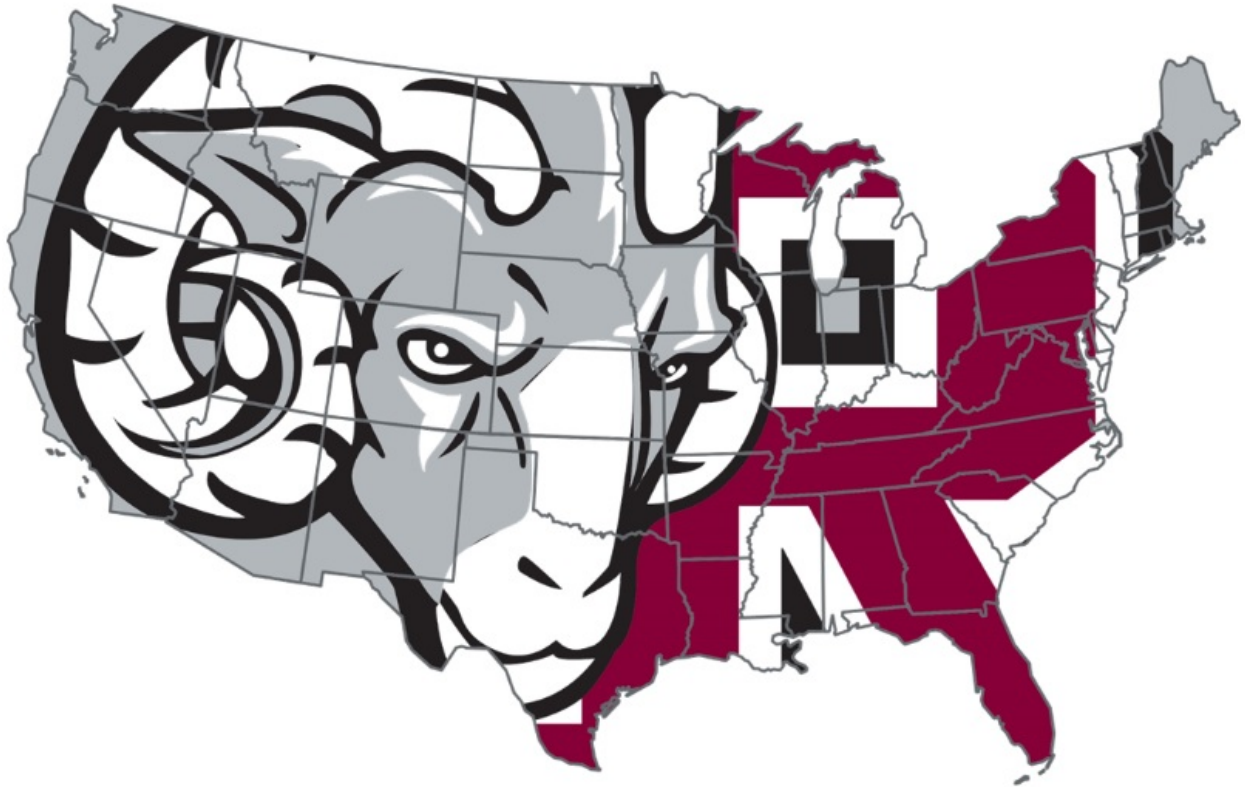


RIVERVIEW HIGH SCHOOL

Athletics Handbook

2018-2019



Principal: Erin Del Castillo
Assistant Principal of Administration: Brian Dorn
Athletic Director: Rod Dragash

Riverview High School Athletics Department

Home of the Rams

Mission:

The mission of Riverview High School Athletic Department is to provide an environment that nurtures a passion for sportsmanship and athletics; that promotes teamwork, competitiveness, personal growth; and that is committed to a tradition of athletic excellence and social and personal responsibility.

Vision:

The vision of Riverview High School Athletic Department is to create a community that works together so that all student athletes will reach their highest potential and become responsible athletes through quality instruction and a challenging world-class competition at state-of-the art facilities.

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Athletic Paperwork

All paperwork must be completed prior to the first day of practice for all current Riverview High School students. Athletes are required to have a participation physical exam and eligibility paperwork for FHSAA. This must be on file prior to the first practice that a student participates in. Also, documentation of shots/immunizations must be on file with the school prior to the first day of school. All other UIL forms must be completed.

