

Rose Bud Rambler

High School

Athletic Handbook

2024-2025



*Athletic Standards of Behavior and Participation
Booklet*

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Coaches Contact List

School Phone Number: (501)556-5404

Scotty Starkey	Athletic Director	ext. 276
Blake Moss	Head Boys Basketball/Golf	ext. 264
Seth Taylor	Head Girls Basketball /Asst. Softball	ext. 263
Joey Pruitt	Head Volleyball/Head Softball	ext. 265
Taylor Cooper	Head Baseball / Asst Football	ext. 280
Garrett Haag	Head Football/Track	ext. 280
Spencer Starkey	Asst. Football/Baseball	ext. 280
Kimberly Maurer	Head Varsity/Junior High Cheer Coach	
Elizabeth Calhoun	Head Cross Country Boys/Girls	
Lauren Stubblefield	Marching Band/Pep Band Sponsor	

Introduction

We would like to welcome you and your athlete to the Rose Bud Rambler Athletic Program. Our objectives are to teach the athlete the qualities of teamwork, commitment, selflessness, and the pursuit of excellence and leadership. We believe that interscholastic sports are the greatest teacher of one of life's hardest, yet important lessons: overcoming adversity.

In the arena of competitive sports, we have a situation that challenges our students to pursue excellence and meet high expectations. This is a powerful learning environment for our students, and yet it creates inherent challenges for them, their coaches, and their families as well.

Participation in Rose Bud athletics can be a fulfilling and positive life experience if everyone involved has a better understanding of the framework and rules of our program. In order to help ensure that the experience you and your athlete have is a positive one, this handbook has been designed with you in mind.

Mission Statement

The Athletic Department of Rose Bud Public Schools is dedicated to the development of the total student-athlete. Our goal is to develop student-athletes who are committed to personal excellence and team success. It is our desire to provide an inspirational and motivational environment where preparation, hard work and commitment generate legitimate opportunities for success. The pursuit of excellence is fundamental to athletics, and our coaching staff is encouraged to maintain a high level of expectation for our athletes in their conduct in and out of athletics, and in the classroom.

Sports Offered

Football	Boys Basketball	Baseball
Volleyball	Girls Basketball	Softball
Golf	Cross Country	Track
Cheerleading	Band	E-Sports

Philosophy of the Program

The three levels of competition, 7th Grade, Jr. High, and Varsity are part of the same program coordinated by the Head Coach of each sport. The 7th grade and Jr. High levels are designed to teach fundamentals, instill discipline, determine athlete's' commitment to the program, instill a love of the game, and ultimately prepare them for varsity competition.

7th Grade Level

The program will instill discipline and begin teaching the structure, fundamentals and expectations of the program. It will advance the athlete's skill level and help them learn what will be expected of them through the years as a Rambler athlete. There will be more emphasis on player development than on the outcome of each game.

Jr. High Level

At this level, each young athlete will learn the fundamentals of the game, our system of play, order of discipline, and gain experience by perhaps playing various positions in order that the coaching staff can determine where they can best develop as players on the Varsity level. Rose Bud wants to win at the Jr. High level, but it is much more important that we develop these young athletes and to secure their participation in the years to come.

Sr. High Level

At the Sr. High level, our players, coaches, parents, staff and community members want the Rose Rambler athletic programs to be successful in each and every sport. It is our goal to put the most talented members of each program on the field or court to win a contest.

As long as a score is being kept, we will attempt to win as many games as possible. In order to accomplish this, there are many instances when the major burden of the contest will be carried by the most competitive, skilled and accomplished team members. Starting positions and playing time are not guaranteed. However, our teams cannot and will not be successful without committed players and substitutes prepared to play. These players have to be ready at all times to step forward and shoulder the burden when called upon. It is these players whose hard work on a daily basis in practice prepares the team for the upcoming contest.

