



EXCELLENCE IS STANDARD

ACCOUNTABILITY IS THE GLUE THAT TIES COMMITMENT TO RESULTS.

Purpose

The purpose of Rodriguez Middle School Athletics is to prepare athletes for high school sports through the development of fundamental skills, teamwork, leadership, sportsmanship, and accountability.

Sports

Middle school students can participate in volleyball, football, basketball, cross country, and track and field. To determine teams, athletes will be evaluated on performance, skill assessment, sportsmanship, attendance, coachability, and team play. Athletes must participate in at least one sport per semester.

VOLLEYBALL (girls only) – A maximum of three teams, (A, B, and C) will be selected per grade level.

FOOTBALL – A maximum of two teams (A, B) will be selected per grade level

CROSS COUNTRY - There will be TBD runners for the A Team and everyone else will run B Team.

BASKETBALL – A maximum of three teams, (A, B, and C) will be selected per grade level.

TRACK AND FIELD –One boys and one girls' team in each grade. The top 3 in each event will qualify for each meet.

Off Season

If an athlete does not participate on a team for that sports season, he/she will participate in an off season program. This program includes preparing for the next sport's season, agilities, and speed and strength improvement.plyometrics, cardiovascular exercises, and fundamental skills needed to enhance the

Practice Standards

- Participate during class and during scheduled before or after school practices.
- Attendance is mandatory. If a player must miss practice it's the parent/athlete's responsibility to notify their Coach
- Athletes are not allowed to wear jewelry or chew gum during practice.
- Tie hair back so that it does not impede vision.
- Athletes will wear the required athletic gear (girls wear black shorts and a gray tshirt.)
- Dress out and attend practice to learn plays and strategies – even if injured.
- Report injuries before leaving the locker room.

*****Missed practices** must be made up for game participation. Missed practices may also result in reduced playing time during games. It is at the Coaches discretion whether the athlete will be allowed to ride the bus after several missed practices.

Game Day Procedures

The athlete will:

1. Wear game day attire as specified by coaches.
3. Athletes will remain on campus each game day.
4. Athletes will ride the bus to and from away sites.
5. All athletes will support all teams in a positive and encouraging manner.

*****Please note:**

1. If an athlete misses the bus, he/she will not play in the game.
2. If an athlete is late, playing time will be affected.

Athletes will show RESPECT to others, both on and off the court, field, or track. Athletes should act like LEADERS at all times and demonstrate Viper Pride!

Lockers/Locker Room

- Only athletes will be issued lockers for the class period to look up personal belongings.
- *Rodriguez coaches and staff are NOT RESPONSIBLE for items left unattended or not secured in the provided locker.
- Locker rooms will remain locked throughout the day when classes are in progress.
- CELL PHONES MUST BE OFF; STORED IN YOUR BACKPACK AND LOCKED IN YOUR LOCKER.

[Girls Athletics Signature Form](#)

[Boys Athletics Signature Form](#)