

Reagan County Athletic Handbook



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INTRODUCTION

This athletic policy handbook is meant to address the general guidelines that RCISD student-athletes are to follow. It does not address every possible situation and individual coaches can institute their own rules for their sport in addition to these policies. Students are expected to follow all the guidelines in the athletic policy and requirements set by their coach. They will also follow all the rules and policies that are set forth by Reagan County ISD, including dress code and drug testing. Also, they must adhere to stipulations on eligibility set forth by the UIL, which governs athletics in Texas.

When an athlete fails to meet athletic handbook or coaches expectations, consequences must be administered to ensure standards are kept high, and more importantly change the behavior. Consequences may include, but are not limited to conferences with Head Coach and/or Athletic Administration, physical conditioning, suspension, zero tolerance contracts, or removal from athletics. Any athlete that continually falls short of expectations or persistently commits offenses may be subject to reduced playing time, suspension, zero tolerance contracts, or removal from athletics.

Athletics is an extracurricular activity, which means that it is to be an extension of the classroom. Athletics should be an integral part of and should add to the educational process. Athletes must remember that they are students first and must take care of their classwork. They have to pass to play and they also have to do what is required of them in school.

Students are encouraged to participate in athletics as an opportunity to develop physically, intellectually, emotionally, and socially. Students will be supported and challenged to achieve the highest levels of knowledge, skills, and character while realizing the benefits of commitment, self-discipline, self-confidence, hard work, effort, teamwork, preparation, responsibility, and respect for others, and respect for authority that will benefit them for the rest of their lives.

EXPECTATIONS

Athletes are expected to represent our school, community and town with class and character. This belief applies to the athlete at all times and circumstances. Reagan County athletes must win with class and lose with class.

The following will not be tolerated:

- Profanity
- Derogatory remarks/actions directed to players, fans, officials or coaches.
- Theft
- Unsportsmanlike conduct (football)
- Technical fouls (basketball)
- Ejections
- Insubordination
- Blaming officials for a loss
- Visible tattoos and hickies.
- No jewelry during practices
- The RCISD dress code will be in effect for all school activities.

Failure to represent RCISD in a positive manner will result in the following:

- Loss of playing time and extra conditioning
- Possible game suspension
- Possible removal from team and/or athletic program

ISS

Athletes who receive ISS during the school day will miss a minimum of one contest. Athletes will not be allowed to participate in practice before or after school while in ISS

PRACTICE

1. Athletics is a privilege. This privilege is earned daily through commitment to the team of time and effort. Thus, all practices have mandatory attendance.
2. Absences must be reported to your coach by 10:30 AM each day through Sports You.
3. Absences without prior notification will be considered unexcused.
4. Schedule outside appointments at times other than practice time.

Unexcused Absences:

- Will result in make-up conditioning determined by the head coach.
- Suspensions will fall under unexcused absences

Excused Absences

- That could have been avoided will result in make-up conditioning determined by and could affect playing time.
- That was unavoidable and will not have any make-up.

PLAYER NON-NEGOTIABLES:

1. BE ON TIME
2. HAVE A GREAT WORK ETHIC
3. GIVE TOTAL EFFORT
4. BE IN CONTROL OF YOUR BODY LANGUAGE

5. WORK WITH GREAT ENERGY
6. HAVE A POSITIVE ATTITUDE
7. PLAY & PRACTICE WITH A PASSION
8. BE COACHABLE
9. DO THE EXTRA TO GET BETTER

PLAYING TIME

1. Playing time is guaranteed at the junior high, but not equally.
2. High school squads are competitive, and thus playing time is based on practice performance.
3. High school teams do not guarantee playing time.
4. Missed practices/games must be made up before an athlete can participate.
5. Coaches are prohibited from discussing playing time and team designation. This is recommended by the UIL. However, a coach should have open communication with the athlete about what they can do to get better & more playing time.
6. Our athletic program will provide many extra opportunities for our athletes to improve their abilities. Examples are open gym, weight room, 7 on 7 and various summer activities. Even though all of these programs are voluntary, an athlete's consistent participation will increase their performance, thus improving their chances to make varsity and increase their playing time. Although extra effort helps a player, it does not guarantee anything. There will be no greater influence on playing time and team assignment than daily practice performance.

