

HANDBOOK FOR PARENTS OF STUDENT ATHLETES



Resurrection Christian School

RESURRECTION CHRISTIAN SCHOOL

ATHLETIC PHILOSOPHY AND OBJECTIVES

The athletic program is an integral part of the educational process of Resurrection Christian School. It promotes a desire in our students and community to take part in sports either as a participant or a spectator.

It is our desire to be **BOLDLY CHRISTIAN** in every one of our athletic programs. We intend to honor the Lord Jesus Christ in all we say and do. Along with this, we aim to develop competitive athletes and not lose sight of the values that represent our school. Athletics should boost school morale and provide an additional source of self-esteem for our students.

Resurrection Christian School Athletic mission statement

RCS supports that a quality interscholastic athletic program is vital to the positive spiritual, social, physical and educational development of students. The interscholastic athletic program aligns itself with the spiritual direction of the school and supports its academic mission. We are committed to honoring Jesus Christ by our action and word at all athletic contests. We will exhibit sportsmanship, fair play and standards of excellence in all that we do in the athletic program.

Being a member of the interscholastic program is a privilege to be earned and maintained throughout the season. Each time participants step into a school or onto the practice field and anytime they participate in a game they are expected to represent the Lord, family, team and RCS in a Christ like manner.

It is our responsibility to provide challenging opportunities for our student\athletes to compete successfully at the league, district and state levels of competition.

At Resurrection Christian School

In addition to embracing and committing to the mission of RCS, we will encourage and promote:

- * The belief that student-athletes should participate in multiple activities.
- * The concept of the broadest-based participation possible by offering all of the programs, which we can, and extending the opportunity to participate to as many students as possible.
- * The premise that all teams are considered vital for our student-athletes and each is a valued part of our athletic program. No one program is considered more important than any other.
- * The approach that all programs are treated as fairly as possible.

SPECIFIC OBJECTIVES

1. To provide opportunities to learn games and improve playing skills to the best of their abilities.
2. To develop physical fitness and desirable health, hygiene and safety habits.
3. To provide opportunities to make a real friends with team members and widen circles of friends by meeting student athletes from opposing teams.
4. To provide opportunities to observe and practice good sportsmanship.
5. To realize that athletic competition is a privilege that carries definite responsibilities with it.
6. To reap the benefits of the special type of discipline that comes from participation and competition.
7. To understand the concept of teamwork and the individual's role as a team member.

COMMUNITY OBJECTIVES

1. The RCS community should realize that control of and responsibility for school athletics rests entirely with the school authorities.
2. School athletics should furnish a recreational opportunity for the general public as long as a community is willing to see that the program is conducted solely for the benefit of student competition and student spectators.
3. The community should judge the success of the season on the number of participants, the number of spectators, new skills acquired and good citizenship and good sportsmanship taught and if the participants are having fun rather than on the number of games won or lost.
4. The community should constantly keep in mind that an athletic contest is part of the school program and therefore is governed by the same philosophy.

SCHOOL AND STUDENT-BODY OBJECTIVES

1. Athletics should be educational
2. Athletics should promote pride in the school and the direction of RCS.
3. Proper student interest should be promoted.
4. All visiting schools should be treated as guests.
5. School policies should be adhered to, so athletes don't receive special privileges.
6. Sportsmanship, fair play and good school citizenship should be the goals of all student athletes.
7. Every effort should be made to provide the best coaching, facilities and equipment possible.

Being a parent is often challenging, this effort and responsibility is frequently complicated by being a parent of a student athlete. This handbook, with its guidelines and suggestions, will give you some insights into this responsibility.

The Player-Coach Relationship

Unfortunately, through televised games and the more recent proliferation of cable TV, many adults feel that they understand or perhaps know more than many coaches. Everyone becomes an expert. While this newfound expertise may heighten your appreciation of a sport, as a sport-parent, however, you are not the coach.

The player-coach relationship is perhaps the most critical relationship in athletics. Unfortunately, a sport-parent can have a pronounced effect on this very important and delicate relationship. While you may not agree with all decisions of a coach, how and when you express your feelings can have a decide effect upon your child.

Receiving technical or strategic instruction at home may interfere and conflict with the instructional process at practice sessions and games. This may ultimately impede your son or daughter's progress and affect their playing time or whether they win a starting position.

The Parent-Coach Relationship

In your role as a sport-parent, you obviously love and are concerned about your child's welfare. You want the best for him or her. But a student athlete can only have one coach. Allowing the coach to instruct and guide the team is crucial in many respects.

