

ROSEBUD-LOTT ISD ATHLETIC HANDBOOK



2025-2026

PHILOSOPHY OF OUR ATHLETIC PROGRAM

THE purpose of our Athletic Program is to aid the total educational process in developing young men and women into good, sound citizens of our community, state, and nation. Keeping this purpose in mind, the philosophy of this Athletic Program will be built around the welfare of the student-athlete.

It is our belief that competitive athletics has a very meaningful educational value. Besides the obvious physical development that would accompany any activity, the Athletic Program will also strive to develop the mental, psychological, moral, and social areas of those students involved in athletics.

Participation in extracurricular activities is a privilege, not a right. No student is required to take part in athletics: or is participation necessary for graduation. Special standards for participation will be expected of the student. When an individual fails to comply, the privilege may be revoked.

The Athletic Program rules and regulations apply to all student athletes at all times while they are enrolled in School. This means that their behavior during weekends, holidays, and school breaks, including the summer break, will be covered under this handbook.

The program will develop a value for hard work and the personal qualities of self-control, self-confidence, self-discipline, dedication, leadership, loyalty, good sportsmanship, and respect for others. The student will learn the importance of scholastic achievement as a prerequisite to athletic competition.

The classroom setting is of upmost importance to the athletic setting. If you are achieving in the classroom and following the classroom rules, we will know it and be proud of you. If you misbehave or do unsatisfactory work in the classroom, you will be held accountable for your actions. The belief that accountability is a high priority of our Athletic Program should be understood by all involved in the program.

ROSEBUD-LOTT I.S.D. -ATHLETIC CODE OF CONDUCT

JURISDICTION

Student participation in athletics is encouraged. RLISD makes athletic activities available as an extension of the regular school program, with this important difference:

PARTICIPATION IN THE REGULAR CURRICULUM IS A RIGHT AFFORDED TO EACH STUDENT, WHILE PARTICIPATION IN THE ATHLETIC PROGRAM IS A PRIVILEGE THAT CARRIES ADDITIONAL EXPECTATIONS FOR ACCEPTABLE CONDUCT.

Students engaging in athletic activities represent not only themselves, but also other students and the school district when wearing uniforms that identify them as RLISD students. For this reason, their behavior must be exemplary and reflect the finest attributes of the total RLISD student body at all times and places.

Important goals for the athletic program are to give students direction in developing self-discipline, responsibility, pride, loyalty, leadership, teamwork, respect for authority and healthy living habits.

Because participation in athletics is a **PRIVILEGE AND NOT A RIGHT**, RLISD is authorized to set higher standards for participants or athletic activities than it would for those students who choose not to participate in athletics.

Therefore, this Athletic Code of Conduct extends beyond the RLISD Student Code of Conduct not only in types of behavior prohibited, but also in corresponding consequences and jurisdiction for imposing discipline. This Athletic Code will be enforced with all students' grades 7 thru 12 participating in athletic activities:

- regardless of whether the offense occurs on or off school property or at a school-related event;
- regardless of whether the student is directly involved with the athletic activity at the time the prohibited conduct occurs;
- regardless of whether the athletic activity is in-season.

It is possible that a student who violates the RLISD Student Code of Conduct will incur consequences from both the appropriate school administrator and from his or her coach for the same particular violation. It is also possible that an athlete could violate the Athletic Code of Conduct without having violated the RLISD Student Code of Conduct.

