



2026

Handbook

XC/ Track & Field Handbook

This handbook is written to outline the goals, expectations, and rules of the Dragon XC/ Track & Field Program. It is written as an aid to minimize misunderstandings and eliminate miscommunication. It is NOT intended to eliminate communication between athletes and coaches, but to make certain the lines are open and there are as few “gray” areas as possible. If you experience one of these gray areas, I encourage you to come see me immediately so there will be limited misunderstandings. Together we can make the athletic experience a great one.



ROUND ROCK HIGH SCHOOL

2026 CROSS COUNTRY SCHEDULE

ROUND ROCK DRAGONS | COMPETE • COMMIT • CHAMPIONSHIP

Date	Time	Meet	Division	Location
Friday, July 31, 2026	7:00 AM	Time Trial No. 1	All Groups	Champion Park
Friday, August 7, 2026	7:00 AM	Time Trial No. 2	All Groups	Lake Pflugerville
Friday, August 14, 2026	7:00 PM	Legacy Ranch Meet	V-JV-9th	Liberty Hill High School
Friday, August 21, 2026	7:00 AM	Vista Ridge Invitational	V-JV-9th	Vista Ridge High School
Friday, August 28, 2026	7:00 AM	Westlake Invitational	V-JV-9th	Westlake High School
Friday, September 4, 2026	7:00 AM	Long Creek High School Invitational	V-JV-9th	Long Creek High School, New Braunfels
Saturday, September 5, 2026	7:00 AM	Coach T Invitational	Varsity 1-10 Only	North Lakes Park, Denton, Texas
Saturday, September 12, 2026	7:00 AM	Cedar Park Invitational	V-JV-9th	Cedar Park High School
Saturday, September 19, 2026	7:00 AM	McNeil HOKA Invitational	V-JV-9th	Old Settlers Park
Saturday, September 26, 2026	7:00 AM	Nike South Invitational	Varsity 1-10 Only	Texas A&M University
Saturday, September 26, 2026	7:00 AM	Seguin Invitational	V-JV-9th	Seguin High School
Saturday, October 3, 2026	7:00 AM	East View Invitational	V-JV-9th	East View High School
Wednesday, October 14, 2026	7:00 AM	UIL District 25-6A Championship	V-JV-9th	Old Settlers Park
Monday, October 26, 2026	7:00 AM	UIL Region IV Championship	Qualifiers	Texas A&M University-Corpus Christi
Friday, November 6, 2026	7:00 AM	UIL State Championship	Qualifiers	Old Settlers Park

Schedule Notes: Meet times are listed as currently scheduled and may be adjusted. Varsity selections for Coach T and Nike South are limited to positions 1-10.

Coaching Staff

Brian Hannan — Head Girls Coach

Stan Gabel — Head Boys Coach

Jesse Martinez — Assistant Coach

ROUND ROCK HIGH SCHOOL CROSS COUNTRY • 2026 SEASON

Head Boy's Coach: Stanley Gabel

Email: Stanley_Gabel@roundrockisd.org

Assistant Coach: Jesse Martinez

Head Girl's Coach: **Brian Hannan**

Email: Brian_Hannan@roundrockisd.org

Philosophy of our XC Program

The primary goal of our XC program is to facilitate our athletes in becoming better student-athletes, better citizens, and overall better people through their athletic endeavors. To achieve this, we must teach more than just fundamentals and focus instead on assisting the personal growth of the student athlete.

Through XC you will develop or improve in the areas of: Responsibility, accountability, attitude, self-discipline, commitment, respect, self-control, pride, and team work.

The previous athletes before you have worked hard to build this program with an exceptional work ethic and a respectful attitude. It is your responsibility to continue this tradition.

Success is exemplified through hard work, honesty, determination, and showing support for all team members.

To fulfill our mission we will:

- Have fun
- Be loyal to our coaches, our team members and our program
- Support all team members during practice as well as competition
- Provide the opportunity for athletes to compete at a level where they are continuously challenged
- Practice with the highest work ethic possible
- Persevere to the end regardless of the place you may currently be in
- Always present ourselves with dignity, poise, composure, and class
- Emphasize team support and team unity
- Introduce important values such as sacrifice, dedication, and accountability
- Always display a positive attitude and good sportsmanship especially against rival teams
- Be there for all team members while they compete as well as after they compete

TRY-OUTS

Athletes will be given three opportunities to qualify for the team. Those who have met the qualifying standards, maintained good attendance, and high academic standards will gain admittance to be in the program.

TO THE PARENTS

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

COMMUNICATION YOU SHOULD EXPECT FROM THE COACH

1. Expectations the coach has for your child.
2. Locations and times of all practices and contests
3. Team requirements; i.e., practices, special equipment, out-of-season conditioning
4. Discipline that may result in the denial of your child's participation

COMMUNICATION COACHES EXPECT FROM PARENTS

1. Concerns expressed directly to the coach
2. Notification of any schedule conflicts **well in advance.**

As your child becomes involved in the programs at Round Rock High School, they 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 wishes. At these times, discussion with the coach by both child and parent is encouraged.

APPROPRIATE CONCERNS TO DISCUSS WITH COACHES

1. The treatment of your child, mentally and physically
2. Ways to help your child improve
3. Concerns about your child's behavior

It is very difficult to accept your child's role within the team concept. Coaches take their profession seriously. They make judgment decisions based on what they believe to be the best for all students involved. As you have seen from the list above, **certain things can be and should be discussed with your child's coach.** Other things, such as those that follow, must be left to the discretion of the coach.

ISSUES NOT APPROPRIATE TO DISCUSS WITH COACHES

1. Team strategy
2. Coaching Decisions
3. Other student-athletes

There are situations that may require a conference between the coach and the parent. These are to be encouraged. It is important that both parties involved have a clear and open-minded understanding of the other's position. We feel that if the conference pertains to your son/daughter, that she/he should be involved in the discussion and therefore needs to attend the meeting as well. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue of concern.

