

*Redding Christian School
Athletic Handbook
for
Parents & Student*

RCS Athletic Dept. Mission Statement:
“Compete for the glory of Christ with
excellence, honor, and humility”
(based on 1 Cor. 10:31)



Rev (08/2013)

Dear Athletes and Parents,

The purpose of this handbook is to provide parents and athletes with the philosophy and guidelines of the RCS Athletic Department. This booklet is required reading for athletes and their parents. Once you have read the booklet, please complete the Athletic Information Packet and submit the completed forms to the coach before participating in any practice or games.

It takes a huge commitment by parents and players to create and maintain a highly successful sports program. Reading this booklet will help you understand and support our school's expectations.

Once an athlete commits to playing a sport at RCS, our desire is that it will be a great experience and provide good memories, new friends and life lessons for the Kingdom.

***Mr. Gerald Piper
RCS Athletic Director***

Redding Christian School Middle/Senior High Athletic Handbook

Sports Offered at Redding Christian

The Athletic Department of Redding Christian School is currently offering the following sports:

Introduction

To the Parent:

| | |
|------------|---|
| Fall: | 7 th and 8 th Grade Volleyball (girls, two teams) MS Soccer (co-ed) K-12 th gr. Cross Country (co-ed) J.V. Girl's Volleyball Varsity Girl's Volleyball Varsity co-ed Soccer Varsity co-ed swimming Varsity Football |
| Late Fall: | 6 th grade Boy's and Girl's Basketball 7 th grade Boy's and Girl's Basketball 8 th grade Boy's and Girl's Basketball |
| Winter: | J.V. Boy's/Girl's Basketball Varsity Boy's/Girl's Basketball Varsity Boy's Wrestling |
| Spring: | MS Boy's Baseball/MS Girl's Softball Varsity Baseball/Varsity Softball Varsity Golf High School Track High School Tennis |

Our goal is that parents understand the philosophy of our coaching staff. We desire clear communication between coaching staff, athletes and parents.

One of the greatest gifts parents can give their athlete is to “release” their son or daughter to the coach. Redding Christian works hard to hire coaches that have a love for the Lord, young people and their sport. During an athlete’s season, parents must share their player with the coach and the team. The earlier a parent is able to release the athlete to the caretaker of the team, the sooner the athlete can really develop and grow. By releasing their athlete to the game and coach, parents are telling their children that all successes are theirs, all failures are theirs, and all problems are theirs. There are not many places in a young person’s life where the parents can say, “This is your thing.”

Our Three Basic Rules for All of Our Teams

We want to produce the highest quality athletic program possible. This will require a lot of self discipline on the part of our athletes. Our three basic rules listed below are a cornerstone to achieving athletic success:

- 1. Be Positive: (Eliminate excuses)**
- 2. Communicate Clearly: (Deliver your own messages to your coach)**
- 3. Be Team Centered: (“We, not me”)**

When these guidelines are adhered to, our athletes become much more responsible, which then produces stronger teams.

RCS Philosophy/Approach to Competition

Tryouts are required for all team sports offered. At all levels we will strive to put the team on the court or field with the athletes that are best qualified. We are looking for qualities that include sport fundamental talents, a positive attitude, work ethic and academic progress. Each team has a maximum number allowed on that roster; however, a coach may carry less if he/she chooses.

6th Grade Basketball will carry a maximum of 12 players.

MS Co-Ed Soccer will carry a maximum of 18 players.

MS Volleyball will carry a maximum of 12 players on each squad (8th and 7th)

Seventh and Eighth grade Basketball teams will have a maximum of 12 players.

MS Baseball and Softball teams will carry a maximum of 18 players.

A MS athlete’s playing time will be determined by athletic ability, coachability, attitude, attendance and academic eligibility. The coach will determine how much each player will play according to the strengths and weaknesses each player exhibits. However, *all* athletes will get playing time as this is an opportunity to develop skills in the athletes. Each player is competing for playing time and a starting position. If there are not enough players to field a team the Athletic Director may allow the coach to hold tryouts for the grade below in order to carry more players. Athletes are only allowed to move up in order to field a team, and at the Athletic Directors discretion.

JV and Varsity Volleyball will carry a maximum of 12 on each team.
JV and Varsity Basketball teams will carry a maximum of 12 players.

Varsity Co-Ed Soccer will carry a maximum of 18.
Varsity Softball and Baseball will carry a maximum of 18.
8-man Football will carry a maximum of 45.