EXPECTATIONS FOR STUDENT-ATHLETES

- Student commitment to a team is expected for the entire season. Athletes are encouraged to participate in more than one athletic activity.
- Athletes wishing to withdraw from the team (quitting a sport) after the first contest:
 - a.) Will forfeit any award for the sport.
 - b.) Athletes that choose to quit a sport during the season will not be allowed to participate in another sport for an unspecified period of time that will be determined by the head coach of the sport quit, the head coach of the sport the athlete wants to participate in, and the athletic director.
 - c.) If an athlete **quits two sports in one year**, he/she will be **removed** from the athletic program for the remainder of the school year.
- Athletes will conduct themselves in a sportsmanlike manner at all times. This includes: behavior towards opponents. RLISD athletes will be noted for clean, tough, competitive play.
- The school dress code will be followed at all contests.
- Athletes will arrive on time to practices, meetings, and events. Cell phones will not be used during practices, meetings, games, or events.
- Athletes are responsible for:
 - a.) notifying the appropriate coach of an anticipated absence prior to the practice or game.
 - b.) Obeying all rules established by the coach.
 - c.) Refraining from the use of profanity or vulgar language.
 - d.) Contributing their best at all times.
- Injured or ill athletes who are unable to participate, but are able to attend, are required to dress appropriately and sit or stand with their team.
- Athletes are required to show respect at all times to coaches as well as other authority figures.
- Athletes shall not wear hairstyles or hair colors that draw attention to themselves.
- Athletes will follow the rules promulgated in the RLISD Student Code of Conduct. Failure to do so may result in additional disciplinary measures related to the athlete's participation in athletic activities as determined by the coach.
- Athletes, traveling as part of a team, will be expected to adhere to the following:
 - a.) Arrive at the designated location prior to scheduled meeting and departure time. Failure to fulfill this obligation may result in athletes being excluded from the trip.
 - b.) Dress in a neat appropriate manner that complies with the RLHS dress code and as directed by the coach.
 - c.) Demonstrate appropriate behavior and good citizenship from the time of departure and return to the campus.
 - d.) Travel and return with the team on school provided transportation is encouraged and at times may be required at the discretion of the coach. When athletes travel home with someone other than their parent/guardian, written documentation must be presented and

signed by the parent/ guardian to their coach before the athlete will be released and must be turned 1 day prior to the event. No athlete will be released to anyone other than a parent or guardian at the conclusion of the activity unless it is approved beforehand.

3

DRUG TESTING

- All athletes participating in sports as a representative of Rosebud-Lott ISD are subject to participation in the Random Student Drug Testing Program Policy, FNF (LOCAL). This policy states that ALL athletes will be subject to random drug testing throughout the school year.
- **SANCTIONS FOR POSITIVE TESTING:**

(All offenses are cumulative for a student's enrollment in grades 7-12.)

1. **Refusal to Test:** Each time a student refuses to test a drug test, after having signed the Drug Testing Consent Form, will be treated as a positive test. If a student whose name is on the test list should leave school without testing, it will be treated as a positive test.
2. **First offense:** As the result of a first positive test, the student will be suspended from competition in athletics for a period of Two (2) school weeks from date of notification. The student shall not be re-admitted until the student successfully completes 2 sessions of counseling through EDUHERO.
3. **Second offense:** As the result of a second positive test, the student will be suspended from competition in athletics for a period of 4 weeks from date of notification, the student shall not be re-admitted until the student completes an Eight (8) hour in-person counseling.
4. **Third offense:** As a result of a third positive test, the student will be removed from the athletic program for the remainder of their enrollment in Rosebud-Lott ISD.
5. **Terms of Suspension:** The terms of suspension include all competition and activities requiring travel. Student-athletes are still required to attend all practices while suspended.

- **FAILURE TO PARTICIPATE IN THE RANDOM STUDENT DRUG TESTING PROGRAM OR FAILURE TO TURN IN THE DRUG TESTING CONSENT FORM FORFEITS ATHLETES FROM PARTICIPATING IN SPORTS AT ROSEBUD-LOTT ISD.**

VARSITY LETTERS

- An athlete will be determined to have lettered in a sport if he/she meets any of the following criteria:
 - He/she competed/played in a varsity contest for two or more games/competitions of the season.
 - He/she must advance past district competition in cross country, track, powerlifting, golf and tennis depending upon coach/athletic director discretion.
 - Student conduct and academic performance may affect letter jacket eligibility.