If there is a Concern to discuss with a coach, the procedure should be as follows:

1. Please encourage your child to speak directly with the coach; many times this can take care of the problem.
2. Call to set up an appointment.
3. 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 do not promote resolution.
4. If a meeting with a coach did not provide a satisfactory resolution, call and set up an appointment with the Athletic Director or Principal of RRHS to discuss the situation.

COMMITMENT

When trying out for a team and after being selected to be a member of a team, Round Rock High School student-athletes are expected to attend all practices and events of that team. XC/Track & Field practices will average 1.5 hours, exclusive of prep time, in duration.

High School Athletics demand much more commitment than a club or recreational activity. Students should make themselves aware of the time commitment prior to coming out for the team and understand that **High School athletics will take precedence over club sports**. Round Rock policy states: Once an athlete is established on a team, he may not leave one team (voluntarily or due to dismissal by the coach) and try out for another team without the consent of both coaches involved and the Athletic Coordinator.

SCHOOL HOLIDAYS, FAMILY VACATIONS, EXTENDED ABSENCES

Every team member is expected to be present for all team practices and games. Weekend practices vary but should be expected. To be eligible for competition any workouts/training sessions will be made up prior to the event. Because of scheduling parameters, many of our teams practice and/or play during scheduled school vacations. Student-Athletes should plan to be present for all. If by chance an athlete misses, they will be required to make-up the lost practice time, could possibly be withheld from contests, and possible dismissal from the team.

PUNCTUALITY

(practice, meetings, team functions, etc.)- In order to be able to be successful in anything, it is imperative that you are on time. Being punctual is important for you in order to be abreast of the specific situation. The time instructed is considered a starting time. It is important to your team-mates and coaches, so they are not forced to waste time getting the tardy individuals up to speed on the current situation. Individuals who are tardy without a written excuse from a school official or parent will be punished with extra conditioning after practice by the coach assigned to punishment that day. Allow for traffic, trains, and other unexpected delays. Be on time to everything. Reoccurring tardiness will be dealt with by the Head Coach.

DAILY TEAM ATTENDANCE

It is extremely important that your daughter/son be present at all practices. If an athlete is going to miss practice, please use the following guidelines to make sure proper notification is given (No one is too sick to call. Athletes will be responsible!).

1. Coach must be contacted personally prior to practice (either by phone or in person).
2. It is the responsibility of the athlete and not the parent to make the notification.
 - a. Extenuating circumstances will be considered by the coaches.

Note: Student-athletes are excused on a case by case basis at the head coaches' discretion. Advanced notification by the student-athlete of the coach is required!!

Academic Eligibility

Academic Performance: Students participating in football should keep in mind that academic achievement should be their main priority. Frequently, the most successful athletes are those who perform well academically in the classroom and are instrumental in promoting a positive learning environment at Round Rock High. Football athletes earning a grade of 75 or below, in any class, will be required to attend weekly study hall sessions to support their academic success, as well as additional tutorial opportunities as assigned. Failure to attend study hall sessions and/or additional assigned tutorials may result in disciplinary action, up to and possibly including dismissal from the program, at the discretion of the head coach.

Eligibility for UIL Participants for the First Six Weeks

UIL participants are eligible to participate in contests during the first six weeks of the school year provided the following standards have been met:

- Students beginning grade nine and below must have been promoted from a lower grade prior to the beginning of the current school year.
- Students beginning their second year of high school must have earned five credits which count toward state high school graduation requirements.
- Students beginning their third year of high school either must have earned a total of ten credits which count toward state high school graduation credits or have earned a total of five credits which count toward state high school graduation requirements during the 12 months preceding the first day of the current school year.
- Students beginning their fourth year of high school either must have earned a total of 15 credits which count toward state high school graduation credits or have earned a total of five credits which count toward state high school graduation requirements during the 12 months preceding the first day of the current school year.

Exception: High school students transferring from out-of-state may be eligible the first six weeks of school if they meet the criteria cited above or school officials are able to determine that they would have been eligible if they had remained in the out-of-state school from which they are transferring.

Transfer Policy Round Rock Transfer Policy - language on UIL participation

- Intra-District Transfers - A student who has an option to attend more than one high school within a school district, rather than being assigned to a school according to attendance zones, is eligible at the school first selected if he/she transfers at the *first opportunity*. If a student subsequently transfers to another school, the student is **not** eligible for varsity athletic competition until he/she has been in and regularly attended that school for at least the previous calendar year.
- Out of District Transfers - A student and other students who do not reside in the attendance zone of the school at which the student attends, must be continuously enrolled in and regularly attending the school for one calendar year to gain eligibility for varsity athletic participation.
- Students that actually live in the Round Rock ISD boundaries and accept an intra-district transfer to another school in Round Rock ISD would be eligible at the first school that they selected at their *first opportunity* to make a choice. **This would be defined as incoming 9th grade students.** If they decide to return to their home zoned campus, they would have to sit out of varsity competition for one calendar year from their date of enrollment.
- Out of district students that accept a transfer utilizing our open enrollment transfer option, would be required to sit out from varsity play from one calendar year from their date of enrollment at their school or they would have to have an approved UIL waiver.

