accept defeat with dignity. Give fallen opponents help, compliment extraordinary performance and show sincere respect in pre and post-game rituals.

**Disrespectful Conduct** - Do not engage in disrespectful conduct of any sort including profanity, obscene gestures, offensive remarks, trash-talking, taunting, boastful celebrations or other actions that demean individuals or the sport.

**Respect Officials** - Treat contest officials with respect. Do not complain about or argue with official calls or decisions made during an athletic event.

### Responsibility

**Importance of Education** - Be a student first, and commit to getting the best education I can. Be honest with myself about the likelihood of getting an athletic scholarship or playing on a professional level and remember that many universities will not recruit student-athletes that do not have a serious commitment to their education, the ability to succeed academically or the character to represent their institution honorably.

**Role Modeling** - Consistently exhibit good character and conduct myself as a positive role model. Remember, participation in sports is a privilege, not a right and that I am expected to represent my school, coach and teammates with honor both on and off the field. Suspension or termination of the participation privilege is within the sole discretion of the school administration.

**Self-Control** - Exercise self control. Do not fight or show excessive displays of anger or frustration. Have the strength to overcome the temptation to retaliate.

**Healthy Lifestyle** - Safeguard my health. Do not use any illegal or unhealthy substances including alcohol, tobacco and drugs or engage in any unhealthy techniques to gain, lose or maintain weight.

**Integrity of the Game** - Protect the integrity of the game. Play the game according to the rules.

### Fairness

**Be Fair** - Live up to the highest standards of fair play. Be open-minded, and always be willing to listen and learn.

### Caring

**Concern for Others** - Demonstrate concern for others. Never intentionally injure any player or engage in reckless behavior that might cause injury to others or myself.

**Teammates** - Help promote the well being of teammates by positive counseling and encouragement or by reporting any unhealthy or dangerous conduct to coaches.

### Citizenship

**Play by the Rules** - Maintain a thorough knowledge of and abide by all applicable game and competition rules.

**Spirit of Rules** - Honor the spirit and the letter of the rules. Avoid temptations to gain competitive advantage through improper techniques that violate the highest traditions of sportsmanship.

## ATHLETIC CODE OF CONDUCT

San Felipe Del Rio CISD provides Athletic programs for the benefit of SFDR CISD students. The belief is participation in our Athletic Program can provide students the opportunity to learn responsibility, dedication, leadership, hard work, respect for rules, respect for authority and many other positive qualities. Regulations are established to promote these qualities and to help build and maintain strong programs. **It is recognized that some of the expectations for students involved in extracurricular activities exceed the expectations for the general student body.** Student Athletes are held to a higher standard of conduct and behavior because you have chose to to represent our school and community in athletic events in and out of Del Rio. Athletics and all Extra Curricular Activities are a privilege and not a requirement. As with any privilege which gives reward or satisfaction back to the participant, there must be higher standards of behavior, conduct, thinking, knowledge, and understanding expected of you as a member of the Del Rio Rams or Del Rio Queens athletic programs or this privilege of Athletic participation may be taken away.

Student Athletes are expected to follow all District Policies and all Athletic Program-specific procedures. Violations of the rules will result in consequences and/or corrective and/or disciplinary action. The facts and circumstances will be taken into consideration when determining consequences for rule violations.

It is the desire of our Del Rio coaches, Athletic Director, and Administration to educate and counsel our students athletes on the harmful effects of a violation of this Athletic Code of Conduct and the potential consequences inflicted upon themselves, their families, and their respective teammates should they choose to breach the Athletic Code of Conduct. It is also the intent of the Code of Conduct to provide a clearly defined course for our student athletes to follow and instill a belief that a one-time infraction need not result in a permanent pattern in life.

In all instances of an alleged violation of the Code of Conduct the student will be provided due process. The process for determining a violation of the Code of Conduct will be established by the Campus Administrator, Athletics Director, and the Head Coach. Any student athlete involved in an athletic sport program, who is found to be in violation of any of the infractions mentioned below, will face disciplinary action as stated in the Student Athlete & Parent Handbook, District Policy Handbooks which includes the Secondary Consequence Guide, and the individual Sport's Handbook/Rules/Policy.

