



**STUDENT-ATHLETE/PARENT  
HANDBOOK  
RIVERSIDE HIGH SCHOOL  
ATHLETICS**

**Riverside High School  
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## RIVERSIDE ATHLETICS OVERVIEW

Riverside High School participates in 22 Varsity Sports as a part of the DAC 7 Conference. The conference during the 2023-2024 school year includes the following:

C.E Jordan	Hillside	Chapel Hill	East Chapel Hill
	Northern Durham	Riverside	

Riverside Athletics understands the positive effects that participating on a team has on a student-athlete. RHS Athletics hopes to provide opportunities that challenge the student-athlete to become a person of better social character, academic proficiency, and athletic ability.

<b>Fall</b>	<b>Winter</b>	<b>Spring</b>
M Cross Country W Cross Country Field Hockey Football M Soccer W Tennis Volleyball Gymnastics Cheer	M Basketball W Basketball M Swimming & Diving W Swimming & Diving Winter Track Wrestling Cheer	Baseball Softball W Soccer M Lacrosse W Lacrosse M Tennis M Track & Field W Track & Field M Golf

### **Riverside Athletics Vision**

The playing field, court, and locker room are all classrooms as we work with our students. We must teach good lessons with our behavior and require a reflection of that behavior from the athlete. The athletic coach is the most influential adult with whom the student-athlete comes in contact during the school experience. It is our intent to maximize the positive outcomes of this relationship in athletic competition and preparation for competition in later life.



## **RIVERSIDE ATHLETICS CODE OF CONDUCT**

Participation in any athletic activity is an important part of the educational experience in the Durham Public School System (DPS). Student-athletes are held accountable for their actions at a higher standard than other students because of the public nature of the athletic programs sponsored by DPS. They are expected to conduct themselves in a manner that will reflect the high standards and ideals of their school and community.

The student-athlete becomes subject to this Code of Conduct upon the student's signature and date on his/her DPS Athletic Participation Form and continues until graduation from high school. Student-athletes are subject to this code at all times during the calendar year, including summer months, whether on or off campus.

For summer month violations, any discipline imposed will go into effect at the next scheduled athletic activity by the student-athlete. For violations that occur during the school year, but outside the student-athlete's active participation in a sport, any discipline imposed would go into effect at the next scheduled athletic activity by the student-athlete. Any specific team/activity rules or regulations established by individual athletic programs also apply to the student-athlete.

### **1. DRUGS & ALCOHOL**

No student shall possess, use, distribute, sell, possess with intent to distribute or sell, conspire or attempt to distribute or sell, purchase or be under the influence of any narcotic drug, hallucinogenic drug, amphetamine, barbiturate, marijuana, anabolic steroid, other controlled substance, any alcoholic beverage, malt beverage, fortified wine, other intoxicating liquor, drug paraphernalia, counterfeit substance, any unauthorized prescription drug or any other chemicals or products with the intention of bringing about a state of exhilaration, euphoria, or of otherwise altering the students mood or behavior.

- 1)** Possession is defined as having the prohibited substance on the student's person or in another place where the student, either along or jointly with others has control over it. This may include, but not limited to, possession of a prohibited substance in an automobile, locker, book bag, or desk.
- 2)** Use is defined as the consumption, injection, inhalation or absorption of a prohibited substance into a student's body by any means.



3) Under the Influence is defined as the use of any prohibited substance when the prohibited substance would influence the student's mood, behavior, or learning to any degree.

4) Drug Paraphernalia is defined as objects used for ingesting, inhaling, or otherwise introducing controlled substances into the body, e.g. pipes, rolling papers, roach clips. Relevant evidence may be considered in determining whether an object is drug paraphernalia.

***Any student found guilty of a DPS - Level III-I Offense will be subject to the following athletic consequences:***

**First Offense:** The principal will suspend the student-athlete for the remainder of that sports season from all athletic activities (practices and contests). The suspension must be for the remainder of that sports season, and must last a minimum of 45 school days. Note: The suspension will carry over into the next sports season in which the suspended student-athlete participates if at least 45 days have not been served.