Eligibility Standards

According to UIL standards, students are eligible to represent their school in interscholastic activities if they:

- Have not graduated from high school.
- Are full-time, day students in the school, and have been in regular attendance at the school since the 6th class day of the present school year, or have been in regular attendance for 15 or more calendar days before the contest or competition.
- Are enrolled in a four year, normal program of high school courses, and initially enrolled in the 9th grade not more than 4 years ago nor in the 10th grade not more than 3 years ago.
- Were not recruited.
- Are not in violation of the awards rule.
- Meet the specific eligibility requirements for athletic competition.
- Are less than 19 years old on Sept. 1 preceding the contest or have been granted eligibility based on a disability that delayed their education by at least one year.
- Live with parents inside the school district attendance zone their first year of attendance.
- Have not moved or changed schools for athletic purposes.
- Have not violated the athletic amateur rule – students may not accept money or other valuable consideration (wearable, saleable, or usable items) for participating in any athletic sport during any part of the year. Athletes cannot allow their names to be used for the promotion of any product, plan, or service.
- Were eligible according to the fifteen day rule and the residence rule prior to district certification.
- A foreign exchange student must receive written approval from the UIL Foreign Exchange Waiver Officer for varsity athletics.
- Students shall have not violated any provision of the summer camp rule – Incoming 10-12 grade students shall not attend a camp in which a 7-12 grade coach from their school district attendance zone works with, instructs, transports, or registers that student in camp.
- Students who have participated in athletics at another school since the eighth grade which is not a feeder school to the student's present high school, must have a PAPF form approved by the District Executive Committee on file in order to participate in varsity athletics.

Eligibility for All Extracurricular Participants After First Six Weeks of the School Year

A student who receives, at the end of any grading period (after the first six weeks of the school year), a grade below 70 in any class (other than an identified class eligible for exemption) may not participate in extracurricular activities for three weeks. An ineligible student may practice. The student regains eligibility after seven calendar days following a grading period or the three school weeks evaluation period when Interim Grade Reports (IPR) or Report Cards indicate that he or she has earned a passing grade (70 or above) in all classes, other than those that are exempted.

All schools must check grades for all participants at the end of the first six weeks of the school year. From that point, grades are checked at the end of each grading period. Students who pass remain eligible until the end of the next grading period. All coaches are responsible for obtaining official grade reports before a student represents the school.

RRISD provides an annual UIL Calendar. Further explanation includes:

- All students are eligible during a school holiday of a full calendar week or more.
- If a grading period or three school week evaluation period ends on the last class day prior to a school holiday of one calendar week or more (spring break, winter holidays) the seven calendar day grace period to lose eligibility or regain eligibility begins the first day that classes resume.

- Students lose eligibility for a three school week period. For purposes of the law, “three school weeks” is defined as 15 class days. Exception: One, but only one of the three school weeks may consist of only three or four class days, provided school has been dismissed for a scheduled holiday period. Two class days does not constitute a “school week” for purposes of this law except Thanksgiving week if schools are on holiday Wednesday, Thursday, and Friday.
- A student who receives an incomplete grade in a course must have the incomplete grade changed during the 7 day grace period, or the student shall become ineligible at 4 p.m. on the 7th day following the end of the grading period.
Students are expected to clear Incomplete Grades within the 7 day grace period. The principal may extend the time for make-up work to be submitted should there be extenuating circumstances that prevent the student from completing the work within the 7 day grace period. Such circumstances include additional medical needs, family emergencies, etc. If the student is in attendance he/she must clear the Incomplete within the 7 day limit.
- The UIL defines calendar week as 12:01 am on Sunday through midnight on Saturday, and the school week is defined as beginning at 12:01 on the first instructional day of the calendar week and ending at the close of instruction on the last instructional day of the calendar week, excluding holidays.
- Middle school eligibility standards are found in the Middle School Section of this manual.

UIL's Waivable Courses Approved by RRISD for the No Pass/No Play Policy

In the TEA & UIL Side by Side Eligibility for Extracurricular Activities Guide found at <https://www.uil-texas.org/policy/tea-uil-side-by-side> and in the RRISD Board of Trustees Policy FM (LEGAL), courses allowed to be waived for the purpose of eligibility are College Board Advanced Placement (AP), International Baccalaureate (IB), and community college courses in the core areas of English language arts (ELA), math, science, social studies, and languages other than English (LOTE). Districts may identify additional “honors” or advanced courses in the core and LOTE areas. More information about the No Pass/No Play procedure may be found in the Side by Side Guide and in the FM (LEGAL) Board Policy. The following lists the courses in RRISD that are UIL-waivable.

ELA

- English I & II, Advanced/TAG Advanced
- English I SL & II HL, IB/TAG IB
- English III, OnRamps
- English III & IV, AP/TAG AP
- Literature I & II, IB
- Language & Literature I & II, IB
- Research & Technical Writing
- AP Seminar
- AP Research

Science

- Biology, Advanced /TAG Advanced
- Biology, AP/TAG AP
- Biology, OnRamps
- Biology I & II IB
- Chemistry, Advanced /TAG Advanced /IB/Or
- Chemistry I & II IB
- Physics I, II, & C, AP/TAG AP
- Physics I & II, IB / TAG IB
- Physics, OnRamps
- Earth & Space Science, OnRamps
- Environmental Science, AP

Environmental Systems I & II IB

Social Studies

- Economics, Advanced Studies Advanced
- Economics I & II IB
- World Geography, Advanced / Advanced TAG
- Human Geography, AP/TAG AP / IB Prep
- World History, AP/TAG AP
- U.S. History, AP/TAG AP/Advanced/OnRamps/IB Prep
- U.S. Government, AP/TAG AP
- Comparative Government, AP/TAG AP
- Economics, Advanced/TAG AP (Macro)
- Economics (Micro), AP/TAG AP
- Psychology, AP/TAG AP
- Investigations in Psychology, Advanced
- Special Topics in Social Studies, OnRamps
- European History, AP/TAG AP
- History of the Americas I & II, IB/TAG IB
- History of Europe I & II IB/TAG IB
- Psychology I & II, IB
- Theory of Knowledge I & II, IB
- Special Topics: Philosophy, IB Prep /IB

Math

- Geometry, Advanced /TAG Advanced
- Algebra II, Advanced /TAG Advanced / OnRamps
- Precalculus
- Precalculus, Advanced /TAG Advanced
- Precalculus, OnRamps / IB / TAG IB
- Statistics, AP/OnRamps
- Computer Science I Advanced
- Computer Science I IB / OnRamps
- Computer Science II IB / IB SL
- Computer Science HL IB
- Computer Science III
- Computer Science A, AP
- Computer Science Principles, AP
- Calculus
- Calculus AB & BC, AP/AP TAG/IB/IB TAG
- Math Analysis II IB Prep/TAG
- Math Analysis I, II, III, & IV IB / TAG IB
- Math Applications I, II, III, & IV IB / TAG IB
- Multivariable Calculus

