

Roxboro Community School

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Athletic Handbook for Parents and Student Athletes



Bulldog Pride!

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The NCHSAA is the governing body for all High School Athletics. As members, we have agreed to abide by their chain of command and to discuss issues with the appropriate NCHSAA personnel. No parent, coach, or athlete is to contact the NCHSAA for any reason. Issues, concerns, and or questions should be directed to your coach for answers. If the answer is unavailable then it is the responsibility of the athletic director to contact the NCHSAA for answers and direction. Failure to abide by this policy only jeopardizes our standing with the NCHSAA and could affect our membership status. Anyone not following this policy will be subject to disciplinary action as seen fit by school administration.

PHILOSOPHY OF ATHLETICS

Obedience: Do what your coaches and others put in authority over you tell you to do with a good attitude. If you have a question, do not be afraid to ask for clarification.

Diligence - Use all your strength and ability to complete each part of your task, whether it be cleaning up, doing drills, conditioning, competing in a game, or any other activity to the best of your ability.

Responsibility - Do everything that is expected of you, whether being directly supervised or not. Do not make the coach “baby-sit” you.

Intensity - Give a “total release” performance at all times, focusing your attention on the job at hand, putting forth every effort to complete it perfectly.

Perseverance - Always do your best and try to win, as this is the object of competition. If you have done your best, there is nothing to regret.

SPORTS PROGRAM OFFERINGS

BOYS

MS Soccer (Grades 6-8)
Varsity Soccer (Grades 9-12)
Cross Country (Grades 9 – 12)

MS Basketball (Grades 6-8)
Junior Varsity Basketball (Grades 9-12)
Varsity Basketball (Grades 9-12)

MS Baseball (Grades 6-8)
MS Lacrosse (Grades 6-8)
Varsity Golf (Grades 9-12)
Varsity Baseball (Grades 9-12)
Varsity Lacrosse (Grades 9-12)

FALL SEASON

WINTER SEASON

SPRING SEASON

GIRLS

MS Volleyball (Grades 6-8)
MS Cheerleading (Grades 6-8)
MS Tennis (6-8)
JV Volleyball (9-12)
Varsity Volleyball (Grades 9-12)
Varsity Cheerleading (Grades 9-12)
Varsity Tennis (Grades 9-12)
Cross Country (Grades 9 – 12)

MS Cheerleading (Grades 6-8)
MS Basketball (Grades 6-8)
Varsity Basketball (Grades 9-12)
Varsity Cheerleading (Grades 9-12)

MS Softball (Grades 6-8)
MS Soccer (Grades 6-8)
Varsity Softball (Grades 9-12)
Varsity Soccer (Grades 9-12)

- Notes:*
- *Membership on any team does not guarantee playing time of any amount. Participation in any game is left strictly up to the coach.*
 - *At RCS, sixth grade students meeting all eligibility requirements may participate in middle school athletics.*
 - *All students are required to play on the team that matches their grade level.*

A WORD TO OUR FANS AND SPECTATORS

RCS student athletes are all aware of the standards set forth by the school, but oftentimes are unaware of what we expect from our spectators. Therefore, we have listed a few things to keep in mind when you attend a RCS athletic event:

- 1) Do not criticize. Fans sometimes feel that they are able to do it better, but that is not their job. Support the players and coaches; **build them up -- don't tear them down!**
- 2) As difficult as it may be, comments to officials and opposing teams should be positive.
- 3) **Long after the score is forgotten, our behavior and reputation are remembered.** Thank you for leaving a positive impression with our visiting school families.
- 4) Violation of these policies may result in disciplinary action by the RCS administration, including suspension of the spectator from school events, issuance of a trespass notice, and/or filing criminal charges.

SPECIAL REQUIREMENTS

Each student athlete must have a new or updated sports physical before each new school year. The RCS Physical Exam form is available in the main office or on the school website. The athlete cannot compete in tryouts, practice, or games without a new or updated physical. One physical per school year takes care of all sports for that school year.

Each student athlete must have a completed insurance form on file that includes emergency contacts for the student.

Every student athlete is required to have a completed concussion awareness form on file with the coach before participating in any practice or game.

Anyone interested in trying out for a team must be at the first practice of the season. The coach must be notified ahead of time if he/she is going to miss the first practice for an excusable reason (illness, death in family, previous season still in progress, etc.)

GAME AND PRACTICE ATTENDANCE REQUIREMENTS

Players must be at every practice or game unless excused for one of the following reasons:

- doctor or dental appointment
- personal sickness
- death in the family

Any athlete who misses a practice or game may have to make up practice activities and face the team's policy for reduction in playing time. This is not meant as punishment for an excused absence, but a reward and incentive to those team members who were present. A team member who must miss a practice or game may return to their former status as soon as they have fulfilled the team's policy for absences.

Each coach will announce their discipline procedure for missed practices or games. Multiple unexcused absences may result in dismissal from the team. All athletes must be on time to practices and games. Coaches will announce their discipline procedures for tardiness.

Once you have joined a team, you have committed yourself to that team until the last game is completed. This includes any and all tournament/playoff appearances. Any student athlete who quits a team is not allowed to participate in another sport until the current season has concluded.

