

# **RMCA ATHLETIC HANDBOOK**



## **Mission Statement and Philosophy**

The Rocky Mountain Classical Academy Athletic Program's mission is to develop student athletes that reach their highest level of achievement in all academic affairs, athletic competitions endeavors, and personal development.

RMCA's student athletes face the challenges of a competitive environment, balancing rigorous academics as well as their personal and social endeavors. As students face these challenges, they develop positive character attributes, physical skills, emotional capacity, intellect, while forming habits needed to compete successfully and thrive in today's world.

The athletics program is directed so that the welfare of all students will be the primary concern. Fundamental emphasis shall be placed on the philosophy that athletic activities are an extension of the educational program and justifiable only to the extent that they are desirable learning experiences.

As an RMCA student athlete, competitors demonstrate integrity, service, and excellence. In addition, our student athletes demonstrate the school's character values (kindness, nobility, integrity, generosity, humility, trustworthiness, self-awareness). Our athletes develop and demonstrate respect for themselves, teammates, opponents, and the heritage, traditions, and rules of the game. RMCA student athletes play by the rules and are taught to perform legally, morally, and ethically within the rules of the game. We do not tolerate cheating, lying, or disrespectful behavior.

At RMCA, our athletics program is on a path to excellence, first for our students and then for our teams and school community. We support parents and our school by developing citizens of character and integrity who commit themselves to meeting the highest standards in the classroom, on the practice field, and during competition. RMCA's academic program strives for success with honor.

**Outcome Goal- Student Athletes strive to improve and excel in all aspects of their life.**  
**-“Chase Excellence”**

# **Rocky Mountain Classical Academy Athlete-Parent Handbook**

Welcome to the Rocky Mountain Classical Academy Athletic Student-Parent Handbook. This handbook is designed to answer many of the questions that parents/guardians may encounter during an individual's participation in extra-curricular athletics. Please use this document as a reference guide pertaining to the rules and regulations as well as policies and procedures for participation in extra-curricular athletics.

## **Student Athlete Commitment to Academics**

### **Commitment**

RMCA student athletes are expected to perform all activities required of other students, regardless of evening practices or game commitments. If modifications need to be made, the student should speak with the instructor and gain approval before any event or accommodations are required.

### **Scholastic Eligibility**

Athletes will be monitored for academic progress. It is the student's responsibility to communicate with their teachers to see what needs to be done to return to good academic standing. Weekly cumulative grade checks will be done. Students having two or more D's or one or more F's will be ineligible for one week. If it is determined that a student is ineligible for that week, the student will not be allowed to attend away games, but they will be permitted to sit on the bench in school dress code approved clothes, during Home Games and participate in practice. The athletics department routinely holds study hall before and after school and an athlete may be required to attend one or more sessions for part of or in place of practices until it is deemed the athlete is back on track with his or her academic responsibilities. If an Athlete is ineligible for 3 weeks in a row, then the Athletic Director and RMCA Administration will hold a meeting to decide if the athlete should still remain on the team.

### **Attendance in Relation to Participation in Athletics Programing**

In order to be able to participate in practices or games, students must be at school for the full day, unless they have an excused absence such as a doctor appointment or a family emergency. It is the responsibility of the athlete to notify the teacher the day before a class will be missed due to athletics. That athlete must arrange, at the teacher's convenience, to make up missed work.

## **School Suspensions**

Any athlete suspended from school will be ineligible for all school and team related activities during that time. The player's return to eligible status will be determined by the Athletic Director, Coaches, and the Administration.

## **RMCA Behavior Policies**

All RMCA behavior & discipline guidelines apply to ALL student-athletes at all times. The Athletic Director and RMCA Administration have the authority to suspend or terminate participation in sports programs if behavior in school is not appropriate.

## **Required Paperwork**

The online Athletic Participation Form must be submitted before tryouts. The Annual Physical completed by your physician, Athletic Fee and Handbook Signature Page are required before the first scheduled game.

## **Equipment Policy**

All athletes are responsible for the proper care and security of equipment issued to them. School-furnished equipment is only to be used for games and practices. Exceptions to this rule can be designated by RMCA coaches and administration. Any loss or damage to equipment may be subject to financial penalties. A student will not be allowed to play in future seasons until all school issued uniforms and equipment has been returned or fees have been paid.