LOTE

- Spanish II & III, Advanced
- Spanish III, IV, V, & VI IB

- Spanish Language, AP
- Spanish IV
- Spanish IV, Advanced
- French II & III, Advanced
- French III, IV, V, & VI IB
- French Language, AP
- French Literature, AP
- French IV & V
- French IV, Advanced
- German II & III, Advanced
- German III, IV, V, & VI IB
- German IV & V, AP
- German IV
- German IV, Advanced
- Latin II & III, Advanced
- Latin III, IV, V, & VI IB
- Latin IV, AP / Advanced
- Chinese II & III, Advanced
- Chinese III, IV, V, VI IB
- Chinese IV
- Chinese IV, Advanced / AP
- ASL IV
- Seminar in LOTE

Discipline Model**Level One**

- Meeting to include the coach directly supervising the student, the student athlete and an assistant coach.
- Parents notified of the meeting and outcome identified.

Level Two

- Meeting to include the head coach, the student athlete, campus athletic coordinator, and student-athlete's parent/guardian.
- Student-athlete placed on behavior plan/contract pre-approved by campus athletic coordinator.

Level Three

- After consultation with the campus athletic coordinator and the Principal, students who continue to find difficulty in following the extracurricular Code of Conduct may be subject to suspension or dismissal from extracurricular activity.

Suspension from Participation in Athletics

The following are examples but not limited to, reasons that may result in the suspension of a student-athlete. The length of suspension is at the discretion of the Director of Athletic Director and the Head Coach.

- A. Participants **who receive off-campus suspension** for disciplinary reasons will not be allowed to participate or practice during the length of the suspension. Participants will be eligible on the next day following the suspension.
- B. Ejection from a contest by an official, coach, or athletic director for unsportsmanlike or other inappropriate behavior.
- C. Actions punishable by the school administration which occurs outside the normal school day but while the student-athlete is involved in his/her sports season.
- D. Participants who are assigned to the RROC campus are not allowed to participate in UIL.

Dismissal from Athletics

A student's participation on a sports team is conditioned upon the student's compliance with the requirements and standards of behavior set forth in the Sports Handbook, the RRISD Code Of Conduct outlined in the Student-Parent Handbook and the policies of the RRISD Coaches Handbook. Students must meet UIL and RRISD eligibility requirements. Both student-athlete and parent must agree by signature to comply with behavior guidelines as set forth. The athlete has the right to discuss the dismissal with the Campus Athletic Director before the final decision is made.

- A. Violations for RRISD District and or RRHS team drug and alcohol policy where indicated.
- B. Evidence of theft from teammates.
- C. Refusal to comply after several chances on expected behavior infractions. (see 1st, 2nd, 3rd strike policy)
- D. UIL No Pass – No Play policy – **Students not passing two six weeks cycles ARE subject to dismissal. Circumstances with discipline and participation will ALSO be considered.**
- E. Anything the coach determined as having become detrimental to the program.

PARENT COMMUNICATION PROCESS:

There are situations that may require a conference between the coach and the parent. These are to be encouraged. It is important that both parties involved have a clear understanding of the other's position. When these conferences are necessary, the following procedure should be followed to help promote a resolution to the issue of concern.

Level 1: Encourage your daughter/son to speak directly with the coach; many times this can take care of itself. If you have a specific question please wait 24hrs after a competition to contact your daughter/son's coach.

****Teachable Moment:** Have your athlete visit with their head coach **first**. If we are preparing students for life's lessons, this is a critical piece of their education. When you exclude your daughter/son from the process you are in essence removing her voice.

Level 2: If you have contacted/conference with the head coach, and wish to also have the Campus Athletic Director involved, please contact the head coach, and request that the athletic coordinator is involved. (The head coach may also request that the athletic coordinator sit in on a parent meeting.)

Level 3: If solutions are not reached, the campus principals are also available to sit in on a parent meeting if #1, #2, #3, and provide resolution

Athletic Office at Round Rock High School (464-6120) to set up an appointment at least a day in advance.

If the coach cannot be reached, speak to the Athletic Secretary or leave a message. A return call from the coach will be arranged, or a meeting set up for you.

BOOSTERS

RRXC Booster Club strongly encourages all parents and supporters to become members and attend weekly meetings during the season and monthly outside of the season. The purpose of this organization is to help maintain, improve or expand the Round Rock Cross Country program and facilities they use at Round Rock High School. The key objectives of this organization are to:

- Support the cross country coaching staff.
- Elevate the team.

All parents are invited to join the RRXC Boosters. We invite all people to attend and promote/build/and support the program.

OFF CAMPUS TRAINING

There will be times in which athletes will have workouts off campus (neighbor runs or trail runs). These workouts are designed to increase conditioning, mileage, and recovery. Athletes **MUST** take all safety precautions. Failure to use caution will result in the suspension of this privilege.

FUNDRAISING

Each athlete will be asked to assist in a fundraising event yearly. This is not mandatory, however it is strongly encouraged to participate. Fundraising allows for our program to grow and have the success we feel necessary.

REQUIREMENTS FOR LETTERING

The following are a list of possibilities for earning a varsity letter in Cross Country.

- I. Complete the season as an eligible member of the varsity team.

2. Score for Varsity Division at 3 varsity meets.
3. Attend all practices and meets.
4. Discretion of the coach if athlete made a contribution to the success of the team
5. Responsible for equipment – turned in

CARE OF EQUIPMENT

Athletes have an obligation and responsibility for all equipment issued to them. Each athlete is responsible for the proper care and retention of their equipment from the date of issue to the date of return. Equipment should be stored in a locked locker in the locker-room at all times when not in use. Students will be charged the current replacement cost for any missing or vandalized equipment. If an athlete leaves the team during the season due to injury, academics, and discipline or of his own accord, it is his responsibility to return all school equipment. The student athlete will be held responsible to pay for any unreturned equipment.

