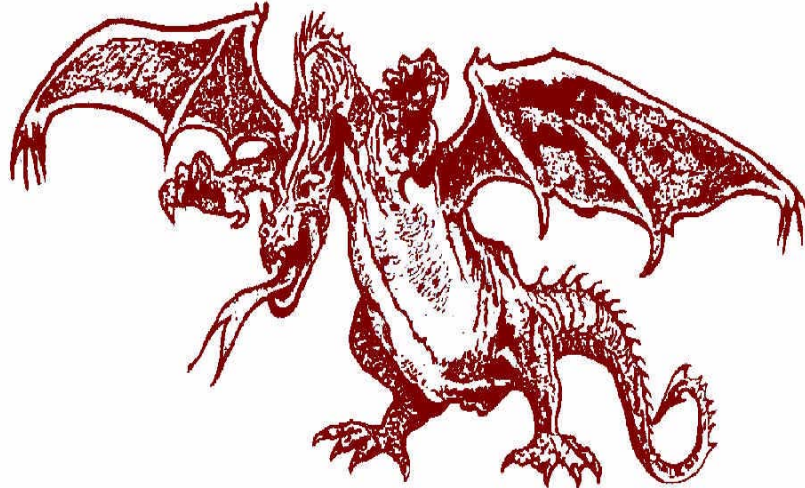


Round Rock High School Swim Team



Team Handbook 2009-2010

"Discipline yourself so no one else has
to."

-John Wooden

QUALIFICATIONS AND REQUIREMENTS

The following material contains the standards and expectations for members of the Round Rock High School Swim Team. Additions to this handbook may be added throughout the season and will be communicated to swimmers in written and verbal form. Any questions regarding the team handbook should be directed to Coach Arredondo.

TRYOUTS

In order to be considered for membership on the Round Rock High School Swim Team all athletes must attend and participate in scheduled tryouts. The Head Swim Coach will schedule and conduct all tryouts.

REQUIREMENTS

Being a part of the Round Rock High School Swim team is an earned privilege that can be taken away at any time for failure to maintain the requirements and standards of the team. Being a part of the team requires, but is not limited to the following:

- Swimmers must maintain a passing average in all of their classes.
- Swimmers must follow all of the rules set forth by the school, district and the state regarding high school students and student athletes.
- Swimmers must be able to complete workouts.
- Swimmers must display appropriate behavior at all times.
- Swimmers must abide by the rules and expectations set forth in this manual and any that may be communicated at a later date.

Most importantly, being a part of the Round Rock High School Swim Team requires dedication and commitment. Hard work on a daily basis is an expectation of each and every swimmer. By being a member of the team, you are making a commitment to yourself and your fellow teammates to put forth your best effort on a consistent basis. Set high expectations for yourself and work hard to make those expectations a reality.

Behavior, attitude and action that is detrimental to the TEAM will result in dismissal from the team.

ACADEMICS

Round Rock High School is an academic institution and as such academics should be the main priority of all swim team members. Swimming is an extra curricular activity and not a requirement. If a swimmer is having ongoing problems maintaining good grades while being a member of the swim team, consideration should be given to dropping swimming in order to concentrate on academics.

Every teacher at Round Rock High School offers tutorial sessions. These tutorials are offered for your benefit if you are having difficulty in a particular subject - take advantage of them! Don't wait until the last minute to go in for help. If you find yourself behind in a subject, ask for help immediately. Tutorial Days have been built into the practice schedule for your benefit. In addition each swimmer will have an extra "floating" tutorial day to use as needed.

In accordance with the UIL, "If a swimmer fails any class during a six-week period, he/she will be ineligible to compete for the next three weeks. He/she will regain eligibility if they are passing all classes on the next three-week progress report."

In addition to the above UIL rule, the following team rules will apply:

- Any swimmer who fails more than one class in a six-week grading period or receives a failing grade on two consecutive report cards will be subject to suspension from the team.
- Any swimmer who earns more than one grade of 75 or below on a report card will be subject to suspension from meets.

Academics and swimming go hand in hand. If being a member of the swim team is important to you then academics should be equally important. Remember that you cannot swim without maintaining good grades. Being on the swim team requires that you manage your time wisely. Don't put off homework and studying until the last minute. Once again, you are at Round Rock High School primarily for academics - swimming is secondary. Study hard and concentrate on maintaining good grades.

