

RICHMOND
CHRISTIAN
SCHOOL

**Athletic
Handbook
2015-2016**

804.276.3193

Web: <http://www.rcssportsboosters.org>

Email: athletics@richmondchristian.com

“All For Him”

Col. 3:17

Dear Parents:

Welcome to the Richmond Christian School Athletic Program! As Athletic Director, I hope you will join us as we create a partnership between you and your child's coach. Athletics at Richmond Christian School are seen as another classroom, one in which many life lessons can be learned. To participate at any level should be considered a privilege and opportunity for personal development. As you read this handbook and consider your commitment to a season of sports, we sincerely **urge you and your child** to discuss the time commitment, the process of becoming a part of a team, and the lessons which might be learned. Together, we can have a lifelong impact on the character of our students.

Please sign the commitment form and send it to the athletic office. Thanks

Sincerely,

John Scorsone

Athletic Director, All for Him

Athletic Hotline



We will use the electronic text, voice and email system for updates and changes

Check our website for any updates, changes, and cancellations.

<http://www.athletics.richmondchristian.com>

804-276-3193 Extension 3041

Richmond Christian School Varsity Athletic Teams and Head Coaches

Fall

Girls' Cross Country – Ryan Middleton
Boys' Cross Country – Ryan Middleton
Boys' Soccer – Kevin Eglund
Girls' Volleyball – TBA
Football – Carlton Harris

Winter

Boys' Basketball – Fred Gray
Girls' Basketball – Sterling Dickerson
Swimming – TBA
Season Cheerleading – Gina Carroll

Spring

Girls' Softball – Brandi Tester
Girls' Soccer – Kevin Eglund
Boys' Baseball – James Prowse
Girls' and Boys' Track and Field – Gina Carroll
Golf - TBA

In most sports, we also offer MS and JV level programs.

Welcome to Richmond Christian Athletics

The following is a handbook of the philosophy, rules, regulations, guidelines, and requirements for participation in athletics for the upcoming year. Our desire is that our athletes will develop as "3-D Athletes" in the physical, mental, and most importantly, spiritual aspect of their lives. This can only be accomplished through a willingness to learn and improve intensity and concentration, and self-discipline. The program depends not only on the athletes making sacrifices, but also hard work and sacrifice from the coaching staff, scorekeepers, managers, families, and all other supportive members. No one part can function alone. We must consistently act as witnesses of our uniqueness as Christians through a structured and organized program that is just, fair, and carried out with love. We hope you will learn and grow this year, not only as an athlete, but also as a person whose life has been enriched through athletics.

Richmond Christian Athletic Philosophy

Philosophy is defined by Webster as the "systematized knowledge of the good, the true, and the beautiful". What better way to describe our Creator and the desires that we have at Richmond Christian for our athletes? Our major purpose is to cause our athletes to act and think like Jesus Christ. Short and simple, our philosophy is summed up in the phrase: "**Conformed to His Image**" (Romans 8:29). This philosophy should alleviate any questions or difficulties throughout the year by asking the simple question, "Is what I am or doing, causing me to conform to His image?" Do whatever you do with a "**Total Release**" of your mental and physical ability, along with your emotional energies, toward performing like Jesus, having in mind that Jesus is your most important audience. "**ALL FOR HIM**" (Col. 3:17)

Does showing God's glory mean that we don't want to win? No! We practice hard in order to beat our opponents. During games we do everything we can within the bounds of fair competition to achieve victory. Yet, it is competition coupled with the right attitude that represents what we do "All For Him".

League Information

Richmond Christian is a member of the Virginia Commonwealth Conference (VCC). The following schools comprise the Virginia Commonwealth Conference

1. Amelia Academy
2. Blessed Sacrament of Huguenot Academy
3. Brunswick Academy
4. Kenston Forest
5. Richmond Christian School
6. Southampton Academy
7. Tidewater Academy

Richmond Christian School is the only Christian titled school in a mostly non-Christian conference. ***It is our duty and desire to be a light in the world. Matthew 5:13***

The VCC has established a code of ethics and a constitution that all participating schools agree to follow. If you have any questions concerning these guidelines, please contact the RCS athletic department.

Team Guidelines and Requirements

Team Goals: In order for the athletic teams at RCS to reach their highest potential, it is important that they understand and strive for common goals.

our student athletes should be challenged and motivated to:

1. Walk closer with the Lord Jesus Christ through participation and the challenges that arise in the athletic setting.

2. Strive for team unity just as we are to strive for unity in the body of Christ as described in I Corinthians 12:12-26.
3. Become the very best players that God will allow with the strength and talent that He has given.
4. Show unconditional love toward coaches, teammates, assistants, managers, etc. under all circumstances.
5. Be a Christian influence, not only on the court/field, but also in the halls and classrooms, as an example of the discipline and respect learned through athletics.
6. Understand the perseverance and confident humility that come from facing difficult circumstances, and in the strength given by God learn to win and lose to His glory. I Corinthians 10:31 states; "So you do, do it all to the glory of God!"
7. Be a beacon of God's light to all those who witness athletic events.

Sportsmanship Code: We will strive to observe the following ideals of sportsmanship:

1. We will honor the Lord and one another in our words.
2. We will treat the officials, opposing teams and spectators as guests of our school.
3. We will respect the property and reputation of our opponents as well as that of our own school.
4. In all cases, we will use good common sense, judgment, and courtesy.

****Here is a list of VCC sportsmanship guidelines that each school shall adopt:***

1. We shall not take part in any actions that are derogatory to our opponents or to the officials.
2. We shall respect the property and reputation of our opponents.
3. We shall refrain from using noisemakers at any time and shall remain respectful during free throws at basketball games.
4. We shall demonstrate good sportsmanship by shaking hands at the end of each athletic contest.

