

# Athletic Handbook



*May God help us to-build character through competition, passionately inspire a devotion to excellence, and develop champions for Jesus Christ.*

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## **PHILOSOPHY OF ATHLETICS**

Rock County Christian is committed to the values of a well-rounded Christian education and is, therefore, devoted to the exploration and development of the entire person: mentally, spiritually, and physically. An individual should involve physical growth and development along with intellectual and spiritual development. It is for this reason that Rock County Christian offers a program of interscholastic sports designed to:

- Play with great effort and humble attitudes, using the physical talents and abilities which he has blessed us with.
- Provide a unifying activity open to the entire school and community through participation as team members or as spectators.
- Assist in the development of relationships with other schools and communities.
- Provide a vehicle for personal growth and development among students.
- Contribute to the development of school spirit and unity.

At Rock County Christian School, athletic excellence shall include the following personal benefits:

- Provide personal enjoyment and a sense of accomplishment.
- Develop the concept of teamwork and an understanding of subordinating personal desires in the interest of a productive cooperative effort.
- Test capabilities and help determine limits of physical ability and endurance.
- Develop self-esteem and the ability to deal with adversity.
- Develop control of emotions in tense situations.
- Develop the ability to handle success and cope with failure.
- Provide an understanding of the importance of thorough knowledge of fundamentals in any endeavor and the value of thorough preparation for effective performance.
- Develop an understanding of the lessons that can be learned from mistakes while striving for excellence.

### Elementary School

At the elementary school level our desire is to provide quality instruction in beginning the early development of the athletes' talents and enjoyment for playing a sport. The instruction is fulfilled through teaching fundamental skills, developing character traits such as persistence, dependability, dedication, self-control, and teamwork, and emphasizing the active participation of each athlete.

### Middle School

At the middle school level our desire is to provide quality instruction to continue to improve upon the development of the athletes' talents and enjoyment for playing a sport. Continuing to build on the character traits from elementary school, instruction moves to including strategies of the sport in order to develop the competitive nature of the game.

### High School

We desire to further develop character, athletic skills, teamwork, discipline, and sportsmanship as we strive to field high quality competitive teams in all sports.

## **CODE OF CONDUCT**

The Athletic Department of Rock County Christian recognizes that student-athletes often hold a unique place in society and that they are under considerable pressure to not only perform in athletics, but in the classroom as well. Student-athletes are often looked upon as public role models. They must develop and maintain outstanding levels of achievements and athletic endeavors and adhere to the highest standards of ethical behavior and sportsmanship. The way a student-athlete conducts himself/herself is a direct reflection, not only of themselves, but of Rock County Christian as well.

## **SPORTSMANSHIP**

The athlete should:

- Be courteous to visiting teams and officials.
- Respect the integrity and judgment of officials, and accept their decisions without question.
- Respect the facilities of the host school and the trust extended in being a host.
- Play hard and to the best of your ability regardless of discouragement. Each should realize that the true athlete does not give up, nor do they quarrel, cheat, or grandstand (showboat).
- Encourage their teammates and speak highly of them when talking to others.
- Be modest when successful and be gracious in defeat. A true sportsman does not offer excuses for failures.

The coach should:

- Exemplify behavior that is representative of the educational staff of the school and be a credit to the Christian teaching profession.
- Demonstrate the highest ideals, desirable attitudes in personal behavior, good habits of courtesy and demand the same standards of the players.
- Be an example of proper speech in order to encourage and build up all players (Ephesians 4:29)
- Recognize that the process is as important as the end product, which resembles the model God uses in patiently and faithfully sanctifying His people, the end goal being perfection on the day of glorification. (In other words, the coach should seek to develop his/her players in the Truth, not just win games at any cost.)
- Remember that the most important values are derived from playing the game fairly, and teach players that it is better to lose fairly than to win unfairly.
- Maintain self-control at all times, accepting adverse decisions without loss of emotional control.
- Demonstrate to players how to approach officials to improve performance without humiliating them or being disrespectful.
- Be modest in victory and gracious in defeat.