PRACTICE STANDARDS

Practice is mandatory. If you don't practice, you are not a member of the team. The practice schedule will be explained to the swimmers by the Coach at the beginning of the year. Any changes during the year will be communicated as they occur. After a swimmer competes in his or her last meet of the season, they will be excused from practice and should report to study hall (on period days) at the time to be determined by Coach.

There are no rain out days. If the conditions make it impossible to swim, there will be dryland practice. Always assume we are at the pool. If we are doing dry land training, there will be a note posted at the pool or someone there to tell you. Meeting place for dry land training is in the field-house.

If the weather is so bad as to cancel school, then practice will be cancelled as well.

Failure to attend practice will result in consequences. (See Attendance Policies)

PRACTICE SCHEDULE

"A" Days - Girls 7:30AM - 9:30AM, Boys 7-8AM

"B" Days - Boys 7:30AM- 9:30AM, Girls 7-8AM

ATTENDANCE STANDARDS

Attendance to swim practice and study hall is mandatory.

- If a swimmer is more than twenty minutes late to practice, it will count as their floating tutorial day or an absence (if tutorial day has already been used).
- Three tardies will count as the floating tutorial day or an absence (if tutorial day has already been used).
- For each time that a swimmer misses part of a practice in order to attend tutorials after the three permitted times, that swimmer will not be allowed to compete in the next meet (this includes invitational meets and districts).
- Swimmers that are withheld from two meets due to attendance issues will be suspended from the team for a time to be determined by the Coach.

- Barring emergencies or sickness, there should be no reason to miss practice or to get out early. If at all possible, doctor, dentist and any other appointments should not be made during practice time.
- If a swimmer misses practice due to illness, the Coach must be notified **by phone by the end of the missed day by a parent** or it will count as a tutorial day or an absence (if tutorial day has already been used).
- Attendance at all meets is also mandatory unless discussed beforehand with Coach Arredondo.

Tutorial Days and Days Off

Two set tutorial days and one floating tutorial day will be scheduled each six week marking period. Athletes may use these mornings to attend to academic needs or just to get a break. Tutorial days and any days off will be marked on the calendar.

There will be no practice on the morning of meet days. Since some of our meets will require an early release from school, this is an excellent opportunity to use the morning off as an additional tutorial day.

HOLIDAY PRACTICES

Winter Break – if possible, please refrain from making out of town plans over the winter break as there will be mandatory practices. Failure to attend any of the scheduled practices may result in suspension from competing in future meets, including Districts. Though many people travel over the holidays to visit friends and family, missing practice during this time can adversely affect conditioning for the end of the season. The practice schedule for the winter break in accordance with U.I.L. rules (mandatory five days off) is as follows:

Dates and Times

Monday, Dec. 21st 7:30 am- 10:30 am

Tuesday, Dec. 22nd 7:30 am- 10:30 am

Wednesday, Dec. 30th 7:30 am- 10:30 am

Thursday, Dec. 31st 7:30 am- 10:30 am

Saturday, Jan. 2nd 7:30 am- 10:30 am

MEETS

Meet Schedule

Meet schedule for the 2009-2010 Season

Thursday, 9/24 - Tri Meet - McNeil/??? - 5:00 - Krebsbach Pool
Thursday, 10/1 - Tri Meet - LBJ/??? - 5:00 - Krebsbach Pool
Friday, 10/9 - AISD Invitational - Time TBA - UT Austin
Thursday, 10/15- Tri Meet - WW/Cedar Park - 5:00 - Krebsbach Pool
Thursday, 10/22 - Round Rock Invitational - 9:30AM - Krebsbach Pool
Saturday, 11/7 - Aggieland Invitational - Time TBA - Texas A&M
Fri/Sat, 11/21 & 22 - Corpus TISCA - Times TBA - CCISD Natatorium*
Sat, 12/19 - Belton Invitational - Belton - P/F - Times TBA
Saturday, 1/16 - Tex Robertson Invitational - Times TBA - Burnet**
Fri/Sat, 1/29 & 30 - District Meet - Times TBA - UT Austin
Fri/Sat, 2/12 & 13 - Regional Meet - Time - TBA - The Woodlands
Fri/Sat, 2/26 & 27 - State Meet - Time TBA - UT Austin

*Q-Times

** Date is not confirmed

This schedule is subject to change. Any changes will be communicated promptly. Our meets should be your extra-curricular priority. **All meets are mandatory for members of our team.** If for any reason you will not be able to attend a scheduled meet, you must notify Coach Arredondo as soon as possible. Reasons for missing meets must be approved by Coach Arredondo. Failure to attend meets without notification or for unapproved reasons could result in suspension from future meets and/or removal from team.