Introduction

The policies in this handbook are compliant with school board policies and administrative procedures. This handbook supersedes all prior publications governing Riverview High School (Sarasota County School District) athletic teams and shall be used by the principal, coaches and players in grades nine through twelve. The athletic program is an integral part of the total school experience for both boys and girls. It offers a variety of sports and activities to all students who have potential skill and desire to participate. The procedures and regulations set forth in the handbook are designed to provide for the efficient operation of such a program. You, the student athlete, will be held accountable and responsible for all policies contained within this handbook and for any additional ones that your respective coaches might add. This handbook is subject to revision due to unforeseen circumstances. We, as coaches and administrators, continually look to grow and better serve the athletes in our program and will make decisions on revisions as needed. Our number one interest is the student-athletes and what is best for them.

Participation

It is the goal of this athletic program to offer the opportunity of participation to every student who has the ability and desire to do so. However, no student is obligated to take part in athletics, nor is participation in athletics required. It is to be stressed that participation in the Riverview High School Athletic Program is a privilege, not a right. Since it is a privilege, the coaching staff, in accordance with Riverview High School policy and due process procedures, has the authority to suspend or revoke the privilege when the rules and standards of this athletics program are not followed. This handbook does not limit or restrict the authority of the coach, director, or school administrator from imposing other consequences in addition to the penalties set forth below, i.e., extra practice, and/or conditioning can be added to any consequence imposed. At any time that an athlete is not giving 100% of effort to our academic program, then that athlete's schedule may be changed by the administrative staff. This will NOT be based on athletic ability but rather effort, grades, school attendance, practice attendance, disciplinary infractions at school and in athletics, consistently failing to follow athletic policies, and additional items deemed necessary by the coaching staff.

Available Sports

Men's

Baseball
Basketball
Cross Country
Football
Golf
Lacrosse
Soccer
Swimming
Tennis
Track and Field
Weightlifting
Wrestling

Women's

Basketball
Cheerleading – Sideline & Competitive
Cross Country
Golf
Lacrosse
Soccer
Softball
Swimming
Tennis
Track and Field
Volleyball
Weightlifting

General Policies for Student-Athlete

Responsibilities of Student-Athletes

All athletes have the responsibility to give their best in the classroom and for the team, follow training guidelines, and exhibit good conduct and fair play at all times so as to be a credit to Riverview High School and Ram Nation. Athletes, as well as coaches, are always on display. We are judged by the company we keep. Our actions in everyday life, both private and public, are a direct reflection on this athletic program and our school.

In the Classroom, a Student-Athlete:

1. Must realize the he/she is a student first, an athlete second. The student athlete must give time and energy to his/her studies to ensure good/acceptable grades that meet the FHSAA requirements for participation.
2. Must maintain a satisfactory citizenship and behavior record by giving respectful attention to classroom activities and by treating teachers, administrators, and fellow students with respect. Tardiness, horseplay, and unnecessary talking are unacceptable behaviors that, if uncorrected by the student-athlete, may result in his/her suspension from the athletic program.
3. Is expected to act appropriately in and out of the classroom at special events such as, but not limited to, pep rallies, lunch, assemblies, and other athletic events they are attending.
4. May receive disciplinary sanctions from coaches as well as administration. Classroom disciplinary issues will be handled in the office according to the Student Handbook. Administration will then inform coaches and coaches can provide team sanctions/discipline.

On campus, a student-athlete:

1. Must maintain proper dress and appearance, good grooming and personal cleanliness. You are a leader and you have only one chance to make a good first impression.
 - a. All dress, hair, makeup and clothing shall be clean, neat and well-groomed. It shall not be excessive, exceptional, designed to draw undue attention to the individual, or be distracting.
 - b. Grooming will be in accordance with the Riverview High School Dress Code policy.
 - c. When students are out of the Locker Room, they MUST be in proper attire (i.e. shirts must be worn in Training Room, Weight Room, etc.)
2. Will not be involved in fighting, scuffling, horseplay and juvenile behavior in and around the school building.
3. If suspended from school the student athlete will not be permitted to work out with, travel with, or participate with the team. Eligibility for subsequent contests will be left to the discretion of the coach and/or administration.

Athletic discipline for classroom/campus violations may include:

1. Sanctions by coaches (extra conditioning, team apologies, etc.)
2. Contact with parents
3. Suspension from competition
4. Suspension from team
5. Removal from team

During practice, before or after school, a student-athlete:

1. Is required to attend all after school workouts. Participation in another extracurricular activity sponsored by the school is an excused absence. If an athlete misses a scheduled practice for any other reason, then a make-up workout may be required (at the discretion of the Coach) before being able to compete in a game.
2. Will notify the coach if he/she needs to miss a game or practice session that is scheduled after school hours.
3. Must remove all jewelry for practice and games as a safety precaution and a FHSAA regulation for competitions. A medical I.D. necklace is the only exception.
4. Will maintain neat and clean locker space. Be proud of your dressing area and keep it neat.
5. Will dress in school dress code as he/she leaves the dressing room. You will not be allowed to be shirtless or out of dress code on campus.
6. Has made a commitment to the Riverview High School athletic program. If an athlete chooses to participate in a non-school extracurricular activity rather than attending a scheduled practice/competition, then that athlete may be disciplined at the discretion of the Coach. School activities should have precedence over all other activities. The only reason an athlete should miss a scheduled practice or game is due to illness, funeral or other extracurricular school activity. Any exception to this rule will be decided on by the Principal and/or Athletic Director.
7. 24 hour rule – If an Athlete quits in the middle of season practice game, etc. we will allow them 24 hours to speak with the Coach about their decision before it finalized.

During Competition, a student-athlete:

1. Learns that both winning and losing are part of the game and must learn to accept both. Be modest in victory; be gracious in defeat.
2. Does not use illegal tactics in an attempt to defeat the opponent or to beat the rules of the game.
3. Has complete control of himself/herself at all times. Horse play, display of temper, use of profanity, and disrespect for coaches or officials will result in loss of respect for the athlete and in disciplinary action from the coach and/or school administration.
4. Will respect the decisions of the officials. The breaks of the game may go against you, but not due to the officiating. Officials are human beings who are doing their best to see that a contest is being run smoothly and honestly and being conducted in accordance with established rules.

If traveling with a team, a student-athlete:

1. Will travel to all out-of-town contests with the team, unless involved in another school extracurricular event.
2. Will, if allowed by the coach of their team, be allowed to ride home from out of town games only with a parent or guardian.
3. Will have parents/guardians sign them out before leaving the out-of-town school. Not signing out will result in consequences from the coaches. This is a safety precaution.
4. Will be on time for all departures.
5. Will not be allowed to bring parents, family members, or friends on the bus trips. Only coaches, managers, and athletes are permitted to ride on the school bus.
6. Will dress for all contests within the limits of the school and team dress policies. Your appearance before and after games is a direct reflection of our team.

In attendance of Athletic Events, a student-athlete:

1. maintain proper behavior when in attendance of an athletic event in which you are not participating.
2. You will not be disrespectful to visiting teams, officials, or visiting coaches.
3. You are encouraged to cheer on your team, but you will not try and intimidate or distract visiting teams or fans.
4. If you do any of these things, you may be removed from the event, will not be allowed to re-enter, and will have consequences at the discretion of the coaches and school administration.

Tobacco/Alcohol and illegal drugs

The following rules apply to all athletes for their entire career at Riverview High School. Use of tobacco products, drinking of alcoholic beverages, or the use of illegal drugs will not be tolerated. ***NO DRINKING OR POSSESSION OF ALCOHOLIC BEVERAGES *NO USE OR POSSESSION OF ILLEGAL DRUGS OR TOBACCO PRODUCTS** The athlete who violates the above-stated rules could be subject to campus assigned consequences as per district policy. Athletes may be drug tested based on the district drug testing policy.

Social Media

Social media is growing rapidly in popularity and athletes need to understand that they are responsible for their actions. Anything an athlete posts online is public and can't be taken back. When in doubt, do not post. Negative posts can tarnish the image of teammates and/or coaches. Have fun, be smart, use common sense and don't use social media as a place to post complaints or issues that could lead to other problems. If there is a complaint or problem, talk with the coach or other appropriate school personnel. Know that the Internet is permanent. Once information is published online, it is essentially part of a global permanent record, even if you delete it. The Internet "remembers" everything. Individual bloggers can be held personally liable for any posts deemed to be defamatory, obscene, proprietary, or libelous. In essence, you blog or post on the blogs of others at your own risk. This includes cyber bullying through a social media. The District prohibits bullying, and punishment will follow SCSB policies and consequences. As an athlete, since participation is a privilege, you may have team and school consequences regarding your athletic participation for social media posts.

Stealing/Destruction of property

The following rules apply to all athletes for their entire career at Riverview High School. Theft or intentional destruction of any school or individual's equipment or property will not be tolerated. The athlete who violates the above-stated rules could be subject to campus assigned consequences as per district policy.

Use of Uniforms and School Equipment

When an athlete is assigned any school uniforms and/or equipment, the athlete assumes the responsibility of the proper use and care of the items. Athletes will be assigned a specific set of items and these items will be signed out at the beginning of the sport season and will be signed back in at the end of that season. The athlete will be charged the full cost for any missing or damaged items and athlete will be subject to further consequences at the discretion of the coach.