Those making varsity teams will compete with teammates for playing time and starting positions. The coach will determine an athlete's playing time according to the athlete's overall performance in practice, games.

Athlete Playing Time Policies and Procedures for MS and Up

The Player Should:

- Practice so intensely that the coach feels pressure to reward him with playing time. Coaches notice intensity in practice, not occasional periods of intensity, but everyday, every minute intensity. To have any legitimate reason to talk to a coach about playing time concerns, a player must bring to that meeting a history of practicing with excellence.
- Understand everything the team does, both offensively and defensively. A player can't expect to play if his coach has doubts about his understanding of what to do in the game.
- Develop knowledge of as many positions as possible. You never know when the opportunity may come, due to another player's injury or illness or another reason. Be ready to go whenever and wherever needed.
- Want to play, whether for long or short periods of time; be ready by staying in the game mentally, while on the bench. When the coach starts to think about whom to sub into a game, your chances of being chosen will be increased if he sees you focused, aware of the game situation, and encouraging your teammates from the bench.
- If a non starter, genuinely cheer for those who start. There are two things that might increase the chances of a sub going into the game: the starter's mistakes or the starter's playing with such great intensity and success. A true team player will cheer for the latter to occur.
- If a starter, be genuinely glad when the subs get to play, and cheer for them. A starter can easily become spoiled and selfish. That is however, an inappropriate team mentality. Respect the subs for the role they play in practice, pushing you to become a better player.

The Parent Should:

- Consider the "big picture" before becoming critical. Remember that you are not at practice, and often game to game decisions are based on what happens in daily practice. **Give** the coach time to evaluate his/her players, to see who gets the job done. Realize that even the best players have an "off night" and that a less talented player can have a great game and deserve to be in the game more than usual.
- **Avoid** sowing seeds of dissention. Resist the urge to talk to other parents or fans about your dissatisfaction. Everyone loves to have company in their misery, but no good ever comes from it.

- **Encourage** your athlete to talk to the coach when playing time questions exist. Avoid robbing your child of a wonderful opportunity to mature and develop communication skills of his own. You may need to help him think through what to say to the coach.
- **Support** the coach even though you may not agree with his decisions. It will make your athlete's experience a much better one overall.
- **Parents should always set a positive example for their students.**

What to Expect from RCS Coaches

1. Men and women who are committed to Christ, love young people and are knowledgeable in their sport. Each head coach must be CPR certified, go through RCS coach's training and demonstrate an understanding of the rules, and strategy of his/her given sport. Each coach is expected to be a Christian role model; regularly leading the team in prayer, devotions and life lessons. Coaches are trained to hold meaningful, organized practices emphasizing the fundamentals of their sport. Each coach will hold a pre-season meeting for prospective athletes before tryouts to provide information about the sport. Coaches will follow the RCS tryout policy (handed out at the preseason meeting) and then hold a parent information meeting. At the conclusion of the season each coach will hold an awards meeting to present player awards.

Parent Support and Cooperation Guidelines

Our home game helpers are our athlete's parents. If your student is on a team, we are relying on you to help carry the work load. Parents of players on volleyball and basketball teams are required to commit to helping work the snack bar and others tasks for a minimum of five home games. Parents of football players are required to help at every home game. **If you cannot work your committed slot, it is your responsibility to find a substitute worker. If you fail to keep this agreement, understand you will be billed double the regular sports fee.**

1. **Please help with clean up after home games whenever you can so that the job is easier for all.**
2. Parents carpool players to away games. Directions are provided in the school office to all away games. Drivers will be arranged by Team Moms. We encourage parents to drive and require that current copies of valid driver's license and insurance be on file in the school office before transporting players. Parent drivers are under the head coach's direction and must travel together so that the team can be monitored. The head coach must be consulted about any decisions while the team is on the road.
3. Be a model; model appropriate behavior, poise and confidence.
4. Attend the early season parent meeting.
5. View the game with team goals in mind.
6. Attempt to relieve pressure not increase it.
7. Encourage multi-sport participation.
8. Release your athlete to the coach and the team.
9. Look upon opponents as friends involved in the same experience.
10. Accept the judgment of the officials and coaches; remain in control. They will make mistakes, they are human! Show grace!
11. Demonstrate winning and losing with integrity. Be an encourager: Encourage athletes to keep their perspective in both victory and defeat.