Participation Requirements

1. Meet all Arkansas Activities Association requirements.
2. All students are eligible to try out for the sports offered. Tryouts are held and cuts may be made.
3. Good discipline in the classroom, on and off campus, and at school-sponsored events must be maintained to remain in the athletic program.
4. Academic eligibility will be based on standards established by the Arkansas Activities Association for grades seven through twelve.
5. Athletes are required to have a current, documented physical examination by a licensed physician prior to participating in any practice or athletic contest.
6. Athletes are required to attend and participate in all scheduled practices. Exceptions can be made by each individual coach for excused absences.
7. Athletes are required to attend at least one-half of a day of classes the day of an athletic contest. Athletes not attending at least a half day of classes will not be allowed to compete in that day's contest. The only exceptions will be medical appointments with a physician's release, immediate family funeral, and school sponsored activity.
8. Athletes will be transported to and from out of town school contests on school sponsored transportation. Athletes may be checked out to a parent after the contest by signing the release form with the head coach or his/her appointee.
9. Students are approved for all athletic participation on the basis of interest, athletic ability, and desire. For the athlete to maintain status as a team member, all requirements must be met and followed.
10. Participation in the athletic program is a privilege, NOT a right.
11. All high school athletes should be students first. Coaches in the Rose Bud Athletic Department, in their attempt to improve the academic achievement of athletes, will be checking the academic progress of each athlete periodically throughout the school year. Once or more per nine week intervals the head coach of each sport will be contacting each athlete's teacher(s) and ask them to provide information regarding their performance in each class. A report will be made to the athletic director by the head coach of each sport concerning any athlete that might be in academic distress or experiencing other classroom difficulties. Steps will be taken to help any athlete that is having problems academically or in the classroom to alleviate the area of concern.

Random Drug Testing: All Students that participate in Athletics will be subject to a random drug screening quarterly. If a student tests positive they will be given the opportunity to go through the 2nd Chance Drug Ed Program. Students cannot participate in any activity if they test positive for the remainder of that athletic season.

Hazing

“Hazing” includes, but not limited to, any act that recklessly or intentionally endangers the mental health, physical health, or safety of a student for the purpose of initiation or as a condition or precondition of attaining membership in, or affiliation with, any District-sponsored activity or grade-level attainment (e.g., personal servitude, sexual stimulation/sexual assault, forced consumption of any drink, alcoholic beverage, drug or controlled substance, forced exposure to the elements, forced prolonged exclusion from social contact, sleep deprivation, or any forced activity that could adversely affect the mental or physical health or safety of a student); that requires, encourages, authorizes, or permits another to be subject to wearing or carrying any obscene or physically burdensome article; or the assignment of pranks to be performed or other such activities intended to degrade or humiliate.

Bullying

Respect for the dignity of others is a cornerstone of civil society. Bullying creates an atmosphere of fear and intimidation, robs a person of their dignity, detracts from the safe environment necessary to promote student learning, and will not be tolerated by the Board of Education. Students who bully another person shall be held accountable for their actions whether they occur on the school grounds; off school grounds at a school sponsored or approved function, activity, or event; going to or from school or a school activity in a school vehicle or school bus; or at designated school bus stops.

A school principal or his or her designee who receives a credible report or complaint of bullying shall promptly investigate the complaint or report and make a record of the investigation and any action taken as a result of the investigation.

Definitions

Attribute means an actual or perceived personal characteristic including without limitation: race, color, religion, ancestry, national origin, socioeconomic status, academic status, disability, gender, gender identity, physical appearance, health condition, or sexual orientation.

Bullying means the intentional harassment, intimidation, humiliation, ridicule, defamation or threat or incitement of violence by a student against another student or public school employee by a written, verbal, electronic, or physical act that may address an attribute of the other student, public school employee, or person with whom the other student or public school employee is associated and that causes or creates actual or reasonably foreseeable:

1. Physical harm to a student or public school employee or damage to the public school employee’s or student’s property; Substantial interference with a student’s education or with a public school employee’s role in education;
2. A hostile educational environment for one (1) or more students or public school employees due to the severity, persistence, or pervasiveness of the act; or
3. Substantial disruption of the orderly operation of the school or educational environment. Electronic act means without limitation, a communication or image transmitted by means of an electronic device, including without limitation a telephone, wireless phone or other wireless communications device, computer, or pager that results in the substantial disruption of the orderly operation of the school or educational environment.

