



Rodriguez Middle School Boys Athletics

2017 – 2018 Parent Information & Policies

Welcome to the first year of Rodriguez Middle School Athletics. The Viper coaching staff is excited about your son being a part of the inaugural athletics this year. Your son will have the opportunity to learn discipline, teamwork, decision making skills, as well as the skills needed for sports.

There are three ways that you can easily stay up to date with everything that is happening at Rodriguez. Please follow RMS Boys Athletics on our Facebook Page, follow us on Twitter or check our school webpage for important announcements. The links you will need are listed below.

Facebook: <https://www.facebook.com/RMSboysathletics/>

Twitter: https://twitter.com/RMS_Viper_ATH

Website: [Rodriguez Boys Athletics](#)

Over the next few pages I will go over some of our expectations for athletics, our philosophy regarding middle school athletics along with some of the administrative things that are involved with our program. After reading this packet, please click on the link at the end of the packet. It will take you to an online form where you can electronically sign, acknowledging that you have read and understand the expectations for athletics at Rodriguez Middle School. If you have any questions or concerns, please do not hesitate to contact me or any of our coaches. We will be happy to give you a call, respond to an email or sit down and talk with you. Thank you for your support and cooperation in helping make Rodriguez Middle School the best middle school in Denton ISD.

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Player Expectations

- A. Every athlete is expected to dress out every day. Athletes will wear the proper workout clothes and will be responsible for all issued equipment.
- B. All practices are mandatory regardless if you are injured or not.
- C. Athletes are responsible for getting to all academic classes and athletics on time every day. Make both a priority and be there early.
- D. All athletes are required to participate in at least one of the following sports during the fall semester. Football, Basketball, or Cross Country
- E. Jewelry and/or body piercings may not be worn at any athletic event. (games, practice, etc.)
- F. All athletes are expected to pass every class. No pass, No play.
- G. Any school issued equipment that has been lost or damaged, will result in payment for the lost or damaged equipment.

Practices

Practices are mandatory, not optional. Students are expected to be on time and dressed out. Should an emergency arise where your son will not be at practice, please let the head coach know BEFORE practice by email or a phone call. Please try and schedule doctor's appointments around games and practices. If an athlete is sick, but well enough to come to school, then he is expected to dress out and participate in practice as much as possible. Missed practice time may result in a reduction of playing time. Multiple unexcused absences without notifying the head coach may result in a reduction of grade as well.

Generic Weekly Practice Schedules are listed below. These can vary due to weather, school holidays, school events, Braswell Games and such. If there is a change in the schedule alerts will be posted.

7th Grade Football:

Once games begin, practice start times will be as follows:

Monday: 7 a.m.

Tuesday: No before school practice

Wednesday, Thursday, Friday: 7 a.m.

Practice ends at the conclusion of 1st period

8th Grade Football:

Once games begin, practices will end at the following times:

Monday: 4 p.m. (due to 7th grade football game)

Tuesday: No after school practice because of game

Wednesday, Thursday, Friday: 5:00 p.m.

Practice begins at the start of 8th period

7th Grade Basketball:

Once games begin

Monday – Wednesday: 7 a.m.

Thursday: Game

Friday: T.B.D.

8th Grade Basketball:

Once games begin

Monday-Thursday: 5:00 p.m.

Friday: T.B.D.

As a coaching staff we will make sure that all practices will begin and end on time. Please make the necessary arrangements to have your son at practice on time and have him picked up on time. They are to be picked up no later than 15 minutes after the end of practice. All of our football practices are open for you to watch. According to district policy though, we ask that you please stay outside of the fence. Basketball practices will not be open.

Games

Football: 7th grade is on Monday nights and 8th grade is on Tuesday nights with a few exceptions because of the school calendar.

Basketball: 7th and 8th grade is on Thursday nights except for a few exceptions as well.

Cross Country: Wednesday afternoons beginning at 3pm

Track Meets: Monday nights except for the District Meet which is on a Thursday night.

All athletes are required to ride the bus to the games. For football, all athletes will be required to ride the bus back to school as well. For basketball, track, and cross country, athletes will be allowed to go home with a parent/guardian as long as the parent/guardian signs him out. Your son can only be signed out to you. No student will be allowed to go home with someone else's parents. Please make arrangements to pick your son up at the school after the games.

Athletes will stay after school in the locker room. During this time students will have some time to do homework. We will also be issuing uniforms and having team meetings. Athletes will be able to eat after school. You may bring food for your son. If you bring food for your son, do not drop it off in the front office. Please bring it around back of the school near the locker room doors. Please park in the parking lot and call your son. Athletes also have the option of purchasing food from a local restaurant for gamedays. More details will follow regarding meals once school starts. Both 7th and 8th graders must have their orders placed in the morning before the end of 1st period.