MEET ELIGIBILITY/ENTRIES

Many meets have limits on the number of entries per team and some meets have qualifying time standards, thus every swimmer may not participate at every meet. Coach Arredondo will determine the lineup for the meets. Swimmers and parents will be notified of meets with qualifying times or meets with entry limits.

- Swimmers must meet all qualifications and requirements stated in this booklet.
- Swimmers must not have missed the day prior to the swim meet.

TRAVEL

All members of the team must travel to and from meets with the team on the bus except for special circumstances or emergencies.

In case of emergency or special circumstances, a swimmer will be allowed to travel home with a parent from a meet if and only if an "Alternate Student Travel Form for School Events" form has been filled out by the principal and parents. This form is available on the website under handouts.

All trips will start from outside the Krebsbach Pool. Departure times will be communicated to the team in advance. If a swimmer misses the bus they cannot compete in the meet. You may not drive yourself or be driven by a parent.

Appropriate behavior is expected at all times during travel. All parts of the body are to be kept inside of the bus at all times. In addition, polite and respectful behavior will be shown to all other motorists.

OVERNIGHT TRAVEL

The Round Rock Swim Team may participate in meets that require us to stay overnight. Itineraries and information will be distributed to swimmers and their families in a timely manner. Travel requirements to these meets will be the same as our other meets.

UNIFORMS/ATTIRE

During school on meet days swimmers are required to wear the team uniform: **Team shirt and khaki or jean pants, shorts or skirts.**

Travel uniforms:

Maroon and white team warm-ups - no exceptions. Hats are permissible only if they are team colors and any logos or writing relates to Round Rock High School.

Meet uniforms:

If competing with a cap, swimmers are required to wear a Round Rock team swim cap during all races, unless directed otherwise by the Coach.

Swimmers are required to wear the team suit during all races unless otherwise directed by the coach.

Boys – “ROCK” drag suit, Girls – “ROCK” Endurance suits.

If you are not in the proper team attire you will not compete in that meet.

DISTRICT CHAMPIONSHIP – JANUARY 29-30, 2010 (SUBJECT TO CHANGE)

- Each team at the district meet is only allowed to enter four swimmers in each event and only allowed to enter one relay team in each relay event.
- Swimmers are only allowed to swim in two individual and two relay events or one individual and three relay events (a maximum of four events).
- Because of the limits Round Rock will take the fastest qualified swimmers who meet the following:
 - Swimmer must comply with any standards or qualifications the district has.
 - Swimmer must have competed in three meets for Round Rock High School that school year.
 - Swimmer must have practiced at least eight weeks with Round Rock that school year.

REGIONAL CHAMPIONSHIP- FEBRUARY 12-13, 2010

To qualify for the Region 4-5A Meet you must place in the top six in your event at the District Meet.

STATE CHAMPIONSHIP- FEBRUARY 26-27, 2010

To qualify for the State Meet you must either...

Win your event at the Regional Meet

Or

Final at the Regional Meet and have one of the top eight times from all of the Regional Meets (there are eight).

Championship Meet Relays

Relay participants can and may change from meet to meet. Relays that qualify to compete at the District level and beyond qualify as “Round Rock” relays; which means, our team qualifies. Selection of swimmers for these relays will be based on the Coach’s discretion.

EQUIPMENT

Swimmers are responsible for all equipment issued to them. All equipment is property of Round Rock ISD. Any abuse or misuse of the equipment will result in the loss of use.

No one outside the swim team may use or wear any piece of team equipment or clothing.

Swimmers are financially responsible for replacing any damaged or lost equipment.