12. Be a good listener.
13. Accept the goals, roles and achievements of your athlete.
14. Attend every contest that is feasible. Being at the game is important to your athlete. However, do not try to live through your child. Be positive and supportive without adding undue pressure and unrealistic expectations. Let the coach, coach. Do not coach from the sidelines.
15. Belief in and support of the coach's judgment, character, actions, strategy, and overall philosophy will help your child do the same. In contrast, criticism and constantly questioning a coach's actions and overall program will likewise lead the student-athlete in that way. The attitudes and ideas communicated in the home will often be carried out in the heart and mind of the athlete.
16. Help your student athlete stay eligible academically by monitoring and encouraging progress.
17. Support our Booster Club anyway you can. It is the primary financial supporter of RCS Athletics.
18. Help your child's team by being a score keeper, team mom or dad, driver, scoreboard operator, stat keeper, etc.
19. Be flexible whenever possible. As carefully as planning is done, changes in times and schedules sometimes need to be made.
20. Pick up players on time after practices/games. Our coaches work to finish on time.
21. Build up, rather than put down other team members. It is important that each one sees the other team member as a vital part of the team, regardless of the role or skill level.
22. We have an "open" practice policy. If as a parent you choose to attend, do not speak to your athlete, the coach or anyone at practice. "Closed" practices may be held at the coaches discretion. Do not bring small children or do anything that could interrupt practice. If you need to speak with the coach, make an appointment to do so.
23. Each team must have a Team Mom or Team Dad. (There can be more than one.) These parent helpers will assist in setting up car pools and arranging snack bar workers, while working closely with the team's head coach.
24. Complete the coach's evaluation along with your student in a fair and timely manner when sent home by the Athletic Dept.

Communications

Missing Practice

1. If your athlete must miss a practice or contest for family reasons that are unavoidable, **the athlete must let the coach know directly as soon as possible by phone.**
2. If you have a valid question or comment, verbalize it to the appropriate person (most often the coach). Choose an appropriate time and do so in a positive way. Some issues are best dealt with during the off-season.
3. Remember that the coach is the designated person in charge. You may not understand or agree with some of his/her philosophies or decisions but be willing to give the benefit of the doubt and show your support.

Guidelines for handling parent/coach concerns: First see Matthew 18:15-19 (It is expected that this procedure is followed closely.) Generally, the first responsibility is for the athlete to talk to the coach (it is a part of growing up). A coach appreciates communication from the athletes regarding team or individual situations. A coach will not "hold it against" an athlete

for wanting to talk about a situation. If a parent wants to speak with a coach about a concern, it should be done at a suitable time via a face to face appointment. **Discussing problems with a coach before or after a contest is not an appropriate time. A coach must never be confronted before or after a practice or game.** Coaches are teachers, so please do not confront the coach in a public setting. Problems get solved in meetings, not the public arena. If the concern still exists after meeting with a coach, the concern should be taken to the Athletic Director.

Observe the following chain of communication when you have a question or concern: Head Coach, Athletic Director, Principal, and School Board. The organization of the Department of Athletics calls for these procedures to be followed for efficiency and to insure a smooth running operation. This chain of communication command should be viewed as a professional manner in which a coach/person can make his feelings known and as an effective way to have input into his program.

Sportsmanship for Parents and Spectators

It is important to make guests to our school activities feel welcome. All visitors should feel as though they have been treated fairly and dealt with in a sportsmanlike way. The skills of the visiting team should be recognized and appreciated. Everyone needs to work to create a positive atmosphere at Redding Christian. The following behavior is not acceptable at any contest: booing or jeering, mocking or taunting, yelling negative comments to officials. Never confront officials or other participants during or following a contest. If a problem occurs, inform the school administration and allow them to deal with the situation. A game official or school administrator (or their designee) or an RCS Board Member has the authority to remove anyone from the confines of an athletic contest for unsportsmanlike behavior. The school may also deny the privilege of attending future contests.

To the Athlete

As a member of an interscholastic squad at Redding Christian, you have the responsibility of adding to the wonderful tradition that has been established and is currently being established in our athletic program. The tradition we are establishing is to glorify God by winning with honor and losing with grace. We desire to win, but only if in so doing we honor God. Such a tradition is worthy of the best efforts of all concerned and equals a win-win attitude.

Our Responsibilities to God

Christians are ambassadors for Christ and the light of the world. As parents and members of an athletic squad from a Christian school, the most important responsibility we have is to be good representatives of God by displaying Christian testimonies.

Requirements for Participation

Physical Examinations

Prior to the tryouts and first practice at the high school level, a student shall undergo a thorough medical examination and be approved for interscholastic athletic competition by a medical authority licensed to perform a physical exam. The passed exam is valid for 12 months and should be completed in the fall of the school year when possible. Use the exam forms from the RCS school office.