Electronic acts of bullying are prohibited whether or not the electronic act originated on school property or with school equipment, if the electronic act is directed specifically at students or school personnel and maliciously intended for the purpose of disrupting school, and has a high likelihood of succeeding in that purpose.

Harassment means a pattern of unwelcome verbal or physical conduct relating to another person’s constitutionally or statutorily protected status that causes, or reasonably should be expected to cause, substantial interference with the other’s performance in the school environment.

Substantial disruption means without limitation that any one or more of the following occur as a result of the bullying:

1. Necessary cessation of instruction or educational activities;
2. Inability of students or educational staff to focus on learning or function as an educational unit because of a hostile environment;
3. Severe or repetitive disciplinary measures are needed in the classroom or during educational activities; or
4. Exhibition of other behaviors by students or educational staff that substantially interfere with the learning environment.

Examples of “Bullying” may include but are not limited to a pattern of behavior involving one or more of the following:

1. Sarcastic comments about another student’s personal appearance or actual or perceived attributes;
2. Pointed questions intended to embarrass or humiliate;
3. Mocking, taunting or belittling;
4. Non-verbal threats and/or intimidation such as “fronting” or “chesting” a person;
5. Demeaning humor relating to a student’s race, gender, ethnicity, actual or perceived attributes;
6. Blackmail, extortion, demands for protection money or other involuntary donations or loans;
7. Blocking access to school property or facilities;
8. Deliberate physical contact or injury to person or property;
9. Stealing or hiding books or belongings; and/or
10. Threats of harm to student(s), possessions, or others;
11. Sexual harassment is also a form of bullying,
12. Teasing or name-calling based on the belief or perception that an individual is not conforming to expected gender roles (Example: “Slut) or conduct or is homosexual, regardless of whether the student self-identifies as homosexual (Examples: “You are so gay.” “Fag” “Queer”).

Students are encouraged to report behavior they consider to be bullying, including a single action, which if allowed to continue, would constitute bullying, to their teacher or the building principal. The report may be made anonymously. Teachers and other school employees who have witnessed, or are reliably informed that a student has been a victim of behavior they consider to be bullying, including a single action which if allowed to continue would constitute bullying, shall report the incident(s) to the principal. Parents or legal guardians may submit written reports of incidents they feel constitute bullying, or if allowed to continue would constitute bullying, to the principal. The principal shall be responsible for investigating the incident(s) to determine if disciplinary action is warranted.

The person or persons reporting behavior they consider to be bullying shall not be subject to retaliation or reprisal in any form. Students found to be in violation of the policy shall be subject to disciplinary action ranging from a conference up to and including expulsion. In determining the appropriate disciplinary action, consideration may be given to other violations of the student handbook which may have simultaneously occurred.

Cyberbullying of school employees is expressly prohibited and includes, but is not limited to:

1. Building a fake profile or website of the employee;
2. Posting or encouraging others to post on the Internet private, personal, or sexual information pertaining to a school employee;
3. Posting an original or edited image of the school employee on the Internet;
4. Accessing, altering, or erasing any computer network, computer data program, or computer software, including breaking into a password-protected account or stealing or otherwise accessing passwords of a school employee; making repeated, continuing, or sustained electronic communications, including electronic mail or transmission, to a school employee;
5. Making, or causing to be made, and disseminating an unauthorized copy of data pertaining to a school employee in any form, including without limitation the printed or electronic form of computer data, computer programs, or computer software residing in, communicated by, or produced by a computer or computer network;
6. Signing up a school employee for a pornographic internet site;
7. Without authorization of the school employee, signing up a school employee for electronic mailing lists or to receive junk electronic messages and instant messages.

Athletic Codes of Conduct

Conduct of Athletes

A firm and fair policy of enforcement is necessary to uphold the regulations and standards of the athletic department. The community, school administrators and the coaching staff feel strongly that high standards of conduct and citizenship are essential in maintaining a sound program of athletics. The welfare of the student is our major consideration and transcends any other consideration. Actions contrary to good order and discipline of the athletic program will not be tolerated.

