

Rockford Christian Schools

“Home of the Royal Lions”



Primary/Intermediate School Athletic Policy Handbook

Our Mission is to...Challenge young people to know Christ as Lord, Apply God's truth to all areas of life, Love others sacrificially, Achieve the highest level of knowledge and skill in order to serve God and others.

Revised July 2012

General Sports Information

Rockford Christian School athletic program includes the following:

Primary

Flag-Football (1-3)

Basketball (K-3)

Cheerleading (K-3)

Intermediate

Flag Football (4)

Tackle Football (5)

Co-Ed Soccer (4-5)

Girls Volleyball (5)

Basketball (4-5)

Track & Field (5)

- Competition is held within established leagues and with some teams from the public and private schools in the Rockford community. Games are also scheduled with Christian schools from other communities.
- Junior Royal Lions: The Junior Royal Lion League is a K-3 basketball and cheerleading program (RCS-only athletic opportunity).

Christian Philosophy of Athletics

The philosophy of athletics must stem directly from the school's Christian philosophy of education. The ultimate goal must be "to be conformed to the image of Jesus Christ" (Romans 8:29) and to develop the spiritual part of the athlete so that the Holy Spirit is in control and directing his mind and body (I Thessalonians 5:23).

Rockford Christian School's goal is for its athletes to develop positive Christ-like character qualities and express them through the medium of athletics. Daily activities in each sport should point to the Word of God and reflect Jesus Christ. There should also be distinct differences between the athletic program of Rockford Christian School and that of a secular school.

Athletics are a means to an end, not an end in themselves. Athletics represent one aspect of the education program—not the main focus of the program. It is a goal that the student becomes a well-rounded individual, who strives toward his/her God-given potential.

The practices, preparations, and competitions can be a true laboratory for learning many of the spiritual and personal traits that we as Christians must possess for living a life of service to the Lord. These traits include love for others, self-sacrifice, discipline, humility, work ethic, obedience to authority, teamwork and satisfaction in a total effort to the honor of God, regardless of winning or losing the contest.

Athletes Code of Conduct

Each athlete at Rockford Christian School will be expected to strive at all times to exhibit a Christ-like attitude by doing the following:

1. Be committed to Christ.
“Commit your way to the Lord; trust in him & He shall direct your path.” Ps. 37:5
2. Be committed to the Team.
“Love each other as I have loved you. Greater love has no one than this, that he lay down his life for his friends.” John 15:12-13. Be unselfish by treating teammates and others as being more important than yourself. “Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves.” Col. 2:3
3. Promote team unity.
“Then make my joy complete by being like-minded, having the same love, being one in spirit and purpose.” Phil. 2:2
4. Give your maximum effort.
“Whatever you do, work at it with all your heart as working for the Lord, not for men.” Col. 3:23
5. Be disciplined, self-controlled, and on time.
“Everyone who competes in the games goes into strict training.” 1 Cor. 9:25
6. Submit to authority (coaches, officials and others).
“Everyone must submit himself to governing authorities, for there is no authority except that which God has established.” Rom. 13:1
7. Show care for the equipment and facilities of our own school as well as that of the opponent.
8. Use language that is honoring to God.
Any RCS athlete who uses questionable language, or shows disrespect to authorities, or loses self-control will be subject to disciplinary action as determined by the administration and coach.
9. Appropriate attire is required at home and away games as well as at practices.
Coaches and administrators will determine the type of clothing each team player is to wear to games.

10. To encourage Christ-like sportsmanship, athletes are forbidden to verbally harass opposing players during a sporting event. Disregard for this may result in suspension from that game and games to follow.
11. Regardless of winning or losing, athletes will always meet with the opposing team at the conclusion of a game to congratulate them for a game well played. In BOTH winning and losing, be gracious and humble.

Athletic Eligibility

All athletes at Rockford Christian School are expected to be exemplary members of the student body. Therefore, standards have been established that the athletes must meet in order to be eligible to participate on the RCES sports teams.

1. Each athlete **must** have a **sports physical** on file in the school office in order to participate in a practice or games. **REMEMBER** physicals are valid for one calendar year only. Athletes in grade K and 5 may submit their required physical for sports participation.
2. Depending on the sport, a **participation fee** is due from each athlete. This fee must be paid in order to participate in a practice or a game. This fee should be made payable to Rockford Christian School and given to the school office (not given to the coach). These fees do not pay for the entire program but help to defray the expenses of the sport. A student will still be expected to pay any personal expenses incurred over and above the basic fee (i.e. shoes, socks, sweatbands, kneepads, etc.). The fee is non-refundable if a student decides to quit the team after beginning the practice season.
3. There must be an **insurance/transportation waiver** form on file for each athlete as well as an **emergency card** for treatment that coaches carry with them on away games.

Academic Eligibility

1. Student athletes in grade 4-5 must maintain a C- (78%) average in all classes in his/her subjects with no failing grades. All subject grades will be considered in assessing eligibility, including special classes outside the regular classroom. Failure to do so will result in a probation period of one week. If after the one-week probation period a "C" is not attained the student will be ineligible from further practice or game participation for a minimum of one week until the grade(s) reach a C.
2. If a student is being placed on probation for one subject and the grades in the subject reach a "C", while the grades in a second subject fall below a "C", the student will become ineligible. This second subject may not have been mentioned on the initial probation notice. A student will only be given the initial one-week period of probation per sport.
3. Grades will be evaluated at the conclusion of the first quarter of each semester. At that time grades will be evaluated weekly. Should a student become ineligible, the period of

ineligibility will begin the Monday after the evaluation was made and last through Saturday.