**Second Offense:** The principal will suspend the student-athlete from all athletic activities for a period of 365 calendar days from the first day of the offense.

**Third Offense:** The principal will suspend the student-athlete from all athletic activities for the remainder of his/her high school career in DPS.

## **2. TOBACCO USE**

No student-athlete shall possess, display, or use any tobacco product. This restriction applies even when the student is on school system property or at any school sponsored activity as a visitor or spectator. For the purpose of this policy:

1) A tobacco product includes cigarettes, e-cigarettes, vape, cigars, pipes, chewing tobacco, snuff, and any other items containing or reasonably resembling tobacco or tobacco products.

2) Tobacco use includes smoking, chewing, dipping, vaping or any other use of tobacco products.

3) Display includes having any tobacco product in a location or position that is visible to students or school personnel.



**Any student found guilty of a DPS- Level I-VIII Offense will be subject to the following athletic consequences:**

**First Offense:** The principal will suspend the student-athlete for a minimum of two contests. At the discretion of the head coach, the student athlete may practice with the team during the suspension and be allowed to travel with the team. Also, at the head coach's discretion, the student athlete may be on the sideline or bench with the team, but NOT in uniform.

**Second Offense:** The student-athlete will be suspended for the remainder of that sports season from all athletic activities. The suspension must be for the remainder of that sport season. The student-athlete would be eligible to participate in the next sport season.

**Third Offense:** The principal will suspend the student-athlete from all athletic activities for the remainder of his/her high school career in DPS.

*\*NOTE: These rules are meant as minimum athletic consequences. The principal, athletic director or coach has the discretion to increase the consequences as he/she feels is most beneficial to his/her athletic program or team.*

### **3. CRIMINAL CHARGES**

A student-athlete charged with a criminal offense, misdemeanor or felony, other than a minor traffic offense, will be suspended from athletic activities until further review by the principal and athletic director. A student convicted of a felony offense will be immediately suspended from all athletic participation in accordance with NCHSAA policy. The student-athlete must inform his or her coach or appropriate staff of any criminal charges against them as soon as practicable, but no later than the student's next participation in any athletic activity. Failure to do so may result in further disciplinary action.

### **4. SCHOOL SUSPENSIONS**

**In School:** A student-athlete serving a disciplinary in-school suspension for a full day or days will not participate in any athletic activity on the particular day(s) the student-athlete is serving the suspension. At the discretion of the head coach, the student athlete may practice with the team during this suspended time frame, but is not allowed to participate in any contests. At the head coach's discretion, the student athlete may be on the sideline or bench with the team, but NOT in uniform.

**Out of School:** A student-athlete serving a short or long-term suspension for less than the remainder of the year will not participate in any athletic activity for that suspension period. A student-athlete serving a long-term suspension for the remainder of the school



year, a 365-day suspension, or disciplinary assignment either with or without the option of attending the alternative school, will be suspended from all athletic activities for the period of the suspension.

## **5. SOCIAL MEDIA USE**

Student-athletes are high-profile representatives of Riverside High School and their behavior is subject to scrutiny by their peers, the campus, community, and the media. The actions of a single student-athlete can reflect positively or negatively not only on the individual student-athlete, but also on his or her team and coaches, the Athletic Department and the entire school. Therefore, student athletes are expected to represent themselves and Riverside High School with honor, dignity and integrity at all times – including when interacting on social networking websites and in other online environments. The popularity of social networking websites (e.g., Facebook, Twitter, Tik Tok, YouTube, Instagram, BlogSpot, Snapchat, etc.) has grown tremendously during the last few years. These websites can serve as valuable communication tools when used appropriately. The use of social media, however, has the potential to cause problems for both the student-athlete and the school environment. Almost anything a student-athlete posts on a social networking site may be viewed by others, and both the media and the general public are more likely to view the profiles of student-athletes than the profiles of other students.