Age

High school students shall be under 20 years of age on Sept 1 for the fall sports season, on December 1 for the winter sports season, and on March 1 for the spring sports season.

Academics

At the MS Level: Athletes must maintain a 2.0 GPA and have no "F's" in their classes at any time. If an athlete falls to an "F" or below a 2.0 GPA at any time he/she will be declared ineligible for a period of two weeks. During the two week period, the athlete will not be able to play in any athletic contests. The athlete should still attend practices, wear game day dress code, and support his/her teammates on the bench during the game. The athlete will not be allowed to travel to away games, however. At the end of the two weeks a grade check will be performed to determine if the athlete is eligible. If not, another two week period will ensue. If at the end of the 2nd two weeks the student is not eligible, or the semester ends without the problem corrected, he/she will be removed from the team roster.

At the High School Level

In order to maintain athletic eligibility, at progress report time any student that has an "F" will be put on probation. Probation consists of notifying the parents, contacting the coach, and having the teacher meet with the student to help them improve their grade. At the quarter mark, if a student receives an "F" on their report card, they are suspended from all athletic practice and games for two weeks. If at the semester a student has an "F" or drops below a 2.0, they cannot continue the sport they are in, and will be ineligible to participate in any sport until the following semester.

Athletic Information Packet

Each athlete and parent must sign the Athletic Information Packet, which outlines athletic department policies and parent/athlete assumption of risk to participate. The forms also are an acknowledgement by the athlete and parent that they agree to uphold the school policies in the RCS Athletic Handbook for Parents and Students. These forms are to be handed in to the coach at the beginning of the season.

Injuries/Insurance

All injuries that occur while participating in athletics should be reported to the coach. If the injury requires medical attention by a doctor, it will be necessary to have an injury report form completed. A participating student must present the coach with a physician's release to resume participation following an illness or injury that was serious enough to require medical care. Parents are required to maintain health insurance to cover athletes.

Financial Obligations and Equipment

A sports fee is assessed each time an athlete makes a team and is not refundable. The fee will be billed to the parent's account after the team roster is posted.

Fee Schedule: A \$125 fee is required for all high school sports with the exception of football which is \$300 (An advertisement may be sold by the athlete for the RCS Game Day Program to offset the cost to families. Ads sell for \$100 each and forms are available in the school office.) A \$75.00 fee for MS school sports. (An advertisement may be sold by the athlete for the RCS Game Day Program to offset the cost to families.)

- School issued uniforms are to be worn only for games/competition.
- Equipment/Practice gear - Athletes are responsible for the proper care and security of equipment issued to them. School-furnished equipment is to be worn or used only for contests and practice. All equipment not returned in good condition at the time requested at the end of the season will be subject to replacement value. Seniors will not be awarded their diploma until uniforms are returned or paid for.

Athlete Dress Code (Everyone is to know and follow these procedures closely.)

Game day dress code is in effect for the entire school day. Athletes will come to school in dress code, travel to away games and return from their homes for home games in game day dress code. Teams that have a game following theirs will return to game day dress code before reentering the gym from the locker room. No uniforms are to be worn home unless playing an outdoor sport. HS male athletes must wear a dress collared shirt and tie and khakis or dress slacks. The tie must be tied and worn properly and shirts tucked in. MS male athletes must wear collared polo shirt and khaki or dress slacks. Girls are to wear appropriate dresses or shirts and blouses. Football players may wear game jerseys on game days with khaki or slacks. Shirts must be tucked in at all times and pants must be black or khaki. No jeans or shorts are allowed.

Athletes failing to comply will have consequences from their coach.

Post Game Day Policy

Athletes need to be at the school the day after games. We have experienced problems with players coming to school late or not at all the day after games because they are sleeping in. Athletes that do this will not be allowed to play the first half of the next game.

Transportation Policy

RCS depends on parent carpools to transport players to away games. All drivers must meet the requirements outlined on the RCS Driver's Form in the school office and be cleared before they can transport any RCS athlete besides their own. Athletes are required to have a note from a parent to present to the coach before a game if he/she plans to ride back from away games with a different driver. Otherwise, all athletes are to ride to and from games with the driver assigned by the coach.

For games/contests that are more than 60 miles away, athletes who do not have a parent driving will be required to bring \$5 to pay for gas. The money will be given to the head coach who will redistribute it to parents driving to help defray the costs.