Once guilt has been determined, the SFDR Secondary Consequence Guide, Student-Parent Handbook, District Policy guidelines, Student Athlete & Parent Handbook, and the individual Sports Handbook will be used when possible and applied to all cases concerning the Athletic Code of Conduct. BEFORE an ATHLETE is removed from a sport and athletic participation for an ENTIRE season or more, he/she must have been on our ATHLETIC CONTRACT and had a group meeting with their immediate Coach, that sport's Head Coach, the Director of Athletics, and a Parent/Guardian.

**\*\*REMOVED FROM PARTICIPATION** means not being allowed to compete in games, matches, meets, etc....

It does not mean removed from the Athletic Period. In order for an Athlete to be removed from an Athletic Period, he/she must have quit their team, been cut from the team after equal and fair tryouts for all, refuses to participate in the Sport and Athletic Period procedures and guidelines, or violates Policy FOE LEGAL that tracks TEC Chapter 37.002 and 003.

THE following penalties will be administered throughout the Athletic Department when infractions occur:

### DRUG/ALCOHOL AWARENESS/TESTING PROGRAM AND URINALYSIS

Drugs 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 pass our written test, and 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)

**\*\*This policy is currently under review by our Administration, 7/22/2019.**

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.

#### **ALCOHOL USE – including MIP, DWI, DUI**

No student athlete shall, while on or off campus, sell, give, deliver, use, possess or be under the influence of alcohol. 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 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/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 an 8 week (40 school days) suspension or dismissal of the student from our Athletic Program for the remainder of the school year, whichever is longest. 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 one calendar school year from all athletic participation, including practices.

Pictures/videos of you consuming, posing, holding, etc... an alcoholic beverage will result in a 2 week (10 school days) suspension from game participation/competition. He/She is required to practice with their team, during this suspension. An Athletic Contract will be required.

#### **CONTROLLED or ILLEGAL SUBSTANCE/DRUG USE**

No student athlete shall, while on or off campus, sell, give, deliver, use, possess or be under the influence of any controlled or illegal substance. 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 8 week (40 school days) suspension of the student athlete from game season participation/competition. If there are not 8 weeks (40 school days) remaining in that particular sport season or activity, the balance will be fulfilled in a next/subsequent sport season or carried over into the next school year. He/She will still be required to practice with your team, during this suspension. An Athletic Contract will be required.

The second offense will result in dismissal of the student athlete for one calendar school year from all athletic participation, including practices.

Pictures/videos of you consuming, posing, holding, etc... a controlled or illegal substance will result in a 4 week (20 school days) suspension from game participation/competition. He/She is required to practice with your team, during this suspension. An Athletic Contract will be required.

#### **TOBACCO, ELECTRONIC CIGARETTE, VAPOR USE**

Tobacco use will not be tolerated. No student athlete shall, while on or off school premises, use, possess, distribute or be under the influence of tobacco. This includes an electronic cigarette or any other device that

simulates smoking by using a mechanical heating element, battery or electronic circuit to deliver nicotine or other substances to the individual inhaling from the device. 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 an 8 week (40 school days) suspension or dismissal of the student from our Athletic Program for the remainder of the school year, whichever is longest. He/She is still required to practice with their team, during this suspension. An Athletic Contract will be required.

Pictures/videos of you smoking, posing, holding, etc... a cigarette, cigar, smoking device, etc.. will result in a 2 week (10 school days) suspension from game participation/competition. He/She is required to practice with their team, during this suspension. An Athletic Contract will be required.

#### **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 an 8 week (40 school days) suspension or dismissal of the student from our Athletic Program for the remainder of the school year, whichever is longest. He/She is still required to practice with their team, during this suspension. An Athletic Contract will be required.

