

ROCK CHURCH ACADEMY

ATHLETICS

RCA



VICTORS

HANDBOOK



Rock Church Academy Athletics Handbook

RCA ATHLETICS PHILOSOPHY

As an Athletic Department, we believe in being Godly role models for our scholar athletes, helping them build their faith in Jesus Christ and develop their athletic skills. We aim to keep JESUS FIRST in ALL that we do." Our athletes will learn to work as a team. They will celebrate their accomplishments collectively, individually, and as a representative of their school, Rock Church Academy.

FORMS REQUIRED TO PARTICIPATE IN RCA TEAM ATHLETICS

All RCA Scholar Athletes (RCA-SA) are required to have a current sports physical and have their parent(s)/guardian(s) sign the Rock Church Academy Athletic Handbook and Rock Church Academy Athletic Permission Slip. All forms must be submitted to the Athletic Director before the Rock Church Academy Scholar Athlete participates in practices or games.



ROCK CHURCH ACADEMY ATHLETICS CODE OF CONDUCT

As an RCA Scholar Athlete or as parent or guest, I understand that the mission of Rock Church Academy athletics is two-fold:

- 1) First, providing RCA Scholars with opportunities to excel academically and grow their character into conformity with Christ.
- 2) Second, maximizing the development of each scholar's God-given athletic potential.

Character comes first, athletic achievement second- in that order. We believe that every endeavor in life has one primary goal: to bring glory to our Creator.

Parents, Guardians, Guests, Scholar Athletes and Coaches commit to never letting the intensity of athletic competition compromise their testimony as an individual, as a member of the Rock Church Academy community and as a follower of Jesus Christ.

We believe that every child on the opposing team, the most and least skilled players on our team, the coaches, the referees, and other parents are all made in the image of God. All are deserving of being treated with dignity and respect, even on their worst days. As such, we will look for opportunities to support, not undermine, the God-given authority of the coaches and officials.

We do not compromise or apologize for our desire to win; however, our mindset as Rock Church Academy athletes, parents, coaches, and guests is to use athletic competition to encourage our students to excel in all areas of their lives for the Glory of God.

We aim to leave the opposing team with the sense that Rock Church Academy is just that - authentically Christian in its commitment to excellence, humility of spirit, abundance of love, and the Lordship of Jesus Christ. We agree to refrain from using alcohol, drugs, tobacco, or profanity at any Rock Church Academy athletic event. We agree to never publicly or personally confront an official or referee. We agree to never inappropriately step on to the field of play because of an officiating decision. We will support all coaches and athletes playing for and against Rock Church Academy and never mock, roast, or root negatively.

ROCK CHURCH ACADEMY SCHOLAR ATHLETE EXPECTATIONS

- 1) I understand that I am expected to conduct myself in such a manner as to bring glory to our Creator. My actions on the field and court should reflect that goal. My conduct in school impacts my ability to participate in athletics at RCA.
- 2) I commit to never let the intensity of athletic competition, compromise the Christian testimony of Rock Church Academy, nor my testimony as a follower of Jesus Christ.
- 3) I understand that my education is my first responsibility; therefore, I will strive to achieve academic excellence and remain academically eligible.
- 4) I understand I represent Rock Church Academy. I will play hard and to the best of my abilities, but I will not intentionally harm an opposing player.
- 5) I will respect my coaches, teammates, opponents, officials, and always opposing fans in accordance with Christian Character. I will not speak to an official unless spoken to first.
- 6) I will not use drugs, alcohol, tobacco, or profanity on or off the field.
- 7) I agree to be on time to all practices, games, or team events unless I personally inform my coach otherwise.
- 8) I will not damage or deface property, buildings, or equipment of Rock Church Academy or an opposing school.
- 9) I will also take proper care of uniforms and equipment issued to me by Rock Church Academy.

ACADEMIC INELIGIBILITY

A scholar's grades will determine eligibility for extra-curricular activities. Grades, report cards, and progress reports will be reviewed on a regular basis. Scholars earning one report card grade of "F" or two grades of "D" will be ineligible for all extra-curricular activities. Ineligible students will be reassessed 10 school days after mid-term and term reports. If grades have improved, the Principal or Athletic Director may elect to reinstate eligibility. If grades have not improved, students will remain ineligible until the next progress report or report card. Fourth quarter grades will determine eligibility for fall activities for the next school year. Scholar athletes may be required to participate in study hall or tutoring services.

ACADEMIC PROBATION

The purpose of academic probation is to give the scholar an opportunity to improve and to also issue a strong warning that he/she is in danger of not being promoted and/or not continuing at Rock Church Academy. A scholar who has been on the ineligible list four or more times within a given school year will be placed on academic probation. In addition, a scholar who misses 15 or more days during the first semester will be placed on academic probation. Once a scholar is placed on academic probation, the scholar may not participate in extracurricular activities and must also relinquish all positions of leadership and responsibility for the remainder of the probation period, to be determined by the Principal or Athletic Director.

ABSENCE PROTOCOL

Scholars may not participate in extracurricular activities on the day of an absence (excused or unexcused) unless special permission has been granted by the Principal or Athletic Director. A scholar must be in school for the full day (5 hours) to be considered present. If an athlete will miss a practice or game, the coach should be contacted as soon as possible. Missing a practice or game could result in missing the next game. Head coaches have full authority to determine the consequence for missing a practice or game.