Athletic schedules are posted on our website in a PDF format. Please note that if your son is in ISS, he may not be able to participate in practice or a game until his punishment is finished and the coaches have spoken with campus administrators.

Injuries/Parent Notes

Rodriguez will have an athletic trainer assigned to our campus. Any injury or possible injury needs to be evaluated by our trainer before going to a doctor. The trainer will be at all of our games and some of our practices. We will be able to use the trainer for rehabilitation and some treatments during the athletic period. This should help with communication as well and get the boys used to how treatment will be in high school.

Parent notes are good for only 2 days. After this we need a doctor's note, otherwise the student will be expected to participate in practice. Students will only be allowed 3 parent notes a semester. After the three notes, students will only be able to miss workouts with a doctor's note. If we have a doctor's note saying your son cannot participate in athletics and it does not include a specific return date, we will need another note saying he can return.

Uniforms/Workout Clothes

Athletes are expected to be dressed out every day in their own workout clothes. They will also need to take clothes home at least once a week to wash their clothes. Every Friday we will remind them to take their clothes home to wash and it is their responsibility to bring them back on Monday. Athletes who do not dress out will still be expected to participate in workout. Every athlete will be issued one set of athletic clothes that are property of Rodriguez Middle school. You may purchase additional workout gear from us if you would like.

For game attire please try and limit the color of socks, gloves, long sleeves, shoes and laces to black, grey, silver, white, and/or teal. This includes football cleats and basketball shoes. Athletes will not lose playing time or be punished if they are wearing something other than the colors recommended. We will have one football game at the end of October that will be designated as the Breast Cancer Awareness Game and your son will be able to wear pink for that specific game.

On game days for football and basketball, athletes will be expected to wear a collared, button up shirt, tie, dress pants/khakis, and a belt. Students are encouraged not to wear any jewelry in the locker room, gym or on the football field. This includes, but is not limited to, earrings; necklaces; bracelets; etc. Coaches will not be responsible for any lost or misplaced jewelry and some items can be a safety issue.

Locker Room

Your son will be assigned a locker. Because theft can occur, please remind your son to always close and lock his locker and to not give out his combination. The locker room is not a place for anything valuable. If your son has an instrument, he may store it in the designated place for safe keeping. Please label all of your student's property. This will help distinguish it if by chance it turns up missing. The only items that will be allowed in the locker are: athletic equipment (football pads and cleats), workout clothes, towel, and toiletries. No other items will be allowed. Spray (Aerosol) deodorants and cologne are not allowed at school. 7th graders are required to take a shower before going to class. Your son will need to bring a towel. We will give the boys plenty of time to take a shower in the morning before going to class.

Coaches must be mindful of safety at all times. Horseplay in the locker room is a persistent problem which we address by being a presence in the locker room and correcting inappropriate behavior. However, it is impossible to watch everyone. When students have been corrected for inappropriate conduct in the locker room and persist in that behavior

endangering the safety of others, they may be removed from athletics for the remainder of that year.

Eligibility/Physicals

In order for your son to maintain eligibility he must maintain passing grades in all of his classes. Because our district has gone to 9 week grading periods the eligibility calendar has changed. There will be more grade checks during the year. If your son becomes ineligible due to grades, he will have the opportunity to regain eligibility by raising his grade before the next grade check. If your son loses eligibility, he will not be able to participate in games for 2 or 3 weeks (depending on the calendar). He will still be expected to be at practice.

All athletes are required to have a physical on file. All incoming 7th graders and 8th graders new to the district will need a new physical. Incoming 8th graders who were at Navo last year and participated in athletics should have one on file and we will work with the Navo coaching staff to obtain that physical. Athletes will not be able to participate in any before/after school practice until he has a physical on file.

Quitting A Sport

We want everyone to try every sport. However, we understand that certain sports are not for everyone. There will be a two week window at the beginning of each season for students to try out the sport. If the student determines that he does not want to continue, he can quit and not have any penalty. After two weeks, the student will have a reduction in his grade for that marking period. He will not make above an 80. If your son decides to quit a sport, he will need to come and speak with the head coach of his sport and turn in any equipment that may have been checked out to him.

Sweats

We still will be going outside when the temperature begins to drop. Sweats will be provided to every athlete. These sweats will be property of Rodriguez Middle School and need to be returned in good condition. Sweats should only be worn for athletic activity and not to class.

Offseason

During Football:

Athletes who are not in Football will be in offseason. During offseason, we will be preparing for Cross Country and Basketball. We will be working on endurance and fundamentals.

