

Cedar Valley Boys Athletics FOOTBALL

(512) 428-2366

Jared_Cearley@roundrockisd.org

TO: Parents/Guardians of Boy Athletes who are playing Football in the upcoming School year
FROM: CeVMS Boy's Coaching Staff, Coach Cearley
RE: Athletic Dates, Procedures, and Requirements
WEB SITE: <https://sites.google.com/a/roundrockisd.org/cevms-boys-athletics/home>

Welcome to Cedar Valley Athletics! The coaches are pleased that your son will participate in the Jaguar athletics program. If you are receiving this email, you have selected to play TACKLE FOOTBALL at the beginning of the school year starting August..

Please remember that no athlete will be allowed in the athletics class without ALL of the proper forms filled out completely. No football equipment or lockers will be issued without these forms. Physicals must be performed by medical personnel on an annual basis as long as your son remains enrolled in athletics in RRISD. This is a UIL and district requirement. The physical exams need to be completed before your son returns in August but it is preferred that these be turned into the Coaching staff before this Summer Break. Your doctor should use the **provided medical physical evaluation form included in the paperwork.**

We have included a copy of the and RRISD Athletic Rules and regulations for you to keep below

Summary of REQUIRED paperwork for participation in the Cedar Valley Athletics Class:

- Parent/Athlete Contact Info and Rules Consent Google Form (Filled Out and signed by Parent and Student.) Due June 1st
- [Submit Google Form Here](#)
- Online Uniform Order (Mandatory for class) Order Due July 13th
- **[Order Here!!!](#)**
 - *Please note that this is a company outside of RRISD and they do not offer refunds as it states on their homepage. CeVMS will not offer refunds as the funds are paid directly to Gandy Ink and not to Cedar Valley.
- Physical Form (Filled Out by Medical Personnel.) Due August 1st or the students schedule will be changed out of Athletics/Football into PE.
- You can take your child to your own doctor or to one of the two feeder highschool district physical nights sent out previously.

- **Rank One UIL online Forms: Due August 1st before schedule change occurs.**
**** All forms are required in order to participate on the Cedar Valley Football Team. Football equipment will NOT be issued to players who have NOT completed all required forms. Players who fail to complete all action items by the deadlines will be removed from the Cedar Valley Athletics class for the next school year**
- **Fill Out Rank One Forms Here!!!** (Instructions to complete are below)

Instructions for **Mandatory RANKONE UIL ONLINE FORMS**

To submit forms online:

- Go to [RANK ONE UIL REQUIRED FORMS](#)
- All forms must be electronically signed by parent/guardian and student athlete

The forms are:

1. Cedar Valley Handbook Acknowledgement Form
2. Medical History
3. UIL Acknowledgement of Rules
4. RRISD Parent Consent

The ONLINE forms need to be completed before August 1st 2024.

 There is a **required FOOTBALL parent meeting** before the season begins on **August 7th starting at 5pm located in the Cedar Cafeteria. All details and any** changes to dates and or times will be sent out via the email address from the parent google participation form. All rules will be covered and questions will be answered, including Football Equipment Distribution instructions planned for the day before school starts **on August 11th**. The exact date will be sent out this summer. On the equipment distribution day we will issue football equipment and Athletic Lockers to everyone who has completed all of the required forms above. Distribution times will be **8th grade 9-11am, 7th grade 1:00-3:00pm. You must have all forms turned in including ONLINE FORMS. If you miss your assigned time you must wait until the first day of school to get your equipment.**

Practice before or after school will begin after 5 days of acclimation working out during the class period only. Exact dates and times will be given out at the parent meeting but before and after school practices should begin AFTER the acclimation period is complete and NOT on the first day of school.