PRACTICE PERFORMANCE QUALITIES:

1. Knowledge of assignment
 2. Effort and Attitude
 3. Aggressiveness and Mental Toughness
- July 2026

4. Sport Skill
5. Athletic Ability and Skill

STUDENT-ATHLETE RESPONSIBILITIES

Include:

- Must be at school for a minimum of 4 periods to attend a contest
- Must attend school the day after a contest. If the athlete has an unexcused school absence, he/she will not be allowed to attend practice.
- Responsible for all work missed due to athletic contests.

MULTIPLE SPORT ATHLETES

It is the policy of the Reagan County ISD Athletic Program to encourage each student/athlete to play in a variety of sports. It is the duty of the head coach involved and the Athletic Director to develop a plan to share student-athletes when conflicting time constraints arise. Each circumstance will be according to the following progressions:

1. Varsity will take precedence over sub varsity
2. District will take precedence over non-district
3. Post district will take precedence over all other events.
4. Head Coaches and the Athletic Director will meet to determine the best outcome.

LETTERMAN JACKET POLICY

The RCHS Letterman Jacket Policy is:

1. Varsity letters are earned by athletes who participated or in a varsity sporting event.
2. Letter jackets will be measured each December and April. Patches can be purchased during this time.

TRAVEL GUIDELINES

All athletes will ride the bus to the games. They are encouraged to ride the bus home from games. However, students can ride home with parents using the following guidelines.

- Parent/Guardian must sign athlete out after each game/event
- Athletes will not be allowed to ride home with another student/boyfriend/girlfriend/sibling without pre approval.
 - A written note with a parent contact number or a message (Sportsyou) from the parent/legal guardian must be submitted/sent to and approved by Head Coach or Coach Klafka/Coach Brown.

ATHLETES INJURED

- In non-emergency situations, we encourage all players/parents to communicate with our trainer prior to going to the doctor.
- The safety of the athlete is a shared responsibility of the athlete, coach, parent, and trainer. All parties must communicate with one another.
- All athletes should report any injury to the supervising coach immediately.
- Treatment of injuries will be done daily before or after school. If an athlete is injured, the athlete is required to attend treatments. The head coach will be informed of any athlete's failure to keep scheduled treatments.

- Decisions concerning the availability of an athlete for practice or games shall be sole responsibility of the athletic trainer and/or physician.
- **All injured athletes are expected to be at the entire practice and participating in whatever way possible. Injuries are not an excuse for being absent from practice.**

SCHOOL INSURANCE

RCISD does provide supplemental insurance on athletes. It is a secondary policy that only pays after the athlete's primary policy. The parents are still responsible for any medical bills for their child. Claim forms, when needed, should be requested by the parents.

In the event an injury occurs, make every attempt to contact the Athletic Trainer – Gabe Acosta before the student makes his/her first visit for medical treatment.

QUITTING A SPORT

Athletes should do everything in their power to honor their commitment and not quit. In Reagan County athletics, we promote an attitude of not quitting when things don't go your way. It is the best interest of the athlete to finish what they start. If an athlete decides to quit:

1. Meet with the head coach for exit interview
2. Will have 24-hour period to change their mind & rejoin the team.

Good Standing

- The athlete decides not to play during the first 2 weeks of the season.

- The athlete has met with the head coach prior to when the athlete stops coming to practice
- The athlete has displayed class and character under all circumstances related to their decisions not to play.

Poor Standing

- The athlete decided to quit after the 2-week grace period.
- The athlete did not meet with the head coach, but rather stopped coming to practice.
- The athlete showed poor class and character in the manner in which they conducted themselves when they quit.

Any athlete who quits a sport in poor standing is not eligible to participate in another sport until the following:

- Season for sport quit is finished.
- 25 miles with each mile in 10 minutes or under

PARENT/COACH CONFERENCE

Parents have the right to know, and understand, the expectations placed on them and their children. Coaches have the right to know if parents have a concern; they will discuss at the appropriate time and place.