#### **ARREST, UNDER INVESTIGATION, ASSAULT**

Citations or arrests, on or off campus, in regards to smoking, using/selling or possession of illegal drugs, drug paraphernalia, drinking alcoholic beverages, vandalism, fighting, or any behavior which causes embarrassment to your team or SFDRCISD may result in suspension or dismissal from the extracurricular program. All athletes and/or their parent(s) **must notify** their Coach and/or Head Coach immediately upon any arrest or citation. Failure

to notify the Coach responsible for their program may result in additional suspension time or dismissal from the program. 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) to a full school year suspension of the student athlete from game season participation/competition, depending on the severity/degree/level of the arrest. 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 dismissal of the student athlete for one calendar school year from all athletic participation, including practices.

### **SOCIAL MEDIA / NETWORKING / WEBSITES / ELECTRONIC COMMUNICATION**

Any communication, on or off campus, including, but not limited to, MySpace, Twitter, Facebook, photosharing, 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 SFDRCSISD 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.

### **STEALING / THEFT**

Taking things that do not belong to you, especially from your teammates will not be tolerated. An athlete caught or proven to have stolen anything, on or off campus, will have consequences from 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. Repayment or replacement of the item stole within the 2 week suspension required. 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 one calendar school year from all athletic participation, including practices.

### **CHEATING**

Cheating in the classroom or outside the classroom (homework, projects, etc..) will not be tolerated. When a student athlete is proven to be cheating on any academic assignment/test/homework, etc...., 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 1 week (5 school days) suspension from game season participation/competition. If there is not 1 week (5 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 2 week (10 school days) suspension from game season participation/competition. If there is not 2 week (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 third offense will result in dismissal of the student from our Athletic Program for the remainder of the school year. He/She is still required to practice with their team, during this suspension. An Athletic Contract will be required.

### **FIGHTING**

Fighting will not be tolerated. No student athlete shall, while on or off school premises, be involved in fighting or verbal altercations at anytime. 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 1 week (5 school days) suspension of the student athlete from game season participation/competition. If there is not 1 week (5 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 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 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.

### **BAGGAGE CHECK POLICY**

All baggage, backpacks, purses, etc... will be checked by our coaching staff before each Athletic trip. Consent to check an athlete's bags is a part of the Physical Packet signature sheet.

**IMPORTANT NOTE:** If the infraction occurs during the summer, the suspension from sport participation will begin with the first week of competition or competitive activity for their first sport.

If the offense occurs during the off-season, pre-season, or period of non-extracurricular activity, the suspension will begin with the next competition, game, match, meet, etc... as determined by the Coach, Head Coach, and Athletic Director.

Each Athletic Sports Program may have additional consequences for violations of their Sports rules, our District, School, or Athletic policies, in addition to the above consequences.

## **RANKONE SPORT – PHYSICAL PACKET, SCHEDULES, ETC....**

### **HOW TO FILL OUT 2018-2019 PHYSICAL PACKET FORMS ONLINE**

#### **THINGS YOU’LL NEED:**

ACCESS TO THE INTERNET  
SMARTPHONE OR COMPUTER WITH A MOUSE OR TOUCHSCREEN  
YOU AND YOUR PARENT MUST SIGN THE FORMS AT THE SAME TIME

1. [WWW.RANKONESPORT.COM](http://WWW.RANKONESPORT.COM)
2. SELECT: **FOR PARENTS** TAB AT TOP RIGHT OF THE SCREEN
3. SELECT: **FILL OUT ELECTRONIC FORMS**
4. SELECT: **TX**
5. SELECT: **DEL RIO CISD**
6. SELECT: **START ONLINE FORMS**
7. SELECT: **CREATE ACCOUNT** or **I DON’T WANT AN ACCOUNT**
8. EITHER WAY YOU WILL END UP AT A SCREEN REQUESTING YOU TO ENTER YOUR INFORMATION AND THEN DIGITALLY “SIGN” THE FORM. THEN SELECT “**SUBMIT**”
9. SELECT: “**GO TO THE NEXT FORM**” AND CONTINUE THE PROCESS UNTIL YOU SEE A MESSAGE SAYING “**ALL FORMS HAVE BEEN COMPLETED**”
10. TURN IN COMPLETED PAPER PHYSICAL AND HEALTH HISTORY FORMS FROM YOUR DOCTOR TO THE TRAINER!