Team Prayer and Devotions: Each coach is responsible to nurture his/her team's spiritual and athletic growth. Prayer times during practice can be a real blessing and are encouraged, too. Athletically-oriented team devotions are required. Coaches are encouraged to share devotional responsibility among the team members. Devotions may be held before/after practice, and all team members should be present. Team prayer should end each practice session.

Pre-Practice Requirement: Each coach will designate organized work to be completed at the beginning of each practice. This will develop responsibility in the athletes, conserve practice time, and eliminate foolishness. Pre-practice activities should consume approximately 8-10 minutes at the beginning of practice.

NCAA Information (For upcoming seniors)

If an athlete is interested in playing college sports, he/she should meet with the coach and with the College Counselor, both of whom will help guide him/her through the NCAA information process. For more information about the student athlete's individual responsibility, please go to the NCAA Clearinghouse website (<https://web1.ncaa.org/eligibilitycenter/common/>) or call (877) 262-1492. **Please call the athletic office to activate your child's clearinghouse membership and receive the school ID and School Code information.**

Conduct and General Rules for:

Practice

- a. Practice is vital to the development of an athletic team.
- b. Attendance at practices is required for an athlete to participate in athletics.

- c. Whenever a coach holds practice, the athlete will be there unless they are absent from school or have received prior permission from his/her coach to be absent. Athletes are expected to be on time for practice.
- d. Likewise, a lack of practice due to any injury may limit your playing time. You are responsible to attend practice and games unless excused by the coach.
- e. **Athletes should refrain from obtaining outside jobs during a season**, so as to avoid conflicting practice/game and work schedules. Athletes **will not be** excused from practice because of outside work responsibilities. Athletes will not be excused to leave practice early because of work.
- f. **Athletes should refrain from playing on recreational or travel teams** during the season, to avoid conflicting loyalties that force players to choose when schedules conflict. Athletes will not be excused from practice or games because of participation with an outside team.
- g. **Babysitting, parents "benching" athletes, academic ineligibility, and conduct ineligibility are all unexcused absences.**
- h. Excused absences from practice or a game are defined as follows:
 - 1. Death in the family
 - 2. Illness
 - 3. School activities such as field trips, ACSI participation, etc.
 - 4. Church revival (Please note this does not include church social activities or events.)
 - 5. Unavoidable medical appointments (***please schedule all regular check-ups or dentist appointments on Wednesdays or days off***)
 - 6. Extenuating circumstances. ***school policy excuses students with pre-approved vacations***

** The athlete is responsible for calling the athletic office at school by 11:00 a.m., if possible, to enable the coach to make changes in his/her practice/game plans if he or she is unable attend school.*
- i. RCS sports teams are chosen on a try-out basis. It is necessary for students to be at these try-outs, in order to be fair to all involved. We understand that summer try-outs pose more difficulties than others. The normal times for girls' volleyball, boys' soccer try-outs – August 1st is our official scheduled fall tryout date. Cross country will begin the first day of school. November 1st is our official winter sport tryout date and March 1st is our official spring sport tryout date.
*It is the family's responsibility to notify the A.D. if it is absolutely necessary for an athlete to miss a try-out session.

Expectations of Athletes

- 1. Follow **ALL** school rules and policies.
- 2. Be on time for all practices, meetings, and games.
- 3. Obtain permission from the coach if you must be late or leave early or miss a team function. Obtaining permission does not mean there will not be consequences for not being at practice for the full practice time.
- 4. Keep an attitude of encouragement toward your teammates.
- 5. Agree to perform any function that the coach determines is best for the team's success.
- 6. Give 100% effort on the playing field or court during practice and games.
- 7. Being late due to detention is **UNEXCUSED** and will not be tolerated. Detentions must be served and practice missed if an athlete receives a detention. Athletes may miss detention for games (prior approval is required), but **MUST** make up any detention dates.
- 8. Maintain and inform the coach of any academic concerns that are encountered, such as low grades, term paper due, or upcoming test, which necessitate help in managing your time properly or receiving tutoring.
- 9. Be a testimony for Jesus Christ in your actions and words.
- 10. Athletes are responsible for the care of assigned uniforms. Lost or damaged uniforms must be paid for in full.
- 11. **Pay the Athletic Fee in a timely manner** – designed to help defray the high cost of uniforms and sports equipment. **\$100 per child per sport.**
- 12. All injuries and illnesses must be reported to the coach to ensure proper care and an accident report filed when applicable.

13. As indicated in the Student Handbook, the use of drugs, alcohol, or tobacco at any time is unacceptable. Both school and athletic discipline will be applied to violations.
14. Athletes who are **dismissed from or who quit a team** may not try out for the following seasonal sport. All dismissal and other serious athletic discipline situations will be reviewed by the Athletic Director and the Secondary Division Principal.
15. **Absences from Practices/Games**
*There will be **consequences** for those who miss practices and or games either excused or unexcused. The coach will discipline according to the infraction and suspension may occur pending on the infraction.*
*please note that you must have 5-8 practices completed before you can play in the first game!
16. *By making the team you are expected to be committed to the team. You need to be committed to be at practices and games to be fair to the team and the students who did not make the team. The rest of the team is depending on you as a teammate.*

Academics

Being a student-athlete at Richmond Christian School is considered a privilege. Academic performance and proper student behavior in the classroom are the primary responsibility of the student-athlete. If behavior is not acceptable, participation may be in jeopardy. Academic performance will be under continuous review. All faculty will receive team rosters at the beginning of each season. Failure to maintain a C average will be cause for review. Students who are co-operating, coming for extra help, and who have the support of the faculty member will not be removed. However, students with a D or F who have not shown a willingness to improve may be asked to remain off of an athletic team until a positive improvement is observed.

Excused from Practice

Attached to this Parent Handbook is a "pass" to excuse a player from a practice. A student-athlete may use this at any time **once** during the season to "catch up" on his/her academics when absolutely necessary. It must be requested by both the student, teacher and the parent.