Remember The Required Action Items Are:

By June 1st:

- -Parent Contact and Rules Acknowledgement Form [Submit Form Here](#)

By July 13th

- -REQUIRED Online Athletic Uniform Order
[Placed Order Uniform Here!!!](#)

By August 1st^h (But prefer for this to be done before Summer Break)

- Medical Physical (upload into Rank One, turn into Jag Lobby for Coach Cearley or email a copy to jared_cearley@roundrockisd.org) [Download Medical Form Here](#)
- All ONLINE “Rank One” Forms: Access Forms Here: [RANK ONE UIL FORMS](#)

Cedar Valley Middle School **Boy's Athletics (Football) Handbook**

Dear Parents and Athletes:

**** Please don't forget to complete the parent contact info and Rules Acknowledgement Google Form by June 1st. Parents and students must both sign Rules Acknowledgement Google form. All other forms (including “Rank One and Medical Physical) are due by August 1st.**

Welcome to Boy's Athletics at Cedar Valley Middle School! This letter is to inform you of our athletic procedures and requirements. **Remember, according to our district and school policies, being in athletics and/or on a RRISD sports team is NOT a right, but a privilege. You have asked for this privilege and must abide by the following rules to maintain it.**

Football Requirements During The Season

ATTIRE “Dress Code”

During practice and during the class period, athletes must wear BLACK athletic shorts and Camo ATHLETIC T-SHIRT. Exceptions to this include full football uniform or basketball practice jersey for players. Socks must be black or white. **PLEASE LABEL ALL SHORTS AND SHIRTS WITH ATHLETE'S LAST NAME.** Each athlete needs to have one pair of suitable running type shoes. These must be laced up tight to avoid possible injuries. Skateboard type shoes (Vans, etc.) will not be allowed. Football players must also have cleats. These generally run \$30-\$75 and can be purchased at sporting goods stores such as Academy, Dick's, etc. Track participants need not purchase special shoes unless they want to. However, sprinters, jumpers, and hurdlers are encouraged to wear track spikes.

Hair must be worn in a manner that does NOT interfere with play. Hair must be cut to stay out of the athlete's eyes for safety reasons. Refusal to comply will result in reduced participation. **NO JEWELRY may be worn during the class period, practice, or**

contests. Exceptions to this are fitness trackers that are okay to use in track or off-season for running tracking purposes only. This is a UIL rule for athletics and no exceptions will be made. This includes bracelets, watches, earrings, necklaces, etc.

Each athlete will be issued a locker in which he can store his personal property. However, we suggest that STUDENTS NOT BRING LARGE AMOUNTS OF MONEY OR OTHER VALUABLES (expensive shoes, watches, iPads, cell phones, etc.) to the locker room. Valuables should be left in their school locker or at home. The coaches are not responsible for items missing from lockers. Once again, it is very important that clothing is marked with the **athlete's last name** for identification purposes should the property become lost or stolen.

ELIGIBILITY “No pass, no play”

Each athlete must maintain a 70 average or above in ALL subjects. Upon failure of ANY subject, the athlete will NOT be allowed to compete in any contest until the next grade-reporting period (3 weeks). At that time, the athlete must be passing ALL subjects to regain their eligibility. **Subsequent failures may result in removal from athletics. Please check our website for the UIL eligibility calendar.**

TEAMS

Those athletes selected to be on the “A” or “B” team will travel to and play against schools in and out of our district. These athletes will be issued uniforms (jerseys, pants, warm-ups, etc.) and are responsible for the care of this clothing. **Players will be required to pay for damaged or lost uniforms.**

Athletes in the Football (1st or 8th period) class must play football. Once football concludes, the athletes not chosen for basketball will go into the off-season program and remain in either 1st or 8th period. This program consists of running, agility drills, weights, and other skills development techniques.

Basketball tryouts will begin the week football ends. Athletes that make the team will be moved into the first or eighth period if they are not already in there.

Track meet participation will be based on times, heights, and distances of the athletes on an individual basis.

Cross-country, Track, and Soccer practice is before or after school ONLY. Please contact Coach Shakera Barnes for information regarding Cross-Country Running

Team selection is not necessarily permanent. Throughout the season players may be promoted, demoted, or removed from a team based on their performance, grades, and/or behavior. As coaches, we want as many participants as possible. Our primary objective is to build the skills that will be required to compete at the high school level. There is no guaranteed playing time in middle or high school athletics. Every effort will be made to be as fair as possible. Playing time decisions will be based on practice and game effort,

enthusiasm, and attitude. Skill does figure into the equation, but is only one element in the decision of the coaches.