Participation in Riverside High Athletics is a privilege and not a right. As a condition of being a student athlete in DPS sites:

- a.** Any postings or communications via social networking websites which disrupt either the educational or athletic environments or which advocate the violation of any school or team policy is unacceptable.
- b.** Student-athletes may not post online any pictures, information or other content that might cause embarrassment to themselves, fellow student athletes, teams, coaches, the Riverside High Athletic Department or the campus (examples: obscene images or language, nudity, pictures at parties with alcohol, references to drugs, sex, or illegal activities).
- c.** Student-athletes may not post any content online that is unsportsmanlike, derogatory, demeaning or threatening toward any other individual, teammate, coach, faculty member, or entity (examples: derogatory comments regarding another school; taunting comments aimed at a student athlete, coach or team at another school). No posts should depict or encourage unacceptable or illegal activities (examples: hazing, sexual harassment/assault, gambling, discrimination, fighting, vandalism, academic dishonesty, underage drinking, and illegal drug use).



d. Student-athletes may not post any content online that would constitute a violation of the DPS Student Code of Conduct.

The failure to properly use various social media channels, as outlined above, will be considered a violation of the Riverside High Student Athlete Code of Conduct and/or the DPS Student Code of Conduct. Violations of this policy will result in disciplinary action by the athletic department and/or the school. Consequences will be determined based on the severity of the infraction and may include suspension or dismissal from the team.

## **6. INAPPROPRIATE BEHAVIOR**

A student-athlete who engages in any conduct or behavior, which is inconsistent with the student's position as a role model or representative of DPS, is subject to disciplinary action, including suspension as determined by the Principal. Inappropriate behavior includes, but is not limited to bullying, sexual harassment, hazing, physical aggression/fighting, and other infractions that impact the overall milieu of the school. Coaches or school officials may also establish additional training regulations and rules of conduct. These situations will be dealt with on a case-by-case situation. All student-athletes shall comply with Board Policy 6400 Discipline & 6410 Student Code of Conduct.





## **DURHAM PUBLIC SCHOOLS ATHLETE/PARENT PLEDGE**

### **Student-Athlete Pledge**

As a student-athlete, I am a role model. I understand the spirit of fair play while playing hard. I will refrain from engaging in all types of disrespectful behavior, including inappropriate language, taunting, trash talking, and unnecessary physical contact. I know the behavior expectations of my school and my conference, and hereby accept the responsibility and privilege of representing this school and community as a student-athlete.

### **Conduct Guidelines**

- Be respectful by using appropriate language
- Treat everyone fairly
- Treat everyone with dignity and respect
- Avoid tobacco products or alcoholic beverages
- Avoid the use of performance-enhancing or mind-altering recreational drugs
- Arrive on time for all practices, meetings, and contests
- Play by the rules, demonstrating and encouraging good sportsmanship
- Respect the dignity of others by not sexually harassing or molesting them
- Protect the integrity of the game by not gambling on the sport or having any involvement with those who do
- Represent your school and self in a manner that reflects self-control
- Comply with all school and team rules and policies
- Report any injury or aggravating condition to an athletic trainer

Consequences for violation of student athlete pledge and conduct guidelines can result in suspension from teams based on NCHSAA guidelines for high schools, State Board of Education guidelines for middle schools, and/or school athletic departments.



## **Parent Pledge**

As a parent, I acknowledge that I am a role model. I will remember that school athletics is an extension of the classroom, offering learning experiences for the students. I must show respect for all players, coaches, spectators, and support groups. I will participate in cheers that support, encourage, and uplift the teams involved. I understand the spirit of fair play and the good sportsmanship expected by our school, and our conference. I hereby accept my responsibility to be a model of good sportsmanship that comes with being the parent of a student athlete.

## **Conduct Guidelines**

- Let the coaches do the coaching for all team members
- Support the program
- Be your child's best fan
- Encourage your child to talk with the coaches
- Understand and display appropriate game behavior
- Help your child keep his or her priorities straight and keep conversations positive with your child



## **SPORTSMANSHIP POLICY**

Good sportsmanship is viewed by the National Federation of State High School Associations as a commitment to fair play, ethical behavior and integrity. In perception and practice, sportsmanship is defined as those qualities which are characterized by generosity and genuine concern for others.