TRANSPORTATION

The school provides bus transportation, or a suitable substitute, to all “away” contests. **All team members will travel to and from these contests using the provided school transportation.** A coach may give permission for student-athletes to ride home from a game site with their parent or guardian with prior notification in writing (email). Notification should include the athletes name, who they are leaving with, contest name, and date.

TRAINER AND TRAINING ROOM

Round Rock High School has athletic trainers on site to evaluate and treat athletic injuries as they may occur. The trainers provide medical coverage for athletic contests and practices, but are limited to being at one place at any one time. There is no trainer on duty on non-school days except as scheduled by the Director of Athletics. **In case of an injury, the trainer will evaluate and recommend to the parent/guardian the direction of care. It is imperative that all injuries be reported to the athletic trainer prior to seeing a physician.** If a visit to the hospital or physician is necessary, a written medical note releasing the athlete for treatment or return to participation is mandatory. Athletes may report to the trainer any time after school for treatment or evaluation. See the attached Training room guidelines for more details.

COMPETING TIME (RACING/TRAVEL TEAM)

Perhaps the most emotional part of a student-athlete being involved in high school athletics centers around playing time. The student-athlete becomes involved in interscholastic athletics for the first time and finds that practices and expectations are much more intense and demanding. Factors such as practice attendance, attitude, commitment, and of course, athletic skill enters into the decision.

There are many decisions that must be made on a regular basis by the Round Rock Cross Country coaching staff. It is the coaches' responsibility to decide which athlete is prepared for a contest, and which should be placed on each travel team. These coaching decisions, often difficult to make, are made only by the coaching staff and are approached very seriously after having observed the student-athlete in practice sessions, and racing situations.

At the Varsity level, we look for our teams to compete against opponents at the highest possible level of execution. This is the highest level of high school interscholastic competition. Runners, coaches, parents, staff, and the community want the Round Rock High School varsity teams to be successful. As long as the score is being kept, Round Rock High School should attempt to win as many varsity games as possible. In order to accomplish this, there are many instances when the most competitive, skilled team members will carry the major burden of the contest. However, teams cannot and will not be successful without committed substitutes, "role" players, or "second team" players. These players have to be ready at all times to step forward and shoulder the burden when called upon. It is these student-athletes whose hard work in practice each day prepares the team for the upcoming contest.

SECURITY OF PERSONAL BELONGINGS

All personal belongings should be locked up in a locker or team room while the student-athlete is trying out, practicing, or playing and should never leave their lockers unlocked. Round Rock High School cannot be responsible for loss of personal belongings. Personal locks will be removed from all lockers if left at the end of the season.

COLLEGE/CAREER GUIDANCE

One of the most important decisions facing high school students is what to do with their lives after high school. The members of the Round Rock High School Athletic Staff are willing and eager to assist all of their students with this extremely important decision. Staff members fully understand the importance of this assistance. They may be able to answer questions, contact schools and/or coaches, send videotapes, times and or distances if available, and write letters of recommendation. The least they will be able to do is guide students to a more knowledgeable resource who can help with decisions. If a student's goal is to compete athletically at the collegiate level, it is very important to be aware of the ever-changing NCAA Regulations.

Round Rock High School's Guidance Counselors Department has a wealth of information and experience on NCAA regulations. They also have copies of the NCAA Clearinghouse Registrations Forms, which must be completed by all students planning to participate at the college level.

SPORTSMANSHIP

Round Rock High School expects all parties at a contest to display the highest level of sportsmanship. Athletes, coaches, and spectators are to treat opponents, officials and visiting spectators with respect and the same "poise and class" that we do our own teammates. .

The UIL reserves the right to warn, censure, place on probation or suspend for up to one calendar year any player, team, coach, game or school official, or school determined to be acting in a manner contrary to the standards of good sportsmanship. Round Rock High School in turn reserves the right to impose the same penalties on spectators displaying poor sportsmanship at any of our contests, both home and away.

Out of season sports involvement

Participation in out-of-season clinics, camps, leagues, or other related sport activities is strictly up to the discretion of the student-athlete and his/her parents. While such participation will undoubtedly improve one's knowledge and skill, it is the individual's decision on whether or not they wish to become involved in such activities. Participation in such activities will have no bearing on a student-athlete's participation on a Round Rock High School athletic team. **The Department of Athletics encourages all students to take full advantage of the activities we offer and become involved in more than one sport.**

Race Day Procedures

During our meets, we will conduct ourselves with poise, confidence and class. While we will stress aggressiveness, enthusiasm and excitement, we will not tolerate any show of individualism. Celebrations will be team oriented and within the rules. **Conduct yourselves on race day in a manner so that you will be mentally and physically ready to run.** Eat properly, support your team and use good judgment in all that you do to represent your team. Exhibit good sportsmanship at all times.

NUTRITION AND HYDRATION GUIDELINES

1. A good diet will help you to stay healthy enough to run your best.
2. Drink lots of water rather than just sports drinks.
3. Replenish your carbohydrates within 2 hours of exercise.
4. You should get 60 - 65 percent of your calories from carbohydrates, 15 % of your calories from protein and 20 - 25% of your calories from fat.
5. You might want to keep a food diary and track what you eat.
6. Eat a well-balanced diet.

General Nutrition Tips for Runners- Quoted from: gwinnettmedicalcenter.org

Before Run

Consume 25-50 grams of carbohydrates 1-2 hours before exercise. Avoid foods that are likely to upset your stomach and bowel such as greasy foods, high-fiber foods, high-protein foods and caffeinated drinks. Carbohydrates with a low glycemic index rating are best pre-exercise. Drink 8-16 ounces of water or sports drink along with the carbohydrate. Train your body to get used to drinking 8-16 ounces of liquid this close to exercise. Experiment to see which works better for you: eating a small 300-600 calorie meal one hour before exercise (1-2 grams carbs/kg), eating a larger 800-1200 calorie meal four hours before exercise (3-4 grams carbs/kg), or something in between. Liquid meals work best for some people.