The spectators should:

- Realize that they represent the school just as distinctly as the players on a team. Therefore, he/she has an obligation to be a true sportsman, encouraging through personal example the practice of good sportsmanship by others.
- Understand that good sportsmanship involves applauding good team play, individual skill, and outstanding examples of sportsmanship and fair play exhibited by either team.
- Treat visiting teams and officials as our guests, seeing this as an opportunity to be a witness for Christ to unbelievers and so extending to them every courtesy.
- Be modest in victory and gracious in defeat.
- Respect the judgment of officials, realizing that their decisions are based on fast moving game conditions as they observe them from their vantage point.

## **SAFETY**

The Athletic Department strives to provide students a safe and enjoyable environment in which to participate. Consequently, all coaches and administrative personnel have a responsibility to reduce and/or eliminate all potential safety hazards. It is vital to understand that participation in athletics involves inherent risks.

Coaches and administrative personnel are obligated to act in a prudent manner in order to prevent foreseeable accidents and injuries. They should respond to unexpected circumstances according to guidelines set forth in this handbook. Only structured events organized by administrative personnel are allowed at half-time or between games. Chaos should be avoided and order maintained at all times.

## ATHLETIC PHYSICALS

A student-athlete must have a current physical on file with the athletic director in order to participate in practices and contests. (In Wisconsin, if an athlete has a physical prior to April 1, the physical is good for the remainder of that school year and the following school year. EX: John Doe has a physical on March 15, 2010. That physical covers the 2010-11 and 2011-12 school years. A physical on or after April 1<sup>st</sup> is good for the next 2 school years.) Physicals need to be reported on WIAA physical forms, which are available at the doctor's office or in either school office.

## COACHES/PARENTS MEETING AND PARENT RESPONSIBILITIES

A brief but important meeting between coaches, parents, and prospective athletes will be conducted at the beginning of each athletic season. Parents are urged to attend the meeting in order to meet the coach, receive key information, ask questions, and discuss carpooling options with other parents.

Certain athletic programs require certain volunteer help during game contests. Therefore, each family is strongly encouraged to sign up to serve at least twice during the season, either in concessions, admissions, line judges, clock, or books.

## RCCS ELIGIBILITY

### 5 Steps to Initial Eligibility

*Step 1:* Enroll at Rock County Christian School!

*Step 2:* Turn in your athletic physical or complete an alternate year card.

*Step 3:* Pay your athletic fee in the office (\$90 for grades 5-8; \$120 for grades 9-12).

*Step 4:* Complete concussion training and sign "Statement of Commitment". (Find the links on the school website under "Athletics".)

Steps 1 through 4 are **mandatory** before joining the team or beginning practice (step 5).

*Step 5:* Join the team by attending the first practice! (Contact the school or consult the school website calendar for more information.)

### Grades

All students participating in athletics must maintain a passing grade in all subjects. Any student who has an "F" grade in any subject will be ineligible for participation in extra-curricular activities until the "F" becomes a passing grade. Student athletes will not be allowed to accompany the team to any away games while he/she is ineligible; however, the student will be expected to continue with team practices and sit with team, un-uniformed, for home games. Any eligibility requirements imposed by the parent at home, which are stricter than the school's requirements, will be enforced by the school's athletic department. RCCS is fully supportive of parental authority.

Eligibility will be monitored on a weekly basis for students involved in athletics. Each Monday coaches will be notified by the athletic director as to the status of the players on their respective teams. An athlete's eligibility will be enforced from Tuesday through the following Monday. This will allow for 24 hours' notice for parents and students as to their playing status. There will be no reinstatement during the week of ineligibility.

For 2<sup>nd</sup> and 4<sup>th</sup> quarters, eligibility will be a cumulative grade (it will include the 1<sup>st</sup> or 3<sup>rd</sup> quarter). If a student fails 1 or more classes in a semester, that student will be rendered ineligible for the 1<sup>st</sup> 2 weeks of the following semester.