After Football:

Athletes will be placed into groups based upon several things. We will be working on strength, speed, and agility. Several times throughout the year we will adjust the groups. We will be utilizing our weight rooms extensively during offseason. We follow a program that is set up by the Braswell Strength and Conditioning Coach.

Parent Expectations from the UIL

Both parenting and coaching are very difficult vocations. By establishing an understanding between coaches and parents, both are better able to accept the actions of the other and provide a more positive experience for everyone. Parents have the right to know, and understand, the expectations placed on them and their children. Coaches have the right to know that if parents have a concern, they will discuss it with the coach at the appropriate time and place.

Communication parents should expect from their child's coach:

- 1) Coach's philosophy.
- 2) Expectations the coach has for your son, as well as other players on the team.
- 3) Locations and times of practices and contests.
- 4) Team requirements, i.e., fees, special equipment needed, school & team rules, off-season expectations.
- 5) Procedures that will be followed if your child becomes injured during participation.

Communication coaches expect from parents:

- 1) Concerns regarding their son or daughter expressed directly to the coach at the appropriate time and place.
- 2) Specific concerns in regard to the coach's philosophy and/or expectations.
- 3) Notification of any schedule conflicts well in advance.

As your child becomes involved in interscholastic athletics, they will experience some of the most rewarding moments of their lives. It's important to understand there may be times when things do not go the way you or your child wishes. These are the times discussion with the coach is encouraged.

Appropriate concerns to discuss with a coach:

- 1) The mental and physical treatment of your child.
- 2) What your child needs to do to improve.
- 3) Concerns about your child's behavior.

It is very difficult to accept your child is not playing as much as you may hope. Coaches make decisions based on what they believe is in the best interests of all students participating. As you can see from the list above, certain things can and should be discussed with your child's coach. Other things, such as those listed next, must be left to the discretion of the coach.

Issues NOT appropriate for discussion with your child's coach:

- 1) How much playing time each athlete is getting.
- 2) Team strategy.
- 3) Play calling.
- 4) Any situation that deals with other student-athletes.

There are situations that may require a conference between the coach and parent. These are not discouraged, as it is important for each party to have a clear understanding of the others' position. When these conferences are necessary, the following procedure is suggested to help promote resolution to the issue.

If a parent has a concern to discuss with the coach, the following procedure should be followed:

- 1) Call or email the coach to set up an appointment.
- 2) If the coach cannot be reached, call the campus athletic coordinator and ask him or her to set up a meeting with the coach for you.
- 3) Think about what you expect to accomplish as a result of the meeting.
- 4) Stick to discussing the facts, as you understand them.
- 5) Do not confront the coach before, during or after a practice or contest. These can be emotional times for both the parent and coach. Meetings of this nature do not promote resolution of the situation, but often escalate it.

What should a parent do if the meeting with the coach didn't provide satisfactory resolution?

- 1) Call or email the campus principal to set up a meeting with the principal, coach, and parent present.
- 2) At this meeting, an appropriate next step can be determined, if necessary.

Students' involvement in co-curricular activities has been proven to increase their chances of success later in life. We hope the information contained in this handout helps make that experience more enjoyable for everyone involved.

Denton ISD Spectator Expectations at Athletic Events

Athletic events are a venue for student-athletes to showcase their hard work and dedication to a particular sport or activity. The majority of the time spectators respect the boundaries set by administrators, coaches and officials that ultimately make for a positive experience for all involved. However, there are cases that those boundaries are crossed and action must be taken to insure that events are positive and safe for all.

These are examples of, but not limited to, inappropriate spectator behavior:

- 1) Verbal abusing a school administrator or an administrative representative of the host or visiting school, any official, and/or any student or athlete.
- 2) Actively coaching children from the stands that effects play, officiating, or the players involved in the contest.
- 3) Entering locker rooms at any time without permission from a coach, administrator, or a security representative of the host school.
- 4) Inciting other spectators into heated exchanges.

The Denton ISD Athletic Philosophy states that one of the many purposes of interscholastic athletics is to instill pride, poise, discipline, class, accountability, and decision making skills that will serve the student-athlete long after they leave their respective schools and positive spectator behavior enhances those attributes. Equally, negative spectator behavior can take away from the overall athletic experience and character development of our student-athletes. Therefore, any behavior that may be considered disruptive to the event, the participants, and/or the administration or the representatives of the host or visiting schools can be addressed from an informal conference with school personnel all the way to suspension from attending future contests. It is our hope that you will confirm all of Denton ISD student-athletes and their commitment to excellence by enjoying their athletic events in a positive and supportive way.

Acknowledgement Form:

Please click on the link below to electronically sign the form. If you have more than one athlete, please submit a form for each student. Thanks and go Vipers!

[2017-2018 Rodriguez Boys Athletics Acknowledgment Form](#)