During Run

Consume 25 grams of carbohydrates for every 45 minutes of exercise. Drink 4-8 ounces of water or diluted sports drink for every 15 minutes of exercise. Consuming sports drinks and carbohydrates during most runs reduces the stress on your body and improves post-run recovery. Train your body to get used to drinking 4-8 ounces every 15 minutes during exercise.

After Run

Immediately after exercising, consume 25-50 grams of carbohydrates. This can be a combination of food and drink. You will need to rehydrate with water if your carbohydrates are things such as an energy bar, bagel, etc. An alternative is to drink 25-50 grams of carbohydrates in a premixed sports drink. Complex carbohydrates are best.

Weighing can be a great indicator of hydration levels. Drink 16 ounces of water for every pound lost during exercise and continue to drink water throughout the day.

30 minutes after exercise, consume another 25-50 grams of carbohydrates.

1 hour after exercise, consume 50-100 grams of carbohydrates and 20-40 grams of protein.

This is a great time to eat a well-balanced, sit-down meal.

6 hours after exercise, continue to consume 50-100 grams of carbohydrates per hour and 20-40 grams of protein every 2 hours.

Carb list 25-50 grams each: energy bar, toast, cereal, bagel, banana, carbohydrate drinks and gel pack (easy to digest).

HAZING

Texas state law states that no form of hazing will be tolerated in any form or fashion.

"Hazing" means any intentional, knowing, or reckless act, occurring on or off the campus of an educational institution, by one person alone or acting with others, directed against a student, that endangers the mental or physical health or safety of a student for the purpose of pledging, being initiated into, affiliating with, holding office in, or maintaining membership in an organization. The term includes:

- A. any type of physical brutality, such as whipping, beating, striking, branding, electronic shocking, placing of a harmful substance on the body, or similar activity;
- B. any type of physical activity, such as sleep deprivation, exposure to the elements, confinement in a small space, calisthenics, or other activity that subjects the student to an unreasonable risk of harm or that adversely affects the mental or physical health or safety of the student;
- C. any activity involving consumption of a food, liquid, alcoholic beverage, liquor, drug, or other substance that subjects the student to an unreasonable risk of harm or that adversely affects the mental or physical health or safety of the student;
- D. any activity that intimidates or threatens the student with ostracism, that subjects the student to extreme mental stress, shame, or humiliation, that adversely affects the mental health or dignity of the student or discourages the student from entering or remaining registered in an educational institution, or that may reasonably be expected to cause a student to leave the organization or the institution rather than submit to acts described in this subdivision; and
- E. Any activity that induces, causes, or requires the student to perform a duty or task that involves a violation of the Penal Code.

The appropriate authorities will deal with violators of hazing.

LOCKER ROOM ETIQUETTE

Locker rooms are used for dressing and equipment storage. Athletes are expected to follow the students' code of conduct at all times. Use of photography, video, or audio recording (including cell phone) is prohibited.

Social Media

Because players and teams are associated with RRISD - inappropriate use of social media can be subject to discipline at school.

Student Athletes are to refrain from using social media (ie) Facebook, Twitter, Instagram, Snapchat etc... in a way that is negative to a specific person or team. If a player is proven to have breached team rules in this manner can be subject to the discipline model at the athletic program.

SEXUAL HARASSMENT

It is the policy of Round Rock High School to promote and maintain a working environment and educational atmosphere for students, which is free from sexual harassment.

It is illegal and against the policies of Round Rock High School for any person, male or female, to sexually harass another person. Administrators and supervisory personnel have a duty to maintain the school environment free of sexual harassment or intimidation.

Missing Class

If you miss class because of a race, it is the **RESPONSIBILITY OF THE ATHLETE** to get the assignment BEFORE we leave for the contest. This will allow the athlete to turn the assignment in on time.

RRISD Extracurricular Code of Conduct

I. Extracurricular Activities

The term "extracurricular activities" means, without limitation, all interscholastic athletics, cheerleading, drill team, academic clubs, school approved clubs, extra-curricular fine arts performances, student government, and any other activity or group that participates in contests, competitions, or community service projects on behalf of or as a representative of the District. The term includes any non-curricular event and membership or participation in groups, clubs, and organizations recognized and approved by the Board of Trustees and the school district and sponsored by the district or a campus. All extracurricular activity participants, including elected and appointed officers of all campus organizations, will be subject to the provisions of this Extracurricular Code of Conduct.

II. Jurisdiction

Student participation in extracurricular activities is encouraged. Round Rock ISD makes extracurricular activities available as an extension of the regular school program, with this important difference: participation in the regular curriculum is a right afforded by law to each student, while participation in the extracurricular activities is a privilege that carries additional expectations for acceptable conduct. Students engaging in extracurricular activities represent not only themselves, but also other students and the school district when performing, competing, or participating in extracurricular activities and while wearing uniforms or other clothing that identifies the student to the community or public in any setting as Round Rock ISD students. For this reason, their behavior must be exemplary and reflect the finest attributes of the total Round Rock ISD student body at all times and places. Important goals of the extracurricular activities are to give students direction in developing self-discipline, responsibility, pride, loyalty, leadership, teamwork, respect for authority, and healthy living habits.

Because participation in extracurricular activities is a **privilege and not a right**, Round Rock ISD is authorized to set higher standards for participants of extracurricular activities than it would for those students who choose not to participate in these activities. Therefore, this **Extracurricular Code of Conduct** extends beyond the *Round Rock ISD Student Code of Conduct* not only in types of behavior prohibited, but also in corresponding consequences and jurisdiction for imposing discipline. In case of a conflict between this Code and the activity or sport specific campus handbook, the Code will prevail.