Parents, if you express a negative opinion in front of your child, you need to remember that he or she will return to practice the next day and may carry with him or her your convictions. You son or daughter will then have to interact with this coach. You, as the sport-parent, can greatly affect this delicate relationship.

Should you have any questions or concerns, do not approach the coach immediately at the conclusion of a contest. At this time, coaches have other responsibilities and it may be an emotional time. Call and make an appointment for a later time and approach the meeting in a calm, courteous and logical manner.

One of the responsibilities, which a coach has at the conclusion of a contest, is to have a brief meeting with his or her players. Student-athletes should not pause to talk to parents or friends immediately after games. These brief meetings are essential to the learning process involved in athletics, please respect this time?

Just as our students are exposed to a variety of teaching styles and techniques, our student athletes are exposed to a variety of coaching styles and techniques. Consequently, the Athletic Department does not have any rules, which mandate the amount of playing time received by each player. Those decisions ultimately rest with the coaches in the program. Questions or concerns about playing time are best addressed in a player-coach meeting. However, all are expected to behave as to honor Christ.

Expressing Concerns

When expressing an occasional concern with a coach, please refer to and use the following guidelines:

1. Never approach a coach immediately following a contest. This is not the proper time or place for a discussion concerning your child or the team.
2. Call the following day and make an appointment, which is convenient for both you and the coach to meet
3. Raise your concern in a Christ like fashion. Yelling and accusations have never led to viable solutions.
4. Once you have stated your question or concern, listen to the explanation. Often a sport-parent may be blinded by emotion and this overrides logic and reason. Listening respectfully may help you to understand fully the entire picture.

The Parent-Player

Some sport-parents may try to live through their child's athletic effort. Being positive and supportive is important, and at the same time adding pressure and unrealistic expectations can be extremely harmful. Allow your son or daughter to enjoy and grow from this valuable experience. In numerous national studies, it has been determined that most student-athletes participate for enjoyment or fun. Excessive pressure or expectations can alter this most fundamental reason for playing.

Relationship with Officials

Officials agree to and follow a code of ethics. Officials are unbiased and are interested only in securing a safe and fair contest. They really do not care or have a vested interest in which team emerges as the victor. It is also important to understand that they are a very necessary part of a game. A contest cannot be played without them.

The assignment of officials is overseen by a commissioner or assignor to each contest. Honoring and treating our assigned officials is one way we, as RCS can set the standard for excellence and exhibit Christ like behavior.

While you may not agree with all of their calls, it is inappropriate to harass or taunt them. It is also important to remember that they are in charge of the contest and have complete authority to have unruly spectators removed. In many sports, a team will see the same official several times during a season. Coaches, athletic administrators and schools often work hard to establish a rapport and good working relationship, which can easily be damaged by spectators.

Spectator-Cheerleader

Cheerleaders try to infuse spirit into the fans\spectators and to lead them in selected cheers. Taking this responsibility into your own hands is not appropriate. Fans that leave the stands to direct cheers may often cause or lead to confrontations with the opponents. Following the cheerleader's directions, therefore, is absolutely necessary at all athletic contest.

There is a value system--established in God's word, the home, nurtured in the school, which young people are developing. Their involvement in classroom and other activities contribute to that development. Integrity, fairness and respect are lifetime values taught through athletics, and these are the principles of good sportsmanship. With them, the spirit of competition thrives, fueled by honest rivalry, courteous relations and graceful acceptance of the results.

Working to that end, we are joining with the *The Denver Post and CHSAA* program called *Sportsmanship—It's how you play the game*. This is a program designed to positively impact behavior in our schools and reinforce and reward the need for sportsmanship as one of the values taught through educational athletics.

Good sportsmanship, whether displayed by a student or a parent, is a sign of leadership within the school and the community. As a parent of a student, it is important to:

- * Realize that athletics are part of the educational experience, and the benefits of involvement go beyond the final score of a game.
- * Encourage our students to perform their best, just we would urge them on with their class-work, knowing that others will always turn in better or lesser performances.
- * Participate in positive cheers that encourage our athletes, and discourage any cheer that would redirect that focus.
- * Learning and respecting the rules of the game, the officials who administer them and their decisions.
- * Respect our opponents as students, and acknowledge them for striving to do their best;
- * Develop a sense of dignity under all circumstances; and
- * Be a fan... not a fanatic!

