

EQUIPMENT & SUPPLIES

**Equitable Uniform Review, Rotation and/or Replacement Plan
(See Attachment)**

**Provision of equivalence in regard to uniforms and uniform
extras**

Most football players use their own cleats during the season. The cleats provided in the equipment room are for those players who either do not want to purchase their own or cannot afford to purchase their own cleats. Once COVID-19 allows our students to come back together, the GERC will address this current disparity and correct it.

As can be seen from the pictures, Raceland Softball has 3 uniform jerseys, Orange, Gray and Black and 2 uniform pants, Gray and White.

Also as seen from the pictures, Raceland Baseball has 3 uniform jerseys, Gray, White and Black and 2 uniform pants, Gray and White.

Def - of years

RACELAND-WORTHINGTON HIGH SCHOOL UNIFORM REVIEW, ROTATION & REPLACEMENT PLAN

*ok
8-9-20*

FALL SPORTS	Next Rotation	Next Rotation	Next Rotation	Next Rotation
FOOTBALL Senior Game Jerseys (Home & Away) Game Pants (6 pair)	2020	2021	2022	2023
VOLLEYBALL (20)	2020	2024	2028	2032
CROSS COUNTRY (20)	2021	2025	2029	2033
WINTER SPORTS	Next Rotation	Next Rotation	Next Rotation	Next Rotation
BASKETBALL (BOYS) (15)	2019 (Home) 2021 (Away)	2023 (Home) 2025 (Away)	2027 (Home) 2029 (Away)	2031 (Home) 2033 (Away)
BASKETBALL (GIRLS) (15)	2019 (Home) 2021 (Away)	2023 (Home) 2025 (Away)	2027 (Home) 2029 (Away)	2031 (Home) 2033 (Away)
SPRING SPORTS	Next Rotation	Next Rotation	Next Rotation	Next Rotation
BASEBALL (24)	2019	2023	2027	2031
SOFTBALL (24)	2020	2024	2028	2032
TRACK (20)	2021	2025	2029	2033

Raceland-Worthington High School will replace uniforms every four years to avoid excessive cost and receive maximum playing time of the apparel, unless otherwise noted.

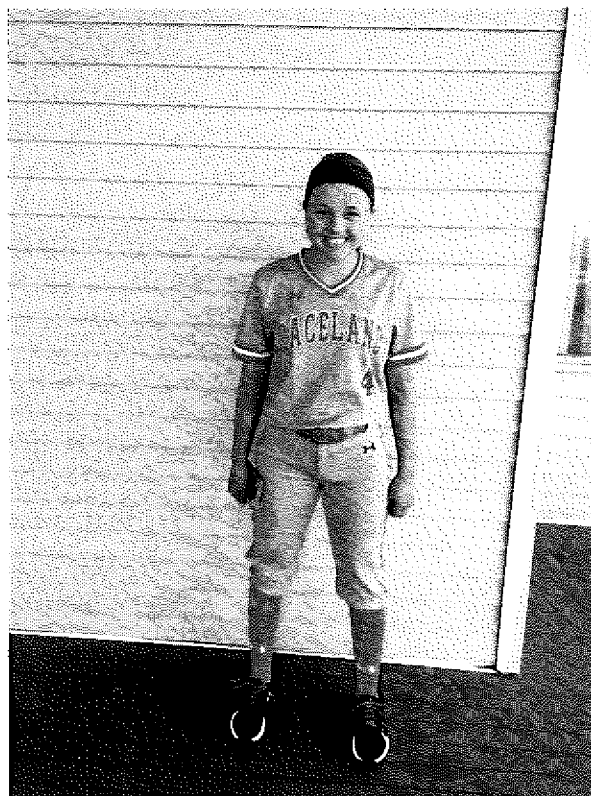
The athletes in the sports of Golf & Tennis purchase their own uniforms and keep them.

EQUIPMENT & SUPPLIES

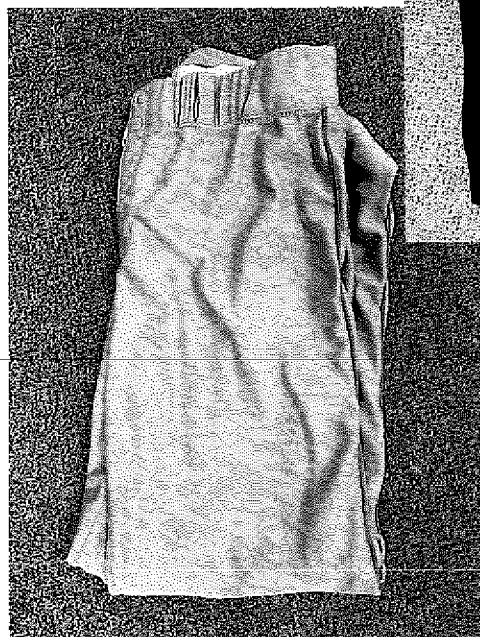
As can be seen from the pictures, Raceland Softball has 3 uniform jerseys, Orange, Gray and Black and 2 uniform pants, Gray and White.

Also as seen from the pictures, Raceland Baseball has 3 uniform jerseys, Gray, White and Black and 2 uniform pants, Gray and White.

Raceland Softball



Raceland Baseball



OTHER ACTIONS NECESSITATED

*John
Gustaf
Deaf*

PUBLICITY

The cheerleading squad is required to cheer at ALL district games both boy and girls (home & away) as well as an equal number of non-district games for both boys and girls. The number of non-district games cheered at is monitored by the Athletic Director for the provision of equity.

ATHLETIC AWARDS AND POST SEASON BANQUETS

A chenille varsity letter will be awarded to any athlete fulfilling a varsity letter requirement. Only one letter will be given during the four years. Any replacements must be purchased through the athletic department and at the athlete's expense. These letters are awarded to athletes in good standing at the end of the season and at the coach's discretion.

A gold pin symbolizing the sport for which the athlete fulfilled a varsity letter requirement will be given once in each varsity sport.

A gold bar will be given each time an athlete fulfills a varsity letter requirement.

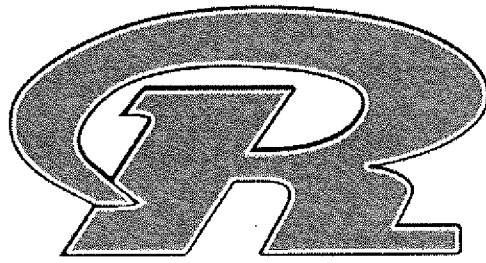
Per athletic policy, individual plaques will be awarded to members of the teams when district, region and state championship are achieved. No other awards recognizing individual achievements are provided.

Any team may have a post season banquet and are to be held at Raceland-Worthington High School cafeteria only to ensure equality of location for all teams. The times and dates are to be scheduled through the athletic director. The school provides a catered meal for all student athletes and any other attendees purchase meals at a cost of approximately \$5.00.

TRAVEL AND PER DIEM ALLOWANCES

Meal money provided for any team shall be \$30.00 per athlete per day. Individual players for individual sports (golf, cross country, track) will also receive \$30.00 per athlete per day.

Hotel rooms purchased for athletes must be booked by coaches in the range of \$80.00-\$120.00 with 4 athletes per room.



*of
week
8-10-20*

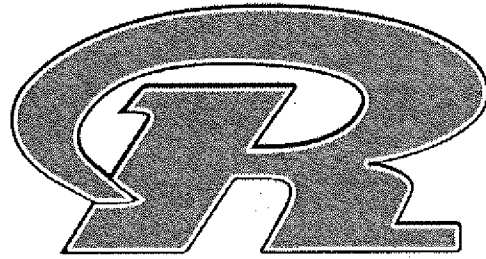
Raceland-Worthington Department of Athletics

NEW GYM

Weight Training Room Schedule

NOVEMBER - FEBRUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	3:30-4:30 Girls Basketball		3:30-4:30 Boys Basketball			
	4:45-6:00 Boys Basketball		4:45-6:00 Girls Basketball	4:30-6:00 Cheer		



Raceland-Worthington

Department of Athletics

NEW GYM

Weight Training Room Schedule

AUGUST-OCTOBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			3:30-4:30 Volleyball			
				4:30-6:00 Cheer		

SCHEDULING OF GAMES AND PRACTICE TIMES

Evidence Showing that Competitive Events are Being Scheduled and Played on an Equitable Basis (See Attachment)

Evidence of Equitable Use of Practice Venues That are Shared by Gender (See Attachment)