## **Participation Warning**

Although participation in supervised interscholastic or intramural athletics may not be considered hazardous, ***BY ITS NATURE, PARTICIPATION IN INTERSCHOLASTIC OR INTRAMURAL ATHLETICS INCLUDES A RISK OF INJURY WHICH MAY RANGE IN SEVERITY FROM MINOR TO LONG-TERM CATASTROPHIC.*** Although serious injuries are not common in supervised school programs, it is impossible to eliminate this risk. Participants can and have the responsibility to help reduce the chance of injury. ***PLAYERS MUST OBEY ALL RULES, REPORT ALL PHYSICAL PROBLEMS TO THEIR COACHES, FOLLOW A PROPER CONDITIONING PROGRAM, AND INSPECT THEIR EQUIPMENT DAILY.***

**Injury-** All athletes will communicate any injury that they sustain to the coach. If treatment is required, a coach must be aware of the injury and the condition of the individual.

## **Fees**

There is an athletic fee required with each sport. Fees are to be paid before the first scheduled game. Fees go toward referees' payment, field fees, and equipment replacement.

Fall/Winter Sports (August – February)

- 6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup> Boys Football: Students must provide football cleats, mouthpiece, and practice clothes. The school will provide game uniforms and footballs. There is an \$95 fee for this sport.
- 6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup> Girls Volleyball: Students must provide court shoes and kneepads. The school will provide game uniforms, volleyballs. There is a \$85 fee for this sport.
- 6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup> Cross Country: Students must provide running shoes. The school will provide uniforms. There is a \$85 fee for this sport.
- 6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup> Boys Basketball: Students must provide basketball shoes and practice clothes. The school will provide game uniforms and basketballs. There is a \$85 fee for this sport.
- 6<sup>th</sup>, 7<sup>th</sup> & 8<sup>th</sup> Girls Basketball: Students must provide basketball shoes and practice clothes. The school will provide game uniforms and basketballs. There is a \$85 fee for this sport.

## **Team Selection:**

All students who are in good standing with the school are able to attend a player selection process for our teams and programs. Teams will hold tryouts at designated times, and our coaches will select the team based on pre-determined skill-based criteria that applies to all players. In addition, due to resources, there is a limited number of players that a team may carry. As our programs grow, we will offer additional opportunities for participation.

To facilitate the overall growth of the RMCA Athletics programs, the 'A' team will be the most competitive team and will allow 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> grade students to participate. The 'B' & 'C' teams will be for learning and growth in the sport. These teams will only be made up of 6<sup>th</sup> and 7<sup>th</sup> grade students unless there are not enough athletes to field the team. 8<sup>th</sup> grade students who do not make A team can be considered for manager positions.

**Playing Time and Position Requirements:** RMCA's coaches only commit to players whose evaluation during the player selection process demonstrates that the player is able to contribute to the team in a positive fashion.

Playing time and position policies are on a sport-by-sport basis and outlined by the specific coaches in that program at the beginning of the season. Our A teams are our most competitive and coaches are not expected to play all of their players every game. Our 'A' Team goal is to be competitive and win, while also finding the balance of getting players playing time without sacrificing the win. Our 'B' and 'C' teams are slightly less competitive and more about playing time. Coaches goal is to develop & grow every player on the roster, while still be competitive and teaching competitiveness. Playing time is more spread out & fair amongst these teams but still not 100% even.

### **Transportation**

RMCA will provide buses from RMCA Campus to the athletic event location for all players & Managers. RMCA will not bus players back to the school after the event is over.

Parents/Guardians will be responsible to pick up their athlete at the away location or prearrange a ride.

### **Communication**

*Email & Groupme:* Coaches and the Athletic Director will be mainly communicating through email and the Groupme app. RMCA has the right to remove any player/parent/person from the app or chain if they are not using these in an appropriate & professional manner.

*Practice Schedules:* Coaches will also make every effort to keep students informed about daily practice times and locations. In the case of poor weather, we will try to make cancellation decisions as early as possible.

*Game Schedules:* The official game schedules for all athletics programs can be found on the RMCA website at <http://www.rmcaacs.org/index.php/activities-athletics/athletics>. Teams will set up "team-share" sites to help with communication.

*Game Cancellations:* Games may be canceled due to weather, facility conflicts, and possibly other unforeseen circumstances. In the case of poor weather conditions, the Athletic Director will consult with Athletic Directors from opposing schools within the Central Colorado Athletic

League, RMCA Administration, coaches, and parents before determining whether or not to cancel a game/contest. It is possible that on a day school is closed due to weather, we will still participate in a late afternoon game/match, should the Athletic Director deem that conditions have improved sufficiently for the team to travel safely.

*Results/Standings:* Results will be posted promptly on the RMCA website, on the specific team page. The Central Colorado Athletic League (CCAL) website is linked from our main “Athletics” tab, and contains game results and league standings for your particular sport/activity. Please note that the Athletic Director does not maintain the CCAL website, <http://ccal.myfreesites.net/>. At times the results and/or updated standings may be delayed.

*Student Athletes:* If student athletes have concerns about their role, position, or status on a team, it is important that they initiate a conversation with the coaching staff. This is a great time in the developmental process for the student, rather than a parent, to initiate a discussion. If a solution cannot be reached, then the parents can set up a meeting to discuss the issue with the coach.