General Athletic Team Policies

1. If an athlete misses an entire day from school for illness, he/she cannot participate in practice or a game.
2. When a student is medically excused from school, he/she will also be excused from practice. The athlete must call the coach and inform him of the situation.
3. If the athlete is in attendance for half of the school day, he/she may participate in games and practices.
4. If the student-athlete attends school, he/she should also attend practice even if he/she does not suit up.
5. Athletes need to be at practice. Please schedule appointments and vacations around

practice.

6. Players may be required to practice during weekends and school vacations. These practices are very important, and players/parents are asked to plan around them and attend.
7. RCS teams wear practice uniforms. Be in uniform for practice.
8. Athletes suspended for any reason are required to miss at least the next game and possibly more depending on the circumstances.
9. Athletes quitting a team are not allowed to receive any team awards or to try out for another athletic team the same school year unless the reason for quitting was approved by the Athletic Director beforehand.
10. If an athlete has an unexcused absence from school anytime during the school day, he/she will not be allowed to practice or play in the game that day.
11. If an athlete has one unexcused absence from practice, he/she will not be allowed to play in the first half of the next athletic contest. A second offense will result in a one game suspension and a third offense will result in dismissal from the team.

End of the Season Awards

An award night with athletes and families will be scheduled by each coach after the completion of the season. Athletes who are suspended from the team during the season will not have the opportunity to letter or earn special awards.

MS School Lettering Guidelines (a letter certificate)

Volleyball -Athlete must have played in one-half of team games.

Girls Basketball - Athlete must have played in one-third of the team quarters.

Boys Basketball - To letter, players must play one-third of the team quarters of the season.

Cross Country- To letter, athletes must run in 90% of scheduled meets.

High School Lettering Guidelines

Letters shall be presented to an athlete who satisfied the participation requirements established for that particular sport, completes all team obligations, and receives the recommendation of the coach. The athlete must maintain a good attitude and athletic image in gaining respect of coaches and teammates. It may be possible for a coach to letter an athlete in a special situation such as an injury or illness where, had this not happened, he/she probably would have lettered. All equipment must be handed in before a letter will be awarded. Coaches, along with the athletic director may determine to award a letter to any senior student who has consistently attended practice sessions and who has shown true dedication to the sport during the student's high school career. Manager letters will be awarded upon recommendation of the coach.

- Volleyball** – Lettering requirements:
 - 1) Play in at least a portion of the game in one-half of the matches.
 - 2) Coach’s discretion
- Basketball** - Lettering requirements:
 - 1) Play a portion of the game in half of the games.
 - 2) Coach’s discretion
- Baseball** - Lettering requirements:
 - 1) Play in at least one inning for every regular season game played.
 - 2) Coach’s discretion
- Softball** - Lettering requirements:
 - 1) Play in at least one inning for every regular season game played.
 - 2) Coach’s discretion

Fund Raising

To support the team financially, an athlete may be required to assist in team fundraisers. Any products checked out to an athlete are his/her responsibility.

Summary

Redding Christian School is seeking to represent Jesus Christ in each and every aspect of our campus activities. Our athletic teams are a very major aspect of that activity. On the fields or courts of competition is where who you really are comes out and shows. We want our student-athletes, as well as our coaches, parents, boosters, and administration all striving and pulling together for the same goals and distinction. ***Our number one priority is always to elevate the reputation of Jesus Christ.*** If this is constantly taking place in all of the lives of the people involved at Redding Christian School, we will be seeking to serve our Lord Jesus Christ to the best of our abilities in each and everything we do.

Our prayer at Redding Christian School will continue to be to allow God to show through all of our activities in order that He may be glorified. By showing His love to others through our Athletic Program, many more can come to the saving knowledge of our Lord and Savior Jesus Christ. Our actions do speak louder than our words to the world around us. Let us constantly be aware of our responsibility to serve Jesus Christ in everything we say and do.

**Player and Parent Confirmation and
Code of Conduct Statements**

I confirm that I have read the contents of the RCS Athletic Handbook and agree to uphold all policies and guidelines outlined therein.

I also commit to the following RCS code of Conduct Statement:

Character counts.

(Please initial each statement.)

- I will demonstrate good sportsmanship towards our opponent's.
- I will accept the judgment of the officials, and not argue with them.
- I will demonstrate winning and losing with integrity.
- I will be an encourager and help elevate the reputation of Christ.

Signatures:

Mother: _____
date

Father: _____
date

Athlete: _____
date

Important!

Sign and return to your coach with your RCS Athletic paperwork.