The pass should be presented to the coach prior to the day he/she expects to miss practice. Coaches reserve the right to ask for another day instead of the one requested. For instance, a coach may say that tomorrow she really needs your son/daughter because "we are installing a new offense."

By working together, we can insure both proper emphasis on academics and quality team participation. If a practice "pass" has already been used and additional time is necessary for tutoring, the faculty member, coach, and student-athlete should have a conference together.

ACADEMIC PASS

NAME OF STUDENT ATHLETE

DATE

This pass must be presented to the coach prior to the day it will be used. It gives the student athlete an opportunity to complete make-up work, to be tutored, or to prepare for a major test.

***The coach reserves the right to request another day if practice is critical on the day requested.**

Student Signature_____

Parent Signature_____

Teacher Signature_____

John Scorsone, Athletic Director

The above is a sample.

Students may request a pass from the Athletic Office. They must obtain the appropriate signatures BEFORE presenting it to the coach.

Early Dismissal

It is the policy of Richmond Christian School and the Athletic Department to schedule all athletic contests so that students miss a minimum of class time for travel to away games or home games.

It is the **responsibility of the student-athlete** to meet with his/her teacher before the class he/she is to miss because of an athletic contest and arrange for the completion of all work in a timely fashion.

A Word about Scheduling

The athletic department attempts to schedule around holidays, field trips, band/choral concerts, plays, exams, college nights, reviews, etc. However, every other school is trying to do the same. The athletic department will make every effort to avoid conflicts with major school events while still trying to meet our commitments with other conference schools.

Team Study Halls

At times there may be a team study hall when there is a late practice or late game as a convenience to the student athlete. When this occurs, students are expected to bring plenty of work and to work quietly and independently. This is an opportunity for the student and he/she is expected to demonstrate a responsible behavior at all times.

Inclement Weather

When rain and/or lightening causes a cancellation or when snow/ice prevent travel, make up games will be rescheduled on available days. Non-conference games will not be rescheduled if a mutual date cannot be found. Conference games must be rescheduled as per our agreement with VCC. **Please check the athletic Website for changes and cancelations of the schedule. This is done daily so check frequently.**

Coaching "All for Him"

Athletics and athletic competitions are learning environments for social and cultural understanding, assimilation of cultures, integration of races, and the breaking of sexual stereotypes. Team membership and athletic competitions cross those artificial lines caused by personal finances, religious beliefs, and family background.

At RCS, coaching is defined as a teaching situation. This implies that teacher responsibility for supervision, preparation, and training is as essential in coaching as it is in the classroom. Therefore, we must assume that the individual coach will apply him/herself to athletic assignments in the same professional manner displayed in a formal classroom situation.

We feel that a coach has a great opportunity to influence young people. A coach, in a three hour block of time concentrated after classroom instruction has been concluded, 'teaches' an extension of the school day. The 'classroom' becomes the soccer field, the track field, basketball court or the school bus carrying athletes home after they've just suffered a hard trenching loss. These are teaching opportunities a coach can use to help young people become better citizens and better human beings.

Athletic Team Selection

1. Philosophy

In accordance with our philosophy of athletics and our desire to see as many students as possible participate in the athletic program at RCS, we encourage coaches to select as many students as they can. Obviously, time, space, facilities, equipment, athletic ability and other factors will place limitations on the most effective squad size for any particular sport. However, when developing procedure in this regard, coaches will strive to maximize the opportunities for student athletes without diluting the quality of the programs.

2. Team Selection-Coach's Responsibility

Choosing the members of athletic teams is the sole responsibility of the coach. Junior varsity and middle school coaches must take into consideration the policies established by the head coach in each particular program when selecting team members.

Prior to trying out, the coach shall provide the following information to all candidates for the team:

- a. Extent of the tryout period.
- b. Criteria used to select the team.
- c. Practice commitment for those who make the team.
- d. Game commitments.

Playing Time Policy

The middle school level, coaches are encouraged to choose a starting team but to give an opportunity for every team member to play in each game.

At the junior varsity level coaches are to choose a starting lineup and play the best players. Coaches are also encouraged to substitute as much as possible. Substitutes will be played when a player is injured, tired, not performing well, or when the outcome of the game, in the opinion of the coach, is no longer in question. Our justification for this policy is that RCS desires to be competitive at this level. Junior varsity is preparation for varsity.

At the varsity level, coaches are to choose a starting lineup and play the best players. These players are chosen on ability and their performance at practice. Substitutes will be played when a player is injured, tired, not performing well, or when the outcome of the game, in the opinion of the coach, is no longer in question.

It is assumed that parents will instruct and prepare their children for a competitive interscholastic program at RCS. The students need to be prepared for the fact that they may not be the "star" and may not get the playing time they feel they should. It is solely the coaches' discretion about playing time. Success is not synonymous with playing time; **success is understanding your role and contributing to the overall team's benefit.**

It is clearly understood that each coach will have full responsibility and authority to determine which players enter the games and for how long. The coach's determination in this area will be made on the basis of what will best benefit the team as a whole while considering who was at practice and games.

Commitment

When a student accepts a uniform from Richmond Christian School, that student makes an agreement with the coach and his/her teammates to be at practice, bring a coachable attitude and to represent RCS in accordance with the spirit of "ALL for HIM" A poor attitude in practice or poor sportsmanship in a game presents an opportunity for teaching and correction. However, repeated behavior which is unacceptable is cause for suspension from the privilege of participation.

Pre-Season and Post Season Workouts

When a student becomes a varsity player, it is assumed they wish to become a better athlete. Coaches may express a desire for athletes to continue working out in the off-season. We encourage this as long as it does not create undue stress on family scheduling or on the student-athlete's academic program.

Valuables

Athletes should leave all valuables at home; not in the locker room or hallways. If needed, students are responsible for providing their own locks. The locker room is not supervised during practices or games.