INJURY/ILLNESS POLICIES

If injured and unable to swim, swimmers must still attend practice at the scheduled time (unless other arrangements have been made with Coach Arredondo). While injured or ill, swimmers are still part of the team and are expected to follow all team standards.

All injuries that prohibit a swimmer from practicing, regardless of where or when they occur, must be reported to The Round Rock Athletic Trainer .

Swimmers will not be cleared for practice until they have a letter from a doctor clearing them for our activities or have been cleared the Round Rock Athletic Trainers.

Eligibility for practices and competition after injuries and extended time away from practice is based on the discretion of the Coach.

GROOMING AND PERSONAL APPEARANCE

Swimmers are expected to comply with all school, athletic, and district policies regarding grooming and personal appearance.

HAZING

Hazing is not permitted on the Round Rock High School Swim Team.

Hazing as defined in the RRISD Student-Parent Handbook and Student Code of Conduct is as follows; "any intentional, knowing, or reckless act occurring on or off campus directed against a student, by one person alone or acting with others, that endangers the mental or physical health or the safety of a student for the purpose of pledging, being initiated into, affiliating with, holding office in, or maintaining membership in any organization whose members are or include other students. Students shall have prior approval from the administrator for any type of "initiation rites" of a school club organization."

Any swimmer engaged in hazing activities will be suspended from the team for a period of time to be determined by Coach Arredondo.

SPORTSMANSHIP

Round Rock High School Swimmers will demonstrate the highest level of sportsmanship at all times. Poor behavior or poor sportsmanship may result in suspension from future meets and the team.

LOCKER ROOMS

- Please keep your locker rooms clean and orderly.
- We share our locker rooms with other Round Rock Athletes. Please respect them, their belongings and their space.
- Locker rooms are for athletes assigned to them only. Friends and other students are not permitted in the locker rooms.
- If you suspect or witness any behavior that is not appropriate, please report it to your Coach.
- If you see any unauthorized students in your locker room, please report it to your Coach.

POOLS

By nature pools are dangerous and volatile environments. Safety and responsible behavior is a must. Because we spend so much time at pools we may develop a sense of comfort that could cause us to take for granted how dangerous our environment is.

- Please keep safety in mind at all times...not just for yourself, but for those around you.
- Please follow all pool rules.
- Please keep the pool area and facilities clean and orderly.
- If you see any problems (safety or cleanliness) with the area or facilities report it to Coach Arredondo as soon as possible.
- Please respect and take care of the property and areas around our pool.

FUNDRAISING EXPECTATIONS

It is the expectation that all members of the Round Rock High School Swim Team help support the team in the following manners:

- Work 4 shifts at our UT concession booth (number of shifts is subject to change depending on the size of the team)
- Raise \$125 either through family contribution or business sponsorship.

The money raised from these expectations will help pay for the following:

- Team Building
- Away Meet Expenses
 1. meals
 2. hotel
 3. bus
- Swim Team shirts
- Team Banquet at the end of the year
- Over \$2000 in scholarships for graduating seniors
- Concessions at the Round Rock Invitational

LETTERING STANDARDS

Swimmers/Divers must meet the criteria listed below to earn a Round Rock Swimming “Letter”.

Qualify for District Finals/Consols - either Individually or on a Relay

END OF SEASON AWARDS

The following Awards will be presented at the End of Season Banquet.

- **Vulture Award** – presented to a girl or boy swimmer who made great strides in their swimming during the previous season. Someone who sets a good example to others through their hard work, determination or team spirit. Determined solely by the Head Coach.
- **Most Improved Freshman Swimmer Award**- Presented to the Freshman Girl and Boy swimmer who shows the most improvement during the course of our season. Includes times, but also practice level and overall contribution to our team. Determined by the Team and Head Coach.
- **Most Improved Swimmer Award**- Presented to the Sophomore, Junior or Senior Girl and Boy swimmer who shows the most improvement during the course of our season. Includes times, but also practice level and overall contribution to our team. Determined by the Team and Head Coach.
- **Dragon Pride Award** – presented to a girl or boy swimmer who showed a tremendous amount of team spirit. Showed dedication to the team both in

their work ethic, team spirit and really cared about making the team better. Determined solely by the Team and Head Coach.