RACELAND-WORTHINGTON HIGH SCHOOL
Competitive Events
2019-2020

FALL SPORTS	Scheduled (HOME)	Scheduled (AWAY)	Scheduled (TOTAL)	Played (TOTAL)
FOOTBALL	5	5	10	10
VOLLEYBALL	13	13	26	26
CROSS COUNTRY		8	8	8
GOLF (BOYS)	4	6	10	10
GOLF (GIRLS)	5	8	13	13
WINTER SPORTS	Scheduled (HOME)	Scheduled (AWAY)	Scheduled (TOTAL)	Played (TOTAL)
BASKETBALL (BOYS)	16	11	27	26
BASKETBALL (GIRLS)	16	9	25	25
SPRING SPORTS	Scheduled (HOME)	Scheduled (AWAY)	Scheduled (TOTAL)	Played (TOTAL)
BASEBALL	17	19	36	0
SOFTBALL	7	23	30	0
TENNIS (BOYS & GIRLS)	11	7	18	0
TRACK (BOYS)	0	15	15	2
TRACK (GIRLS)	0	15	15	2

2020 Varsity Baseball

<u>Date</u>	<u>Opponent</u>	<u>Place</u>	<u>Time</u>
3/16	Morgan County	Home	6:00
3/17	Ashland	Home	6:00
3/19	Boyd County	Home	6:00
3/21	Mason County	Home	1:00
3/23	Elliott County	All-A-Regional	6:00
3/24	TBD (All-A-Regional)	Menifee	8:00
3/26	TBD (All-A-Regional)	Menifee	6:00
3/27	Paul Lawrence Dunbar	Away	6:30
3/28	Morgan County	Away	1:00
3-30	Huntington St. Joe	Home	6:00
4/1	Fairland, Oh.	Home	6:00
4/2	Chesapeake, Oh.	Home	6:00
4/5	Myrtle Beach, SC	TBD	TBD
4/6	Myrtle Beach, SC	TBD	TBD
4/7	Myrtle Beach, SC	TBD	TBD
4/8	Myrtle Beach, SC	TBD	TBD
4/9	Myrtle Beach, SC	TBD	TBD
4/13	Greenup County	Away	6:00
4/14	Greenup County	Home	6:00
4/16	Fairview	Home	6:00
4/17	East Carter	Home	6:00
4/18	Paintsville	Away	6:00
4/20	Russell	Home	6:00
4/21	Russell	Away	6:00
4/23	Huntington St. Joe	Away	5:15
4/24	City between lakes	Johnson Central	TBD
4/25	City between lakes	Johnson Central	TBD
4/27	Lewis County	Home	6:00
4/28	Lewis County	Away	6:00
5/1	Montgomery County	Away	6:00
5/2	Ashland	Away	12:00
5/5	East Carter	Away	6:00
5/7	Manchester, OH.	Home	6:00
5/8	Ironton, OH.	Home	6:00
5/9	Minford, OH	Home	1:00
5/9	Minford, OH	Home	3:30
5/11	Boyd County	Away	6:00
5/12	Johnson Central	Home	6:30
5/13	Coal Grove, OH.	Home	6:00

(33)

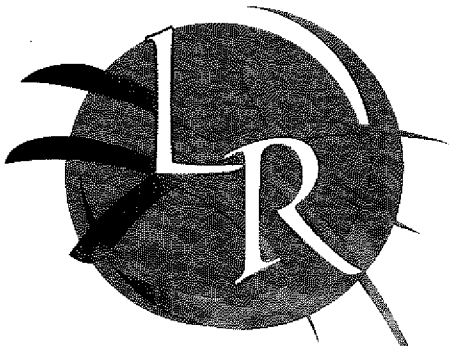
63RD District Tournament	5/20-5/25 @ Raceland
16TH Regional Tournament	5/27-5/31 @ Ashland
KHSAA State Tournament	6/7 & 8/14-15 @ Lexington



Basketball 2019-2020

12/3	Coal Grove	Away	7:30 pm
12/7	Dayton	Away	3:30 pm
12/10	Effritt County	Home	7:30 pm
12/12	Augusta	Home	7:30 pm
12/17	Russell	Home	7:30 pm
12/20 - 12/22	Derby Classic	Home	TBA
12/27	Betsey Lane	Away	@Buckhorn
12/28	TBA	Away	@Buckhorn
12/29	TBA	Away	@Buckhorn
1/2	Greenup County	Home	7:30 pm
1/7	Lewis County	Away	7:30 pm
1/11	Fairview	Home	7:30 pm
1/18	Bath County	Away	4:30 pm
1/24	Russell	Away	7:30 pm
1/25	Portsmouth West	Home	7:30 pm
1/27	West Carter	Home	7:30 pm
1/31	Lewis County	Home	7:30 pm
2/1	Coal Grove	Home	7:30 pm
2/3	Fairview	Away	7:30 pm
2/6	Greenup County	Away	7:30 pm
2/8	Menifee County	Home	7:30 pm
2/11	East Carter	Home	7:30 pm
2/14	Paintsville	Home	7:30 pm
2/15	Rose Hill Christian	Home	7:30 pm
2/18	Cabell Midland	Away	7:30 pm





2019-20 SCHEDULE



Raceland Lady Rams

November

- 18 Scrimmage - Portsmouth West - Elliott Co. - Symmes Valley 6:00
- 25 Scrimmage @ Russell vs Chesapeake 5:00

December

- 2 East Carter
- 3 Rose Hill (Varsity Only) 6:00
- 7 @ Elliott County Noon/1:30
- 14 @ Russell 3/4:30
- 16 Ashland
- 19 @Greenup County Tripleheader
- 21 @ Fairview Noon/1:30
- 27 Ryan Keeton eXp Realty Ohio River Classic @Raceland
- 28 Ryan Keeton eXp Realty Ohio River Classic @Raceland
- 29 Ryan Keeton eXp Realty Ohio River Classic @Raceland

January

- 3 @ Lewis County Tripleheader
- 6 Russell
- 8 Ironton
- 11 Fairview (All A Classic @ Raceland) G/B DH 6:00
- 18 @ Fairland Showcase
- 20 Spring Valley (MLK Shootout @ Russell) 6:00
- 21 Green
- 25 Elliott County 1:00/2:30
- 28 Lewis County

February

- 4 Magoffin Co.
- 10 @ Boyd County
- 12 Greenup County Tripleheader
- 15 @ Morgan County Noon (Varsity only)
- 17 Bath County
- 20 Menifee County

ALL GAME TIMES JV 6:00 V 7:30 UNLESS NOTED

Raceland Rams

2019 Cross Country Schedule



RACELAND XG

Thursday	August 22	Boyd Co. Meet @ BCHS	5:00 PM
Tuesday	August 27	Rock Hill (OH) Run the Hills Meet	5:00 PM
Saturday	September 7	Fairland (OH) Run By the River Meet	9:00 AM
Saturday	September 14	Ironton (OH) Tiger Town Run Meet	9:00 AM
Saturday	September 21	Rio Grande (OH) Invitational	9:00 AM
Tuesday	September 24	KTCCCA Meet @ Rock Hill (OH)	5:00 PM
Saturday	September 28	Shawnee State Invitational @ Riverside Park	9:00 AM
Saturday	October 12	Mason Co. Meet @ Maysville	9:00 AM
TBA	TBA	Area 7 Meet	TBA
Saturday	TBA	Class A Region 7 Meet	TBA
Saturday	November 2	Class A State Meet @ Lexington	TBA

RACELAND GIRLS GOLF 2019

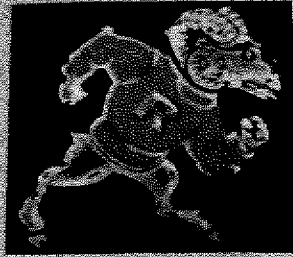
August

- 12 Lawrence County @Eagle Ridge
- 22 Lawrence County @Eagle Ridge
- 26 Russell and Greenup @River Bend
- 27 All 'A' Regional Tourn. @Hidden Cove 5:00
- 28 South Point @Sugarwood


September

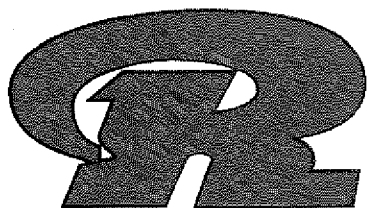
- 3 Russell and Greenup @River Bend
- 4 Coal Grove @Sandy Creek
- 6-7 All 'A' State @Arlington (Richmond)
- 10 EKC Tournament @Diamond Links
- 12 Lawrence County @River Bend
- 14 18 Hole Tournament @Hidden Cove
- 16 Coal Grove @River Bend
- 19 Morgan County @River Bend