University Interscholastic League (UIL)

The purpose of the UIL is to organize and properly supervise contests that assist in preparing students to become better citizens. The aim of the UIL is to provide healthy, character building, educational activities carried out under the rules providing for good sportsmanship and fair play for all participants.

The UIL athletic program is based on the premise that athletes are students first and that athletic participation is a privilege rather than a right. Students learn teamwork and group responsibility. The athlete will also learn to deal with success and to overcome adversity.

The UIL manual is provided to assist in guiding you and your child through the UIL process. This manual can be found online at the following address: www.uil.utexas.edu.

4

TRAINING RULES

Athletes will refrain from using or possessing tobacco of any kind, consuming or possessing alcoholic beverages, or using or possessing any prohibited drugs such as marijuana, narcotics, or steroids. The use of these substances can constitute suspension of games and dismissal from the team.

NOTE: State law has added steroids to the list of illegal drugs. Anabolic steroids are for medical use only. State law prohibits the possession, dispensing, delivery, or administering of an anabolic steroid in any manner not allowed by state law. State law prohibits bodybuilding, muscle enhancement or increasing muscle bulk or strength through the use of anabolic steroid or human growth hormone by a person who is in good health without a valid medical purpose. Only a medical doctor may prescribe an anabolic steroid or human growth hormone for a person. A violation of state law concerning anabolic steroids or human growth hormones is a criminal offense punishable by confinement in jail or imprisonment in the Texas Department of Corrections. This law became effective September 1, 1989

MAKE-UPS FOR MISSING WORKOUTS/PRACTICES

All absences, excused and unexcused, **will require make-ups**. They are to be administered by the athlete's in-season coach. Every reasonable effort must be made to have make-ups completed before the athlete will be permitted to compete in any scheduled contest. Make-ups do not take the place of the required discipline for unexcused absences.

All make-ups should correspond to the amount of conditioning that the athlete missed while he/she was not at practice. The in-season coach will be able to determine the correct amount of conditioning that was missed. Make-ups should not be completed at the expense of the scheduled workout for that day.

Coaches will use their professional judgment in regards to an athlete's health. If conditions warrant a delay, or parceling of the make-up, coaches will use their professional judgment.

EQUIPMENT

Athletes are issued equipment throughout the school year. Athletes will be expected to return all equipment within five days of the end of a season. Each athlete will be held responsible for his/her equipment. If an article of equipment is lost or damaged, the athlete will be required to pay the cost of replacing that equipment. The assessment of fines to cover missing/damaged equipment will be done by the in season coach. An unpaid fine list will be given to the school office. Report cards, diplomas and transcripts could be held until the fine is paid. **ATHLETES WILL NOT BE ALLOWED TO PARTICIPATE IN THEIR NEXT SPORT WITHOUT RETURNING ALL EQUIPMENT/ PAYING FOR LOST ITEMS ISSUED TO THEM.**

DISCIPLINE

The "**Discipline Matrix**" has been designed to foresee various possible situations. There may be situations that arise that are not listed in this table. If such a situation occurs, the in-season coach, with input from the Athletic Director, will handle those cases. Anything that is determined to be damaging to the athletic program will be dealt with accordingly.

Deferred adjudication does not equate to "not guilty". Deferred prosecution does not equate to "not guilty".

The required forms must be filled out completely and returned to the athletic director or head coach of sport at RLHS in order to participate in Rosebud-Lott ISD athletics.