MANAGERS

Team managers are selected by the coaches. Student managers must be of exceptional behavior, work hard, and maintain passing grades. Middle schools do not have student athletic trainers. Trainers are reserved for high school only. Statistics are only kept by basketball managers (if the coach requires it). In addition to the above duties, managers must be able to do the following:

- Carry medical kits, and equipment tool kits.
- Take out and pick up football dummies, cones, balls, and scrimmage vests.
- Manage “Water Cows”- wash out, fill up with ice and water, and roll to and from the practice field. (these are 2 wheeled, 40 gallon devices with several hoses to drink from).
- Take statistics (basketball only- if required by coach).
- Attend all practices and games.
- Set up the gym for basketball games and the track area for meets.
- Wash out and fill water bottles.
- Wash, sort, and fold uniforms, sweats, etc.
- Other duties the coaches deem necessary for the team.

OFF-SEASON

ALL of our programs require a tremendous amount of RUNNING. Athletics is NOT P.E. Athletes will do what is asked of them by the coaches or they will be removed from the program. This requires that our athletes remain in peak physical shape. **ALL ATHLETES WILL MEET THE REQUIREMENTS OF OUR OFF-SEASON PROGRAM.** There are NO exceptions. Medical issues will be addressed on an individual basis. This program begins immediately following the conclusion of football season. All athletes not on the basketball team will participate in the off-season. **7th grade athletes that choose to get out of athletics after the conclusion of football will not be allowed to enroll in football in 8th grade.** This is because off-season is such a critical part of an athlete’s development as a football player.

INJURIES/ILLNESS

Athletics follows the same policy as P.E. when it comes to notes from parents. **A parent note is good for three consecutive days to excuse an athlete from participation.** However, anything beyond that **requires a medical excuse from a doctor that specifically states what the condition is and when the athlete may return to full participation. Concussion protocol must be followed and all head injuries must be evaluated by a high school trainer.**

We still require ill and injured athletes to dress out, if able. We also encourage all injured players to attend practices and games so as to not fall behind on learning new information.

Athletes that miss 6 weeks or more of work-outs will be subject to removal from athletics. Long-term injuries or illness that prevent athletes from fulfilling class requirements may lead to a schedule change from athletics into a subject where the student can meet the requirements to pass the class.

PRACTICE

Every athlete owes it to his team to attend practice and BE ON TIME. Failure to attend practice will affect playing time in games and meets. **THE ATHLETE MUST INFORM HIS COACH IF HE IS GOING TO MISS A GAME OR PRACTICE.** This should be done in person, by phone, or e-mail **at least 6 hours prior to the game.** Failure to do so may cause the athlete to be held out of an additional game at the coach's discretion. **Injured athletes should attend practice and games to observe and learn.** Coaches will stay until all athletes have been picked up. **Please be considerate and promptly pick up your son no later than 30 MINUTES after the conclusion of practice.**

GRADING

The athlete will be graded as follows:

- 60% Participation (appropriate attire, cooperation, effort, attendance of practice and game attendance, RESPECT for coaches AND TEAMMATES).
- 40% Skill

GAMES:

Our website will contain a schedule for each sport that includes the date, opponent, site of contest and directions, and game time. For each away game, players will be given the departure time and expected time of return to Cedar Valley. **Remember that players are required to notify coaches at least 6 hours in advance if they cannot participate in a game or meet.**

Our policy is that all athletes ride the bus as a team. The exception to this may be certain Saturday basketball tournaments. Parents may take their child home from an athletic contest by signing them out after their game or by notifying us in advance and in writing. **Only academically eligible athletes and managers may ride the bus to games.** Athletes that misbehave on the bus or at the game may be suspended from the next contest and/or face additional disciplinary action.