2020 Raceland Lady Rams Softball Schedule



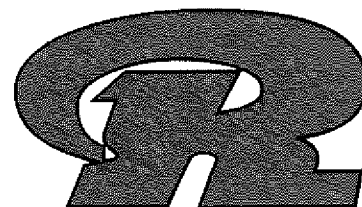
3/14	Cabell Midland HS @ Boyd Co.	TBA	Scrimmage
3/18	Pike Co. Central @ Raceland	6pm	Varsity Only
3/19	Rowan Co. @ Rowan Co.	5:30pm	Varsity Only
3/20	Woodford Co. @ Woodford Co.	5:30pm	Varsity Only
3/20	Western Hills Tournament @ WH	9pm	Varsity Only
3/21	Western Hills Tournament @ WH	TBA	Varsity Only
3/26	Ashland @ Raceland	6pm	V/JV
3/27	Fairview @ Raceland	5:30pm	1ST Round All-A
3/28	Ironton @ Ironton, OH	11:00am	Varsity Only
3/28	Minford, OH @ Ironton, OH	1:00pm	Varsity Only
3/31	Greenup Co. @ Greenup Co.	5:30pm	V/JV
4/5 - 4/10	Florida Beach Bash @ Fort Walton Beach, FL		V/JV
4/11	2nd Round All-A Districts	4:00pm	Elliott Co. HS
4/18	Spring Valley, WV @ Boyd Co.	9:30am	Tri-State Showcase
4/18	Frederick Douglass @ Russell	2:30pm	Tri-State Showcase

4/20	Russell @ Russell	5:30pm	V/JV	
4/21	Lewis Co. @ Raceland	5:30pm	V/JV	
4/23	Rowan Co. @ Raceland	5:30pm	Varsity Only	
4/28	Johnson Central @ Raceland	6pm	Varsity Only	
4/29	Pike Co. Central @ Pike Co. Central	6pm	Varsity Only	
4/30	Greenup Co. @ Raceland	5:30pm	V/JV	
5/1	Boyd Co. @ Raceland	5:30pm	V/JV	
5/7	Lewis Co. @ Lewis Co.	5:30pm	V/JV	
5/9	Russell @ Raceland	5:00pm	V/JV	
5/11	Ashland @ Ashland	5:30pm	V/JV	
5/13	Wheelersburg @ Wheelersburg, OH	5:30pm	Varsity Only	
5/15	Fleming Co. @ Fleming Co.	6pm	Varsity Only	
5/16	Johnson Central @ Johnson Central	TBA	Varsity Only	
5/18 - 5/22	63rd District Tournament	TBA		Raceland High School



Raceland Rams

2019 Football Schedule



August 6 **Meet the Rams** **6:00**

August 9 Scrimmage @ Belfry 6:30

August 16 **EKC Grid-O-Rama**
Raceland vs Montgomery Co. @ Raceland 8:00 PM

Week 1	<i>August 24</i>	Raceland vs. Greenup Co. @ Raceland	8:00 PM	EKC/HOF
Week 2	<i>August 31</i>	Raceland vs. Russell @ Russell	8:00 PM	EKC
Week 3	<i>September 6</i>	Raceland vs. Rowan Co. @ Rowan Co.	7:30 PM	EKC
Week 4	<i>September 13</i>	Raceland vs. Pikeville @ Pikeville	7:30 PM	
Week 5	<i>September 20</i>	OPEN		
Week 6	<i>September 27</i>	Raceland vs. Ports. West @ Raceland	7:30 PM	JFL
Week 7	<i>October 4</i>	Raceland vs. Ashland @ Ashland	7:30 PM	
Week 8	<i>October 11</i>	Raceland vs. Betsy Layne @ Raceland	7:30 PM	D/HC
Week 9	<i>October 18</i>	Raceland vs. Fairview @ Raceland	7:30 PM	D/EKC
Week 10	<i>October 25</i>	Raceland vs. Paintsville @ Paintsville	7:30 PM	D
Week 11	<i>November 1</i>	Raceland vs. Lawrence Co. @ Raceland	7:30 PM	SR

November 8 **1st Round Playoffs**

November 15 **2nd Round Playoffs**

November 22 **Regional Finals**

November 29 **Semi-Finals**

December 6 **STATE CHAMPIONSHIP**

Raceland Boys Golf Schedule 2019

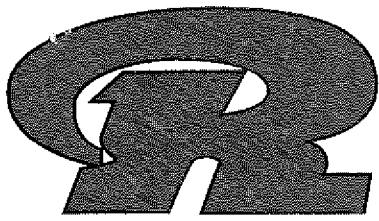
August	Opponent	Course	Time
22	East Carter	Hidden Cove	5:00
26	All A Tournament	Hidden Cove	4:30
29	Elliott Co	Hidden Cove	4:30
September			
5	Elliott Co.	Sandy Creek	5:00
9	EKC Tournament	Hidden Cove	5:00
9	Fairview	Sandy Creek	4:30
16	Fairview	Sandy Creek	4:30
19	Lawrence Co.	Eagle Ridge	5:00
21	West Carter Tour	Hidden Cove	TBA
23	Lawrence Co.	Sandy Creek	5:00
October			
1	Regional	Indian Creek	TBA

Farley, Bill - Assistant Athletic Director / Head Volleyball Coach

From: Francis, Mike
Sent: Monday, July 20, 2020 1:15 PM
To: Farley, Bill - Assistant Athletic Director / Head Volleyball Coach
Subject: 2020 Tennis Schedule

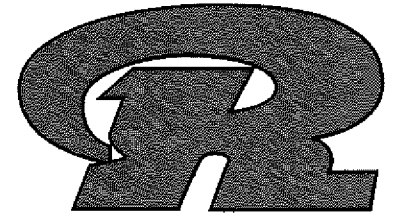
2020 Matches and Tournaments

MARCH 10 - vs. BOYD CO. at the Ashland Tennis Center 5pm
MARCH 12 - vs. ROSE HILL at Home 5pm
MARCH 16 - vs. RUSSELL at Russell High School 4pm
MARCH 17 - vs. HOLY FAMILY at Home 5pm
MARCH 23 - vs. EAST CARTER at Home 5pm
MARCH 26 - vs. GREENUP at Greenup High School 5pm
MARCH 30 - vs. ROSE HILL at the Ashland Tennis Center 5pm
MARCH 31 - vs. HOLY FAMILY at Home 5pm
APRIL 2 - vs. RUSSELL at Home 5pm
APRIL 6-10 SPRING BREAK
APRIL 13 - vs. BOYD at Home 5pm
APRIL 20 - vs. WEST CARTER at ECMS at 5pm
APRIL 24 & 25 - ALL A TOURNAMENT at the Ashland Tennis Center (ATC) TBA
APRIL 27 - vs. LEWIS CO. at Home 5PM
APRIL 30 - vs. GREENUP at Home 5pm
MAY 4 - vs. FAIRVIEW at Home 5pm
MAY 5 - vs. LEWIS at Home 5pm
MAY 7 - vs. EAST CARTER at ECMS at 5pm
MAY 12 - vs. WEST CARTER at HOME 5pm
MAY 18-19 - REGIONAL TENNIS TOURNAMENT at the ATC TBA



Raceland Rams

2019 Boys Track Schedule



Saturday	February 23	Marshall University Indoor Meet	9:00 AM
Saturday	March 2	KTCCCA State Indoor Meet @ Mason Co.	8:00 AM
*Saturday	March 21	Morgan Co. All-Comers	5:00 PM
Saturday	March 23	Fairland (OH) Early Bird Meet	11:00 AM
Saturday	March 30	Ironton (OH) Invitational Meet	10:00 AM
*Tuesday	April 9	Bath Co. Inv. / Fairland or Coal Grove All-Comers	5:00 PM
Friday	April 12	Boyd Co. Rice-Stacey Classic	5:00 PM
Tuesday	April 16	Russell Inv. / Coal Grove Inv.	5:00 PM
*Thursday	April 18	Fairland (OH) Invitational	5:00 PM
*Saturday	April 20	E.K.C. Meet @ Morgan Co. / Ernie Chatten	5:00 PM
Tuesday	April 23	Russell Invitational	5:00 PM
*Fri./Sat.	April 26/27	South Point Invitational / Rowan Co. Inv.	5:00 PM/10 AM
Tuesday	April 30	KCVCCT @ Fairland (OH)	5:00 PM
*Friday	May 3	Area 7 Meet @ Rowan Co./Rock Hill (OH) Inv.	5:00 PM
Saturday	May 11	Bath Co. Trackcat Cooldown	9:00 AM
<i>Saturday</i>	<i>May 18</i>	<i>Class A Regional Track Meet @ Bath Co.</i>	<i>10:00 AM</i>
<i>Thursday</i>	<i>May 30</i>	<i>Class A State Track Meet @ Lexington</i>	<i>8:30 AM</i>

**MEETS & TIMES SUBJECT TO CHANGE*

2020 Raceland-Worthington Girls Track and Field

Contact Information

Head Coach: Anthony Frisby
Telephone Number: 606-571-5786

Assistant Coach: Nate Webb
Telephone Number: 606-923-6058

Remind Text Alert: Text the message @racelandgi to 81010 to be added.
If you have issues with this please contact Coach Frisby for assistance.