Individual Coaches Rules

Coaches may establish additional rules and regulations with the approval of the Athletic Director and Principal for their respective sports. These rules pertaining to a particular sport must be given in writing to all team members and explained fully at the start of the season. Penalties for violation of team rules will also be in writing and shall be administered by the coach.

Scholastic Eligibility

To be eligible to participate in interscholastic athletics all students will be required to meet requirements of Arkansas Department of Education and Arkansas Activities Association.

Junior High - A student promoted from the sixth to the seventh grade automatically meets the academic eligibility (scholarship) requirements. A student promoted from the seventh to the eighth grade automatically meets the academic eligibility requirements for the first semester. The second semester eighth grade student and the first semester ninth grade student meet the academic eligibility requirements for junior high by successfully passing four (4) academic courses the previous semester as specified by the Arkansas Department of Education's Standards for Accreditation of Arkansas Public Schools. First semester ninth grade students must pass four academic classes to be eligible for the second semester of the ninth grade. **If a ninth grader plays for a varsity team then they must also meet the required 2.0 gpa in order to remain eligible.** Ninth grade students must meet senior high academic eligibility by the end of the second semester in order to be eligible to participate in the fall of their tenth grade year. Students who have finished two semesters of the ninth grade must follow all senior high (10-12) academic requirements.

Senior High - The requirement for senior high (10-12) eligibility shall include: 1) Passing four academic courses; and 2) A minimum semester GPA of 2.0 for the previous semester. The student must have passed four academic courses in the previous semester. Any of these four courses for which concurrent high school credit is earned may be from an institution of higher learning recognized by the Arkansas Department of Education.

Academic Course Defined - An academic course is one for which class time is scheduled, which can be credited to meet minimum requirements for graduation, which is taught by a teacher required to have state certification in the course, and which has a course content guide approved by the Arkansas Department of Education.

NOTE: P.E. may be considered an academic course for one full credit within the 21 minimum credits. The first time a P.E. grade appears on the transcript in grades 9-12 is when it will be considered an academic course.

Athletic/Activity Behavior Standards

Participants in athletic/activity programs will adhere to all behavior standards at all times. Representing a school as part of an athletic/activity program is a privilege and with the extra returns come certain responsibilities. The goal of behavior and conduct standards is twofold:

1. Participants in athletic/activity programs shall present and conduct themselves in a manner which will bring credit to themselves, the student group or team they represent, and their school.
2. All athletic/activity participants will strive continually to improve themselves by attaining standards higher than those asked of the general student.

In order to attain these goals, the following standard will be in effect for all students who represent their school as participants in athletics/activities.

In the Competition Arena, the student:

- Is under control at all times and exhibits poise and composure regardless of the situation.
- Is respectful to officials.
- Is modest in victory and gracious in defeat.
- Does not use profanity.

At school and in the community, the student:

- Works hard to promote pride with other students in his/her school and community.
- Is discreet at all times. Public display of affection is discouraged.
- Display appropriate appearance and behavior before fellow students.

In the classroom, the student:

- Meets the academic standards of school.
- Is respectful to teachers and fellow students.
- Maintains a good attendance record.
- Is not truant from class or practice.

On school-sponsored trips, the students:

- Is an ambassador for his/her home, school, and community and will act accordingly.
- Dresses appropriate and in good taste.
- Refrains from misconduct while traveling to and from events. Disruptive or other forms of misbehavior will not be tolerated.
- Remains with the team at all times when attending away events

Basic Athletic Department Policies

Dropping or transferring sports: Quitting is an intolerable habit to acquire. A quitter may lose the privilege of participating in athletics. On occasion however, an athlete may find it necessary to drop a sport for a good reason. If this is the case, the following procedure must be followed.

- Consult with the head coach.
- Report your situation to the Athletic Director
- Check in all equipment issued to you.
- If an athlete quits a sport, he or she will not be allowed to practice with another sports team unless there is an agreement made between both coaches and the athletic director.