The following required forms are:

- **RLHS Athletic Guidelines and Code of Conduct Notification and Agreement/Student Information**
- **Parent Authorization to Consent to Treatment of the Student Athlete**
- **UIL Pre-Participation Physical Evaluation—Medical History and Physical Examination**
- **UIL Parent and Student Agreement/Acknowledgement Form—Anabolic Steroid Use and Random Steroid Testing (high school athletes only)**
- **UIL Acknowledgement of Rules**
- **UIL Concussion Acknowledgement Form**
- **RLISD Voluntary Drug Testing Agreement**

NO ATHLETE WILL BE ALLOWED TO PARTICIPATE UNTIL ALL REQUIRED FORMS ARE COMPLETED, SIGNED AND RETURNED TO THE ATHLETIC DIRECTOR OR HEAD COACH OF SPORT.

If you have any questions about the information or requirements of the Student/Parent Athletic Participation packet; please contact the athletic director at RLHS.

UIL Parent Information Manual

~ PARENT / COACH RELATIONSHIPS ~

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.

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.

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 other's 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 the coach to set up an appointment.
- 2) If the coach cannot be reached, call the athletic director 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 the athletic director to set up a meeting with the athletic director, coach and parent present.
- 2) At this meeting, an appropriate next step can be determined, if necessary.

Rosebud-Lott ISD will abide by and all expectations set forth in the UIL Parent Information Manual.

The UIL Parent information Manual can be found here: <https://www.uil texas.org/athletics/manual>

**PARENT AUTHORIZATION TO CONSENT TO
TREATMENT OF THE STUDENT ATHLETE**

ATHLETE'S NAME

I give permission to the Rosebud-Lott Athletic Department to give aid and treatment to my child in case of injury.

I also give permission to the Rosebud-Lott Athletic Department to administer over-the-counter medications to my child as needed.

Parent/Guardian Signature

Date

Please list any restrictions that are necessary.

MUST BE SIGNED AND RETURNED

8

ATHLETIC GUIDELINES AND CODE OF CONDUCT

I, the parent of, _____, have read the Rosebud-Lott Athletic Guideline and Athletic Code of Conduct. I understand that in order to be part of the Rosebud-Lott Athletic program my child will have to comply with the policies as they are stated in this guide.

PARENT SIGNATURE

DATE

STUDENT'S SIGNATURE

DATE

MUST BE SIGNED AND RETURNED



Student Name(Please Print): _____ **Grade:** _____

Consent to Participate

Student Participating in Extracurricular Activities

I acknowledge that the student named above participates in extracurricular activity(ies) at Rosebud-Lott ISD and, as such, is required to participate in the student drug testing program.

I acknowledge that I have reviewed the Random Student Drug Testing Program Policy, FNF (LOCAL), for Rosebud-Lott ISD. I have read and understand the purposes, requirements, and consequences of the drug testing program. I hereby consent and agree to the testing provided in said program. I understand that participation is conditioned upon voluntary consent.

I hereby consent and agree to the testing of the student named above as provided in Board Policy FNF (LOCAL). I further agree to and shall indemnify and hold harmless the Rosebud-Lott ISD, its officers, agents, and employees, from suits, and liability of every kind, including all expenses of litigation, court costs, and attorney's fees, for any injury or damages which I, my child, or any other person might sustain as a result of my child's participation in this drug testing program.

I acknowledge that I have read and understand this consent and release. I represent that I am the parent or guardian of the student named above, and I hereby agree that we shall both be bound by the terms of this consent and release and the provisions set forth in the Random Drug Testing Policy FNF (LOCAL).

Parent/Guardian Signature

Date

I, the student noted above, acknowledge that I have read the forgoing consent and release and that I understand it and agree to be bound by its terms and the terms of the drug testing program.

Student Signature

Date

Listed below are the prescription/non-prescription drug(s) and dosages taken by my student:

Drug Name (print): _____ **Dosage:** _____ **Time:** _____

Drug Name (print): _____ **Dosage:** _____ **Time:** _____

Refusal to Participate

The student named above does not have my consent to participate in the drug testing program. I understand that the student will not be allowed to participate in extracurricular activities or drive to or park on Rosebud-Lott ISD property.

Parent/Guardian Signature: _____ Date: _____

Student Signature: _____ Date: _____