Locker room and Weight room

The use of a locker room and a weight room is a privilege. It is expected that the locker rooms will be kept clean at all times. No personal items are to be left in the locker rooms or in the showers that are not secured in a locker. No athletes are allowed in the weight room without the supervision of a coach and wearing proper attire. The weight room needs to be maintained by all athletes. This includes, but is not limited to, re-racking weights after use, reporting any ripped or torn pads on benches, and not leaving any trash or personal items. Any music played in the weight room must be school appropriate: no cursing or vulgar references. Random inspections of the locker rooms and weight room will be conducted. If they are found in a poor state at any time, there will be whole team consequences at the discretion of the coaches.

Trainer Office and Treatment Rooms

Our trainer will set hours of operations for the training room and staff. The training room is not a place to hang-out. Student-athletes should only visit the training room for treatment or to ask a question about injuries. Any student-athlete found to be in the training room for non-medical reasons will be asked to leave and may be subject to violations of the student-athlete expectations for their sport and/or RHS athletic department. Students must wear appropriate attire while visiting the training facilities.

Concussions

Riverview High School is very serious about concussion management. FHSAA, mandates that each individual school district have a concussion oversight team, a standardized protocol to diagnose and treat, and a return to practice policy for students suffering concussions. All athletes will be required to take a neurocognitive test when they are healthy. This is called a baseline test. Currently Riverview High School uses the ImPact test. Information on this test can be found at www.impacttest.com. Each student athlete who is diagnosed with a concussion must have an ImPact score that has returned to the baseline and clearance form (FHSAA Form AT18) from a physician.

Dropping a sport

There may be times when an athlete finds it necessary to quit playing a sport during the season. Reasons for such a decision may vary widely. Despite the reason, the athlete, parents and coaches should work together in the best interest of the student-athlete.

Procedures when ill or injured

Your health is the concern of every member of your team. In the event you feel ill and your condition does not improve, see a doctor as soon as possible and inform either one of the coaches of your team. An injury that could possibly hamper your ability to participate must be reported to your coach as soon as possible. If you go to the doctor, bring back WRITTEN instructions from the doctor as to your care. We will follow the instructions on the doctor's note. If the note restricts an athlete from participation, the athlete will not be allowed to participate again prior to the release date on the note, unless another note is brought stating otherwise. If an athlete is too ill or injured to practice, then he/she must bring a written note from the doctor specifying the illness/injury and the number of days the athlete is to miss. In the case of injury, he/she must either have a doctor's note. Whenever you are injured or have an illness of a minor nature, you will be required to have a note, dress out (but not participate) and stay with your group during the workout. You learn from each practice session, whether you are actually working out or simply observing.

Athlete Violations

The athlete who violates the above-stated rules could be subject to any of the following, in addition to campus assigned consequences as per district policy:

Disciplinary Procedures

1. Parent notification by the Coach/Athletic Director.
2. The student may be assigned extra conditioning or practice at the discretion coach and/or athletic director.
3. The student may be suspended or removed from athletics at the discretion of the coach and/or athletic director.

Any student suspended from athletics must be given:

1. The reason(s) for the suspension
2. The time and provisions of the suspension/probation
3. The procedures for returning to the program
4. Information on Athletic Department Contracts or options

FHSAA Violations

A special note on FHSAA rules violations – any athlete found in violation of FHSAA Code of Ethics will receive the highest available consequence given by the FHSAA for the specified violations, this includes but is not limited to apologies, suspensions and lose of athletic eligibility.

2018-19 Riverview High School Athletic Handbook

Athlete and Parent/Legal Guardian Acknowledgement and Consent

Student's Name (Print) _____

The Riverview High School Athletic Handbook has been developed to help your son or daughter gain the greatest possible benefit from his or her athletic experience. Please read and discuss the Athletic Handbook with your child. Your signature, and that of your child, will acknowledge that you have accessed/received and read the Athletic Handbook. This form will be retained in the child's athletic folder as consent to the handbook rules. "I understand and consent to the responsibilities outlined in the Riverview High School Athletic Handbook. My child shall be held accountable for the behavior and consequences outlined in the Athletic Handbook at school, at school sponsored and school related activities, during school sponsored travel, and for any school related misconduct, regardless of time or location. I understand that any student athlete who violates the Athletic Handbook shall be subject to disciplinary action. I agree to read the handbook and abide by the standards, policies, and procedures defined or referenced in this document. The information in the athletic handbook is subject to change. I understand that changes in athletic policies may supersede, modify, or render obsolete the information summarized in this book. As the athletic program provides updated policy information, I accept responsibility for reading and abiding by the changes."

Parent/Legal Guardian

Date _____

Student

Date _____

Any questions concerning this student handbook should be directed to the Athletic Director. Return this signature page to the athletic office with your athletic paperwork.