Equipment: School equipment checked out by the student/athlete is his/her responsibility. He/she is expected to keep it cleaned and in good condition. Loss of any equipment is the athlete's financial obligation. The equipment shall be turned in a timely manner after the designated season is completed to the designated coach.

Missing practice: An athlete should always consult his/her coach before missing practice. Missing practice or a game without good reason will be dealt with severely.

Travel: All athletes must travel to and from out-of-town athletic contests in transportation provided by the athletic department unless previous arrangements are made by the parents. Athletes will remain with their squad and under the supervision of the coach when attending away contests.

- Athletes that miss the bus will not be allowed to participate in the contest unless there are extenuating circumstances.
- All regular school bus rules will be followed.
- Dress appropriately and in good taste
- If a parent is providing transportation home from an athletic event for their child they have to sign the release form from the designated coach.

Cheer Travel: Cheerleaders will attend the following events:

- All home Football, and Basketball games
- All away Football games.
- All away conference basketball games.
- All tournament semi final and finals basketball games.
- All Regional and State Tournament Basketball games at the discretion of the Athletic Director, HS Principal or Superintendent.

Camp Travel: No out of State Camps for any of the athletic teams.

Conflicts in extracurricular activities: An individual student who attempts to participate in several extracurricular activities will, undoubtedly, be in a position of conflict of obligations.

The athletic department recognizes that each student should have opportunity for a broad range of experiences in the area of extracurricular activities, and to this end, will attempt to schedule events in a manner to minimize conflicts.

Students should do everything they can do to avoid continuous conflicts. This would include being cautious about belonging to too many activities where conflicts are bound to happen. It also means notifying the faculty sponsors/coaches involved immediately when a conflict does arise.

When a conflict arises the sponsor/coaches will work out a solution so the student does not feel caught in the middle. If a solution cannot be found, the athletic director or principal will make the decision based on the following:

- The relative importance of each event.
- The importance of each event to the student.
- How long each event has been scheduled
- Talk with parents.

Once the decision has been made and the student has followed that decision, he/she will not be penalized in any way either by the faculty sponsor/coach. If it becomes obvious that a student cannot fulfill the obligation of the school activity, he should withdraw from that activity.

Attendance: Students who miss school or check out on the day of an athletic event will not be able to participate, unless they missed for an emergency or the principal or athletic director excuses the absence.

Students involved in any extra curricular activities must have a 90% attendance rate. This includes anything off campus or outside of the school day. Students who have a long- term medical issue or hospital stay will allow them to be counted present for school.

Release from class is the responsibility of the athletes to see their teacher the day before the classes they miss because of an athletic event. The student is responsible for all work or tests missed due to an activity absence. It is the responsibility of the student to ask the teacher for any missed work.

Grooming and Dress Policy: A member of an athletic team is expected to be well-groomed. Once you have volunteered to be a member of a squad, you have made a choice to uphold certain standards expected of athletes in this community.

The following grooming and dress rules will be adhered to by team members:

- Hairstyles are to be maintained in a neat and clean manner so as to present a positive image for both the team and the school.
- An athlete shall dress presentably at all times, on trips, at assemblies, or banquets.
- Only uniforms issued by the department of athletics will be permitted to be worn for contest.
- Athletes will not be permitted to participate until deviations of the above rules are satisfactory corrected.
- Dress for practice should be in good taste and conform to school dress codes as closely as possible.

Selection

In accordance with our philosophy of athletics and our desire to see as many students as possible participate in the athletic program, we encourage coaches to keep as many students as they can without unbalancing the integrity of their sport. Time, space, facilities, equipment, personal preference and other factors will place limitations on the most effective squad size for any particular sport.

Cutting Policies

Choosing the members of athletic squads is the sole responsibility of the coaches of those squads.

Prior to trying out, the coach shall provide the following information to all candidates for the team:

- Extent of try-out period
- Criteria used to select the team
- Number to be selected
- Practice commitment if they make the team
- Game commitments

When a cut becomes necessary, the coach will personally contact the administration and the parent prior to discussing the action with the candidate. Coaches will discuss alternative possibilities for participation in the sport or other areas in the activities program.