Transportation

RCS will provide transportation for all student athletes, support, and coaching personnel of athletic teams in authorized school vehicles when the contest or practice has been scheduled away from the school site.

Sometimes for local games, that may start later in the day or evening, team members may meet on their own at the game site but they must make sure the team and coach is present at that site before parents leave them at this site.

Team members are expected to utilize the team bus for games and practices. Any exception allowing a personal vehicle to transport students must be approved by the coach prior to the event.

1. If a student athlete misses the provided transportation to a game or practice and arrives at the site by other means, that individual's participation in that practice or game will be affected as the coach determines.

2. Under certain circumstances, or in exceptional situations where it creates an inconvenience for the family, student athletes may be excused from riding to or from an athletic event in school-authorized transportation. This privilege is to be kept to a minimum since our philosophy is that a student athlete is a part of a team in all phases of team activity.

a. The coach will release the student athlete to the parent(s) or designated adult with parental permission.

b. Should a parent approach a coach at an away game and request that his/her student athlete ride home with him/her, the coach may agree.

3. Cleats are not to be worn on the bus.

4. Food and beverages are permitted, but empty containers must be discarded and the bus cleaned.

5. Students must obey all rules that are set by the school including music devices, cell phones, lap tops or other electronic devices. **Music devices should never be worn attending an away game at a host school.**

6. ***Students driving to a practice or a game or riding with another***

Student must have full written permission from their parents beforehand. It is the student's responsibility to show this written permission to the coach before the team leaves school. All team members are under the school's jurisdiction.

Team Captain Information

The Leadership Qualities of a Team Captain

- Role model – Hardworking, committed, dedicated, humble, lead by example, positive attitude, shows respect for coaches, teachers, adults & peers.
- Exhibits good citizenship – dependable, loyal, trustworthy, and unselfish – has a great deal of pride in the team, school and community.
- Committed to be alcohol and drug free – shows social confidence.
- Has a strong self image, mature, motivated, good communication skills
- Good school behavior – Acceptable academic progress

Willingness to follow team rules and act as a liaison between teammates, coaches and the athletic director.

Principles of Leadership for Team Captains

Know your job – Knowledge not only gains the respect and confidence of your teammates but also gives you confidence in yourself. The more informed, however, the better you will be able to act in any situation, which demands a decision on your part.

1. Exercise good judgment – Anyone with common sense can exercise good judgment. This good judgment should not only be exercised during the season or on the field but throughout the year. This means in the classroom, with the faculty, the student body, and your community.
2. Use tact – This is the ability to direct people without causing ill feeling or giving offense. Individuals think differently, and act differently. Consequently to secure the best cooperation from the people, they must be dealt with accordingly. Be alert; never to belittle or embarrass your teammates and do not discuss the merits of your teammates with anyone but your coaching staff.
3. Develop endurance – a leader must have physical and mental endurance to command respect.
4. Demonstrate initiative – a leader accepts responsibility, sees what needs to be done, makes a decision and takes action without hesitation. He does not need to be told what to do or when to do it. This initiative must be taken off the field as well as on, in practice and in a game.
5. Be courageous – There is moral courage, and there is physical courage. Have the moral courage to stand up for your own convictions. It takes courage to deny an invitation to go out the night before a ball game, to cut a class, to skip a practice session, etc. Be firm in your stand, and you will gain respect and admiration.
6. Be Dependable – A dependable captain is loyal to his school and to his team. Your dependability exhibits itself in many ways: school attendance, getting to practice on time, knowing your assignments and a host of other things. Coaches are reluctant to play an athlete who cannot be depended upon regardless of his ability. You, as a captain, must be dependable, and you must report to the coaches with those who are not, for the good of the team's success.
7. Display enthusiasm – You can contribute to the development of team spirit by your display of sincere enthusiasm. YOU are the example. Hustle, hustle, hustle. Avoid criticizing and complaining about your teammates, coaches, or school. Discourage this type of conduct on the part of the team members. If you have a person on the team, who is a constant complainer, have a talk with him and explains how it hurts the team. If the athlete doesn't change, talk it over with the coach. Some griping is normal, but the chronic complainer must be eliminated.
8. Know yourself and seek self improvement –As a team captain, you must evaluate yourself and recognize your strengths and weaknesses. You must emphasize your strong points and develop your weak points. Take a good look at yourself in the mirror. Are you worthy to be captain? Your teammates and coaches thought so.

With these eight items firmly entrenched in your mind you must look at the ways and means to present these items to the squad. These are basic leadership techniques that you as a captain can employ to help present yourself to the team as a genuine leader. **Don't Prove Them Wrong!**

Captains at Practice

1. Try hard on every drill, set or conditioning activity. The team plays as well as it practices.
2. Encourage skill improvement—supplement what coach says about basics.
3. Challenge teammates to do their best; encourage when plateaus occur, stay positive.
4. Be a giver-help set up and make sure everything gets put away, help the coach.

Outside of Practice

1. Promote team togetherness—promote athletic department togetherness.
2. Discourage “scape-goating” —pay attention to and give a lot of personal support and encouragement to the younger players and to the less able athletes. Seniors and better athletes could make the difference in your team’s performance. As a leader, you must go out of your way to help them, encourage them.
3. You need to know all school rules (especially pertaining to alcohol and drugs). YOU need to review this with the team, tell the players what you expect of them. Make sure you understand all of this at the beginning of the season so there will be no “surprises.”
4. As captain, you set the example for the entire team. You should work as hard, or harder, than every other teammate in practice...that’s the way you and your team will perform in a game! You set the example for good sportsmanship; control your team members.
5. Develop a clear understanding of your team’s goals and objectives, for the season and for the next game.
6. Meet regularly with your coach.
7. Communicate clearly to your team. Have their quiet, undivided attention when you speak to them.
8. Throughout the season, dress and groom yourself neatly. Look sharp; be proud of yourself, your team, and your school. Very few effective leaders dress and groom sloppily.
9. Give credit to others. Recognize team members who do “extra” things to help the team. Give special credit to the “unsung heroes,” those team members who do a good, solid, steady job, day in and day out, and who usually make it possible for other people to score or for the team to win.
10. Talk positively in practice and conditioning sessions. Back up talk with actions in practice and games. Don’t be pushy, just quietly confident. DISCOURAGE NEGATIVE COMMENTS.
11. If team problems exist, explain them in confidence to the coach to help solve them, and move on with a close team atmosphere. Use the trainer, other coaches, and athletic director as resources. DON’T LET problems fester. They will not go away, and unfortunately, they will multiply.

