

EXTRA

CURRICULAR

ACTIVITIES

HANDBOOK

ROCHELLE ISD
2011-2012

Rochelle ISD Extra-Curricular Handbook

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Extracurricular –definition & jurisdiction

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

A student is not required to take part in extracurricular activities, nor is it required for graduation. These activities are considered a **PRIVILEGE**. Consequently, when high ideals and standards are violated, this privilege can be revoked. All participants will be expected to conduct themselves with pride and dignity at all times.

The sponsoring staff realizes that all athletes do not have the same ability, but the staff expects each athlete to perform to the best of his or her ability. It is expected that we will always respect our opponents, both players and sponsor's. Many lifetime friendships will be formed from athletic competition.

I. Attendance

- A. Excessive absences may result in dismissal.
- B. Disciplinary action will be at the discretion of the sponsor.
- C. All absences will be made up.
- D. No student shall be allowed to take part in any game or contest if he or she is not in school on that day, unless it is a case of a known illness of a temporary nature or other circumstances (Ex: funeral, illness in the family) which are totally justified in the most critical appraisal of the sponsor, director, and administration.
- E. Promptness shall be governed by the following guidelines:
 - a. Athletes shall always be on time. On trips, the bus will wait for NO ONE.
 - b. During workouts, the athlete will have a definite amount of time after the bell to be in uniform.
 - c. Tardiness will result in appropriate disciplinary action.

II. Travel

- A. A student can **NOT** be released from a school sponsored trip to use other forms of transportation unless the parent or guardian has signed a release of responsibility.
- B. Only a parent or guardian may sign the release form unless prior arrangements have been made with administration before leaving for the activity.
- C. Everyone will ride to the activity in the transportation provided by the school, unless some extenuating circumstance occurs or the student has prior approval from the sponsor.
- D. Disciplinary actions may result if these requirements are not met properly.

III. Participation

- A. If a student decides to quit an extracurricular activity, they will have 24 hours to rethink their decision and meet with the sponsor and be reinstated if they wish to be. Reinstatement will be at the sponsor's discretion. If they are reinstated, they will have to make up any missed workouts.
- B. If a student quits that sport after being reinstated, there will be NO 24-hour wait time. You will be automatically done with that sport for the current school year.
- C. To be reinstated into Rochelle Athletics after quitting a sport (ex: to participate in **ANY** other sport) they must prove their commitment to our program by running a minimum of 20 miles within one school week under the observation of a sponsor.

*** All situations are subject to sponsor and administration review.

IV. Appearance

- B. Dress shall be governed by the following guidelines:
 - a. Dress shall be neat and clean at all times and within the school dress code requirements.
 - b. In athletic competition, everyone will wear his or her uniform in the same manner. There will be NO exceptions.
 - c. The athlete shall not wear jewelry on the practice field (court) or during the game.
 - d. The athlete's appearance away from athletics shall always reflect the same class and pride that is shown while the athlete is participating in athletics.
 - e. A sponsor or sponsor for each particular program may require dress that is in addition to the school district's regular dress code.
- C. Appearance in respect to hair shall be governed by the following guidelines:
 - a. Facial hair is NOT allowed.
 - b. Sideburns shall be no lower than the bottom of the earlobe.
 - c. Hair is not to obstruct the vision or be in the eyes.
 - d. Hair is not to be below the collar level in back.
 - e. Hair is not to be below the bottom of the ears on the sides.
 - f. No extreme hairstyles will be tolerated for boys or girls.

V. Lettering

To be eligible to letter in any activity, a student must remain eligible during the entire season of that activity. A student must participate in two activities to receive a letter. When the student letters in one activity, the student must participate in a second activity. The student does not have to letter in the second activity, and it does not have to be a sport, but can be **ANY** UIL activity. If a student only participates and letters in one activity, then the student must participate in the same activity the second year to receive a

letter jacket. Letter jackets will be awarded only after 2 years of continuous participation at Rochelle ISD. Any senior who has never participated in UIL activities and letters in one their senior year, **MUST** participate in a second activity to receive a letter jacket.