Disciplinary Procedures and Policies

1. Participation in the athletic program is a privilege, **NOT A RIGHT**.
2. Athletes assigned Out-Of-School Suspension will not be allowed to participate in practices or athletic contests during their suspension. This includes events held on the evening of the final day of the suspension.
3. Athletes in ISS are not allowed to attend, practice, or participate in any school related activities that take place on the day the student is in ISS. Students are not to be on RBSD campus, before or after regular school hours, or attend an RBSD event for any reason while assigned to ISS.
4. Athletes receiving any discipline referrals may be subject to disciplinary action by the coaching staff at their discretion up to and including dismissal from the program.
5. Chronic discipline issues will not be tolerated and may result in dismissal from the program.
6. In the event an athlete must be removed from the team for disciplinary reasons, the coach of that team will contact the parents and inform them of the reason for the dismissal. Coaches will attempt to contact the parents before meeting with the athlete about the dismissal. In some situations this may not be possible. In this instance, the parents will be notified as soon as possible.

Governances

The School Board of Education

The School Board of Education is the ruling agency for the Rose Bud Public Schools.

The School Board of Education is responsible for the following areas:

Interpreting the needs of the community.

Developing policies in accordance with the state statues and mandates and in accordance with the educational needs and wishes of the people of Rose Bud School District.

Approving means by which professional staff may make these policies effective.

Evaluating the interscholastic athletic program in terms of its value to the community.

The Arkansas Activities Association

All schools are voluntary members of the Arkansas Activities Association and compete only with members of other schools. As a member school district, the secondary schools of Arkansas agree to abide by and regulations promulgated by this Association.

The primary role of the state association is to maintain rules and regulations that ensure equity in competition for the student athletes and a balance with other educational programs. The association solicits input and is responsive to requests for rule modification from member schools, appointed committees, and coaches' associations.

The state association attempts to enforce such rules that assure the greatest good for the greatest number and to ensure that competition is conducted in an appropriate manner.

Protocol for Filing Concerns

Should it become necessary to speak with school officials regarding the athletic program or any student-athlete parents are expected to adhere to the following protocol. Please contact the school to make an appointment with:

1. The Athletic Director and Coach with direct supervision of the athlete.
2. The Principal of the building in which the student attends.
3. The Superintendent of the Rose Bud Public Schools.

Coaching time, including immediately before and after games and practices, should not be interrupted. Appointments must be made through the athletic director before a conversation takes place about any concern. Parents and fans must refrain from attempting to contact coaches regarding concerns at any point before, during or immediately following an athletic event.

What players can expect from the Coaching Staff

1. To be loyal to you in all areas.
2. To be totally honest!
3. To provide leadership and training necessary to achieve our goals.
4. To work you harder than you have ever worked before.
5. To assist you in any way possible now and after graduation.
6. To treat you with respect and dignity.
7. To make all decisions predicated on what is best for the **TEAM** and then what is best for the individual.
8. To do everything within our power to go to school and compete in athletics.
9. To help you grow and mature as an athlete, student, and person.
10. To help you reach your goals.

What parents can expect from the Coaching Staff

1. To care for your child.
2. To be totally honest!
3. To attempt to bring out the very best in your child on and off the field of competition.
4. To establish and maintain an open line of communication.
5. To assist you in any way possible with your child.
6. To make all decisions predicated on what is best for the **TEAM** and then what is best for your child.

What is expected of Rambler Athletes

1. Participation in the Athletic program is a privilege, **NOT** a right.
2. Athletes are expected to be neat and well groomed in appearance and dress on and off the field or court.
3. They will dress according to the school dress code policy with no exceptions.
4. Athletes are expected to behave themselves in the classroom as well as on the field or court. Inappropriate conduct will not be tolerated.
5. Athletes will show respect to teachers, coaches, and administrators.
6. Athletes will take care of the facilities and equipment provided by the Rose Bud School District as well as those of other schools.
7. Athletes will be responsible for all athletic equipment issued to them and will return such equipment at the conclusion of the season. Athletes will be responsible for the current replacement cost for any of the equipment not accounted for by the end of the season.