SPORTSMANSHIP EXPECTATIONS

Acceptable Behavior

1. Applause during introduction of players, coaches and officials
2. Players shaking hands with opponents who foul out while both sets of fans recognize player performance
3. Accept Official decisions as part of the game.
4. Cheerleaders lead fans in positive school yells in positive manner.
5. Handshakes between participants and coaches at the end of contests, regardless of outcomes.
6. Support and pray with us after games.
7. Treat competition as a game not a war.
8. Coaches \ players seek out and congratulate opposing coaches.
9. Applaud all contestants for being a part of the competition.
10. Pray for and ask God to help all injured athletes.
11. Encourage everyone to be a good sport.

Unacceptable Behavior

1. Yelling and waving arms with the intent on distracting an opponent.
2. Disrespectful or derogatory remarks, chants, songs or gestures.

3. Booring or heckling an official decision.
4. Criticizing officials in any way; displays of temper with an officials call.
5. Yells that antagonize opponents.
6. Refusing to shake hands or give recognition for good performances.
7. Taunting or name calling to distract an opponent.
8. Use of profanity or displays of anger that draw attention away from the game.

Do's and Don'ts

1. Cheer **for** your team.
2. But don't yell at your opponents.
3. Do not use vulgar or profane language.
4. Yelling at officials **cannot** be tolerated.
5. Do not yell at or try and distract a player shooting a free throw.
6. Taunting and trash talking directed at players, coaches and fans is not permitted.
7. Remain in the bleachers during the contest.
8. Do not interfere with our opponent's cheerleaders and their attempt at lead cheers.
9. Do not kick the bleachers
10. As a parent, please set a positive example for our students, let us be a blessing!!

RCS reserves the right to eject any spectators whose behavior is contrary to sportsmanship.

Participation on an Athletic Team

It is important to understand that participation on an athletic team at RCS is a privilege not a right. Being on and maintaining one's membership on the team means accepting all the responsibilities of a student-athlete. However, unlike recreational teams, equal or guaranteed playing time does not exist. In an effort to succeed, a coach will use players best suited to the conditions or demands of the contest at that time.

Physical Education class participation

It is important to also understand that all student-athletes are expected to actively participate in all required PE classes even when 'in season' during their particular sport. PE is an important time and should be viewed as such. Students who participate in interscholastic sports should not expect 'special' treatment from teachers to be excused from PE classes even on the day of a game. PE teachers will use prudent judgment with student-athletes on determining their participation level in class on the day of competition.

Guidelines for Parent and Student Athletic participation

All meetings with coaches are to be made by appointment only. Coaches will make their work numbers available to parents. Parents will refrain from calling coaches at their home, unless a true emergency. There will be no meetings between parents and coaches on the athletic fields, in gyms, or in locker rooms.

The sole purpose of an extracurricular parent booster group is for positive reinforcement and support of the athletes, the athletic program, and to assist in the fund-raising for that program. There are no other agendas.

Coaches are will not discuss player position, playing time, offensive, defensive or game philosophy\decisions with parents. These are coaching decisions.

There will be no establishment of parent groups, websites, athlete groups etc., without the written consent of the head coach, the athletic director, and the principal of Resurrection School.

Any student\athlete that makes the decision to leave the team will make an appointment with the head coach to notify him\her of their decision, and hand in any school issued equipment

Each coach will give a deadline date for school issued equipment to be turned in. Failure to turn in equipment by that date will result in not being able to start practice in the next sport season, forfeiture of awards, letters etc., and fined for the balance of equipment missing until its turned in. Please help us!!!

We understand it is a privilege to wear our school colors. We understand the sacrifices made to be part of this tradition. Therefore, we will have NO part in any incidents of hazing, initiation, harassment, disorderly conduct toward, intimidation of, bullying of, or discriminating against any other student, parent, or coach from Resurrection School, or any of our opponents.

Responsibilities of a Student Athlete

Coaches expect a student athlete to adhere to the following guidelines:

1. The team's goals, welfare and success must come before any individual.
2. A student-athlete needs to consistently attend practices. This also includes weekends and some holidays.
3. Players must be receptive to coaching.
4. Team members are responsible for all issued uniforms and equipment.
5. As a member of a team, a student-athlete must agree to and to follow team rules. Student athletes need to remember that they are ambassadors of the Lord, coaches and school.
6. If injured, a student-athlete must report all injuries to the coach or athletic trainer.