## **SENIOR PARTICIPATION**

SFDR CISD Athletics is a privilege and not a requirement for promotion to the next grade level or graduation. As with any privilege which gives reward or satisfaction back to the participant, there must be higher standards of behavior, conduct, thinking, knowledge, and understanding expected of you as a member of the Del Rio Rams or Del Rio Queens athletic programs or this privilege of Athletic participation will be taken away.

On Varsity teams, winning is important, but our priority is on developing the individual student athlete to be great young men and women. We will always emphasize developing honorable character traits, great sportsmanship, knowledge of the sport, superior skill, and provide great coaching. Coaches will determine the players selected to the varsity teams and playing time is not guaranteed at the Varsity level. Seniors are not guaranteed a roster position, but will be encouraged to remain a part of the team in some capacity: manager, trainer, etc.... with the Head Coaches approval. Coaches shall substitute as the game situation dictates. Coaches are encouraged to play everyone through Non District Contests, but once District, Area, Region, or State contests begin, playing time may not happen.

1. Seniors must have at least 15 Credits Academically, in order to participate in UIL Athletics
2. Seniors must be in good standing with our Athletic Department and SFDR-CISD
3. Seniors will not be allowed any participation, if they are not in the sport's Athletic Period\*
4. Seniors will not be allowed any participation in a sport, if they were not in the Athletic Period their Junior year\* (only allowed 1 athletic period)
5. Seniors are not guaranteed a roster spot
6. Seniors are not guaranteed a uniform
7. Seniors are not guaranteed playing time
8. Seniors are not allowed to play on Sub Varsity Teams in our Team Sports
9. Head Coaches and position coaches will determine playing position and playing time
10. Being a Senior does not entitle special treatment over non Seniors
11. Being a Senior does not entitle him/her to a Letter Jacket

\*The only exception is if their Academic Schedule does not allow them an Athletic Period.

### **DEL RIO ATHLETIC'S LETTER JACKET & LETTERING POLICY**

Earning a letter or letter jacket is an important goal of every SFDR-CISD student athlete. To receive your first letter jacket is an exciting experience, but comes with several athletic, UIL, and Academic requirements.

1. The Athlete must be/remain eligible for the entire season, including preseason and playoffs/postseason.(Postseason includes Area, Region, and State meets.) **\*If the Athlete quits the team, is removed the team, and/or tests positive on our Alcoho/Drug test, he/she will not be awarded a letter jacket.**
2. The Athlete must suit-up on the Varsity for at least ½ of all official scheduled games, meets, matches, etc... This does not mean they must play/participate in ½ of all official games, but be a varsity member on the sideline, bench, dugout, etc..
3. The Athlete must finish the season in good standing with all coaches and teammates. **\*Quitting a team or no longer showing up for practices/games, etc.. and/or testing positive on our Drug/Alcohol Test, is not in good standing with our coaching staff or athletic department.**
4. Freshman can letter and be fitted for their letter jacket their Freshman (9<sup>th</sup> grade) year, but will not receive their letter jacket until they complete their Sophomore season in the sport they lettered in.

**\*\*My suggestion is to be fitted your Sophomore year, so you do not out grow your jacket.**

5. If you earn your letter jacket as a Freshman and get fitted, but do not complete your sophomore season the letter jacket will remain the property of SFDR-CISD Athletic Department. If you paid to have patches, names, etc... put on your jacket, they will be removed and given to the athlete before the end of the school year.
6. Athletes receive only 1 letter jacket paid for by the SFDR-CISD Athletic Department during their 4 year high school athletic career.
7. Letter jacket fittings are 2 times per year: November/December and April/May
8. Each Sport may have additional requirements based on the demands of their Sport. This will be clearly stated in their Sport Handbook.
9. **The Head Coach must complete our Letter Jacket Contract and present it to the Athlete that is being measured. Without this contract, in hand the day of the fitting, from the Head Coach the Athlete will not be fitted.**



# PARENT/COACH COMMUNICATION GUIDE

## PARENT COACH RELATIONSHIP

Both parenting and coaching can be quite trying at times. By understanding and respecting the position of both parents and coaches, children are better served through their experience in athletics. Clear communication between parents and coaches can help all understand the position of the other and enhance the positive experience that can be gained from participation in athletics.