What is expected of Parents

1. Have your athlete at practice and games.
2. Encourage your athlete to be the best that they can be in the program.
3. Support the coaching staff decision regardless of your beliefs.
4. If you have a concern please follow the protocol listed at the end of this manual for having that concern heard and resolved.
5. Support the programs through assistance with fundraising and any other duty you are asked to perform.
6. Hold your athlete to the highest standards and help them be successful in the program.

Parental Acknowledgement of Athletic Policies

Upon entering high school or at the time a student tries out for an athletic team, he/she will be presented with this handbook containing all the necessary forms and information for participating in athletics

Each parent or guardian shall read all of the enclosed material and certify that they understand the athletic eligibility rules and policies of the school district. The signed document will be filed in the office.

Letter Jackets, Patches, Etc.

Letter jackets are purchased by student-athletes who wish to have one. Coaches will arrange for representatives to come to campus to assist students in sizing and ordering jackets.

The Rose Bud Athletic Department will provide one letter patch for students meeting letter requirements in their sport. The Athletic Department will also provide patches for district, regional, and state championships as well as individual awards such as all-state or all-conference.

All other patches, insignia, or decorations will be purchased by the student-athlete.

By law, school district expenditures for awards for student-athletes may not exceed an average of \$100 per student in each sport.

Monetary Contributions & Donations

Monetary contributions may be made to the Rose Bud Athletic Department by contacting the Athletic Director or Administration.

All uniforms/gear will be selected by the appropriate coaching staff, approved by the Athletic Director, Administration, and purchased by the Rose Bud School District.

K-12 Student Basic Participant Accident Medical Insurance Policy

Accidental Medical Insurance is provided for all Interscholastic sports and activities through HSR with Liberty Mutual Accident and Health. Accident Medical Expense: When a covered injury to an insured person results in treatment by a Physician or surgeon beginning within 60 days of the date of the covered accident. HSR will pay benefits, in excess of the deductible.

This is a Secondary Insurance only-Primary Insurance and or AR-Kids must be used first.

Accident form will be filled out by the Coach when the accident occurs.

Full Insurance policy may be provided by upon request.

Arkansas Activities Association Concussion Guidelines

1. Every coach and registered volunteer must receive training on concussions once every three years.
2. Every athlete and parent must read and sign a “Concussion Fact Sheet for Athletes and Parents”.
3. Any athlete who is suspected by their school’s personnel or school medical staff of having a concussion should not return to play or practice on the same day.
4. Any athlete suspected of having a concussion should be evaluated by an appropriate healthcare professional that day (Neuropsychologist, MD, DO, Advanced Practice Nurse, Certified Athletic Trainer, or Physician Assistant).
5. Any athlete with a concussion should be medically cleared by an appropriate health-care professional prior to resuming participation in any practice or competition.
6. After medical clearance, return to play should follow a 5 day stepwise protocol for delayed return to play based upon the return of any signs or symptoms.

Arkansas Activities Association

Concussion Fact Sheet for Athletes and Parents

What is a Concussion

A concussion is any injury that changes how the cells in the brain normally work. A concussion is caused by a blow to the head or body that causes the brain to move rapidly inside the skull. Even a “ding”, “getting your bell rung”, or what seems to be a mild bump or blow to the head can be serious. Concussions can also result from a fall or from players colliding with each other or with obstacles, such as a goal posts.

What Are the Signs and Symptoms of a Concussion

Observed by the Athlete

1. Headache or pressure in head
2. Nausea or vomiting
3. Balance problems or dizziness
4. Double or blurry vision
5. Bothered by light
6. Bothered by noise
7. Feeling sluggish, hazy, foggy, or groggy
8. Difficulty paying attention
9. Memory problems
10. Confusion
11. Does not feel right

Observed by the Parent/Guardian, Coach or Teammate

1. Is confused about assignment or position
2. Forgets an instruction
3. Is unsure of game, score, or opponent
4. Moves clumsily
5. Answers questions slowly
6. Loses consciousness (even briefly)
7. Shows behavior or personality changes
8. Can't recall events after hit or fall
9. Appears dazed or stunned

What To Do If Signs/Symptoms of a Concussion are Present

Parent/Guardian

Athlete

- | | |
|--|--|
| <ul style="list-style-type: none"> ● Seek medical attention ● Keep your child out of play ● Discuss play to return to play with coach ● Address academic needs | <ul style="list-style-type: none"> ● TELL YOUR COACH IMMEDIATELY ● Inform parents ● Seek medical attention ● Give yourself time to recover |
|--|--|

Where Can I Find Out More Information?