The following is a list of specific requirements that must be met in order to letter in specific activities:

Football:

To earn a letter in Football:

1. Must attend 90% of all practices.
2. Must participate in 50% of varsity level games and all district games.

(In cases of injury or sickness, there must be a Doctor's excuse on file.)

Basketball:

To earn a letter in Basketball:

1. Must participate in 90% of all practices.
2. Must participate in 50% of varsity games and all district games.

(In cases of injury or sickness, there must be a Doctor's excuse on file.)

Track:

To earn a letter in Track:

1. Must attend 90% of all practices.
2. Must participate in 50% of Track meets and the district meet.
3. Must advance beyond district.

(In cases of injury or sickness, there must be a Doctor's excuse on file.)

Golf:

To earn a letter in Golf:

1. Must attend 90% of all practices.
2. Must participate in 90% of all meets and the district meet.
3. Must advance beyond district.

(In cases of injury or sickness, there must be a Doctor's excuse on file.)

Cross Country:

To earn a letter in Cross Country:

1. Must attend 90% of all practices.
2. Must participate in 90% of all meets and the district meet.
3. Must advance beyond district.

(In cases of injury or sickness, there must be a Doctor's excuse on file.)

Tennis:

To earn a letter in Tennis:

1. Must attend 90% of all practices.
2. Must participate in 90% of all meets and the district meet.
3. Must advance beyond district.

(In cases of injury or sickness, there must be a Doctor's excuse on file.)

Cheerleading:

To earn a letter in Cheerleading:

1. Must attend 90% of all practices.
2. Must be at 90% of all cheerleading events and all district games.

(In cases of injury or sickness, there must be a Doctor's excuse on file.)

Band:

To earn a letter in Band:

1. Must participate in 90% of football games and all district football games.
2. Must participate in 50% of all Concerts and Parades that our school is involved in.

(In cases of injury or sickness, there must be a Doctor's excuse on file.)

One Act Play:

To earn a letter in One Act Play:

1. Must attend 90% of all practices.
2. Must participate in all performances.
1. Must participate in an advancing performance.

(In cases of injury or sickness, there must be a Doctor's excuse on file.)

Academic UIL Events:

To earn a letter in Academic UIL Events:

1. Must attend 90% of all practices.
2. Must participate in 75% of invitational meets and at the district meet.
3. Must advance beyond district.

(In cases of injury or sickness, there must be a Doctor's excuse on file.)

VI. Disciplinary Actions

- A. The use of profanity is prohibited.
 - a. Any offense will result in appropriate disciplinary action.
- B. Stealing from a teammate or any other individual is prohibited.
 - a. FIRST OFFENSE- will result in a minimum of 20 miles of running to be done in one school week and be observed by a sponsor.
 - b. SECOND OFFENSE- will result in a suspension from the athletic program for a period of 12 months.

** When athletes commit theft, they may be referred to legal authorities for criminal prosecution in addition to school-imposed discipline.

- D. Athletes are expected to conduct themselves as ladies and gentlemen at all times. This means:
 - a. Following ALL school rules and procedures while attending school and school functions during and after school hours.

 - b. Acting properly in class. Misconduct in class may result in disciplinary action in athletics. Courtesy and respect shall be given to teachers and administrators, and they in turn will give the same to the athlete.
- E. Any student who participates in any extracurricular activity will be subject to random drug testing. (Refer to school district's drug testing policy.)

Please Sign and Return This Page to Rochelle ISD

Date _____

I have read the Rochelle ISD *Extracurricular Code of Conduct* and agree to adhere to these rules as a condition for my voluntary participation in Rochelle ISD extracurricular activities. I understand that failure to do so will result in disciplinary measures related to my extracurricular participation.

Student Name _____

Student Signature _____

I have read the Rochelle ISD *Extracurricular Code of Conduct* and understand the requirements for my child's voluntary participation in Rochelle ISD extracurricular activities. I understand the consequences that my child will face if he or she fails to adhere to these rules and agree to such terms.

Parent Name _____

Parent Signature _____