Health and Safety for the Student/Athlete Pre-Sports Medical Screening – Athletic Pre-Participation Physical Examination forms are due by the first week of August each year.

A physical examination dated after June 1 is required for every *new* student and rising 6th through 12th grade student interested in playing interscholastic sports at RCS.

The physical VHSL forms are available at the school main office, athletic office or online at the RCS website. Please obtain our school physical form before going to the physician.

Every athlete must turn in a completed Sports Physical **every year before trying out or playing any sport!** These forms should be brought or mailed to the Athletic Office. **Please do not give these forms to your coach. All physicals are due for ALL sports for ALL season by the first week of August.**

Each year, RCS will have a doctor at school in the month of May or June for your convenience to conduct athletic physicals for a small fee.

Note: A Medical Release/Permission Form must also be completed and signed prior to the season (See page 19)

Heat Illness

1. Heat Fatigue Depletion of body fluids and minerals due to sweating.
SIGNS: labored breathing, increased sweating, cramps.
2. Heat Exhaustion Excessive depletion of body fluids and minerals.
SIGNS: mental confusion, dizziness, nausea, and cool moist skin.
3. Heat Stroke Excessive depletion of body fluids and minerals.

SIGNS: dizziness, nausea, and fainting, hot dry skin.

Heat illness is progressive. If it is not stopped at the fatigue level, it will progress to exhaustion, stroke, and then death. Treatment for heat fatigue: get out of the sun, hydrate, and cool off.

4. Bee Stings Apply ice; ask if the student is allergic. IF YES, GET HELP IMMEDIATELY. If no, let the student athlete rest, and check for abnormal swelling, hives, or difficulty in breathing.

5. Asthma Know if the student/athlete requires medication.

6. Sprains and Strains Apply ice and let the student athlete rest (medical attention may be necessary).

7. First Aid it is the responsibility of the coach to keep a properly maintained first-aid kit. A student-athlete should not be allowed to determine his/her medical condition. The athletic director will help the coach prepare a first-aid kit at the beginning of the season.

Athletic Injury and Accident Reports

Injuries to student-athletes will occur. Proper and immediate care will help reduce the amount of time a student athlete will miss from team participation. At the conclusion of a practice or game and prior to leaving for home, the injured student/athlete must check in with the coach and/or athletic director. A phone call home may be necessary to alert and inform parents. Under no circumstances should a student drive a vehicle with any type of suspected head or neck injury.

If a student athlete is injured, a report must be submitted within 24 hours to the Athletic Director. The coach should keep a copy of records on file in the director's office.

If the injury requires an examination by a physician, the student-athlete may not return to practice or competition without written permission from the physician. The physician's permission must be recorded by the coach and athletic director, and the verification of return must be recorded by the Athletic Director.

If a student-athlete does not practice or compete for five consecutive days or longer due to illness or injury, the student/athlete must have permission to re-enter competition from his/her physician or approval by the athletic director. A student should not participate in a contest until the coach has an opportunity to evaluate the student's skill and conditioning levels.

Medical Emergency at RCS Practice or Game

When a participant in an athletic activity is injured, the coach should first provide reasonable and immediate first-aid to the injured party until qualified medical help arrives. Second, initiate the emergency medical procedure. The coach is responsible for the proper and prudent care of the student athlete.

1. Assess the injury and provide immediate care.
2. Provide an environment that stabilizes the injured student athlete and will not cause further injury or trauma.
3. Send an individual to find the athletic director or assistance director.
4. Unless dismissed, remain and assist the athletic director.
5. If further assistance is necessary, call 911 for an ambulance.
6. If a student needs to be transported to the hospital, a representative of the school will go with the injured person to the hospital or meet the ambulance at the hospital. A student athlete should not be at the hospital alone.
7. Have the necessary information that has been provided on the Emergency Medical Form. This form is to be kept with each coach. It is extremely important that the coach call the injured athlete's parents or guardians. An assistant coach or a coach from another sport can perform this duty. This responsibility should not be given to a student.
8. Do not leave the hospital until the parents arrive.
9. When appropriate, call the Athletic Director.

Medical Emergency Away from RCS

1. Assess the injury and provide immediate care.
2. Provide an environment that stabilizes the injured student athlete and will not cause further injury or trauma.
3. Send an individual to ask for assistance from the other coach or alert him/her that further assistance may be needed. Many times parents will come from the spectator areas to assist. Unless the coach knows the background of the individual personally, he/she should not relinquish any responsibility.
4. Remain with the student athlete.
5. If further assistance is necessary, the hosting "away" visiting school will call 911 for an ambulance. If telephones are not readily available, an alternative could be a parent's or student's mobile phone.
6. If a student needs to be transported to the hospital, an assistant coach or responsible school employee will go with the injured person to the hospital or meet the ambulance at the hospital. A student athlete should not be at the hospital alone. This means the coach may have to bring the team to the hospital.
7. Have at hand the necessary treatment information that has been provided. This form is to be kept in the coaches' folder. It is extremely important that the coach call the injured athlete's parents or guardians as soon as possible. An assistant coach can perform this duty. This responsibility should not be given to a student.
8. Do not leave the hospital until the parents arrive.
9. When appropriate, call the Athletic Director.