- **Coach's Award** - presented to a girl or boy swimmer who made a lasting impression on the team and coach over the course of the season. Someone who stood out due to their hard work, determination, attitude or team spirit. Determined solely by the Head Coach.
- **Most Valuable Swimmer Award** - presented to a girl or boy swimmer who had the greatest impact on the team. Not just the fastest swimmer, but the swimmer who demonstrated high standards of team spirit and dedication to the team. Determined by the Team and Head Coach.

DISCIPLINARY ACTION

Any behavior that requires disciplinary action will be handled on situation to situation basis by Coach Arredondo. Below is the general outline of action (may vary depending on situation).

1st Offense- Coach will meet with student and discuss the matter and possible consequences. Parent contact is possible.

2nd Offense- Coach will meet with student and parent(s) will be notified to discuss matter and possible consequences.

3rd Offense- Coach will meet with student and parent(s) and in addition to other possible consequences; student will be suspended from team until Coach Arredondo feels behavior will not be a problem again.

Depending on severity of offense, suspension/dismissal from the team is a possible consequence at any step.

ABUSE OF ALCOHOL, DRUGS and TOBACCO - RRISD POLICY

1. This policy is intended to be a minimum punishment for the students involved in the misuse of alcohol, drugs or tobacco.
2. Any athlete involved in using drugs, alcohol or tobacco at any athletic event or trip in which he/she represents RRISD will be immediately suspended from that particular team and any other athletic team for one (1) year.
3. Any student involved in using alcohol, drugs or tobacco during the school day or at any school function other than an athletic event in which he/she is under school supervision (i.e. lunch, school dance, field trip) will not be allowed to participate in any school-sponsored athletic event for a minimum of six (6) weeks. Any student guilty of a second offense will be suspended for one (1) year from athletics.

4. The punishment and/or dismissal of athletes involved in the misuse of alcohol, drugs or tobacco at times other than school or under school supervision will be left to the coach of that particular sport.

5. The above stipulations are strictly a minimum. They are not intended in any way to affect the individual Coach's right to make a decision as to the punishment and suspension of the athletes in his/her particular program. Other punishments might include certain physical punishments such as running laps, extra work in the morning or after school, loss of letter jacket or other awards, or anything else the individual Coach might deem necessary to protect his/her program and other participants from those who insist on being involved with the use of alcohol, drugs or tobacco.

GENERAL WARNING OF RISK INVOLVED WITH PARTICIPATING IN ATHLETICS

Involvement in athletics requires a high level of physical activity which comes with risk of injury and bodily harm. That added to the inherently dangerous environment of a swimming facility adds a higher degree of risk to those participating in Varsity swimming.

NUTRITION/HYDRATION

Nutrition - a good general rule for nutrition is everything in moderation. Try to eat as balanced of a diet as possible and avoid junk food as much as possible. Include as many fruits and vegetables as you can. Athletes will burn more calories than the average person, but this is not an excuse to eat and drink poorly all of the time. Take care of your body and watch what you put into it and you will feel better mentally and physically.

Hydration - water before, during and after exercise is crucial to keeping your body in top condition. A good judge of how well you are hydrated is your urine. It should be very faint yellow in color at most. If it's not, drink more water. Avoid caffeine as it will dehydrate you. Juices and sports drinks are also loaded with sugar, so it is a good idea to mix these items half and half with water before drinking them.

Round Rock Athletics Parent/Coach Communication Plan

Both parenting and coaching are extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide greater benefits to children. As parents, when your children become involved in our programs, you have a right to understand what expectations are placed on your child. This begins with clear communication from the coach of your child's program.

Communication that you should expect from your child's coach:

1. Expectations the coach has for your child as well as all the players on the squad
2. Locations and times of all practices and contest
3. Team requirements, i.e., practices, special equipment, out-of-season conditioning, etc...
4. Discipline that may result in the denial of your child's participation

Communication coaches expect from parents:

1. Concerns expressed directly to the coach
2. Notification of any schedule conflicts well in advance

As your child becomes involved in the programs at Round rock, they will experience some of the most rewarding moments of their lives. It is important to understand that there also may be times when things do not go the way you or your child wishes. At these times, discussion with the coach is encouraged.

