



## **Rodriguez Middle School Girls Athletic Handbook**

### **Purpose**

The purpose of Rodriguez Middle School Athletics is to prepare athletes for high school sports through the development of fundamental skills, teamwork, leadership, and sportsmanship. This will be accomplished through competitive sports and through the off-season program for those athletes not competing in the sport that is in season.

### **Sports**

Middle school students can participate in volleyball, football, basketball, cross country, and track and field. To determine teams, athletes will be evaluated on performance, skill assessment, sportsmanship, attendance, coachability, and team play.

VOLLEYBALL (girls only) – A maximum of three teams (A, B, and C) will be selected per grade level.

BASKETBALL – A maximum of three teams (A, B, and C) will be selected per grade level.

CROSS COUNTRY - There will be 7 runners for the A Team and everyone else will run B Team.

FOOTBALL – A maximum of three teams (A, B, and C) will be selected per grade level.

TRACK AND FIELD – One boys and one girls' team in each grade. The top 3 in each event will qualify for each meet.

### **Off Season**

If an athlete does not participate on a team for that sports season, he/she will participate in an off season program during that sport's duration. This program includes speed and strength improvement, plyometrics, cardiovascular exercises, and fundamental skills

needed to enhance the student's overall athletic ability. This class meets during the class period. They will not have workouts before or after school.

### **Practice Responsibilities**

1. Participate during class and during scheduled before or after school practices.
2. The head coach of each sport will determine the overall practice schedule.
3. Athletes are not allowed to wear jewelry or chew gum during practice.
4. Tie hair back so that it does not impede vision.
5. Athletes will wear the issued athletic uniform daily. Athletes will receive shorts and an athletic shirt on the first day of school. Issued uniforms are the property of Rodriguez Middle School and must be returned at the end of the school year. An Under Armour portal will be set up to purchase additional workout gear if you would like to have an additional set of clothes to rotate out between.
6. Dress out and attend to practice to learn plays and strategies – even if injured.

### **Injuries**

If injured during practice or games, the athlete will be evaluated by our athletic trainer and the parent will be contacted. It is the athlete's responsibility to notify the coaches or trainer immediately any time an injury occurs. A note from a parent regarding any injury/illness occurring outside of school will excuse the athlete from practice for two days. If the injury or illness is going to keep the athlete out of practice for more than three days, a note from a doctor is required. Please have the doctor write specific information on what your child may or may not do while injured, and a specific date to return to normal activity. If you do not feel it necessary to take your child to the doctor for evaluation, but are concerned about he/she participating, then our athletic trainer will evaluate the injury and contact the parent with his recommendations.

### **Game Day Procedures**

The athlete will:

1. on game days.
2. Play in all games and tournaments more than a token appearance.
3. Be at school dressed in uniform and ready to play.
4. Athletes will remain on campus each game day.
5. Athletes will ride the bus to and from away sites.
6. All athletes will support all teams and will stay through the duration of games home and away.

Please note:

1. If an athlete misses the bus, he/she will not play in the game.

2. If an athlete is late, playing time will be affected.

### **Bus Procedures**

All students are expected to ride the bus to and from games. If an injury or emergency occurs during the game, a parent **MUST** sign the coach's score book to take their son/daughter with them. Cell phones, or any electronic devices are not allowed on the bus. No food or drinks allowed on bus.

### **When In Uniform**

Athletes represent Rodriguez Middle School and should act accordingly. When not playing, they should sit in the bleachers together and cheer for their teammates. Failure to do so will result in losing playing privileges in the next game. Athletes should show respect to others, both on and off the court, field, or track. Athletes should act like leaders at all times and demonstrate Viper Pride!

### **Lockers/Locker Room**

Lockers will be issued to all athletes. The large locker will provide room for all books, clothing, uniforms, and shoes during practice.

1. All lockers should be locked during practice with belongings inside.
2. A small container should be put in the locker for any valuables.
3. Locker combinations must not be shared.
4. Athletes must be responsible. All belongings should be picked up before practice and again after practice before leaving the locker room clean and clutter free.
5. Cell phones are not permitted in the locker room area.

**\*Rodriguez coaches and staff are not responsible for items left unattended or not secured in the provide locker. Locker rooms will remain locked throughout the day when classes are in progress.**

## **Rodriguez Middle School Student-Athlete Policies and Expectations**

### General Guidelines and Expectations

Conduct yourself, both publicly and privately, in a manner which demonstrates pride in and respect for yourself, family, teammates, coaches, and school. This includes after school hours. Choices you make reflect on your school and the athletic program.

#### **Core Values**

Honesty

Accountability

Respect

Loyalty

Discipline

Trust

Decisions should be made predicated on our core values. Mistakes are correctable; however, decisions made that are inconsistent with our core values will be dealt with in a serious and consistent manner.

#### **Specific Policies**

**Classroom:** Conduct yourself as a lady/gentleman and show respect to the teacher and fellow students. Behavior issues in the classroom are as serious as issues on the playing field and will not be tolerated.

**Eligibility:** Every player is responsible for their academic eligibility. Keep your priorities in order. Academics are more important than athletics. Keys to academic success are:

- attend class
- complete all assignments
- study everyday
- attend tutorials as needed ask early and often for help if you are struggling

#### **Team Rules & Policies**

**Facility:** Treat our facilities like you would your own home. Pick up after yourself. Only players and coaches allowed in the locker room.

**Attire:** All players are to wear Rodriguez athletic gear during workouts.

**Equipment:** Equipment will be issued to wear in practice and games. You will be held accountable for wearing and keeping up with your equipment. Anything issued to you is the property of Rodriguez Middle School.

**Practices:** Attendance is mandatory. A missed practice must be made up before the athlete will be able to compete in scheduled games. Missed practices may result in reduced playing time during games. Be on time for all practices and/or team meetings. All players will properly wear athletic gear during workouts. Practice with relentless effort. Practice with enthusiasm and emotion. Report injuries before leaving the locker room.

**Games:** Show respect for yourself, team, and opponents. Do not taunt your opponent. Act with class and dignity at all times. Players will always show respect to game and school officials.

### **Academic Plan Monitoring Grades**

Coaches will monitor the academic progress of their athletes. Each coach will act as a liaison between the athletic program and an assigned academic department. Parents will be encouraged to register on-line and monitor their daughters/sons academic progress. If an athlete is failing or in danger of failing a class, he will be required to attend tutorials for that subject. Coaches will monitor tutorial attendance.

### **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 Lady Vipers!

[RMS Girls Athletic Handbook](#)