After School Practice

1. It is the responsibility of the student-athlete to inform the coach if he/she plans to miss or be late to a practice.
2. A coach should be in attendance, if a student-athlete chooses to remain after practice to improve his/her skill level.
3. A student-athlete may not practice or compete in a game that day if he/she is absent from school unless he/she:
 - a. Arrives at school by 11:00 a.m., or,
 - b. Provides an acceptable doctor's excuse to the Athletic Director and,
 - c. Is granted permission by the Athletic Director or Secondary Division Principal. Extenuating circumstances such as a college visit or death in the family would be excused from the 11 a.m. check-in rule but must be approved by the Secondary Division Principal.
4. If practice is going to be canceled by the coach, notification should be given to the Athletic Director by 2:00 p.m. except for inclement weather.

Practice Sessions When School is closed

1. When school is canceled because of inclement weather, practices or contests will not be scheduled unless permission is granted by the Athletic Director and/or Chief Administrator.
2. If school is canceled for reasons that are not weather related, practices or contests are canceled unless permission is granted by the Athletic Director.

Holiday and Saturday Practices

Varsity teams practice/play an average of 4-5 days a week. JV teams practice/play an average of 3-4 times a week, and middle school teams practice/play an average of 2-3 days a week. Practices over a holiday or on a Saturday are not our first choice but are sometimes necessary. Sometimes game schedules dictate practice days as well as availability of facilities. If a student-athlete must miss a practice due to family travel plans, please inform the coach at the beginning of the season. Although a player should not be "punished" by the coach for missing practice due to family related trips, please understand that the student-athletes playing time may be affected.

Potential Risk-Thunderstorms

Decisions regarding the suspension and resumption of practices or contests will be based on the following guidelines:

1. All games and practices will be suspended during thunder and lightning storms or when the potential for such a storm exists. The key word is potential: these storms travel very quickly. The sound

of thunder is an indicator of a storm. If thunder is heard and/or lightning is seen, stop play or practice immediately and move to shelter.

2. Play or practice may not resume until the potential danger of the storm has passed. Storms can bounce from hill to hill and return with little warning. A waiting period of 30 minutes should be used as a buffer once the storm has passed.

3. Student athletes and coaches should proceed to the nearest shelter (school building or bus). Plan ahead if the shelter is at a distance.

4. **MOST IMPORTANT:** The coach must keep in mind the safety of the student athletes. Weather and field conditions are the coach's main concern before he/she places the team back on the field. The contest officials are only guides, and if the coach does not agree with their judgment to resume suspended play, he/she should be cautious and not be persuaded to play.

Weight Room Facility

The weight room must ALWAYS be supervised by a coach, athletic trainer, or an adult assigned supervisor. Never leave a student athlete in the weight room to work out unsupervised. Remind students of the following:

1. Absolutely NO horseplay.
2. NEVER interfere with a person who is lifting.
3. Make sure the area is clear of equipment before lifting.
4. Make eye contact with nearby students before lifting.
5. Make sure collars are snug.
6. Return weights to racks.
7. Spot carefully. Concentrate on the lifter.
8. Keep the weight room clean. Do not bring food, glass bottles, etc.
9. Protect the lower back: head up, buttocks down when lifting; spread the chest; lock in lower back.
10. Help and encourage each other. Help make a friend great.

Eligibility

The administration and athletic department have set academic standards for RCS athletes in order to maintain a high level of academic, as well as athletic excellence. Sports are extra-curricular activities, and education is of the highest priority to the coaches, staff, etc. However, academics may not be used as an excused tardy or absence from practices or games unless approved by the Athletic Director.

1. Age requirement – Students who reach their seventeenth birthday prior to October of the school year are no longer eligible to play junior varsity sports. Students who reach their nineteenth birthday prior to October 1st of the school year are no longer eligible to play varsity sports.
2. Only full time students will participate in athletic functions. A full time student is defined as one who takes a minimum of five academic courses per semester. An exception may be allowed for a senior needing less than five credits to graduate.

3. Consequence of Athletic Probation - Academic Intervention (Grades 7-12)

It is the desire of the school to "serve Christian families", therefore when a student is not progressing academically, the school is committed to intervene in the student's academic life and partner with the family to restore the student's progress.

Any student who receives lower than a 2.0 GPA at the end of any quarter (9 weeks) will meet with the Dean of Guidance to implement a plan to be academically successful.

Academic intervention will include the following items:

- **At the beginning of the intervention period**, the Dean of Guidance will consult with parents and the student to review the student's current grades, identify academic needs, explain the minimum academic expectations, and develop an improvement plan, which may include restricting social activities to provide study and tutoring time.
- After the consultation, a written intervention plan will be provided to the family and the appropriate teacher(s).
- Academic intervention will extend until the end of the next interim.
- **At the end of the intervention period**, the student will have demonstrated some improvement and be removed from academic intervention or may be asked to withdraw. In regards to withdrawal, the Dean of Guidance may recommend an extension to the

intervention period for an additional nine weeks due to *the student's efforts towards improvement or the need for specialized testing and/or evaluation.*

• **At the conclusion of the intervention period**, parents will be provided a written letter stating to what degree the student has met the requirements of academic intervention. A student will begin the year on academic intervention, based upon the grades of the fourth grading period of the previous school year, if no remediation has occurred over the summer. Whether on academic intervention or not, if a student earns 4 points (D's are 1 point each and F's are 2 points each), the school will remove the student from all extracurricular activities for one quarter until reevaluation occurs at the end of the next quarter report card. Such suspensions will be documented within the written academic improvement plan.

Consequences of probation:

- a. A student placed on academic probation may still practice with his/her team, though should be excused for any study or tutoring time.
- b. The student may attend home games and may sit with the team, but cannot wear the athletic uniform.
- c. The student may not travel with the team to or from any away games. (This includes any weekend competitions.)
- d. The student may not sit with the team at an away game.
- e. Attendance at away games should be discouraged by coaches and school personnel, though we recognize the ultimate decision rests with the parents.
- f. Students must adhere to the academic improvement plan set in place by the Guidance Director in order to remain on a team roster.