### COMMUNICATION YOU SHOULD EXPECT FROM YOUR CHILD'S COACH

- Philosophy of the coach
- Expectations and goals the coach has for your child as well the team and season
- Location and times of all practices and games
- Team requirements, special equipment, strength and conditioning programs
- Procedure if your child is injured during participation
- Team rules, guidelines and consequences for infractions
- Team selection process

### COMMUNICATION COACHES EXPECT FROM PARENTS

- Concerns expressed directly to the coach
- Notifications of any schedule conflicts in advance
- Notification of any illness or injury as soon as possible

As your child becomes involved in athletics in the SFDRCSISD, he or she will experience some of the most rewarding moments of their lives. It is important to understand there may also be times when things do not go the way your child wishes. At these times, discussion with the coach is encouraged. Speaking to your coach (not the Principal or Head Coach) is the first and most important step to understanding and resolution.

### APPROPRIATE CONCERNS TO DISCUSS WITH COACHES

- The treatment of your child
- Ways to help your child improve
- Concerns about your child's behavior

### COACHES ARE EDUCATORS, FIRST AND FOREMOST

It is very difficult to accept your child not playing as much as you hope. Coaches are educators. They make decisions based on what they believe to be best for all student-athletes and the educational goals of the SFDRCSISD. Certain concerns are appropriate to discuss with your child's coach. Other areas such as those listed below, must be left to the discretion of the coach.

- 1. Playing time**
- 2. Team strategy**
- 3. Play calling**
- 4. Other student-athletes**

There are situations that may require a conference between the coach and player, or coach and parent. These conferences are encouraged. It is important all parents involved have a clear understanding of the other person's position. When a conference is necessary, the procedure outlined within should be used to help resolve any concerns.

**IF YOU HAVE A CONCERN TO DISCUSS WITH A COACH  
PLEASE FOLLOW THIS PROCEDURE**

**FOLLOW THE CHAIN OF COMMAND**

Call YOUR COACH (not the Principal or Head Coach) to set up an appointment.

- Call the main number of the school and ask for YOUR COACH'S extension.
- If the your coach cannot be reached, call the Campus Athletic Coordinator and a meeting will be arranged.
- Please do not attempt to confront a coach before, during or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature usually do not promote positive resolutions.

**THE NEXT STEP**

What can a parent do if the meeting with the coach did not provide a satisfactory resolution?

- Call the Head Coach of your child's sport to discuss the situation. Next contact the Athletic Director to discuss possible solutions, if need be.
- At this point, the appropriate next step can be determined.

**PARENT CODE OF CONDUCT**

- Make sure your child understands that win or lose, you love him or her.
- Be realistic about your child's athletic ability.
- Help your child set realistic goals.
- Emphasize 'improved' performance, not winning.
- Don't relive your own athletic past through your child.
- Control your emotions at games and events.
- Be a 'cheerleader' for your child and for other children on the team.
- Respect your child's coaches. Communicate with them in a positive way. Encourage others to do the same.
- Be a positive role model.
- Be sensible, responsible and keep your priorities in order. There is a lot more at stake than a win or loss.

**GREAT SPORTSMANSHIP  
Begins at HOME with RESPECT for YOURSELF and OTHERS!!**

# Sportsmanship and UIL Athletics

## An Open Letter to the Fans

### University Interscholastic League

Dear Fan,

You walk up to the stadium or field ready to see a clash between your high school team and your most hated rival. You pull out your hard earned cash for that ticket, that golden ticket that allows you to a seat where you plan to “help” your team with constant berating of the opposing team and officials. You feel it is your duty as a fan to do everything you can for your team, and your role is to call it like you see it from 50 feet away in the stands.