### ***Everyone's "High Five"***

1. Show respect for the opponent at all times.
2. Show respect for the officials.
3. Know, understand, and appreciate the rules of the contest.
4. Maintain self-control at all times.
5. Recognize and appreciate skill in performance regardless of affiliation.

### ***Coaches' "High Five"***

1. Always set a good example for participants and fans to follow, exemplifying the highest moral and ethical behavior.
2. Teach good sportsmanship and establish high standards for the athletes, parents, and fans.
3. Develop and enforce penalties for participants who do not abide by sportsmanship standards.
4. Treat opposing coaches, participants, and fans with respect. Shake hands with officials and opposing coaches.
5. Teach the value of honest effort in conforming to the spirit as well as the letter of the rules.

### ***Student-Athletes' "High Five"***

1. Accept seriously the responsibility and privilege of representing your school and community; display positive public action at all times.
2. Treat opponents with the respect that is due them as guests and fellow athletes.
3. Exercise self-control at all times, accepting decisions and abiding by them.
4. Accept both victory and defeat with pride and compassion, never being boastful or bitter.
5. Live up to the high standard of sportsmanship established by your coaches and help fellow athletes and fans maintain these standards.



## **SOCIAL MEDIA POLICY**

### **NCHSAA**

2.4.5 Social Media Policy: The NCHSAA recognizes, encourages and supports its student-athletes', coaches' and officials' rights to freedom of speech, expression and association, including the use of social media. Social media applies, without limitation, to any web-based and mobile technologies, in use now or developed in the future, that enables individuals or entities to disseminate or receive information, communicate, or otherwise interact. The Association believes that student-athletes, coaches, and officials are role models, and their use of social media should conform to standards consistent with sportsmanlike conduct. Please remember that everything you post is public information, and derogatory, defamatory and otherwise inappropriate social media commentary may result in the imposition of penalties

### **RIVERSIDE**

The use of social media is not prohibited by Riverside High School Athletics, however, a student- athlete must abide by the following rules if he/she chooses to use social media (Facebook, Twitter, Instagram, Snapchat, etc.). Student-athletes and parents are held to a higher standard than normal Pirates.

1. Under no circumstances will you say anything negative toward a member of the school (teammate, coach, manager, athletic trainer, or administrator).
2. Under no circumstances will you say anything negative toward a member of an opposing team (team member, coach, manager, athletic trainer, or administrator).
3. Do not disclose any information that is sensitive to our team (injuries or other issues that should stay internal to the program).
4. If you make a comment which the coaching staff sees as inappropriate, you will delete the comment when asked to do so.
5. Think before you make a post! When in doubt, don't post anything.
6. Any comments that are seen as discriminatory or harassing are prohibited and you will be asked to delete them immediately.
7. With accordance to school and district policies, no posts shall be made about drugs, alcohol, or offensive language.

Failure to abide by these social media rules will result in disciplinary actions taken by the athletic department that may include suspension or dismissal from the team. In addition, some offenses (based on the DPS student code of conduct) may result in disciplinary action by the administrative team.



## **NCHSAA ELIGIBILITY REQUIREMENTS**

### **Age of Player**

No student may be approved for any athletic contest if his or her 19th birthday comes on or before August 31, 2023; (i.e., the student's date of birth was on or before August 31, 2004).

### **Attendance**

A student-athlete must meet the LEA attendance policy (13.5 days) during the previous semester at an approved high school. (a) A student must, at the time of any practice and/or game in which he or she participates, be a regularly enrolled member of the school's student body, according to local policy. If there is no local policy, "regularly enrolled" is defined as enrolled for at least one half of the "minimum load." (b) It is recommended the student be in school the day of the contest. (c) At the end of each semester, any participant who has failed to meet the LEA attendance policy of that semester is immediately ineligible.