## CONDUCT UNBECOMING AN RCCS ATHLETE

All inappropriate actions such as the use of drugs and/or alcohol, vandalism, theft, and other similar behavior considered inappropriate by the school board and/or administration shall be considered conduct unbecoming an RCCS athlete. These are considered **major offenses**.

1<sup>st</sup> offense– suspension from practices and games for ¼ of season

2<sup>nd</sup> offense– dismissal from athletic team

All **minor offenses** (i.e. skipping practice) shall be handled by the coach in a fair and just manner. In the event a minor offense becomes a continual problem (i.e. continual missed practices), the Head Coach shall communicate with all necessary parties (i.e. player, parents, Athletic Director) before cutting the offending

player from the team. It is then the coach's responsibility to make sure jerseys and equipment are returned in the event a player is cut from the team.

Offenses will be considered during the school calendar year, not only during sports seasons. If offenses happen while an athlete is not participating in a sport the consequences will be served during the next season in which the athlete participates. Student athletes may appeal suspensions to an appeals committee that consists of the Athletic Director, Administrator, and a member of the School Board.

### **ATHLETIC FEES AND PARTICIPATION**

Every student-athlete must pay an athletic fee (either paid in full or set-up a payment plan established with RCCS administration) in order to participate in athletics. With Rock County Christian being a private school, these fees are necessary to help defray the rising cost of officials and the upkeep of uniforms and equipment. Athletic fee costs are as follows:

5th/6th - 8th grade student-athletes	\$90.00 per sport
9th - 12th grade student-athletes	\$120.00 per sport

Family Passes: Volleyball season Pass \$25, Basketball season pass \$35, All season pass \$50

Students are encouraged to join the team at the beginning of the season. Students will not be allowed to join the team after the half-way point of the season. HS students that wait more than 3 weeks into the season to join the team will not receive PE credit.

### **ATHLETIC PRACTICE DATES**

Varsity Practices for the Fall Athletic Season will start approximately one (1) week prior to the first day of school. No mandatory team practices shall occur before the specified start date. Junior High will begin shortly after the start of classes. Exact dates, times, and sites shall be determined by August 1 and posted in the schools office and on the RCCS website. Parents and students should check the website weekly beginning in July to get the exact dates and times.

The Winter Season begins approximately one (1) week following the conclusion of the Fall Season and is interrupted by Thanksgiving and Christmas Holidays. Practices may be scheduled on Saturdays and over holiday breaks, but will be optional.

The Spring Season begins approximately two (2) weeks after the conclusion of the Winter Season and is interrupted by Spring Break. Again, optional practices may be scheduled.

Approximately two (2) weeks prior to practices beginning for both the Winter and Spring Seasons, announcements will be made to students about the dates, times and sites. This information will also be posted on the RCCS website.

### **TRANSPORTATION**

#### Practices

In most cases, Rock County Christian will provide transportation from school grounds to practice fields for all athletes who are unable to drive or are not allowed to carpool with teammates or coaches. It is the parents' responsibility to arrange for transportation after practices or games from our home fields. Athletes will need to be picked up immediately after a practice session or game. Coaches are required to supervise athletes until they have left the school or athletic field premises. We ask that you understand that coaches should not be asked to wait for an extended period of time on a regular basis.

On the occasion that a sports team leaves for an away game after the end of school and before 4:00pm when our school offices close, students on the team will not be allowed to leave the school building without parental permission. Students who wish to leave and come back must have a note from their parents, be accompanied by their parents or must remain in the building. Parents are responsible for their students if the departure time for a game is after 4:00pm.

### Away Games

Transportation arrangements to and from games that are played outside the Beloit/Janesville area will be a cooperative effort between the school and parents. Parents will need to provide a written note if they plan to allow them to ride with another parent (besides the one they came with) following an away contest. Students will not be allowed to drive themselves to an away contest.

It is necessary that parent drivers assist in getting athletes to away contests. Parents must complete and submit a *Volunteer Driver Information Form* to the office. This form will be provided at the initial meeting and also may be picked up in either school office.

Gas compensation for drivers is \$1/student on trips that are less than 1 hour away and \$2/student on trips that are more than 1 hour away. Drivers should collect this money from players and/or parents for gas costs.