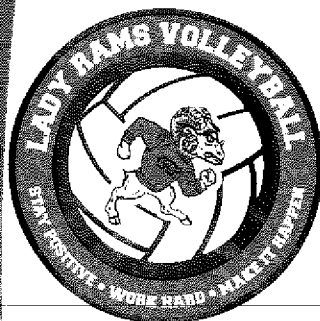
2020 Meet Schedule

February 29 @ 9:00AM	Marshall Indoor Meet @ Marshall University
March 7 @ 9:00AM	KTCCCA State Indoor Meet @ Mason County
March 31 @ 5:00PM	*Wheelersburg, South Point, or Morgan County (TBA)
April 2 @ 5:00PM	Russell All-Comers @ Russell HS
April 4 @ 9:00AM	Ironton Invitational @ Ironton HS
April 7 @ 5:00PM	Bath County Invitational @ Bath County HS
April 10 @ 5:00PM	Lions Club Invitational @ Chesapeake HS
April 14 @ 5:00PM	Coal Grove Invitational @ Dawson Bryant HS
April 21 @ 5:00PM	Russell All-Comers @ Russell HS
April 24 @ 5:00PM	Fairland Invitational @ Fairland HS
April 28 @ 5:00PM	KOVCCCT Championships @ Dawson Bryant HS
April 30 @ 5:00PM	South Point Invitational @ South Point HS
May 5 @ 5:00PM	Morgan County All Comers @ Morgan County HS
May 8 @ 5:00PM	Area 7 Championships @ Russell HS
May 16 @ 9:00AM	TrackCat Cool-Down @ Bath County HS
May 18-May 20 (TBA)	Regionals @ Morgan County HS
June 4 @ 8:00AM	KHSAA Class A State Track Meet @ The University of Kentucky

*Meet Schedule is subject to change. Notice will be given if any changes are made.

*All athletes participating in pole vault must have a documented vault in at least 4 meets in order to pole vault in the post season (i.e. Regionals or State).

2019 Lady Rams Volleyball



Tue., August 13	vs. Green, OH (S)	6:00 PM
Fri., August 16	Moonlight Madness	10:30 PM
Mon., August 19	@ Lawrence Co. (JV & V)	6:00 PM
Tue., August 20	vs. Russell (FR, JV & V)	5:30 PM
Wed., August 21	@ Greenup Co. (FR ONLY)	6:00 PM
Thu., August 22	vs. Ashland (JV & V)	6:00 PM
Sat., August 24	@ Fairview – 16th Reg. All A Classic (V)	TBA
Mon., August 26	@ Lewis Co. (JV & V)	6:00 PM
Thu., August 29	vs. West Carter (JV & V)	6:00 PM
Tue., September 3	@ Greenup Co. (FR, JV & V)	5:30 PM
Thu., September 5	@ East Carter (JV & V)	6:00 PM
Mon., September 9	vs. Holy Family (JV & V)	6:00 PM
Tue., September 10	vs. Fairview (JV & V)	6:00 PM
Thu., September 12	vs. Boyd Co. (JV & V)	6:00 PM
Fri., September 13	@ EKV—State All “A” Classic (V)	TBD
Sat., September 14	@ EKV—State All “A” Classic (V)	TBD
Tue., September 17	vs. Lewis Co. (JV & V)	6:00 PM
Wed., September 18	vs. Russell & Greenup Co. (FR ONLY)	6:00 PM
Thu., September 19	@ Russell (FR, JV & V)	5:30 PM
Sat., September 21	@ Frankfort, KY—Frankfort Inv. (V)	TBD
Mon., September 23	@ Rose Hill (JV & V)	6:00 PM
Tue., September 24	@ West Carter (JV & V)	6:00 PM
Thu., September 26		
Tue., October 1	vs. Greenup Co. (FR, JV & V)	5:30 PM
Wed., October 2	@ Russell (FR ONLY)	6:00 PM
Thu., October 3	@ Fairview (JV & V)	6:00 PM
Mon., October 7	vs. East Carter (JV & V)	6:00 PM
Tue., October 8	vs. Rose Hill (Senior Night) (JV & V)	6:00 PM
Thu., October 10		
Mon., October 14	@ Holy Family (JV & V)	6:00 PM
Tue., October 15	vs. Rowan Co. (JV & V)	6:00 PM
Thu., October 17	vs. Lawrence Co. (JV & V)	6:00 PM
October 20-26	@ Greenup Co.—63rd District Tourn.	TBD
October 27-November 2	@ Rowan Co.—16th Region Tourn.	
November 8-10	@ Valley HS, Louisville—KHSAA State Tourn.	

It's a GREAT day to be a RAM!

June 2019 Old Gym Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
3 Cheer 10-12 Aries League 3:30-11:00	4 Aries League 3:30-11:00	5 Cheer 10-12	6 Cheer 10-12 Aries League 3:30-11:00	7	8	9
10 Cheer 10-12 Aries League 3:30-11:00	11 Aries League 3:30-11:00	12 Cheer 10-12	13 Cheer 10-12 Aries League 3:30-11:00	14	15	16
17 Cheer 10-12 Aries League 3:30-11:00	18 Aries League 3:30-11:00	19 Cheer 10-12	20 Cheer 10-12 Aries League 3:30-11:00	21	22	23
24 Cheer 10-12	25 Dead Period	26	27	28	29	30

July 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6. Cheer 9-10 am	7
8	9	10 Cheer 10-1	11 Cheer 10-1	12 cheer 10-1	13	14
15 Cheer 10-12 Middle School Girls Basketball 4-6	16 Middle School Girls Basketball 4-6	17 Cheer 10-12	18 Cheer 10-12 Middle School Girls Basketball 4-6	19	20	21
22 Cheer 10-12 Middle School Girls Basketball 4-6	23 Middle School Girls Basketball 4-6	24 Cheer 10-12	25 Cheer 10-12 Middle School Girls Basketball 4-6	26	27	28
29 Cheer 10-12 Boys Basketball 12-1 Middle School Girls Basketball 4-6	30. Boys Basketball 12-1 Middle School Girls Basketball 4-6	31 Cheer 10-12				

August 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1 Cheer 10-12 Boys Basketball 12-1 Middle School Girls Basketball 4-6 Girls Hoops 6-7:30	2	3 Middle School Girls @ Russell Showcase	4
5 Cheer 10-12 Middle School Girls Basketball 4-6	6. Cheer 10-11 Middle School Girls Basketball 4-6	7 Cheer 10-12	8 Cheer 10-12 Middle School Girls Basketball 4-6	9	10 Middle School Girls @ East Showcase	11
12 Cheer 10-12 Middle School Girls Basketball 4-6	13 Middle School Girls Bath Co.	14 Cheer 10-12	15 First Day of School	16	17 Cheer 10-12	18
19 Middle School Girls Basketball 3:30-6	20 Middle School Girls @ Boyd Co. B Hoops 5:30-7:00	21 Middle School Girls Basketball 3:30-6 Cheer 6-8	22 Middle School Girls Louisa	23 Middle School Girls Basketball 3:30-6	24 Middle School Girls @ West Showcase Cheer 10-12	25
26 Middle School Girls @ West Carter	27 Middle School Girls Harrison	28 Middle School Girls Basketball 3:30-6 Cheer 6-8	29 Middle School Girls Fairview	30 Middle School Girls Basketball 3:30-6	31 Cheer 10-12	


September 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1
2 Labor Day No School Middle School Girls Basketball 3:30-6	3 Middle School Girls @ McKell	4 Middle School Girls Basketball 3:30-6 Cheer 6-8	5 Middle School Girls @ Russell	6	7 Cheer 10-12	8
9 Middle School Girls @ Bath Co. B Hoops 5:30-6:30	10 Middle School Girls @ Ashland B Hoops 5:30-7:00	11 Middle School Girls Basketball 3:30-6 Cheer 6-8	12	13	14 Cheer 10-12 Middle School Girls @ Morgan Co.	15
16 Middle School Girls @ Warland	17 Middle School Girls @ Louisa	18 Middle School Girls Basketball 3:30-6 Cheer 6-8	19 Middle School Girls Basketball 3:30-6	20 Middle School Girls @ Boyd Co.	21 Cheer 10-12 Middle School Girls @ Morgan Co.	22
23 Middle School Girls West Carter	24 Middle School Girls @ Fairview	25 Middle School Girls Basketball 3:30-6 Cheer 6-8	26 Middle School Girls @ McKell 9th Grade Night	27	28 Cheer 10-12	29
30 Middle School Girls @ Russell						