Responsibilities of a Coach

At RCS a coach has the responsibility for the following:

1. The selection of the squad.
2. The determination of the style of play, including the offensive and defensive philosophy.
3. Teaching and instruction at all practices.
4. The determination of who starts and how long an athlete plays in a contest.
5. The decision of who plays in what position.
6. The establishment of team rules.
7. The selection of team captains.
8. The communication with student-athletes and parents with respect to when practice session will be held, and when the session will start and finish.
9. Most of all at RCS, provide a direction that leads directly to Jesus Christ and a relationship with Him.

Cutting the Team

While our ultimate goal is to promote the greatest athletic participation possible at RCS, it may be necessary in the future in some sports to use cuts to make the team. This may occur due to limitations of our facilities, regulations specific to some sports, travel restrictions, and other factors.

Every coach has the responsibility and authority for selecting the team. The criteria for selecting the team, is developed by the coach.

It is also important to remember that there are no guarantees. Players from the previous year's J.V. team, for example, do not automatically make either the J.V. or Varsity squad the following year. Having been a member of a team during the previous year or even being a senior does not ensure that a student-athlete will make the squad.

Eligibility Requirements for Student Athletes

RCS is a CHSAA affiliate. Therefore, as members all athletes and programs are subject to its rules and guidelines.

- 1) Participation in interscholastic activities as a part of a school's educational program is a privilege and not a right. Students wishing to participate are required to meet standards of personal behavior and academic performance which are related to school purposes. In this regard, the CHSAA and its member schools may exercise the fullest discretion permitted under law.
- 2) Prior to participation in any interscholastic competition, it is required that all athletes have a signed RCS participation contract, current sport physical, and required sport fee on file in the athletic office prior to the start of the regular season.
- 3) In order to be eligible for interscholastic athletics, a student\athlete must be a full time student and have passed 2.50 Carnegie Units (equivalent of five classes each carrying a .50 credit) each semester. At the end of a semester, the student's final credits in his\her subjects shall be used to determine eligibility for next semester athletic participation.
- 4) Additionally, there are attendance requirements that may cause a student-athlete to lose eligibility for a daily or seasonal period. In order to participate in a scheduled athletic contest, student-athletes must be in 50% of the school the day of the contest. All attendance issues relating to eligibility will go through Jane Radford our school counselor.
- 5) If a student receives two 'D' grades or one 'F' in a weekly grading period, the student will be placed on Athletic Restriction. The student's name which appears on the restriction list will not participate in any scheduled activities for one week. Monday through Saturday. Progress will be re-evaluated every week. Students who have improved to the administration's satisfaction will be released from restriction and have full privileges restored.

Prospective Collegiate Student Athletes

Many college athletic programs are regulated by the National Collegiate Athletic Association (NCAA), an organization founded in 1906 that establishes rules on eligibility, recruiting and financial aid. If you are planning to enroll in college as a freshman wishing to participate in Division I or II athletics you must be certified by the NCAA Eligibility Center. (Formerly the NCAA Clearing House) This Center ensures consistent application of NCAA Initial-Eligibility requirements for prospective student athletes at all member institutions.

Eligibility

- * Registration must be completed by going on-line to www.ncaa.org
- * Registration for NAIA member schools access web site www.naia.org
- * A registration fee (payable with a credit card) will be needed at the time of registration.
- * Two copies of the printed form must be given to a counselor (Form 1 and 2 signed).
- * Check the approved core course list.
- * Coach's release form in Counseling Office.

* Questions concerning testing and core class requirements can be accessed through the web-sites. Let us know if assistance is needed in regards to the Eligibility Center. **If your Son\Daughter is a Senior you need to apply A.S.A.P. Meeting requirements is a process and will take time. Don't get caught at the end of your Senior year being ineligible.**

The purpose of Sub Varsity and Middle School Athletics

Sub Varsity or Middle School or athletics exist to provide those students unable to participate at the varsity level a chance to have fun and develop their skills so they can move forward. While the student-athlete's age, size or skill level may be the limiting factor in not making the varsity squad, participation, at wherever they find themselves should be fun, rewarding and hopefully a stepping stone in them becoming a varsity player in the future.

A caution, however, must also be given. Being a member of a sub varsity team does not guarantee that a student-athlete will automatically move up the following year to the varsity level. The student-athletes best suited for varsity competition will make the squad each year.

Striving to be successful is important in athletics; however, compiling a great record or winning a championship should not be the primary objective of sub varsity play. The development of student-athletes is the ultimate purpose of sub varsity and Middle School while at the same time acknowledging that value of excellence should be part of the experience as well.