1. Communication parents should expect from the coach:

Coach's philosophy and expectations, locations of times and practices, team requirements, and procedures that will be followed if your child is injured.

2. Communication coaches expect from parents:

July 2026

Parent concerns expressed directly to the coach at the appropriate time (not after a game) and place, specific concerns regarding a coach's philosophy or expectation, notification of scheduling conflicts as early as possible.

3. Appropriate things to discuss with the coach:

The mental and physical treatment of your child, what your child needs to do to improve and concerns about your child's behavior.

4. Issues NOT appropriate for discussion with the coach:

How much playing time each athlete is getting, team strategy, play calling or any situation that deals with other student-athletes.

FAN SPORTSMANSHIP

BELIEFS

1. This is school athletics, our athletes are amateurs, and we compete in the spirit of good sportsmanship.
2. All fans should focus on cheering for the Owls and encouraging their son or daughter.
3. Every fan has the responsibility to avoid talking negatively about any player, team, coach, or other fan.

4. We will take whatever steps are necessary to provide a safe atmosphere for our players, our opponents, and fans.
5. In addition, we will follow all guidelines as described by the UIL.

PROGRESSION LEVELS:

- **Level 1:** The administrator will correct the unsportsmanlike behavior with a verbal warning. Any warnings will be documented and reported to Campus Principal and Athletic Director.
- **Level 2:** Any serious or persistent unsportsmanlike issue will result in immediate fan removal. Any removal will be reviewed by the Athletic Director, Principal, and Superintendent. The fan will be contacted by the Athletic Director.
- **Level 3:** Severe issues will result in a suspension from athletic events for a period to be determined by the Superintendent.

SOCIAL MEDIA

1. All cell phones and electronic equipment should be put away during all practices, games and in the locker room.
2. Filming or picture taking is not allowed at any time inside the locker room.
3. All athletes must be careful when using social media publicly.

4. Words, phrases, and pictures that should not appear on a social media site visible to the public include:

- Any words or phrases that would be considered harassing and or discriminatory
- Any demeaning or threatening remarks
- Sexually explicit language
- Profanity of any kind
- Trash talk about opponents, teammates or coaches.
- Words or phrases that talk about drug or alcohol abuse.
- Any pictures that would violate school/athletic policies.

Consequences

- 1st offense: The Athletic Director & Coach of that sport will conduct a conference with the athlete and parent to document and correct the issue.
- 2nd offense: The Athletic Director & Coach of that sport will conduct a second conference and the athlete will sign a disciplinary contract. The athlete will be suspended from competition for 2 calendar weeks.
- 3rd offense: Violation of the contract will result in the athlete being removed from the team and athletics.

ALCOHOL -TOBACCO - DRUGS

The RCISD Athletic Department discourages the use of alcohol, tobacco, vape, and drugs. Any use will be punished and may result in the removal from the athletic program.

ALCOHOL, TOBACCO, & VAPING/E-CIGARETTES CONSEQUENCES:

An athlete that is served a M.I.P./M.I.C., admits to the use or evidence is provided on social media will be suspended from athletics:

- 1st Offense: game suspension
- 2nd Offense: 2 game suspension, and placed on probation for one calendar year.
- 3rd Offense: Any additional offenses during that probation time will result in the removal of the athlete from all athletic activities for a calendar year.

RANDOM DRUG TESTING CONSEQUENCES:

The RCISD athletic program will follow our district Random Drug and Alcohol Testing Program Regulations.

BULLYING & HAZING

The RCISD Athletic Program does not tolerate bullying or hazing.

- Minor offenses will result in an athlete reprimand.
- Persistent minor offenses will result in athlete, parent, and Athletic Director conference. Also, possible suspension from a game and running.
- Major offenses will be deemed as bullying or hazing will result in immediate removal from the athletic period for an indefinite period.

ALL ACTS OF BULLYING/HAZING WILL BE REPORTED TO THE CAMPUS PRINCIPAL.