October 2019





Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 Middle School Girls Ashland	2 Middle School Girls Basketball 3:30-6 Cheer 6-8	3 Middle School Girls Basketball 3:30-6 Cheer 12-1:30	4 Middle School Girls Basketball TBA	5 Cheer 10-12 Middle School girls OVC Tournament 10/5 thru 10/12 @West Carter	6
7	8	9 Cheer 6-8	10	11	12 Cheer 10-12	13
14	15 BB 5:30-7:30	16 6th BB 5:30-7:30 GBB 3:30-5:30	17 Cheer 3:30-5:30 BB 5:30-7:30	18	19 Cheer 10-12	20
21 Girls BB 3:30-5:30	22 Middle School Boys BB 4:00-6:00	23 Middle School Boys BB 4:00-6:00 6th BB 6:00-7:30	24 Middle School Boys BB 4:00-6:00 Cheer 6:00-8:00	25	26 Cheer 12-2	27
28 Middle School Boys BB 4:00-8:30	29 Middle School Boys BB 4:00-7:00 Cheer 7-9	30 Middle School Boys BB 4:00-8:30	31 Girls BB 3:30-5:00 Middle School Boys BB 5-8:00			
CY						

November 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 Middle School/Boys BB 4:00-8:30	2 Cheer 10-1:30	3
4 Middle School/Boys BB 4:00-8:30	5 Middle School/Boys BB 4:00-8:30	6 Middle School/Boys BB 4:00-8:30	7 Middle School/Boys BB 4:00-7:00 Cheer 7-9	8 Middle School/Boys BB 4:00-8:30	9 Cheer 10-12 Regional	10 Softball 1-5
11 Middle School/Boys BB 4:00-8:30	12 Middle School/Boys BB 4:00-8:30	13 Middle School/Boys BB 4:00-8:30	14 Middle School/Boys BB 4:00-8:30	15 Middle School/Boys BB 4:00-8:30	16 Cheer 10-12	17 Softball 1-5
18 Middle School/Boys BB 4:00-8:30	19 Middle School/Boys BB 4:00-8:30	20 Middle School/Boys BB 4:00-8:30	21 Middle School/Boys BB 4:00-8:30	22 Middle School/Boys BB 4:00-8:30	23 Cheer 10-12 Coach Paek 5-7	24 Softball 1-5
25 No School Middle School/Boys Basketball  @ Boyd Co.	26 No School	27 No School Cheer	28 Thanksgiving	29 No School	30 VBL 9-10:30 Cheer 1-3	

December 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1
2 Middle School Boys Basketball ● Louisa Middle	3 Middle School Boys Basketball ● East Carter	4 Middle School Boys BB 4:00-8:30	5 Middle School Boys Basketball ● Nutland Dance after Games	6 Middle School Boys BB 4:00-8:30	7 Dance 7-9am YBL 9-30-11:00 Middle School Boys Basketball ● West Carter	8 Softball 1-5
9 Middle School Boys Basketball ● Fairview	10 5th grade Boys 6-7:30 Middle School Boys Basketball ● @Morgan Co.	11 Middle School Boys BB 4:00-8:30	12 Middle School Boys Basketball ● @McKell Cheer 3:30-5:30	13 Middle School Boys BB 4:00-8:30	14 Dance 7-9am YBL 9-30-11:00 Cheer 1-3	15 Softball 1-5
16 Middle School Boys Basketball ● Russell	17 Middle School Boys BB 4:00-8:30	18 Middle School Boys BB 4:00-8:30	19 Middle School Boys Basketball ● @Ashland Cheer 3:30-5:30 Dance 7-9:30	20 Middle School Boys BB 4:00-8:30	21 Dance 7-9am YBL 9-30-11:00 Cheer 1-3	22 Softball 1-5
23 Middle School Boys BB 4:00-8:30 Middle School Boys BB 4:00-8:30	24 Christmas EVE	25 Christmas Day	26 Marty's Tour. Middle School Boys Basketball ● @Boyd Co.	27 Marty's Tour. Middle School Boys Basketball ● @Boyd Co.	28 Dance 7-9am Marty's Tour Middle School Boys Basketball	29 Marty's Tour Middle School Boys Basketball

<p>30 <i>Marty's Tour:</i> Middle School Boys Basketball  @ Boyd Co.</p>	<p>31 Middle School Boys Basketball  @ Boyd Co.</p>					<p> @ Boyd Co.</p>	<p> @ Boyd Co.</p>
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January 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2 Middle School Boys BB 4:00-8:30	3 Middle School Boys Basketball Paintsville	4 Dance 7-9am YBL 9-30-11:00 Cheer 1-3	5 Softball 1-5
6 Middle School Boys Basketball Boyd Co.	7 Middle School Boys Basketball @ East Carter	8 Middle School Boys BB 4:00-8:30	9 Middle School Boys Basketball @ Louisa	10 Archery Tournament	11 Middle School Boys Basketball @ West Carter	12 Softball 1-5
13 Middle School Boys Basketball @ Maryland Bloss 5-8:30	14 Middleburg School Boys Basketball Cheer 3:30-5:30 BMS 4-5:30 Salmons 6-7:30	15 Middle School Boys BB 4:00-8:30 @ Fairview	16 Middle School Boy	17 Middle School Boys BB 4:00-8:30	18 YBL 9-30-11:00 Middle School Boys Basketball @ Morgan Co. 8th Only Cheer 1-3 Foster 4th/5th 3-5	19 Softball 1-5
20 Middle School Boys BB 4:00-8:30	21 Middle School Boys BB 4:00-8:30	22 Middle School Boys BB 4:00-8:30 Wellman 6:30-8	23 Middle School Boys Basketball MCKELL	24 Middle School Boys BB 4:00-8:30	25 Cheer 9-11:30 Middle School Boys Basketball EMMOT Co. 1:00	26 Softball 1-5
27 Middle School Boys Basketball	28 Middle School Boys BB 4:00-8:30	29 Middle School Boys BB 4:00-8:30	30 Middle School Boys	31		

February 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1 Cheer 10-12 Hewlett 6-8	2 Softball 1-5
3 Middle School Boys Basketball	4 Middle School Boys BB 4:00-8:30	5 Middle School Boys BB 4:00-8:30	6 Middle School Boys BB 4:00-8:30	7 Middle School Boys BB 4:00-8:30	8 Middle School Boys Basketball OVC @ Elliott Co.	9 Softball 1-5
10 Middle School Boys Basketball 4-6 6th @ Boyd Co.	11 Middle School Boys 6th @ Boyd Co.	12 Middle School Boys Basketball OVC @ Elliott Co. 8th 6th BB 5:6:30	13 Middle School Boys Basketball OVC Wellman 6-8	14 BB MS 4:00-7:30	15 Cheer 10-12 Middle School Boys Basketball OVC @ Elliott Co. 8th 1:15	16 Softball 1-5
17 6th BB 5:6:30	18 6th BB 5:6:30	19 6th BB 5:6:30	20 6th BB 5:6:30	21	22 Cheer 10-12 Gwinn Party 1-4 Hewlett 5-7 SB	23 Softball 1-5
24	25	26	27	28	29 FB Weight Meet All DAY	

March 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1
2 Softball- 3:15-8:30 Varsity JV/MS Youth LL	3 Softball- 3:15-8:30 Varsity JV/MS Youth LL	4 Softball- 3:15-8:30 Varsity JV/MS Youth LL	5 Softball- 3:15-8:30 Varsity JV/MS Youth LL	6 Softball- 3:15-8:30 Varsity JV/MS Youth LL	7 Hewlett 6-8	8
9 Softball- 3:15-8:30 Varsity JV/MS Youth LL	10 Softball- 3:15-8:30 Varsity JV/MS Youth LL	11 Softball- 3:15-8:30 Varsity JV/MS Youth LL	12 Softball- 3:15-8:30 Varsity JV/MS Youth LL	13 Softball- 3:15-8:30 Varsity JV/MS Youth LL	14 Hewlett 6-8	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

June 2019 New Gym Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
3 Volleyball 8-10 Rams Basketball Camp 9-11 Aries League 3:30-11:00	4 Volleyball 8-10 Rams Basketball Camp 9-11 Aries League	5 Volleyball 8-10 Rams Basketball Camp 9-11	6 Volleyball 8-10 Aries League	7	8 Boys @ Portsmouth Camp VAR S200 PD.	9
10 Volleyball 8-10 Aries League	11 Volleyball 8-10 Aries League	12 Volleyball 8-10	13 Volleyball 8-10 Aries League	14	15 Boys @ Rock Hill Shootout TBA Var	16
17 Volleyball 8-10 Aries League	18 Volleyball 8-10 Aries League	19 Volleyball 8-10	20 Volleyball 8-10 Aries League	21 Boys @ St Joe Shootout Var 1 day S150	22	23
24 Volleyball 8-10	25 Dead Period	26	27	28	29	