### **Scholastic Requirements**

A student must have passed a minimum load of work during the preceding semester to be eligible at any time during the present semester. The semester is normally considered half of the academic year.

All students must also meet local promotion standards, set by the LEA and/or the local school. (a) A minimum load is defined as five courses in the traditional school schedule and three courses for schools on the "block" format. Any student, including seniors, must pass that minimum load, even if they need fewer for graduation. Block: pass three (minimum load, 90-minute classes). Summer school work used to make up part of the minimum load must be applied to the most recent semester. Credit for summer work is a determination of the local unit. A student, upon first entering grade nine, is academically eligible for competition on high school teams. A student not academically eligible at the beginning of the semester is not eligible at any time during the semester. (1) Exception: a student who receives an incomplete which causes him or her to fail to meet minimum scholastic requirements or is awaiting a final grade due to any state-mandated testing is ineligible until the course is satisfactorily completed, and eligibility is restored immediately. A student academically eligible at the beginning of a semester remains academically eligible throughout the semester.



## **PARENT/COACH COMMUNICATION**

### **PARENT-COACH RELATIONSHIP**

Parenting and coaching are both extremely difficult vocations. By establishing an understanding of each position, we are better able to accept the actions of the other and provide a greater benefit to children. As parents, when your child is involved in our program, you have the right to understand what expectations are placed on him/her. This begins with clear communication from the coach of the sport.

### **COMMUNICATIONS YOU SHOULD EXPECT FROM YOUR CHILD'S COACH -**

1. Philosophy of the coach.
2. Expectations and goals the coach has for your child as well as for the team/season.
3. Locations and times of all practices and contests.
4. Team requirements, special equipment, strength and conditioning programs.
5. Procedure if your child is injured during participation.
6. Team rules, guidelines and consequences for infractions.
7. Lettering criteria.
8. Team selection process.
9. Eligibility requirements including attendance.
10. Proper care and responsibility for equipment issued by the school.

\*Coaches nor the athletic department will discuss playing time.

### **COMMUNICATION COACHES EXPECT FROM ATHLETES & PARENTS -**

1. Concerns expressed directly to the coach.
2. Notification of any schedule conflicts in advance.
3. Notification of illness or injury as soon as possible.

As your child becomes involved in his/her programs, he/she 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 and your child wish. At these times, positive discussions with your child are encouraged. It is the first and most integral step to understanding and resolution.



## **IF YOU HAVE A CONCERN TO DISCUSS WITH A COACH, USE THE FOLLOWING PROCEDURE**

- Call or email the coach to schedule an appointment, once your child has met with the coach.
- If the coach cannot be reached, call the School Athletic Director, Robert Duncan, who will assist in placing you in contact with the respective coach.
- 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 usually do not promote positive resolutions.

## **APPROPRIATE/INAPPROPRIATE CONCERNS TO DISCUSS WITH COACHES**

The following topics are appropriate for discussion:

1. The treatment of your child.
2. Ways to help your child improve his/her skills.
3. Concerns about your child's behavior. It is very difficult to accept your child not playing as much as you had hoped. Coaches make decisions based on what they believe to be best for all student-athletes involved. As you have seen from the list above, certain things can be and should be discussed with your child's coach.

### ***Coaches are not expected to respond to questions involving the following topics:***

1. Amount of playing time, positioning, event entry.
2. Team strategies, game tactics, play calling.
3. Any discussion about other student athletes. **PLAYER/COACH CONFERENCES** All coaches should have an open-door policy for conferences with players. Players need to have confidence that their concerns will be heard and addressed with respect and confidentiality in a timely manner.

## **PARENT/COACH/PLAYER CONFERENCES**

Initial concerns should be addressed among players and coaches. Subsequent issues should be addressed with Coaches and parents. If no resolution or ground has been made Assistant Athletic Director/ Athletic Director should be informed/additional meeting if necessary.