General Guidelines and Requirements

Facilities

1. The Lord has blessed us with quality facilities. A goal should be to always leave the area cleaner than you found it. Destructiveness or misuse of property is not acceptable.
2. All articles left in the locker room will be taken to the lost and found.
3. Riding in school vehicles is a privilege, not a right. Teams and coaches are responsible to keep vehicles clean during and after athletic use.
4. Athletes are not to be in any area of the building other than their practice area.
5. For liability reasons, students are not to be involved in activities in the gymnasium or anywhere on school property without staff supervision.

Guidelines for Parents

1. Every parent of an athlete is required to donate **4 hours of service per child** per sport to our athletic program. This service can be performed in a variety of ways such as; gate and concession, field work, running score boards, scorekeeping, etc. **It is up to the parents to make arrangements with the athletic department:**

- **Web site <http://www.athletics.richmondchristian.com>**
- **E-mail at athletics@richmondchristian.com**
- **At each home game in the gym there will be sign up list for concessions, gate and athletic wear.**
- **Call the athletic office at 276.3193**
- **A \$25 per hour penalty charge will be billed to your account. Make every effort to volunteer. WE NEED YOUR HELP!**

2. Please be conscious of comments directed toward referees, coaches, players, and the other teams. Let Ephesians 4:29 (NIV) be your guide: "Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen."
3. The Athletic Department requests that parents, friends, etc. not come into

- the locker room areas, sit on the bench, or distract players during competition.
4. Please do not approach coaches before, during, or immediately following games to express frustrations. You may make an appointment with the coach/athletic director (if appropriate) to discuss the issue at a more convenient time for both.
 5. Please be prompt in picking up athletes after practices and games. Remember that coaches have families too.
 6. Unless requested by the coaches, please refrain from coming onto the playing surfaces when injuries occur.
 7. Please follow Matthew 18 principles when problems arise. Deal with offences and differences in the proper order to achieve reconciliation and restoration as quickly as possible. The chain of command should include prayer, coach, the athletic director, and then the chief administrator, if the issue is still unresolved.

Athletic Spectator Guidelines

1. Be silent during prayer and the national anthem.
2. Be silent during free throw attempts during basketball games.
3. Cheer **with** our cheerleaders for RCS. Be positive!
4. At appropriate times, cheer with enthusiasm. We should avoid anything that leans toward destructiveness or misuse of property, such as beating on the side of the gym.
5. Do not "boo" or make degrading remarks to anyone.
6. No whistles or horns allowed in the gym during the games.
7. Pick up and properly dispose of all trash.
8. The RCS dress code is to be followed by RCS students at all home and away games.
9. Be respectful when officials make a bad call. Bad calls are a part of life and life is not always fair and complaining about it does nothing but make it worse. Bad calls need to be handled by the coach.
10. Failure to abide by spectator guidelines may result in removal from the event.

Awards/Varsity Letter

Athletes must meet minimum standards of participation to receive a varsity letter. Each coach will discuss these standards with team members prior to the beginning of each season. Awards will be given at the conclusion of varsity seasons for recognition of athletic achievement and service to the school. Athletes will receive, at the coaches' recommendations, an athletic letter at the completion of their first varsity year in a particular sport. In subsequent years, bars will be given for completion of varsity participation that meets the set requirements. Students not lettering will receive a certificate of participation. The head coach has the right to take special circumstances into consideration when determining who will receive letters. Extenuating circumstances such as injuries, value to team without having opportunity to play in full capacity, violations of codes and guidelines, etc., will be taken into account. Coaches, however, must provide documentation of these circumstances to the Athletic Director.

Following are the general criteria for earning a letter in varsity sports:

1. The athlete must have completed entire season. Injuries may occur, but the athlete who remains committed and supportive of the team may receive a letter. **Academic or conduct probation may disqualify an athlete from receiving a letter.**
2. The athlete **must attend** all practices and games unless excused by the coach or Athletic Director.
3. All equipment must be turned in before a letter will be issued. Athletes accumulating more than **three detentions**, having more than one unexcused absence, or receiving suspensions may be disqualified from receiving a varsity letter.
4. Ability, skill and the amount of playing time will not disqualify an athlete from receiving a letter.

A. Awards Assemblies

There will be three athletic awards ceremonies at the conclusion of each sport season. This ceremony is mandatory for all student athletes and coaches. Unless an athlete is present or excused ahead of time, **he/she will forfeit awards/varsity letter.** The Athletic Director may grant an exception after speaking with the parents.

Athletic Banquet will be at the end of the athletic season starting around 7pm for dinner and this is not mandatory event. You will be asked to RSVP so we can prepare enough food for everyone.

The following awards will be given for each athletic team:

1. Growth in Skill Award – given to the player who has purposed in his/her heart to accomplish God’s best with his/her God-given skills
2. Coachable Award – given to the player who has most closely followed the coach’s instructions.
3. Intensity Award – given to the athlete who has shown the best and most consistent intensity in his/her performance, working unselfishly for the team.
4. Warrior Award – given to the outstanding athlete who has shown the best ability and accomplishment, etc.
5. Foremost in Faith Award – given to the spiritual leader of the team who, by his/her actions, roused the spirit of the team and caused the players to see things from God’s perspective
 - Junior Varsity and Varsity athletes who receive one of the first five awards mentioned above will receive plaques.
 - Junior High recipients of these awards will receive embossed certificates.
 - **All athletes will receive participation certificates.**

B. Male and Female Athlete of the Year Awards

These awards are presented at the year-end Athletic Awards Assembly to the male and female student-athletes who have best demonstrated Christ-like qualities through their physical skills, team leadership, and personal relationship with Jesus Christ during the school year through participation on RCS athletic teams. These are athletes who set an example to teammates by using their abilities and skills to their utmost potential. These male and female student-athletes also demonstrate responsibility and commitment, not only to their studies and to their teachers, but also to their teammates and fellow students. Most recipients of this award will have participated in several seasons.