After the team returns to the school from the game, the parent or guardian should pick up their child promptly. The coach will stay until all **athletes** are gone. **Athletes should be picked up no later than 15 minutes after arrival to school from games.** Phones may not be available. Do NOT rely on a phone call to pick up. Please communicate all pickup times in advance. **If an athlete is habitually late being picked up, he will NOT be allowed to compete in the next contest.**

Game schedules and other information will also be available at a link on our school website closer to the start of the season.

PURCHASE OF FOOTBALL EQUIPMENT BY PARENTS

Parents that choose to purchase shoulder pads or helmets for their children must sign an agreement (RRISD Parent/Student Equipment Donation Form at The Football Equipment Distribution Day). It states that helmets must be NOCSAE certified and that district officials must approve the equipment before it can be used in practice or games. It also requests that parents donate the equipment after the student leaves RRISD. 7th grade parents must allow us to store and inspect this equipment in the offseason if they would like to reuse it in 8th grade. Finally, all equipment must be new at the time of first use by the athlete for a RRISD team. Coaches will need to see sales receipts. In other words, the equipment must be new, inspected and approved by coaches, and the form must be completed and signed BEFORE the kids use their own shoulder pads or helmets. Remember that ALL football equipment is provided free of charge for the kids except for football cleats. However, some parents elect to purchase their own helmets, pants or shoulder pads. The form can be found on the Jaguar Boys Athletic website.

STANDARDS OF BEHAVIOR

Any athlete caught using tobacco, alcohol, or drugs will be suspended from all sports for a minimum of six weeks and may be dismissed from the team and/or the athletics program. They will also be placed on probation until the following school year. At the beginning of the next school year, the athlete's actions and conduct will be reviewed to determine if the athlete will be allowed to return to the athletic program. However, if an athlete is currently on a discipline contract and they use drugs, alcohol, or tobacco they will be removed from athletics and all sports teams for the remainder of the current school year. **If a student athlete is given a RROC placement by school administration they may be removed from athletics and all sports teams for the remainder of the current school year if our building Principal deems necessary.**

For other violations, such as lying, stealing, excessive tardies or absences, poor conduct or attitude, academic problems, failure to dress out properly, disrespect of coaches, teachers, game officials, or other athletes, other school rules violations, and/or refusal to comply with coaches expectations, the head coach of that sport will discipline the athlete. Disciplinary action will be administered according to the seriousness of the violation and at the coach's discretion. **Possible discipline can include: extra work assignment, suspension from the team for one or more games, suspension from the team for six weeks, and/or removal from the athletic program.**

Students that fail to dress out or that cannot participate in the required activities may be given an alternative academic assignment. This includes ill or injured athletes.

Thank you for reviewing the rules of the program here at Cedar Valley.

We look forward to successful seasons in all of our sports this year. We hope to see each of you at the games cheering these fine athletes to victory! Parental support is and always has been a vital component of a successful program. Please call or email any concerns you may have. We always appreciate the positive calls and emails! We are here to promote the Round Rock and McNeil high school athletic programs and we want to make this year an enjoyable experience for each of our athletes. Thanks again.

Please read the following Sportsmanship Statement

Cedar Valley Middle School

SPORTSMANSHIP

Qualities and behavior that befit a sportsman.

SPORTSMAN

A person who can take a loss or defeat without complaint or a victory without gloating and who treats his opponents with fairness, respect, and courtesy.

At all Cedar Valley athletic events, players and spectators are expected to model the qualities of positive sportsmanship. These expectations include the following:

- Cheer for the players with positive encouragement and comments.
- Allow officials to call the games as they see it. Negative comments directed toward officials are inappropriate and may cause your team to receive a technical foul or cause you to be removed from school grounds.
- Allow the coaches to coach the students. Comments from the bleachers often frustrate and embarrass players on the court or field. Please save your coaching comments until the event has ended.

Individuals who do not model positive sportsmanship will be reminded of our expectations. Individuals who continue to fail to meet our expectations will be asked to leave the event.

Working together, we can set an example for others to follow.

Tradition, Honor, Excellence!

GO JAGS!

Sincerely,

Jared Cearley
Athletic Coordinator

PLEASE KEEP THIS LETTER FOR FUTURE REFERENCE