Appropriate concerns to discuss with coaches:

1. The treatment of your child
2. Ways to help your child improve
3. Concerns about your child's behavior

It is very difficult to accept your child's not playing as much as you may hope. Coaches are professionals. They make judgment decisions based on what they believe to be the best for all students involved. As you have seen from the list above, certain things can be and should be discussed with your child's coach. Other things, such as those following, must be left to the discretion of the coach.

Issues not appropriate to discuss with coaches:

1. Playing time
2. Team Strategy
3. Other student-athletes

There are situations that may require a conference between the coach and the parent. These are to be encouraged. It is important that both parties involved have clear understanding of the other's position. When these conferences are necessary, the following procedures

should be followed to help promote a resolution to the issue or concern.

If there is a concern to discuss with a coach, the procedure should follow:

1. Please encourage your child to speak directly with the coach, many times this can take care of the problem
2. Call to set up an appointment
3. If the coach cannot be reached, call the Athletic Director at (512)464-6121
4. Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for both the parent and the coach. Meetings of this nature do not promote resolution
5. If the meeting with the coach did not provide a satisfactory resolution, call and set up an appointment with the Athletic Director to discuss the situation.

Order of Events in High School Swimming

Event 1 Girls 200 Medley Relay

Event 2 Boys 200 Medley Relay

Event 3 Girls 200 Free

Event 4 Boys 200 Free

Event 5 Girls 200 IM

Event 6 Boys 200 IM

Event 7 Girls 50 Free

Event 8 Boys 50 Free

Event 9 Girls 1 Meter Diving

Event 10 Boys 1 Meter Diving

15 minute Break

Event 11 Girls 100 Fly

Event 12 Boys 100 Fly

Event 13 Girls 100 Free

Event 14 Boys 100 Free

Event 15 Girls 500 Free

Event 16 Boys 500 Free
Event 17 Girls 200 Free Relay
Event 18 Boys 200 Free Relay
Event 19 Girls 100 Back
Event 20 Boys 100 Back
Event 21 Girls 100 Breast
Event 22 Boys 100 Breast
Event 23 Girls 400 Free Relay
Event 24 Boys 400 Free Relay

Round Rock High School Alma Mater

“High Above Ole Brushy’s Waters,
Out Where Things Are Bright,
Stands Our Noble Alma Mater,
Towering In Her Might.
Keep Her Colors Ever Flowing,
Sing Her Praise And
FIGHT, FIGHT, FIGHT, FIGHT.
Hail To Thee, Our Alma Mater,
Hail Maroon And White.”

Round Rock Independent School District Extra Curricular Code of Conduct

I. Extracurricular Activities

The term “extracurricular activities” means, without limitation, all interscholastic athletics, cheerleading, drill team, academic clubs, special interest clubs, extra curricular fine arts performances, student government, and any other activity or group that participates in contests, competitions, or community service projects on behalf of or as a representative of the District. The term includes any non-curricular event and membership or participation in groups, clubs, and organizations recognized and approved by the Board of Trustees and the school district and sponsored by the district or a campus. All extracurricular activity participants, including elected and appointed officers of all campus organizations, will be subject to the provisions of this Extracurricular Code of Conduct.

II. Jurisdiction

Student participation in extracurricular activities is encouraged. Round Rock ISD makes extracurricular 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 extracurricular program is a privilege that carries additional expectations for acceptable conduct. Students engaging in extracurricular activities represent not only themselves, but also other students and the school district when performing, competing, or participating in extracurricular activities and while wearing uniforms or other clothing that identifies the student to the community or public in any setting as Round Rock ISD students. For this reason, their behavior must be exemplary and reflect the finest attributes of the total Round Rock ISD student body at all times and places. 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.

Because participation in extracurricular activities is a privilege and not a right, Round Rock ISD is authorized to set higher standards for participants of extracurricular activities than it would for those students who choose not to participate in these activities. Therefore, this

Extracurricular Code of Conduct extends beyond the Round Rock ISD Student Code of Conduct not only in types of behavior prohibited, but also in corresponding consequences and jurisdiction for imposing discipline. In case of a conflict between this Code and the activity or sport specific campus handbook, the Code will prevail. This Extracurricular Code of Conduct will be enforced with all students grades 7th-12th participating in extracurricular activities:

- regardless of whether school is in session;
- regardless of whether the student is directly involved with the extracurricular activity at the time the prohibited conduct occurs;
- regardless of whether the extracurricular activity is in-season; and
- regardless of where or when the conduct occurs.