Only if there is no resolution at that point in time should the School Administration be contacted. The only administrator that handles issues pertaining to Athletics is Britton Brown. If a parent /coach conference is scheduled (by appointment), we recommend the following guidelines:



- The coach will meet with the parent or two parents or guardians of one player at a time. The coach is not expected to approve requests to meet with larger groups.
- Although not mandatory, we highly recommend that the student be present for the parent/coach conference. Bringing all parties to the same table can effectively bring important issues to light.





## **SPORTS MEDICINE**

### **Mission Statement**

The Sports Medicine Staff strive to prevent, evaluate, treat, and rehabilitate injuries sustained during practices and games as a part of Riverside Athletics. They work to ensure that students are returned to the court/field/pool/mat/course/track in a safe and timely fashion after injury. Certified Athletic Trainers provide the previously mentioned care after school in the Sports Medicine room, at practices and at competitions.

The sports medicine team works in collaboration with the athletic department, school nurse, physical therapists, and local physicians. The athletic trainer evaluates all athletic injuries and determines athletic status using consultation with physicians when necessary. At the start of each season, coaches and students are instructed as to appropriate use of the athletic training room facility and of proper procedure for notifying athletic trainers of injury. Likewise, students are strongly encouraged to report all sports related injuries to an athletic trainer at the time of injury.

### **Injuries Eligible for Care**

Injuries of an athletic nature, occurring during a school-sponsored activity (on or off campus), must be reported to the athletic trainer. Decisions regarding follow-up care, ongoing athletic training, and/or orthopedic consultation are at the discretion of the athletic training staff, in consultation with local physicians when indicated or necessary. In addition, the athletic trainer will make the determination regarding a student's return to play and participation in daily athletics. Such determination will be made in consultation with local physicians when indicated or necessary

Injuries of an athletic nature sustained during non-school-sponsored athletic activities are not the responsibility of the athletic trainer and should be directed to the appropriate medical provider. If these injuries affect the playing status of a student athlete, the athletic trainer will make the determination regarding a student's return to play and participation in daily athletics after consulting with the attending health care provider.



## **Members of the Sports Medicine Team**

### *Erin Samuels, LAT, ATC - Head Athletic Trainer*

Ms. Samuels graduated from Western Carolina with a BS in Athletic Training while completing clinicals with high schools, orthopedic clinics, and D1 athletics. She then went on to work split at a high school and orthopedic clinic for 4 years until accepting a job at her alma mater Riverside High School. Ms. Samuels coordinates all medical care for Riverside Sports Medicine. She facilitates evaluation and rehabilitation as the athletes progress from initial injury/illness all the way back to full return to play. She also coordinates coverage for Riverside Athletic Events.

### *TJ Moore DPT, LAT, ATC - Athletic Trainer/Physical Therapist liaison from Duke Sports Medicine*

TJ graduated from Western Carolina University with a BS in Athletic Training before earning his DPT from The University of Pittsburgh. He currently assists Ms. Bell with rehabilitative care and practice/game coverage of Riverside Athletic Events. TJ also facilitates our relationship with Duke Sports Medicine easing our ability to schedule quick physician appointments.

## **Process to File a Claim for an Athletic Injury**

1. Students **MUST** see a doctor within 30 days of injury. The head coach and athletic trainer should be notified as soon as possible if injuries occur.
2. When an accident occurs, file with your primary health insurance company first, as this athletic insurance plan is secondary coverage, in addition this plan is only supplemental once the threshold for billing has been reached. Contact the Athletic Director or Athletic Trainers for Secondary Filing Claim Report.
3. If you have no primary health insurance, this athletic accident insurance plan is primary and you need to file with the school carrier.
4. Request a claim form from the head athletic trainer.
5. The first section "To Be Completed by Organization/School" needs to be filled out by school personnel. At this time, policy numbers are already listed so leave that line blank but be sure to write in by Organization/School Name—Durham Public Schools & Riverside High School.
6. Under the "Type of Benefits Claimed" section, the athletic trainer needs to complete this section as well. Check the "Accident-Medical" box, and complete the remainder of this section, sign, and date.
7. Send the claim form to the address on top of the claim form along with any medical bills and their insurance provider's explanation of benefits (EOB) should be attached.