July 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
					20	21
22 Volleyball 8-10 Skill Work 12-1 Weights 1-2 FB 7-9 If Needed	23 Volleyball 8-10 Skill Work 12-1 Weights 1-2 Girls 5:30-7:30 FB 7-9 If Needed	24 Volleyball 8-10 FB 7-9 If Needed	25 Volleyball 8-10 Skill Work 12-1 Weights 1-2 Girls 5:30-7:30 FB 7-9 If Needed Dance team (cafe) 5:30 - 8:00	26 FB 7-9 If Needed	27 12-3pm JFL physicals	28
29 Volleyball 8-10 Skill Work 12-1 Weights 1-2 Volleyball 3-5 FB 7-9 If Needed	30 Volleyball 8-10 Skill Work 12-1 Weights 1-2 Volleyball 3-5 Girls 5:30-7:30 FB 7-9 If Needed	31 Volleyball 8-10 Volleyball 3-5 FB 7-9 If Needed				

August 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
12	13	14	15	16	17	18
19 Volleyball @ Lawrence Co. B Hoops 5:30-7:00	20 Volleyball vs. Russell @ HOME	21 Volleyball 3:45-5:30 B Hoops 5:30-7:00	22 Volleyball vs. Ashland @ HOME Dance team (cafe) 5:30 - 8:00	23	24 Volleyball @ All A @ Fairview FB @ Greenup Co.	25
26 Volleyball @ Lewis Co. B Hoops 5:30-7:00	27 Volleyball 3:45-5:30 B Hoops 5:30-7:00	28 Volleyball 3:45-5:30 B Hoops 5:30-7:00	29 Volleyball vs. West Carter @ HOME B Hoops 5:30-7:00 Dance team (cafe) 5:30 - 8:00	30	31 FB @ Russell	

September 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1
2 Volleyball @ Greenup Co. B Hoops 5:30-7:00	3 Volleyball @ Greenup Co. B Hoops 5:30-7:00	4 Volleyball 3:45-5:30 B Hoops 5:30-7:00	5 Volleyball @ East Carter B Hoops 5:30-7:00 Dance team (cafe) 5:30 - 8:00	6 FB @ Rowan Co.	7	8
9 Volleyball vs. Holy Family @ HOME	10 Volleyball vs. Fairview @ HOME	11 Volleyball 3:45-5:30 B Hoops 5:30-7:00	12 Volleyball vs. Boyd Co. @ HOME Dance team (cafe) 5:30 - 8:00	13 Volleyball @ All A State @ ECU FB @ Pikeville	14 Volleyball @ All A State @ ECU Dance 7-9 AM Gym	15
16 Volleyball 3:45-5:30 B Hoops 5:30-7:00	17 Volleyball vs. Lewis Co. @ HOME B Hoops 5:30-7:00	18 Volleyball 3:45-5:30	19 Volleyball @ Russell B Hoops 5:30-7:00 Dance team (cafe) 5:30 - 8:00	20 Volleyball @ Frankfort Invitational	21 Volleyball @ Frankfort Invitational	22
23 Volleyball @ Rose Hill B Hoops 5:30-7:00	24 Volleyball @ West Carter B Hoops 5:30-7:00	25 Volleyball 3:45-5:30 B Hoops 5:30-7:00	26 Volleyball 3:45-5:30 B Hoops 5:30-7:00 Dance team (cafe) 5:30 - 8:00	27 FB Port. West	28 Volleyball @ Boyd Co. Dance 7-9 AM Gym	29
30 Volleyball 3:45-5:30						

October 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1 Volleyball vs. Greenup Co. @ HOME	2 Volleyball 3:45-5:30	3 Volleyball @ Fairview Dance team (cafe) 5:30 - 8:00	4 FB @ Ashland	5	6
7 Volleyball vs. East Carter @ HOME	8 Volleyball vs. Rose Hill @ HOME	9 Volleyball 3:45-5:30	10 Volleyball 3:45-5:30 Dance team (cafe) 5:30 - 8:00	11 FB Betsy Layne	12 Dance 7-9 AM Gym	13 MS Open Gym 1-3
14 Volleyball @ Holy Family MS Open Gym 1-3	15 Volleyball vs. Rowan Co. @ HOME First Practice BB 5:30-7:30 OG GB 3:30-5:00	16 Volleyball 3:45-5:30 BB 5:30-7:30 GB 3:30-5:30 OG	17 Volleyball vs. Lawrence Co. @ HOME Dance team (cafe) 5:30 - 8:00 BB 5:30-7:30 OG GB 3:30-5:00	18 FB Fairview BB 4:00-5:30 OG GB 3:30-5:30	19	20 MS Open Gym 1-3
21 Volleyball @ Districts @ Greenup Co. BB 3:30-5:30 GB 3:30-5:30 OG	22 BB 3:30-5:30 BB 5:30-7:30 Girls Youth 7:30-9	23 BB 5:30-7:30 GB 3:30-5:30	24 Dance team (cafe) 5:30 - 8:00 BB 5:30-7:30 GB 3:30-5:30 Girls Youth 7:30-9	25 FB @ Paintsville BB 3:30-5:00 GB 3:30-5:00 OG	26 Dance 7-9 AM Gym	27 MS Open Gym 1-3
28 GB 3:30-5:30 BB 5:30-7:30	29 BB 3:30-5:30 GB 5:30-7:30	30 GB 3:30-5:30 BB 5:30-7:30	31 Dance team (cafe) 5:30 - 8:00 BB 3:30-5:30 GB 5:30-7:30			

November 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>1 BB 3:30-5:30 BB 5:30-7:30 YBL Registration 5-7:30</p>	<p>5 BB 3:30-5:30 BB 5:30-7:30 MS Boys 7:30-9 Dance 8-9:30 Cafe</p>	<p>6 BB 3:30-5:30 BB 5:30-7:30</p>	<p>7 BB 3:30-5:30 BB 5:30-7:30</p>	<p>8 BB 3:30-5:30 BB 5:30-7:30 BB 3:30-5:30 OG</p>	<p>9 Hoops Media Day - TBA Dance 7-9 AM Gym YBL Registration 10-1 MS Aries League 11-7</p>	<p>10 Dance 1-5 PM Gym Parent Show</p>
<p>1 BB 3:30-5:30 BB 5:30-7:30</p>	<p>12 BB 3:30-5:30 6th Grade Girls 6-7:30 @ Scrimmage 6:00 vs South Point/Munford Dance 8-9:30</p>	<p>13 BB 3:30-5:30 BB 5:30-7:30</p>	<p>14 BB 3:30-5:30 BB 5:30-7:30</p>	<p>15 BB 3:30-5:30 BB 5:30-7:30 BB 7th-4:30 6th Grade Girls 5-6:30</p>	<p>16 Dance 7-9 AM Gym BB 10-12</p>	
<p>8 BB 3:30-5:30 Scrimmage s Port. West, SymmesValley, Illott Co. 6:00</p>	<p>19 BB 3:30-5:30 BB 5:30-7:30</p>	<p>20 BB 3:30-5:30 BB 5:30-7:30</p>	<p>21 BB 7th-5:30 BB 5:30-7:30 Girls Youth 7:30-9</p>	<p>22 BB 7th-4:30 BB 5:30-7:30</p>	<p>23 @ JC Scrimmage 4:00 vs Magoffin Co.</p>	<p>24 BB OFF</p>
<p>15 No School Scrimmage @Russell Preview s Chesapeake 8:00</p>	<p>26 No School BB 10-12 BB 2:30-4:00 Meet the Rams 5-9</p>	<p>27 No School BB 10-12 BB OFF Dance Pics 4:30-5:30</p>	<p>28 Thanksgiving BB OFF</p>	<p>29 No School BB 10-11:30 BB 5:30-7:00</p>	<p>30 Dance 7-9 AM Gym YBL 9-1</p>	<p>31 BB 3:00-5:00</p>