What you don't understand is that your verbal abuse does nothing more than tear at the fabric of high school sports. The players on the athletic field, court or diamond are not being paid to play; they are not professional athletes that have to deal with fans like you on a daily basis. It is a privilege, not a right, for these athletes to compete as much as it is a privilege for you to sit in the stands and watch.

But what about your golden ticket that you paid good money for, doesn't that entitle you to something? Yes, you get the opportunity to watch two schools show off their skills and what they have learned in the athletic classroom. Other than that, your ticket gives you little more than a first-come-first-serve spot on a crowded row of bleachers. Contests could not exist without rules, and just as the players have to abide by rules on the field, you too have to follow the rules in the stands.

It's not all your fault; you probably had someone much like yourself at your high school games. Hopefully it's not the case, but you may never have seen proper spectator decorum. The UIL has a few basic tips that can help steer you in the right direction.

1. The field of play is the athletic classroom for student-athletes. Instead of math and science they learn teamwork and group responsibility in addition to dealing with success and overcoming adversity. You wouldn't dare interrupt a teacher giving a test to his or her students, yet you do it to coaches and student athletes routinely in their class- room.
2. Your ticket does not entitle you to disrespect or degrade others in any way. Everyone who is a part of high school athletics gives their best effort and that commitment to educational athletics should be celebrated.
3. Understand that the student-athletes you are watching will make mistakes, and no participant should be ridiculed at any time because of their efforts. Many of them are still learning the games they play and can easily be dis- heartened by a rogue fan attacking their performance.
4. High school coaches are actually full-time teachers first and coaches second. Anyone who tries to reverse this order is taking the first step to destroying a program. No one wants a program to fail, but the merciless pressure you put on him or her as someone who had nothing to do with the building of the program can bring it down.
5. Officials are present to promote the game and the student-athletes involved. They make judgment calls in good faith based on their knowledge and extensive training. A lot of time and effort has gone into making sure that they know the rules better than you. Respect their decisions.
6. Finally, you are a guest of the school and should act like one. Winning is an admirable goal of competition, but it is nothing if it comes at the expense of morals, ethics, and common sense.

This manual is intended to help participants and school officials understand the importance of sportsmanship in UIL athletics. Please take the time to read each section and feel free to visit our extensive Web site at [www.uil.utexas.edu](http://www.uil.utexas.edu). If you have any questions regarding sportsmanship or the UIL please contact one of our staff members.

University Interscholastic League

Parents and other Spectators,

Remember that you are at the contest to support and yell for your team, and to enjoy the skill and competition not to intimidate or ridicule the other team or its fans.

Remember that school athletics are a learning experience for students and that mistakes are sometimes made. Praise student-athletes in their attempt to improve themselves as students, as athletes, and as people, just as you would praise a student working in the classroom.

A ticket is a privilege to observe the contest, not a license to verbally assault others or be generally obnoxious.

Learn the rules of the game, so that you may understand and appreciate why certain situations take place.

Show respect for the opposing players, coaches, spectators and support groups.

Respect the integrity and judgment of game officials. Understand that they are doing their best to help promote the student-athlete, and admire their willingness to participate in full view of the public.

Recognize and show appreciation for an outstanding play by either team.

Refrain from the use of any controlled substances (alcohol, drugs, etc.) before, during, and after the game on or near the site of the event (i.e. tailgating).

Use only cheers that support and uplift the teams involved.

Be a positive role model at events through your own actions and by censuring those around you whose behavior is unbecoming.

Parents and spectators should be aware that the school can (and should) remove them from the premises and can prohibit them from attending future contests due to undesirable behaviors.

Game officials can ask that school administrators have unruly fans removed from a contest facility.