Practice Sessions and Games

Practice sessions are always closed to spectators. However, some coaches modify this rule. Just understand practices are the equivalent to a teacher in the classroom teaching a lesson. Interruptions and interference to an athlete's concentration and focus is contrary to preparation excellence.

RCS practice sessions:

1. May last up to 2 hours or longer.
2. May start and finish at different times due to the schedule of the coach or of our facilities.
 - a. Check with the coach for specific times.
3. No practice will be held if school is dismissed due to inclement weather.
4. No practice will be held if there is early dismissal due to in climate weather.
5. Practice may be held on Saturday's and over specified Holiday periods.

Hazing

Hazing is a form of harassment and represents a RCS disciplinary code offense. There will be no harassment of any kind tolerated at RCS or by its athletic department.

Hazing is an action or activity, with or without consent from a person, whether conducted on or off RCS property, which is designated to or has the reasonably foreseeable effect of humiliation, denigrating, offending, physically or mentally abusing or exposing to danger a person, as a condition, directly or indirectly, of the person's consideration for continuing in, admission to, membership in, participation in activities of receipt of benefits or services from, an organization or group.

Risks of Athletic Participation (Assumption of Risk)

In spite of protective equipment, and the supervision and sound instruction by our coaches, there are some risks associated when someone participates in athletics. Injuries in some of our activities can and do occur. In extremely rare cases, catastrophic injury or death could also result. All student-athletes and parents need to be aware and understand this possibility. At RCS we will do all that we can to ensure a safe and healthy environment for our student-athletes.

Sport Booster Clubs

RCS Sport Booster Club exists to support all teams and the entire athletic department. Booster Clubs should have three primary goals: to raise funds to assist the athletic programs, to increase school spirit and to encourage and promote sportsmanship. The Booster Club is not a vehicle to remove coaches, advance vested interests or to alter Athletic Department Policy. It is a service and support organization, which works in harmony with the RCS athletic department.

CHSAA Website

The CHSAA has launched a new way to get information regarding athletics statewide. Parents can access www.CHSAANow.com and get information regarding, but not limited to information about teams, upcoming games and news articles from home site newspapers when your team is away. A pretty good ideal for all of us!! Check it out!

SPORTSMANSHIP EXPECTATIONS

Acceptable Behavior

1. Applause during introduction of players, coaches and officials
2. Players shaking hands with opponents who foul out while both sets of fans recognize player performance
3. Accept Official decisions as part of the game.
4. Cheerleaders lead fans in positive school yells in positive manner.
5. Handshakes between participants and coaches at the end of contests, regardless of outcomes.
6. Support and pray with us after games.
7. Treat competition as a game not a war.
8. Coaches \ players seek out and congratulate opposing coaches.
9. Applaud all contestants for being a part of the competition.
10. Pray for and ask God to help all injured athletes.
11. Encourage everyone to be a good sport.

Unacceptable Behavior

1. Yelling and waving arms with the intent on distracting an opponent.
2. Disrespectful or derogatory remarks, chants, songs or gestures.
3. Booming or heckling an official decision.
4. Criticizing officials in any way; displays of temper with an officials call.
5. Yells that antagonize opponents.
6. Refusing to shake hands or give recognition for good performances.
7. Taunting or name calling to distract an opponent.
8. Use of profanity or displays of anger that draw attention away from the game.

SPORTSMANSHIP

Do's and Don'ts

1. Cheer **for** your team.
2. But don't yell at your opponents.
3. Do not use vulgar or profane language.
4. Yelling at officials **cannot** be tolerated.
5. Do not yell at or try and distract a player shooting a free throw.
6. Taunting and trash talking directed at players, coaches and fans is not permitted.
7. Remain in the bleachers during the contest.
8. Do not interfere with our opponent's cheerleaders and their attempt at lead cheers.
9. Do not kick the bleachers

10. As a parent, please set a positive example for our students, let us be a blessing!

RCS reserves the right to eject any spectators whose behavior is contrary to sportsmanship.

We look forward to serving you in the year ahead, and appreciate your continued support. These and other expectations are included in the attached guidelines, which we hope you will take time to review. They give us a road map to follow on a journey toward a more educational and godly atmosphere for our athletes.

You can have a major influence on your son\daughter's attitude about their RCS future. The leadership role you take in sportsmanship will help influence your child, and our community, for years to come.