December 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BB 3:30-5:30 part of the Season at Carter	3 @Rose Hill 6:00 V @ Coal Grove	4 GB 3:30 - 5:30 BB 5:30-7:30	5 BB 7th Period - 4:30 GB 4:30-6:30	6 BB 7th - 3:45 GB 4-5:30	7 Nutcracker YBL 9-1 MS Boys 1:30/2:45 Portsmouth @Elliott Co. 12/1:30 @ Dayton 2:00/3:30	8 Nutcracker BB OFF
3:30 - 5:30 B 5:30-7:30	10 GB 3:30 - 5:15 Elliott Co. Dance 9-10pm (G)Freshman @CCA vs. West Carter 6:00	11 GB 3:30 - 5:30 BB 5:30-7:30	12 GB 3:30-5:15 Augusta	13 7th Period GB 3:30 - 5:00 Dance 5-8:00 pm	14 @Russell 3 / 4:30	15 Dance 1-5
3 3L 6-9 shland	17 GB 3:30 - 5:15 Russell (G)Freshman @CCA vs. East Carter 6:00	18 GB 3:30 - 5:00	19 @Greenup Co. (G)Freshman 5:00	20 GB 3:30 - 5:00 Derby Classic	21 Derby Classic YBL 9-1 @Fairview 12 / 1:30	22 Derby Classic
3 3 10AM-12 School FF	24 Christmas Eve OFF	25 Christmas Day OFF	26 GB 10AM-12 Practice	27 No School Buckhorn Tournament Ryan Keeton Ohio River Classic	28 Marty Tourney Buckhorn Tournament Ryan Keeton Ohio River Classic	29 Buckhorn Tournament Ryan Keeton Ohio RiverClassic

January 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 No School	2 No School GB 10:30AM - 12 Practice Greenup	3 No School @Lewis Co. (G)Freshman 5:00	4 YBL 9-1	5 Practice
6 Russell Practice	7 GB 3:30 - 5:00 @ Lewis Co (G)Freshman @CCA vs. Carter Christian 6:00	8 Kenton	9 GB 5:30 - 7:00 Lewis Co. (G)Freshman 6:00	10 GB 3:30 - 5:00	11 All A Regional @ Raceland vs Fairview	12
13 All A Regional @ Raceland Semifinal	14 All A Regional @ Elliott Co Semifinal (G)Freshman @CCA vs. West Carter 6:00*	15	16 All A Regional West Carter Boys Final	17 All A Regional @ Raceland Girls Final	18 YBL 9-1 Tournament @ Bath Co. 4:30 @Fairland	19
20 MLK Classic @Russell Spring Valley 6:00	21 Green (What If) (G)Freshman @CCA vs. East Carter 5:30	22	23 GB 5:30 - 7:00 Volleyball 7:30	24 GB 3:30 - 5:00 All A State @ Russell	25 All A State Port. West Elliott Co. 1:00/2:30	26 All A State
27 GB 3:30 - 5:00 West Carter	28 Lewis Co. Volleyball 3:30-5	29 GB 3:30 - 5:00 Boys BB 5-7	30 BB 3:30-5:30 GB 5:30 - 7:30 (G)Freshman @CCA vs. Carter Christian 6:00 Volleyball 7:30	31		

February 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
3 GB 3:30 - 5:30	4 BB 3:30 - 5:00 Magoffin Co.	5 GB 3:30 - 5:00	6 GB 3:30 - 5:00 @ Greenup	7 Greenup Co. SN (G) Freshman 5:00 BB Off	8 Menifee Co. 7:30 HOF	9
10 @Boyd Co. Lewis Co.	11 GB 3:30 - 5:15 East Carter	12 GB 3:30 - 5:00 Greenup Co. SN	13 GB 3:30-5 Coal Grove	14 GB 3:30 - 5:00	15 Rose Hill @Morgan Co.	16
17 Bath Co.	18 GB 3:30 - 5:30 @ Cabell Midland	19 GB 3:30 - 5:00	20 GB 5:30 - 7:00 Menifee HOF Paintsville	21 GB 3:30 - 5:00	22 GB District Practice @ Greenup Co.	23
24 District Tournament	25 District Tournament	26 District Tournament	27 District Tournament	28 District Tournament		

March 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1
2 Girls Region Regional Tournament	3	4	5	6	7 Girls YBL/4th/5th All morning	8
9	10 Regional Tournament 8th Grade Volleyball Pictures @ 5:30	11 Girls State Tourm. MS Volleyball 3:30-5:15	12	13	14 MS Volleyball vs. Fairview 10:00-1:00	15
16	17 MS Volleyball vs. Lawrence Co. 5:00-8:00	18 Boys State Tourm. MS Volleyball 3:30-5:15	19 MS Volleyball vs. McKell 5:00-8:00	20	21	22
23 MS Volleyball vs. Russell 5:00-8:00	24 MS Volleyball vs. Lewis Co. 5:00-8:00	25 MS Volleyball 3:30-5:15	26	27	28	29
30	31 MS Volleyball vs. Ashland 5:00-8:00			Yvonne Dekay Dance Comp. Apr 3rd-5th		

Raceland High School

Emergency Action Plan (EAP)

Raceland High School has a written emergency plan that should be followed in the event of a medical emergency. All coaches should be familiar with this document and their role and responsibility in an emergency. Any questions should be directed to the head athletic trainer or to the school administrator in the absence of a licensed athletic trainer.

An emergency is the need for Emergency Medical Services (EMS) to give further medical attention and/or transport to an athlete to the hospital. It is important that in these situations that coordination between the athletic trainer, coaches, administrators, and student responders be effective. This guide is intended to delineate roles and outline the protocol to be followed should an emergency occur.

Situations when 911 should be call are:

- an athlete is not breathing
- an athlete has lost consciousness
- sudden cardiac arrest
- It is suspected that an athlete may have a neck or back injury
- an athlete has an open fracture (bone has punctured through the skin)
- severe heat exhaustion or suspected heat stroke
- severe bleeding that cannot be stopped
- anaphylactic shock

Chain of Command

Team physician
Certified Athletic Trainer
Athletic Director
Administrator
Head Coach
Assistant Coach
Other Athletes

The highest person in the chain of command who is present at a scene will be the designated person in charge, or leader. That person is responsible for deciding whether or not to call 911, instructing others how they may be of help, and will be the person who stays with the athlete until EMS arrives.

Once it has been decided EMS should be called, the following protocol should be followed:

1. The highest person on the chain of command will be determined the leader, and will stay with the athlete to monitor the athlete's condition and administer necessary first aid. If possible, someone else on the chain of command should also stay and assist. Administrators should be notified that there is an emergency situation on campus.
2. The highest person on the chain of command will make the call to EMS or designate another person to make the call. EMS should be told what the emergency is, the condition of the athlete, and how to get to where the athlete is. Also, tell the EMS that someone will meet them at the closest intersection to aid in directing the ambulance. DO NOT HANG UP UNLESS EMS HANGS UP FIRST.
3. ***WHERE IS A LANDLINE PHONE***
4. The leader will send runners to the closet intersection between where the athlete is located to direct the ambulance through the proper turns to get to the athlete.
5. The leader will designate another person to attempt to contact with the athlete's parents. ***WHERE IS PARENT EMERGENCY CONTACT INFO***
6. If transport is deemed necessary by EMS, the athlete will be taken to King's Daughters Medical Center at 2201 Lexington Avenue, Ashland, KY 41101, under the parent requests otherwise

When calling EMS:

1. Provide the name, address, and telephone number of caller
 - a. provide venue address located below
2. Provide the name and age of the athlete
3. Provide a description of the medical emergency
4. Provide the condition of athlete
 - a. ie, conscious, breathing, severe bleeding, cardiac arrest
5. Name first aid that is being provided (CPR, spine stabilization, etc)
6. Provide specific directions to the emergency scene
 - a. find DIRECTIONS FOR EMS BASED ON VENUE in the sections below
7. Other information that is requested by dispatcher

VENUE ADDRESSES

RACELAND HIGH SCHOOL

500 Rams Blvd, Russell, KY 41169

RACELAND MIDDLE SCHOOL

502 Rams Blvd, Russell, KY 41169

TENNIS COURTS

102 Rams Blvd, Russell, KY 41169

RACELAND FOOTBALL FIELD HOUSE

558 Rams Blvd, Russell, KY 41169

AUXILIARY FOOTBALL FIELD

165 Rams Blvd, Russell, KY 41169

RACELAND STADIUM

580 Rams Blvd, Russell, KY 41169

RACELAND BASEBALL FIELD

504 Rams Blvd, Russell, KY 41169

RACELAND SOFTBALL FIELD

582 Rams Blvd, Russell, KY 4116

RACELAND OLD GYNASIUM

590 Rams Blvd, Russell, KY 41169

Location of AED's:

There is an AED located in the high school gymnasium on the wall next to the concession stand. There is also another AED with the athletic trainer at all times.