It is possible that a student who violates the Round Rock ISD Student Code of Conduct will incur consequences from both the appropriate school administrator and from his or her coach or sponsor for the same particular violation. It is also possible that a student participating in extracurricular activities could violate the Extracurricular Code of Conduct and be subject to discipline by a coach or sponsor without having violated the Round Rock ISD Student Code of Conduct.

Round Rock Independent School District Extra Curricular Code of Conduct

III. Prohibited Conduct

Round Rock ISD students who participate in extracurricular activities are prohibited at all times from:

- any conduct resulting in arrest and/or citations from law enforcement officers;

IV. Procedures

The coach, director and/or sponsor will determine whether an Extracurricular Code of Conduct violation has occurred. Upon determination of an Extracurricular Code of Conduct violation, the following individuals will be notified:

1. student
2. student's parent(s) or guardian(s);
3. appropriate school counselor to provide counseling, support, and guidance in dealing with issues associated with alcohol, drugs, mood-altering chemicals, and other prohibited activities.

V. Disciplinary Action

Coaches, directors, and sponsors will review all the facts and circumstances surrounding a particular violation and impose appropriate disciplinary action. Coaches, directors, and sponsors will strive for consistency and exercise sound professional discretion. School personnel may remove a student who violates the Extracurricular Code of Conduct from his/her current sport or school-sponsored activity. The person making the final determination regarding disciplinary action will have any relevant records pertaining to the student.

Violation of any of the above-mentioned rules by a student participating in extracurricular activities will be subject to the following disciplinary action:

- Suspension from all extracurricular activities until one of the following choices has been completed:

1st Offense –

Community service (documented) HS:30 hours/MS:15 hours

OR

Completion of sport/activity specific skill improvement drills to be determined by the coach, director or sponsor.

2nd Offense –

Removal from the program

Nothing in this Extracurricular Code of Conduct limits the authority of a coach, director, or sponsor to impose reasonable sanctions, including extra workouts, for students who breach team or organization conduct expectations but do not engage in prohibited conduct.

VI. Appeals

Questions or complaints from parents regarding disciplinary measures should be addressed to the campus administration, in accordance with Policy FOC (Local). A copy of this policy may be obtained from the principal's office or the central administration office or through Policy On Line at the following address: www.roundrockisd.org

Disciplinary consequences will not be deferred pending the outcome of an appeal.

Round Rock Independent School District Extra Curricular Code of Conduct

A condition to participating in any Round Rock ISD extracurricular activity or holding any office (elected or appointed) is to sign an acknowledgement that the student has read and understands the Extracurricular Code of Conduct. The student's parent or guardian must also sign an acknowledgement. The acknowledgement states that the signing party understands the consequences for engaging in prohibited conduct.

Date _____

I have read the Round Rock ISD Extracurricular Code of Conduct and agree to adhere to these rules as a condition for my voluntary participation in Round Rock 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 Round Rock ISD Extracurricular Code of Conduct and understand requirements for my child's voluntary participation in Round Rock 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 _____

Team Policies and Standards Acknowledgement

I have received and read the 2009-2010 Round Rock High School Swim Team handbook.

I understand and agree to every rule, policy and standard in the handbook.

Name of Swimmer/Diver

Signature of Swimmer/Diver

Date

Parent or Guardian

Signature of Parent or Guardian

Date

Parent Agreement Form for Publication of Information

On An Electronic Communications System

RRHS Student

Name _____

Grade _____

1. My child's work may be electronically displayed and published by the Round Rock Independent School District. YES _____ NO _____
2. Photographs of my child may be electronically displayed and published by the Round Rock Independent School District. YES _____ NO _____

3. My child's name may be used in association with a photograph or published work.

Full Name YES _____ NO _____

First name, Last Initial Only YES _____ NO _____

NOT AT ALL _____

I hereby give the above permission and release the Round Rock Independent School District from any liability resulting from or connected with the publication of such work and information.

Parent/Guardian Signature _____

Date _____