ABSENCES AND SCHOOL WORK

At times, Rock Church Scholar-Athletes will be required to miss class. The scholar is responsible for making up all work missed. Work assigned to the scholar prior to the absence is due on the day he/she returns to school. This includes long-term projects that are due on the day of the absence. Work assigned to the scholar after the absence is due one day after the work is received.

ATHLETIC FEES

There is a \$200/player season fee for all student-athletes enrolled at Rock Church Academy. This fee does not include uniforms and sports equipment. Players will be required to purchase uniforms and equipment on their own or through Rock Church Academy. This fee is non-refundable and can be paid in four installments of \$50 during the months of September-December.

UNIFORMS & EQUIPMENT

Uniforms and equipment issued by Rock Church Academy are to be returned 7 school days after the end of the season. Any uniforms not returned by 7 school days after the end of the season will result in a late charge to be determined by the Athletic Director. No Rock Church Academy student-athlete will be allowed to participate in another sport until previously issued uniforms are returned or replacement payment is made.

TEAM UNIFORMS

Team uniforms (jerseys) may be worn on picture day, the day of the first playoff game, and during a championship game.



TRANSPORTATION & TRAVEL

When possible, transportation to practices/games will be provided by Rock Church Academy. There may be times when parents are needed to transport their scholars to away games. Any parent/guardian who plans on driving their student-athlete to or from an away game must inform the Athletic Director or coach. A copy of the parent's driver's license and car insurance must be submitted to the school office, office@rockchurchacademy.com

Rock Church Academy student-athletes are expected to follow the instructions of the coach or driver, follow all traffic safety rules, remain seat belted (under 17 years of age), and keep the vehicles clean.



CELL PHONES/PERSONAL ITEMS

Rock Church Academy is a “No Phone Zone.” Scholars may not have phones out during the school day, during practices, and during games. RCA will not be responsible for phones or electronics that are lost, damaged, or stolen. If a player needs to contact someone at home, he/she will need to seek assistance from the coach or coach’s assistant. RCA assumes no responsibility for personal items left at other schools, recreation centers, or vehicles. Scholar Athletes are responsible for bringing a refillable water bottle, change of clothes, change of shoes, snacks, and other personal care items.

MEDICAL CARE

We will not have a nurse on site during practices or games. We do have some staff who are certified in CPR/First Aid. Ordered medication should remain with the student when traveling to away practices, games, and events. Coaches will carry a first kit and have a basic knowledge of first aid.

Student athletes should speak to a staff member in charge about how they are feeling before calling their parents/guardians. Scholars must stay with staff member until they are picked up by an authorized parent/guardian. Rock Church Academy does not allow the use of cell phones.

SIBLINGS STAYING AFTERSCHOOL WITH ATHLETES

The safety of our scholars is essential. During sports practices, coaches are busy helping their players learn and practice skills necessary for the sport; therefore, siblings are not allowed to attend practices or games. Parents are welcome to bring siblings to games, but those siblings must always remain with parents/guardians. Siblings who are not an eligible for soccer, volleyball, basketball or baseball must report to After Care. Parents will be charged the appropriate fees for this service.

TEAM SIZE & PLAYING TIME EXPECTATIONS

The coach and Athletic Director will make the final decision regarding the number of players per team in each season. In the event where it is necessary to make a second team, all parents will be informed in a timely manner. Student-athletes who make a team will not necessarily see equal playing time. Playing time is not guaranteed to any athlete.

For middle school and JV teams, the emphasis will be on skill development. The coach will attempt to play each player in every regular season game. In playoffs, the coach will make playing time decisions based on skill level.

Playing time depends on the skill and experience of the player and will be determined solely by the coach. Varsity teams will consist of the best players, regardless of grade. At the varsity level, playing time is not guaranteed. Playing time depends on the skill and experience of the player and will be determined solely by the coach.

CONFLICT RESOLUTION

Parents may not approach a coach before, during, or after a practice or game to discuss a concern. Rather, they should wait until the next business day and email the coach to express their concern. The coach will either address the concern via email or will schedule a time to discuss the matter further with the parent. If no resolution is reached after this exchange, the athlete/parent/guardian can request a meeting with the Athletic Director and Coach.

PRACTICE & GAME SCHEDULES

All practices and games are posted on our RCA Athletic Calendar. Parents are expected to check the Athletic Calendar for changes. If there is a weather-related change, an email will be sent to affected teams, all parents/guardians will be sent an email within a week of practice starting to ensure the athletic office has the best email to reach parents. If an email is received, the parent(s) should contact the athletic office, athletics@rockchurchacademy.com

The school calendar is always consulted when the athletic schedule is created. On occasion, there may be games played on days where there is no school. These games are set annually according to state and national tournaments which affect league games. In some instances (particularly in Mid-October) there are games which cannot be moved.

ATHLETIC AWARDS

All student-athletes are required to attend the athletic awards at the end of each season. (Winter and Spring awards are combined.)

CONTACT INFORMATION

Rock Church Academy Front Office: 410-882-0807

Email: Luther Landry athletics@rockchurchacademy.com