Important Phone Numbers:

Licensed Athletic Trainer: Caitlin Gale

Cell: 304-638-2023

Email: caitlingale00@gmail.com

High School Principal/Athletic Director: Tom Collins

Cell: 606-831-5282

Email: tom.collins@raceland.kyschools.us

Middle School Principal: Kyle Russell

Cell: 606-831-1859

Email: kyle.russell@raceland.kyschools.us

EMS: 911

Raceland Police: 606-836-4522

Greenup County Sheriff: 606-473-7037

EVACUATION LOCATIONS FOR RACELAND'S VENUE LOCATIONS

- RAM STADIUM
 - stadium gates are opened and evacuation is into Old Raceland HS Gym.
- RACELAND BASEBALL STADIUM
 - Evacuation is into Raceland Middle School using the doors at the far end of the building.
- RACELAND SOFTBALL FIELD
 - Evacuation is into the Old Raceland HS Gym using the door directly outside the softball entrance/exit.
- RACELAND TENNIS COURTS
 - Evacuation is into Raceland Board of Education Office using the front doors.
- RACELAND HIGH SCHOOL GYM
 - Emergency exits are identified. Evacuation would be to Raceland Middle School or into secured parts of Raceland High School.
- RACELAND MIDDLE SCHOOL GYM
 - Emergency exits are identified. Evacuation would be to Raceland High School or into secured parts of Raceland Middle School.
- OLD RACELAND HIGH SCHOOL GYM
 - Emergency exits are identified. Evacuation would be into secured parts of Old Raceland High School.
- RACELAND AUXILLARY FOOTBALL FIELD
 - participants and fans will evacuate into the nearest school facility.

KHSAA POLICIES AND GUIDELINES

SEVERE WEATHER / HEAT ILLNESS POLICY FOR ACTIONS BY OFFICIALS AT OUTDOOR SPORTS

- The Referee (Lead Official / Crew Chief) shall stop play in a contest or scrimmage at the first sound of lightning or thunder at the site. The playing site shall be cleared immediately of all persons. The contest or scrimmage may be resumed following a three (3) minute warm-up period, no sooner than thirty (30) minutes after the last sight of lightning or the last sound of thunder.
- If the severe weather is of great length or intensity, the Referee (Lead Official / Crew Chief) shall work cooperatively with home contest administration on decisions related to the resumption of play. Contest officials are encouraged to learn the weather forecast prior to contest time and to work cooperatively with home contest administration prior to making weather-related decisions. Safety of the public and participants is the most important factor in any decision of this type.
- The Referee (Lead Official / Crew Chief) shall work cooperatively with home contest administration on decisions related to the KMA Heat Illness Plan. Final authority for this decision rests within home contest administration.

IN THE EVENT OF LIGHTNING AND/OR THUNDER DURING PRACTICE, THE CERTIFIED ATHLETIC TRAINER WILL STOP PRACTICE IMMEDIATELY TO ENSURE ADHERENCE TO THE KHSAA POLICY. PRACTICE MAY RESUME 30 MINUTES AFTER THE LAST SITE OF LIGHTNING AND/OR THUNDER.

SPORTS MEDICINE POLICY- PROTOCOL RELATED TO CONCUSSIONS AND CONCUSSED STUDENT-ATHLETES FOR ALL INTERSCHOLASTIC ATHLETICS IN THE COMMONWEALTH OF KENTUCKY

(Released: June, 2010, Commissioner Julian Tackett, Updated per General Assembly Action, April, 2012)

1. INTRODUCTION

- a. In various sports playing rule codes, the National Federation of High Schools (NFHS) has implemented standard language dealing with concussions in student-athletes. The basic rule in all sports (which may be worded slightly differently in each rule book due to the nature of breaks in time intervals at contests in different sports) states:
 - i. Any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the contest and shall not return to play until cleared by an appropriate health-care professional. (Please see NFHS Suggested Guidelines for Management of Concussion in the Appendix in the back of each NFHS Rules Book).
 - ii. The NFHS also has recommended concussion guidelines through its sports Medicine Advisory Committee (SMAC). These recommendations includes:
 1. No student-athlete should return to play (RTP) or practice on the same day of a concussion.
 2. Any student-athlete suspected of having a concussion should be evaluated by an appropriate health-care professional that day.
 3. Any student-athlete with a concussion should be medically cleared by an appropriate health-care professional prior to resuming participation in any practice or competition.
 4. After medical clearance, return to play should follow a step-wise protocol with provisions for delayed return to play based upon the return of any signs or symptoms.

- iii. To implement these rules, and based on KRS 160.445 and 156.070(2) as amended by the Kentucky General Assembly in 2012, the KHSAA has defined this policy and parameters to guide all interscholastic school athletic representatives and all KHSAA licensed sports officials. References to signs and symptoms of concussion are detailed by the NFHS through its SMAC upon consultation with the Centers for Disease Control and Prevention (CDC).

POLICY ON CONCUSSIONS DURING INTERSCHOLASTIC PLAY IN THE COMMONWEALTH OF KENTUCKY

1. FOUNDATIONAL RECOMMENDATIONS

- a. The treatment of concussions and suspected concussions should be conducted within the recommended protocols and procedures of the Consensus Statement on Concussion in Sport: The 3rd International Conference on Concussion in Sport Held in Zurich, November 2008.

2. SUSPECTED CONCUSSION

- a. A student-athlete suspected by an interscholastic coach, school athletic personnel or contest official of sustaining a concussion (displaying signs/symptoms of a concussion) during an athletic practice or contest shall be removed from practice or play immediately. The student-athlete shall not return to play prior to the ending of practice or competition until the student-athlete is evaluated to determine if a concussion has occurred.
- b. A physician or licensed health care provider whose scope of practice and training includes the evaluation and management of concussions and other brain injuries is empowered to make the on-site determination that a student-athlete has or has not been concussed. This will generally include an MD (Medical Doctor), DO (Doctor of Osteopathy), PA (Physician's Assistant), ARNP (Advanced Registered Nurse Practitioner), ATC (Certified Athletic Trainer); or LAT (Licensed Athletic Trainer). This may also include other licensed health care providers with the proper scope of practice and training whose qualifying credentials have been made known to member school personnel in advance and who have completed approved training.
- c. The player should be medically evaluated on site using standard emergency management principles, and particular attention should be given to excluding a cervical spine injury. The appropriate disposition of the player must be determined by the treating health care provider in a timely manner. Once the first aid issues are addressed, then an assessment of the concussive injury should be made using the SCAT2 or other similar tool. The player should not be left alone following the injury, and serial monitoring for deterioration is essential over the initial few hours following injury.
- d. If any one of these individuals listed in (b) answers that "yes", there has been a concussion, that decision is final and is not appealable.
- e. If medical coverage by a person empowered to make the concussion assessment is not on site, and signs/symptoms of concussion have been observed, a concussion is presumed until such evaluation can be performed. If no health care provider is available, the player should be safely removed from practice or play and urgent referral to a physician arranged.
- f. No student-athlete may return to practice or play in interscholastic athletics that day in that event that a concussion is diagnosed or presumed.
- g. A student-athlete may return to play at the time of a suspected concussion if it is determined by appropriate medical personnel that no concussion has occurred.

3. ROLE OF COACHES IN ADMINISTERING THE POLICY

- a. Coaches are to be current in their certification regarding the KMA/KHSAA sports Safety Course, including the specific segment(s) related to identifying the signs and symptoms of concussions.
- b. Coaches must review and know the signs and symptoms of concussion and direct immediate removal of any student-athlete who displays these signs or symptoms for evaluation by appropriate medical personnel.

- c. Coaches have no other role in the process with respect to diagnosis of concussion or medical treatment.
 - d. It remains the ultimate responsibility of the coaching staff in all sports to ensure that players are only put into practice or contests if they are physical capable of performing.
4. ROLE OF CONTEST OFFICIALS IN ADMINISTERING THE POLICY
- a. Officials are to review and know the signs and symptoms of concussion and direct immediate removal of any student-athlete who displays these signs or symptoms.
 - b. Officials have no other role in the process with respect to diagnosis of concussion or medical treatment.
5. RETURN TO PLAY POLICY FOR A STUDENT-ATHLETE RECEIVING A CONCUSSION, AFTER THE MANDATORY REMOVAL THAT DAY
- a. Once a concussion has been diagnosed (or presumed by lack of examination by an appropriate health care provider), only an MD or DO can authorize return to play on a subsequent day, and such shall be in writing to the administration of the school.
 - b. Such approval should not be given unless a stepwise protocol has been observed by all practitioners with separate periods for
 - i. No activity
 - ii. Light aerobic exercise
 - iii. Sport-specific exercise
 - iv. Non-contact training drills
 - v. Full-contact/competition practice
 - vi. Return to normal game play.
 - c. It is highly recommended that each of these protocol steps be no less than twenty-four hours in length.
 - d. School administration shall then notify the coach as to the permission to return to practice or play.
 - e. If an event continues over multiple days, then the designated event physician has ultimate authority over return to play decisions and such return to play may not be prior to the third day following the initial diagnosis and until all steps of the protocol in Section (b) have been followed.