- Center for Disease Control www.cdc.gov/concussion/HeadUp/youth.html
- NFHS Free Concussion Course <http://nfhslearn.com/electiveDetail.aspx?course ID=15000>

Return to Play Guidelines

- Remove immediately from activity when signs/symptoms are present
- Release from medical professional required for return (Neuropsychologist, MD, DO, Nurse Practitioner, Certified Athletic Trainer, or Physician's Assistant)
- Follow school district's return to play guidelines and protocol

Medical Release for Graduated Return to Play Protocol

Student Name _____ Date of Birth _____ Grade _____
 Date of Injury _____
 Sport Injury _____
 Details _____

Students are cleared to initiate and proceed through the protocol as detailed below after a full day of normal activity with no symptoms. Follow the gradual and progressive steps of the training sequence below. There should be at least 24 hours between each step. If any symptoms return at any time during these activities, stop the workout. Rest until symptom-free for 24 hours, and then return to the previous asymptomatic step. If symptoms return or worsen, seek medical attention.
 Other Information: _____

Completed by (print name) _____ Signature _____
 Date _____
 ___Neuropsychologist ___ MD ___ DO ___ Nurse Practitioner ___ Certified Athletic Trainer ___ Physician's Assistant

Graduated Return to Play Protocol/Supervised by School Personnel

Step

1. Light general conditioning exercises (Goal: Increase heart rate)
2. Moderate general conditioning and sport specific skill work individually(Goal: Add movement, individual skill work)
3. Heavy general conditioning, skill work, individually and with teammate. NO CONTACT(Goal: Add movement, teammate skill work)
4. Heavy general conditioning, skill work and team drills. No live scrimmages. VERY LIGHT CONTACT (Goal: Team skill work, light static contact)
5. Full team practice with body contact.

Activity

1. Begin with sport specific warm-up. Do 15-20 min. workout: stationary bicycle, fast paced walking or light jogging, rowing or freestyle swimming.
2. Attend a full day of school if in session.
3. Sport specific warm-up. Slowly increase intensity and duration of workout 20-30 minutes. Begin sport specific skill work within the workout. No spins, dives, or jumps.
4. Attend a full day of school if in session.
5. Continue with general conditioning for up to 60 min. Increase intensity and duration. Begin interval training.
6. Continue individual skill work.
7. Begin skill work with partner-no contact.
8. Continue with individual skill work as in step 2.
9. Attend a full day of school if in session.
10. Resume regular conditioning and duration of practice.
11. Increase interval training and skill work as required.
12. Gradually increase skill level of spins, dives, jumps.
13. Review team plays with no contact.
14. Very light contact and low intensity on dummies.
15. Attend a full day of school if in session.
16. Participate in a full practice. If full practice is completed, discuss with the coach about getting back in the next game.
17. Attend a full day of school if in session.

Anything not covered by this manual will be subject to review by the athletic department, athletic director, administration and the school board. They will keep the best interest of the students in mind in any situation that should arise.

Thank you for your continued support of our kids and their programs. It is the goal of the athletic department to have the most successful and complete program in Arkansas. We ask and expect that through the hard work of the athletes, coaches, parents, administrators and community we can achieve this goal.

Sincerely,

Scotty Starkey
Athletic Director, Rose Bud High School

Please sign and return this page to the High School Office

I have received a copy of the 2022-2023 Rose Bud Rambler Athletic Handbook and agree to abide by the policies and procedures therein.

Student Name (Printed)

Sports Participating in:

Student Signature:

Date

Parent Signature:

Date