There is no such thing as a “right” to attend interscholastic athletics. Interscholastic athletics are considered a “privilege” and the spectator who avails themselves of it is expected to conduct himself or herself accordingly.

Keep in mind that you are a guest of the school, and that while winning is certainly an admirable goal, it is hollow if it comes at the expense of morals, ethics, and just plain common sense.

The school is responsible for the behavior of their spectators. The school district can be and will be punished for actions of patrons in violation of UIL standards and rules.

# 2Words Athletic Character Development Curriculum

Dear Parent/Guardian,

I'm excited to tell you about an exciting program our athletic department is implementing. As you know, we work hard to do more than coach athletes to win games - we want to coach your children to win in the game of life. To that end, we have partnered with 2Words Character Development (<http://2words.tv>), to implement a comprehensive character development curriculum across our athletic department. The program is a weekly comprehensive program that includes:

**A weekly video lesson from Character Development Coach Stephen Mackey (@MackeySpeaks)**  
**A corresponding lesson for coaches, captains, athletes, and parents**  
**Online resources to dive deeper**  
**Access to a daily leadership podcast, Mackey Speaks Leadership Journal**  
**Access to a weekly coaching leadership podcast, Coach 360**  
**In person leadership seminars and more!**

The program is gender and sport neutral, and will focus on helping our athletes connect the dots between sports and life, by looking at topics like:

**Goals**  
**Work Ethic**  
**Servant Leadership**  
**Personal Code**  
**Growth Mindset**  
**Grit**

As a part of this game plan, you have access to watch the weekly video and a worksheet which includes:

**A summary of that week's lesson**  
**"The Best 5": 5 Questions that you can discuss at home, or in the car, with your child that will spark conversation around that week's character trait**  
**A link to watch the lesson of the week**  
**3-5 more resources each week to help dive deeper into the trait of the week**

## **REGISTRATION INSTRUCTIONS**

1. Visit the link: <https://2words.tv/parent-registration/>
2. Fill out all required steps
3. Select the appropriate District and School
4. Enter in Access Code: *2wordsparents*

Thank you for allowing us to coach your children. It is our great privilege!

**Have more questions about the program?**

**Contact: [support@2Words.TV](mailto:support@2Words.TV)**

## STUDENT ATHLETE & PARENT SIGNATURE / ACKNOWLEDGEMENT

San Felipe Del Rio CISD Athletics **is a privilege and not a requirement for promotion to the next grade level or graduation.** As with any privilege which gives reward or satisfaction back to the participant, there must be higher standards of behavior, conduct, thinking, knowledge, and understanding expected of you as a member of the Del Rio Rams or Del Rio Queens athletic programs. When your behavior, conduct, thinking, knowledge, or understanding is not inline or in agreement with our Coaches, Administration, Student-Parent Handbook, Student Athlete & Parent Handbook, all District Handbooks/Policy, and/or your individual sport rules, procedures, and policy handbook, you must be held to a higher standard/level of consequences for your inappropriate actions. Consequences may vary depending on the seriousness/level of your negative conduct/behavior/actions.

Upon verification of a first offense of the Student Athlete and Parent Handbook, the student will be required to attend a conference in which he/she will be presented with a contract detailing future behavioral expectations. The contract will be signed by the student, parent(s) or guardian(s), his/her Coach(es), his/her Head Coach, and Athletics Director. The contract will reflect an understanding of the expectations of his/her consequences for future rule violations. The contract must be signed by the student and his/her parent(s) or guardian(s) prior to his/her reinstatement to the extracurricular program.

My signature below or through RANKONE SPORT website indicates I have read and understand the Del Rio Athletics Student Athlete and Parent Handbook.

Student (Print): \_\_\_\_\_ ID#: \_\_\_\_\_

Grade: \_\_\_\_\_ :Sports: 1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_

Parent or Guardian (Print): \_\_\_\_\_

Student (Signature): \_\_\_\_\_ Date: \_\_\_\_\_

Parent or Guardian (Signature): \_\_\_\_\_ Date: \_\_\_\_\_