4. Should a student be declared ineligible on three occasions during one season, the student will be dropped from the team and forfeit any athletic award for that season.
5. Ineligible students should be spending their time correcting the situation which made them ineligible. Therefore, ineligible students will not be practicing with the team on a regular basis and will not accompany the team to interscholastic contests (home or away).
6. If a student who is academically eligible significantly in academic performance, the principal has the authority to immediately place the student on the ineligibility list. The principal will determine the duration of ineligibility.

Citizenship Eligibility

1. Citizenship: Each athlete is expected to behave in such a way that is in accordance with principle's set forth in God's Word. Therefore, a student's citizenship (school behavior, attitude towards peers and adults, cooperation) will also be evaluated by school staff on a weekly basis. Should an athlete's citizenship be found to be unsatisfactory by at least two staff personnel, the athlete will be ineligible and will be subject to the same guidelines of academic ineligibility.
2. An athlete who is disciplined by the administrator for isolated or repeated acts of misbehavior is subject to immediate ineligibility. The administrator will determine the duration of this ineligibility.

Size of Team (Cuts)

A "no cut" policy is practiced at the Primary and Intermediate school level in sports competition. Our coaches will do their best to teach the basic skills necessary to participate in the sport. The coach will seek volunteers to assist with larger groups of athletes. Obviously, playing time for athletes will be lessened by a large number of athletes on the team.

Playing Time

One of the most sensitive issues in school sports programs is the amount of playing time a player receives in any game. It is important to realize that most RCS sports are TEAM sports and that only a certain number of players can be on the court/field at any given time.

Since students are developing skills at this young age, it is the goal to play each student in game and to receive the same amount of playing time.

Attendance at Practice and Game

Each student athlete has a responsibility to the team, the coach and our school. This responsibility includes regular attendance at practices and games.

It is possible that emergency situations may arise that may cause the student to miss a practice or a game. Absences should be infrequent. It is the responsibility of the athlete to notify the coach (not the school) if they know they are going to miss practice. Special lessons or doctor/dentist appointments for non-emergencies are not excused absences. The coach of the sport has the authority for determining whether or not an absence is excused. Planning family vacations that cause the athlete to miss practices or games is strongly discouraged. The athlete's participation in future games may be in jeopardy due to excessive absences from practices and/or games.

School Attendance for Athletes

1. Students are expected to be in attendance for the entire school day in order to participate in a game scheduled for that day.
2. If a student is absent for part or all of the day and is granted a non-illness excused absence, the student may be allowed to participate in the game with permission from the principal.
3. Any unexcused absence from school will cause the student to be unable to participate in the game.
4. Athletes are expected to be in school for the entire day following a sporting event. Athletes who are absent (unexcused) will be ineligible for the next game or match.

School Closings

In the event that a scheduled school day is officially cancelled due to inclement weather, or for any other reason practices or contests scheduled for that day are also cancelled and will be rescheduled if possible.

Care of Uniform and Equipment

Each athlete is responsible for proper care of the uniform and equipment they are issued by the school. Uniforms should be kept clean and have a neat appearance for each game. (Washing instructions: hand wash or delicate machine wash in cold water with no bleach and hang to dry).

Volleyball, Tackle Football, and Soccer athletes will be issued team jerseys. Athletes are responsible to purchase own shorts, socks, shoes, kneepads, etc, are the responsibility of the

athlete to purchase. Flag Football, Basketball, Cheerleading, and Track athletes may keep their uniform.

At the end of the season, the athlete should have the uniform washed and neatly folded. Return the uniform to the COACH in the same condition that it was issued. The athlete will be fined for any damage to the uniform beyond normal wear. This damage includes tears, stains or discoloration due to improper washing.

If the uniform is lost, the athlete is responsible for the purchase of a new uniform at the current replacement cost.

Transportation

At the present time, RCS does not provide transportation for its athletes to practices and games. Therefore, it is the responsibility of the parents to provide transportation for the students to practices and games. A list of players' names and phone numbers is available to assist with car-pool arrangements. Coaches will contact parent volunteers to drive to games. Parents, please consider helping with this need.

Written permission is required to be provided by the parent to the coach for their student to ride with them or another specific team parent when specific circumstances arise and the athlete requires alternative transportation.

Injuries (Including Head)

1. All injuries need to be reported to the coach so that proper first aid may be given. Please inform the coach of any allergies or other ailments that may need special attention during practice or game situations.
2. Conditioning is the responsibility of the individual athlete before the start of the season. The athlete needs to prepare himself so he can stand the physical stress that practice places upon the athlete. It is important to begin easily and work up to a higher level of conditioning so that the athlete will be ready for the start of the season.

Student Emergency Cards

It is important that each athlete be treated in case of an emergency. Each athlete must have an emergency card on file in the nurse's office at the lower school campus.

Insurance

Please be informed that Rockford Christian School has no liability coverage for athletic participation. Please confirm that your insurance coverage covers school-sponsored activities.

Statement

The conduct of participants in athletic at Rockford Christian School, in or out of school, year round, shall be as such:

1. Not to reflect discredit upon our school.
2. Not to create a disruptive influence on the discipline, good order, moral or educational environment in our school. Any such misconduct violating these principles shall be subject to disciplinary measures.

Enforcement of the Athletic Code of Conduct

Principal and Athletic Director shall enforce all rules and regulations described in the **Code of Conduct** for athletes. All rules regarding behavior and/or training as outlined by the IHSA apply. The **Code of Conduct** will be reinforced for every sport by the coaches during the school year. The student athlete is subject to disciplinary measures should he/she violate the **Code of Conduct**. Any alleged violation shall be reported to the coach, athletic director or principal and then is to be followed up by an investigation by one or all of the following personnel: coach, athletic director, principal, superintendent, or parents of the athlete. The Code of Conduct policy is in addition to the board policy.