### **Pick Up**

Many athletic and extra-curricular activities occur after regular school hours. There is always an official start time and end time for these events. The school will provide adult supervision for all students involved in the specific activity during the scheduled time frame using teachers, coaches, or chaperones. Due to safety concerns, students should not be on school grounds without parental supervision outside the scheduled event time frame. Students should never be dropped off until supervision is available and should always be picked up within 30 minutes after an event has ended in order to be respectful of the supervisor of the event. It is the joint responsibility of both the parent and student to make the necessary arrangements for drop off and pick up within the event time frame. Ongoing abuse of this policy could result in restricting the student from participating in afterhours activities.

**Training Expectations:**

No student-athlete will use or distribute alcohol, tobacco, or drug (this includes distribution/selling of over-the-counter drugs) products during their eligibility in a RMCA sponsored activity.

No student-athlete will engage in hazing/bullying behaviors. Hazing/bullying is an abusive behavior, which also harms victims and negatively impacts a team and school culture by creating an environment of fear, distrust, intolerance and intimidation. RMCA is committed to providing a competitive environment that promotes respect, tolerance, and equality.

## **Parent Participation and Expectations**

Parents are huge part of making a season a successful one. We rely on parent volunteers to insure each of our sports programs runs smoothly. Parents are asked to sign up for things such as: car pool, game snacks and drinks, and selling concessions. Such volunteerism counts towards your overall volunteer hours.

Thank you for all that you give.

## **Parent Code of Conduct**

- 1.) Parents will support their student athlete, regardless of their performance on the field.
- 2.) Parents will not demean, be negative towards in any phrase, comment, or action directed at anyone involved in any part of our athletics program. This includes referees, and coaches, players, parents, and opponents.
- 3.) Parents will respect and adhere to coach-given communication guidelines. Prompt and courteous communication is critical on both ends.
- 4.) Parents will refrain from being under the influence of drug and alcohol usage while at any RMCA athletics event. If found in violation, you are subject to removal.
- 5.) Parents will not attempt to have a conversation concerning coaching decisions with any coach within 24 hours before or after of a competition.
- 6.) Parent will support the team as a whole.

### **Parent Complaint Procedure**

During the span of an athletic season, parental concerns arise and need to be expressed. Communication is the best solution to most problems. Therefore, the following protocol needs to be followed by the administration, coaches, and parents:

Step 1-Athletes should discuss the problem with their coach. If a solution cannot be reached, then proceed to step 2.

Step 2-Parents should discuss the problem with the coach. If a solution cannot be reached, then proceed to step 3.

Step 3-The Athletic Director will be notified and a meeting will be conducted involving the player, parent, and coach. If a solution cannot be reached, then proceed to step 4.

Step 4-An appeal can be made to the building principal, and evaluated for further steps.

# Receipt and Acknowledgement of RMCA Athletic Handbook

I certify that I have received, read, and understand the RMCA Athletic Handbook, a copy of which has been provided to me in paper format. The RMCA Athletic Handbook has been prepared for my information and understanding of the philosophies, policies, and expectations to participate in any RMCA athletic program. I understand that the RMCA Athletic Handbook may be changed at any time and prior handbooks issued would no longer be in effect.

**By signing this, I have read and understood the policies and responsibilities, all RMCA student athletes are held to and must agree to in order to participate in athletics at RMCA.**

Student Signature \_\_\_\_\_

Date \_\_\_\_\_

Parent Signature \_\_\_\_\_

Date \_\_\_\_\_

## Student-Athlete Code of Conduct

1. I will conduct myself in a manner that demonstrates integrity and high moral character.
2. I will attend and be prompt to all training sessions, games, and team functions.
3. I will commit to putting 100% into performing to the best of my ability at all practices, games, and team functions.
4. I will commit to developing and carrying out team and athletic program goals.
5. I will commit to contributing to my teammates experience in positive and meaningful way.
6. I recognize the importance of and commit to owning my academic and athletic career.
7. I will conduct myself in a way that honors my opponents, the officials, spectators, and rules and culture of the game.
8. I will commit to improving the program outside of functioning as a student athlete.
9. I will serve as a model of the culture, and values of RMCA, and our athletic department.
10. I will attempt to resolve conflicts or concerns with my coaches before asking my parents to get involved. I understand that part of the lesson I am learning through participation in sports is that I have responsibility for my actions and for learning how to handle adverse situations.

**By signing this I have read and understand the policies and responsibilities all RMCA student athletes are held to and must agree to in order to participate in Athletics at RMCA.**

**Student Signature** \_\_\_\_\_ **Date** \_\_\_\_\_