The claim form needs to be submitted within 60 days of the date of accident. (Parents Responsibility)

## **SUPPLEMENTARY POLICIES**

### **DPS Inclement Weather Policy**

When school is closed or when an early release is declared due to inclement weather, no team may play or practice that day. On Saturdays or during vacations or teacher workdays, the school system usually communicates a decision to us. Communication between the athletic director, coaches, and players becomes necessary in those instances. Announcements regarding Saturday, vacation, or teacher workday cancellations will be posted on the athletic website.

### **Practicing during Exams**

Practice is allowed on exam days for 1 hour per team. Students are not to be on campus between the end of their last exam and the beginning of practice unless under the direct supervision of a coach.

### **Practice Times**

We do expect coaches to announce the starting time and ending time for practice sessions in advance of each session and we do expect coaches to adhere to the times announced.

### **After School Supervision**

Whenever students have more than twelve minutes of time between the end of the regular school day and the time they need to get ready for an athletic practice or game, they need to be under the direct supervision of their coach. Negative things may happen when student-athletes co-mingle with other students who are in the building with no business at that time of the day. Administrators who find student-athletes wandering about after 4:40, will address their concerns to the coach.



## **Regarding Completion of a Season**

Students who participate on a Riverside sport team may not begin to train, try out, or practice with another Riverside team that plays during another sport season until the first team's season is complete. The purpose of this policy is to make clear the expectation that students are to remain committed to their first team rather than to exercise a preference for a new activity while a season is in progress. For example, a member of a Riverside fall sports team may not begin participating on a winter sports team until the fall sports team has completed its season. Exceptions will be considered in cases where an athlete in an "individual" sport (golf, cross country, tennis, swimming/diving, wrestling) has reached the end of his or her season because he or she has not qualified to proceed to further competition. In such cases the head coach of the first team must approve the exception to the coach of the second team.

## **Regarding Participation in Multiple Sports in the Same Sports Season**

DPS and the NCHSAA does not prohibit a student-athlete from participating in multiple sports in one season. Riverside High School Athletics has an expectation that the athlete, parents and coaches from each sport communicate with each other prior to the start of the season. Agreements must be made on practice and competition expectations for each sport. Participating in an outside league during the sport season is prohibited while the sport is in season. (Ex: playing rec or AAU basketball during basketball season)

## **College Signing Dates**

The school will coordinate signing events during the year. The first will be on, or about the early signing period. The second will be on, or about the national signing day. The last will be held prior to the end of school for anyone signing late. Please communicate with your RHS head coach for documentation required to participate in these events.

## **Student ID Badge Policy**

The Riverside Athletics Department graciously allows student athletes the chance to support their fellow athletes at all home non-playoff competitions for free with the presentation of their "Student Athlete ID".

To receive this ID, once earning a spot on a team athletes will receive a pledge from their head coach that will need to be signed by the athlete and parent/guardian.



Once completing the form, athletes should turn the form into Coach Duncan for processing of the ID. Athletes will be called to the front office to receive their pass.

## Student ID Pledge

*"I understand that my school issued Student Athlete ID grants me free admission to home Riverside High School Athletic events and failure to comply with the following rules will result in revocation of the card. Student athletes must remain in good attendance, students who are suspended or miss 10 or more days during the semester will have their card revoked. In addition, student athletes must remain academically eligible based on the previous semester by passing 3 out of 4 courses. Athletes must remain an active member on their respective sports team throughout the entire season. Athletes who are dismissed from a team will automatically have their card revoked. Entrance into any game under this system is a privilege not a right and RHS Administration has the right to revoke this card and any other privilege as they see fit. Lost or stolen cards can be replaced for a fee of \$5. Student athletes must stand in line with all other patrons, and student athletes must have on Riverside High School Athletic Apparel to gain free entry into the game.*

*Note: this does not allow entry into any state or playoff game."*