Final choices may require access to past academic records and disciplinary records. Being removed from a team for academic or conduct reasons may also disqualify an athlete. The Athletic Director and varsity coaches determine this award.

- C. **Academic Athlete of the Year** is awarded to the senior female and male athlete who excels in sports while maintaining superior academic credentials. The senior athlete with the highest grade point average for their high school years is usually chosen.
- D. **The Bobby Barner Award** is awarded to a male varsity athlete who has displayed exceptional Christian testimony.
- E. **The Female Christian Award** is award to a female varsity athlete who has displayed exceptional Christian testimony.

F. Senior Awards:

- a. Tri-Athlete is awarded to seniors who have played 4 years of 3 sports.
- b. The Athletic Excellence Award is awarded to seniors who have played 4 years of one or two sports.

G. Servant’s Heart Award

This awarded is presented to the individual who has sacrificially given of his/her time unconditionally to the Athletic Department. The Athletic Director will choose the recipient of the award, with input from various individuals who have been involved in the athletic department.

**Medical Release/Permission Form
Richmond Christian High School**

This form is only good for **ONE SCHOOL YEAR**; therefore, **EVERY athlete MUST** turn in a new form each year. All athletes, Middle School, Junior Varsity, and Varsity, must turn in a completed form **BEFORE** they can practice or try out for any sport.

PLEASE RETURN THIS ENTIRE FORM

FULL NAME _____

BIRTHDATE ___/___/___ AGE ON 10/1/14 _____ GRADE IN 2014/15 _____

ADDRESS, CITY, ZIP CODE _____

PHONE NUMBER _____

FATHER'S NAME _____ WORK # _____

MOTHER'S NAME _____ WORK # _____

CELL NUMBER _____ **E-MAIL ADDRESS** _____

NEAREST RELATIVE TO CONTACT _____ PHONE _____

MEDICAL INSURANCE AND ID NUMBER _____

ALLERGIES OR MEDICINES STUDENT IS ALLERGIC TO _____

STUDENT IS PRESENTLY TAKING THE FOLLOWING MEDICINES _____

LIST ANY ADDITIONAL INFORMATION _____

THE SCHOOL DOES NOT CARRY ACCIDENT INSURANCE. IT IS THE RESPONSIBILITY OF THE FAMILY TO COVER ANY ACCIDENT-RELATED EXPENSES. ALL STUDENT ATHLETES MUST HAVE INSURANCE

Please return this to the athletic department

PARENT'S STATEMENT: I hereby give my consent for the above-named student to compete in sports. I authorize the student to go with, and be supervised by, a representative of the school on any trips. In case this student becomes ill or is injured, I authorize RCS personnel to have the student treated and I authorize the medical agency to render treatment. I understand that school personnel will endeavor to reach me should the nature of the injury or illness warrant it. However, I will not hold school personnel responsible if efforts to contact me are unsuccessful.

Date ___/___/___ Parent's Signature _____

PERMISSION TO RIDE SCHOOL VAN/BUS: I hereby give permission for the above-named student to ride to practices and home games on the school van/bus.

Date ___/___/___ Parent's Signature _____

PERMISSION TO RIDE WITH ANOTHER PARENT: I hereby give my permission for the above-named student to ride with another parent to practices and home games. The following are approved parents:

1. _____ 2. _____
3. _____ 4. _____

Date ___/___/___ Parent's Signature _____

PERMISSION for STUDENT to DRIVE: I hereby give my permission for the above student to drive himself/herself to practices and home games.

Date ___/___/___ Parent's Signature _____

PERMISSION TO TAKE OTHER STUDENTS: I hereby give permission for the above-named student to drive other students to practices and home games.

Date ___/___/___ Parent's Signature _____

Richmond Christian School
Athletic Commitment Agreement
Please sign and return to athletic office

For those who are going to be involved in the Richmond Christian Athletic Program, as a player or parent, we believe that a commitment to the program is important. This is not for legalistic purposes, but rather to make us conscious of our responsibilities. We ask that you read and sign the following certificates. We ask you to "buy into" our efforts.

A. Players Read and Sign

"I, _____, as a player in the Richmond Christian Athletic Program, do hereby agree to invest my time, talent, and energies. I agree to be obedient to my coaches, to allow myself to be fully used by the Lord, and to sacrifice if needed.

I have read ALL of the material presented to me in the RCS Athletic Handbook. I am in agreement with, and I will obey all the rules and regulations. I know that the rewards may not be in the world's terms of success or winning, but I truly desire to grow and to serve the Lord in this ministry.

Athlete signature: _____

B. Both Parents/Guardians Read and Sign

"We, _____ & or _____, as parents/guardians of a Richmond Christian Athlete, do hereby invest in this program. Our investment will consist of the following:

1. Reading all of the material presented to our son/daughter in the RCS Athletic Handbook.
2. Praying for the school's ministry and testimony.
3. Upholding in conversation, attitude, and deeds, the coaches, the school, and others related to the program. **We are willing to be used when asked and will volunteer to help when we can.** We know that the dividends for this investment will be mainly spiritual and eternal in nature. We want our family to be involved in this ministry."

Parent Signature: _____

Please check what you are willing to do regarding the recommended 4 hours of athletic department service:

_____ Yes, I will work my 4 hours for **each team** my child participates in.

_____ * I understand that it is my responsibility to contact the Athletic Office to schedule my 4 hours of volunteer work. See hand book for details!

_____ No, Instead, please bill me a \$25 per hour (no more than 4 hours) penalty for not participating as a parent volunteer.