### **ORGANIZATIONAL STRUCTURE**

If an athlete or parent is having difficulty with a coach, the Biblical standards of Matthew 18 will be adhered to.

1. Set up a face-to-face meeting with the coach. (NOT after a contest, but after a practice or another agreed upon time.)
2. If the desired results are not achieved, set up a meeting with the athletic director.
3. If necessary, a meeting with the athlete, parents, coach(es), and athletic director will occur.
4. The administrator will be invited to the next meeting if necessary.
5. Finally, a meeting will all parties and the school board will be scheduled.

### **GENERAL POLICIES**

#### Playing Time

Determining how much playing time each player earns is at the discretion of the Head Coach. Playing time is a privilege and should be earned. In addition, coaches should never attempt run up the score on an opposing team. Below are some general goals for which we strive:

- a. Elementary: Instruction and active participation is our primary concern and it is our goal that every athlete participates in every contest as long as they are regularly attending practice and abiding by team rules. Coaches are expected to play all eligible players in each game a meaningful amount of time.
- b. Middle School: Again, instruction and active participation is our primary concern and it is our goal that every athlete participates in every contest as long as they are regularly attending practice and abiding by team rules. Coaches are expected to play all eligible players in each game. However, this does not state that every player will receive an identical amount of playing time.
- c. Varsity: It should be the coaches' goal to give all the players an opportunity to play. However, we understand that concepts of competition and role-playing within a team setting enter in more, and may result in some athletes not playing equal amounts in contests. Coaches are encouraged to play all eligible players in each game during the regular season if possible and should never look to run up the score.

#### Playing Outside of Age Grouping

Student athletes will only be allowed to play above their own age grouping if they are needed to fill a spot on that higher level team. It is recommended that they play a supportive role on that team. A student athlete will be allowed to play on a lower age group teams if it requires reinforcement and the opposing team is in agreement.

#### Practices

All athletes are expected to be present and on time at all practices called by the coach during the season of a particular sport. They are expected to attend practices and stay for the duration until dismissed by the coach, unless other arrangements have been made in advance. This does not warrant an athlete to leave practice on

a regular basis to attend an outside activity, unless the head coach agrees to the situation. It is the sole discretion of the Head Coach to determine whether an absence is excused or unexcused.

Other school activities such as band, chorus, drama, etc. will be dealt with in the appropriate manner. It is the students' responsibility to inform the coach and activity director what their major and minor activity will be and the appropriate allowances will be made. Unexcused absences (considered a minor offense) will be dealt with by the coach on an individual basis and some form of discipline will be taken.

#### Athletic Dress Code (Middle School/ High School)

All student-athletes should wear the normal school mandated khakis/skirts and polo/oxford shirts on all game days. Each individual coach has the authority to require additional dress code norms for his/her team.

Failure to abide by game day dress code will result in not being able to play in the game.

#### Athletic Uniforms

Athletic uniforms may not be worn to school without approval of the Athletic Director. Uniforms must be returned in satisfactory condition no later than one week after the final athletic contest for the season. If possible, coaches should collect all uniforms and equipment at the conclusion of the final game. Parents of athletes will be responsible for uniforms not returned after the week period. Any charges for uniforms lost or not returned will be added to the student's account. Report cards will be held until all uniforms are paid for or returned. It causes an undue burden and complications when uniforms are lost or not returned.

#### Class Attendance

In order to participate in an athletic contest, students must be present at school for at least their afternoon classes, accompanied with an acceptable excuse for the missed morning classes, unless they have gained permission through the main office. Students cannot be expected to participate physically when they are not well enough to attend classes throughout the entire day.

### **ATHLETIC SCHEDULES AND SCHOOL DIRECTIONS**

The athletic department issues athletic schedules for each athletic season. These schedules may be viewed and printed from our school website ([www.rccs.us](http://www.rccs.us)). Additional schedules may be obtained from the athletic department or in the school offices.

Directions to schools that Rock County Christian plays on a regular basis are also available at our website and in the school office.