This **Extracurricular Code of Conduct** will be enforced with all students grades 7th-12th participating in extracurricular activities:

- regardless of whether school is in session;
- regardless of whether the student is directly involved with the extracurricular activity at the time the prohibited conduct occurs;
- regardless of whether the extracurricular activity is in-season; and
- regardless of where or when the conduct occurs.

It is possible that a student who violates the **Round Rock ISD Student Code of Conduct** will incur consequences from both the appropriate school administrator and from his or her coach or sponsor for the same particular violation. It is also possible that a student participating in extracurricular activities could violate the **Extracurricular Code of Conduct** and be subject to discipline by a coach or sponsor without having violated the **Round Rock ISD Student Code of Conduct**.

III. Prohibited Conduct

Round Rock ISD students who participate in extracurricular activities are prohibited at all times from:

- any conduct resulting in arrest and/or citations from law enforcement officers; this does not include minor traffic violations.

Social media misconduct will be addressed in the handbook in the area of Athletics and Fine Arts. All extracurricular activities fall under the RRISD Student Code of Conduct.

IV. Procedures

The coach, director and/or sponsor will determine whether an **Extracurricular Code of Conduct** violation has occurred. Upon determination of an **Extracurricular Code of Conduct** violation, the following individuals will be notified:

1. student
2. student's parent(s) or guardian(s);
3. campus administrator
4. appropriate school counselor to provide counseling, support, and guidance in dealing with issues associated with alcohol, drugs, mood-altering chemicals, and other prohibited activities.

V. Disciplinary Action

Coaches, directors, campus administrators, and sponsors will review all the facts and circumstances surrounding a particular violation and impose appropriate disciplinary action. Campus administrators may remove a student who violates the **Extracurricular Code of Conduct** from the extracurricular activity. Violation of any of the above-mentioned rules by a student participating in extracurricular activities will be subject to the following disciplinary action:

- **Suspension from all extracurricular activities as outlined below:**

First Offense:

The first offense will result in a three-week suspension from the extracurricular activity (ECA) that the participant is currently enrolled in. The suspension becomes effective immediately following the **notification, review and confirmation** of a violation. Suspension includes travel in a school vehicle to and from competition. The suspension does not include practice; however the campus administration may also impose a suspension on practice.

Second Offense:

Removal from all extracurricular activities for one calendar year.

A student who is cited for an offense while not in-season (off-season) or over the summer will receive "one strike", with a second offense resulting in removal from extracurricular activities for one calendar year.

Re-admission into the extracurricular activity is at the discretion of the coach, director, or sponsor. Nothing in this **Extracurricular Code of Conduct** limits the authority of a coach, director, or sponsor to impose reasonable sanctions, including extra workouts, and/or community service for students who breach team or organization conduct expectations but do not engage in prohibited conduct.

VI. Appeals

Questions or complaints from parents regarding disciplinary measures should be addressed to the campus administration, in accordance with Policy FNG (Local). A copy of this policy may be obtained from the principal's office or the central administration office or through Policy On Line at the following address: www.roundrockisd.org

Disciplinary consequences will not be deferred pending the outcome of an appeal.

Round Rock ISD Athletic Code of Conduct – Use of Illegal or Controlled Substances During School and/or School Sponsored Events

Participation in athletics in the Round Rock ISD is a privilege, not a right, granted to students by the school district.

The privilege of participation in athletics may be withdrawn at any time if a student athlete is found to be in violation of the standards of conduct established by the district or by the coach of a particular sport.

The consequences for the use of illegal or controlled substances by students involved in athletics will be in accordance with the guidelines listed below. This policy is intended to be a minimum standard of consequences for athletes involved in the use or possession of, or under the influence of, illegal or controlled substances (alcohol and drugs). Stricter consequences may be applied depending on the extent and circumstances of the involvement by an athlete.

1. Any athlete involved in the use or possession of, or under the influence of, a controlled or illegal substance **at any athletic event or trip in which he/she represents RRISD as a member of an athletic team** will be suspended from participation in athletics for a period of one (1) calendar year.

A second offense will result in permanent removal from all athletic teams.

2. Any athlete involved in the use or possession of, or under the influence of, a controlled or illegal substance **at a school function or on school premises** will not be allowed to participate in any school sponsored athletic competition and practice for a minimum of six (6) weeks. Suspension will begin immediately for sports in season and will carry over to the next sport season until the six-week suspension from competition and practice has been fulfilled. The six-week suspension from competition and practice will begin at the start of the sport season for athletes involved in sports not currently in season. Disciplinary action will carry over from sport to sport and year to year until the athlete has missed six weeks of competition and practice.

A second offense at a school function or on school premises will result in suspension from athletic competition for one (1) calendar year.

A third offense will result in permanent removal from all athletic teams.

1. The discipline and/or dismissal of athletes involved in the use or possession of, or under the influence of, illegal or controlled substances at times other than when the athlete is on school premises or under school supervision will be at the discretion of the coach of the sport in which the athlete participates. The principal, campus athletic coordinator, and head coach of the sport must be involved in any decisions concerning the consequences of inappropriate behavior while not on school premises or at a school function.

In cases involving athletes from different sports for the same offense the principal, athletic coordinator, and head coaches of the sports in which the athletes participating will be involved in determining any disciplinary action.

Use of Tobacco/ Vaping

Any athlete involved in the possession or use of tobacco / vaping on school premises or at a school function will be suspended from athletic competition and practice for three (3) weeks.

A second offense will result in suspension for the remainder of the school year.

A third offense will result in permanent dismissal of the athlete from high school athletics.



ROUND ROCK

INDEPENDENT SCHOOL DISTRICT

Eligibility Calendar 2026-2027

FRIDAY 9/25	UIL REQUIRED 6 WEEK GRADE CHECK
FRIDAY 10/2	ELIGIBILITY GAIN OR LOSE (GAIN BY CREDITS ONLY)
THURSDAY 10/8	END OF 9 WEEKS GRADING PERIOD
THURSDAY 10/15	ELIGIBILITY GAIN OR LOSE
MONDAY 11/2	IPR GRADE CHECK DATE
MONDAY 11/9	ELIGIBILITY GAIN ONLY
FRIDAY 11/20	IPR GRADE CHECK DATE
THANKSGIVING BREAK	(11/23-27) ALL STUDENTS ACADEMICALLY ELIGIBLE DURING HOLIDAYS
MONDAY 12/7	ELIGIBILITY GAIN ONLY
THURSDAY 12/17	END OF 9 WEEKS GRADING PERIOD
WINTER BREAK	(12/21-1/1) ALL STUDENTS ACADEMICALLY ELIGIBLE DURING HOLIDAYS
TUESDAY 1/12	ELIGIBILITY GAIN OR LOSE
MONDAY 1/25	IPR GRADE CHECK DATE
MONDAY 2/1	ELIGIBILITY GAIN ONLY
TUESDAY 2/16	IPR GRADE CHECK DATE
TUESDAY 2/23	ELIGIBILITY GAIN ONLY
FRIDAY 3/12	END OF 9 WEEKS GRADING PERIOD
SPRING BREAK	(3/15-19) ALL STUDENTS ACADEMICALLY ELIGIBLE DURING HOLIDAYS
MONDAY 3/29	ELIGIBILITY GAIN OR LOSE
FRIDAY 4/9	IPR GRADE CHECK DATE
FRIDAY 4/16	ELIGIBILITY GAIN ONLY
FRIDAY 4/30	IPR GRADE CHECK DATE
FRIDAY 5/7	ELIGIBILITY GAIN ONLY



ROUND ROCK DRAGONS Athletic Training Room Guidelines



GENERAL RULES AND INFORMATION:

- Absolutely NO SHOES in the Athletic Training Room!!!
- Always treat Athletic Training Staff and Student Athletic Trainers with RESPECT. They are here to help you!
- Respect all of our equipment. Much of it is expensive and hard to replace. Everything we have is to make YOU better.
- Athletes WILL NOT be seen during any academic class periods. If you have an emergency, have the teacher call the Athletic Training Room and have it cleared with the Athletic Training Staff.
- Injury Evaluations and Rehab for injuries are to be done before school or other scheduled treatment times.
- Athletes need to wear proper attire when coming to the Athletic Training Room for treatments or rehabilitation.
- All athletes need to have completed all RRISD Pre-Participation Paperwork, including physicals and emergency cards prior to getting practice attire and trying out or working out with the teams.

INJURIES:

- **COMMUNICATION with Athletic Training staff is of the utmost importance.**
- If an athlete is injured during a practice or game make sure that they follow-up with Trainer Vincent and/or Trainer Cardenas first if you are able. If not, make sure to call and let them know of any injury or illness.
- Injuries are to be seen by the Round Rock Athletic Training Staff preferably before you see a physician. If the athlete goes to the doctor they need to come by the Athletic Training Room and take a Physician Referral form with them to be completed by the doctor.
- Physician Referral forms or any other Doctor's notes are to be turned into the Athletic Training Staff and may impact if they are allowed to be able to return to a practice or game.
- If you feel that you must go to the Emergency Room, PLEASE call Trainer Vincent or Trainer Cardenas.
- The Athletic Trainers and our staff want to make sure that our athletes are safe and getting the best care and treatment available.

TREATMENTS:

- **Athletic Training room is open Monday – Friday 7:30 – 8:50 AM.** Any other times by appointment with the Athletic Trainer
- Please give yourself and staff plenty of time to complete your treatments and rehab in the morning.
- If you ride a bus and cannot make it to morning treatments, please stop by and let the Athletic Trainer know. We will make arrangements and schedule treatments at lunch or after school.
- Athletic Periods are for working out and practice, they are not treatment times. Athletes will be sent back to watch and learn at practice and reminded to come during regular treatment times.

- If an athlete is unable to work out with their team, then an arrangement will be made with Coaching staff and Athletic Training staff to plan a workout for you. Athletes then must check in with their coaches and then come suited out and ready for a conditioning and rehab session.

TREATMENT AND REHAB POLICY:

1. If you're hurt, you're here.
2. If you're not hurt, you're not here.
3. If you need tape, you need treatment.
4. If you don't do your treatment, you DON'T get taped!

HEAD INJURIES AND OR CONCUSSIONS

- Due to State Law being Passed August 2011, any and all head injuries must be reported to the Athletic Training Staff, and must be cleared by a physician and complete a protocol prior to return to activity .

Round Rock High School
Athletic Training Staff
300 N. Lake Creek Drive
Round Rock, Texas 78681

Nikki Vincent, ATC,LAT
512/464-6127 office
512/771-0790 cell
512/464-6119 fax
nikki_vincent@roundrockisd.org

Dragon Athletic Training Services**Emergency Procedures and Numbers**

Round Rock High School, 300 N. Lake Creek Dr. Round Rock, Texas 78681 512-464-6000 Main

Athletic Training Staff:

Nikki Vincent, ATC, LAT
512-464-6127 office
512-771-0790 cell
512-464-6119 fax

Round Rock High School

Extra-Curricular Code of Conduct

A condition to participating in any Round Rock ISD extracurricular activity or holding any office (elected or appointed) is to sign an acknowledgement that the student has read and understands the Extracurricular Code of Conduct. The student's parent or guardian must also sign an acknowledgement. The acknowledgement states that the signing party understands the consequences for engaging in prohibited conduct.

Use this [link](#) to sign the form electronically:

<https://forms.gle/YV2M95co1Acr9fvB9>

SUMMATION

The Round Rock High School Cross Country program has made a commitment to athletics. We firmly believe that a sound athletic program is the other half of education. We are anxious to have as many students as possible participate in Cross Country. If you decide to join us, we are confident it will be a decision you will not regret.