Removal from a team, whether voluntary or involuntary, places the student athlete on probation. A second removal from any team, whether voluntary or involuntary, will result in forfeiture of athletic participation for the remainder of middle school or high school.

ATHLETES' CODE OF CONDUCT

An athlete who receives a detention that forces him to miss practice must serve that detention. Coaches will discipline players who are late or miss practice for detentions.

Athletes are expected to be examples of good conduct to other students. In that regard, after an athlete receives a suspension from school, the student will be suspended from his team for next game. Further action will be at the discretion of the principal and or athletic director.

Fighting during athletic events will result in at least a five-day suspension from game play. More severe discipline action may be enacted depending upon the circumstances.

Athletes are to be good representatives of Roxboro Community School on road trips. Failure to do so may result in suspension or dismissal from the team.

Roxboro Community School does not condone and will not tolerate hazing or initiations of athletes by other athletes. Any such actions will result in suspension and/or dismissal from the athletic team.

Any athlete or coach that is ejected from a game will be suspended in accordance with NCHSAA regulations. A second ejection will result in dismissal from the team. Any athlete or coach who violates NCHSAA guidelines is subject to fines and penalties, and payment is the responsibility of the person found to be in violation.

Student athletes are held to the highest standards, since they serve as ambassadors for Roxboro Community School. As such, off-campus conduct, including social media posts, shall reflect the character and values of this school.

RULES FOR ELIGIBILITY FOR PARTICIPATION IN PRACTICES AND GAMES

All those involved in the athletic program must be in school for at least half of the day in order to participate in a practice or game scheduled for that day.

High school athletic eligibility is based on a 6-week review of students' academic progress and attendance. **High school student athletes must be passing all classes and have a 2.0**

weighted GPA or better in order to be eligible to play. Student athletes cannot have more than 7 absences excused or unexcused in the previous semester.

Any student who has been promoted to the next grade at years' end must still meet all these requirements to be eligible at the beginning of the next school year. Any student not meeting these requirements at the 6-week review will be immediately placed on probation. The probation period will last six weeks. Students on probation must attend mandatory tutoring. At the end of the six weeks probation period, all grades will be reviewed. Any probationary student not achieving academic eligibility at that point will be removed from athletic participation and will not be eligible to return to athletic participation until the next 6-week review.

Middle School student athletes must be passing all classes and meet local attendance requirements in order to practice and/or play.

Any student that is enrolled in the Exceptional Children's program will have their eligibility determined by an EC committee. This committee will be made up of the following members. Principal, Athletic Director, Head Coach, and the EC Coordinator. The panel will also solicit recommendations from the student's teachers. Once a decision is made, the parents and athlete will be notified of the decision and any eligibility requirements.

UNIFORMS AND EQUIPMENT

Any uniforms or equipment issued to an athlete are the athlete's responsibility to return in good shape.

Lost or damaged equipment will be charged to the athlete.

School uniforms are only to be worn for RCS games, not practices or other functions.

All uniforms and equipment must be returned to the coach or athletic director within one week after the last game of the season.

Any athlete who does not return uniforms and/or equipment will be charged a fee for the replacement cost. An athlete will not be allowed to participate in another sport, 8th grade Advancement ceremony, or Graduation ceremony until all fees have been paid or school property has been returned.

The athletic director and school administration will have the final decision on any questions or issues not discussed in this handbook.

Parent/Coach Communication Plan

As your student-athletes become involved in the athletic program at RCS, they will experience some of the most rewarding times of their lives. Possibly the most important ingredient to achieve this outcome is to ensure that lines of communication are developed to allow for free and easy resolution of questions before they become conflicts. It is important to understand that there also may be times when things do not go the way you or your child wishes. At these times a short discussion with the coach is encouraged.

Communication you should expect from your child's coach:

- Philosophy
- Expectations the coach has for your child and teammates
- Locations and times of all practices and contests
- Team requirements, i.e., practices, special equipment, off-season conditioning, etc....
- Emergency procedures in case of injury
- Code of conduct and/or discipline plan
- Changes in schedule due to weather etc.

Communication coaches expect from parents:

- Concerns expressed directly to coach
- Notification of any schedule conflicts well in advance
- Specific concerns with regard to a coach's philosophy and/or expectations

Appropriate concerns to discuss with the coach:

- The treatment of your child, mentally and/or physically
- Ways the parent(s) can help the student-athlete improve
- Concerns about your child's behavior or performance

It is very difficult to accept your child's not playing as much as you or they may like. Coaches are professionals. They make judgment decisions based on what they believe to be the best for all student-athletes involved. As you have seen from the list above, certain things can and should be discussed with your child's coach. Other things, such as these listed below, must be left to the discretion of the coach.

Issues not appropriate to discuss with the coach:

- Playing Time
- Team Strategy
- Play Calling
- Other Student-athletes

There are situations that may require a conference between the coach and a parent. These are encouraged if necessary. It is important that both parties involved have a clear understanding of the other's position. When a conference is necessary, the following procedure should be followed to help resolve the issue or concern.

If you have a concern to discuss with a coach and/or an athletic administrator, call the school to set up an appointment. Do not attempt to confront the coach before or after a contest or practice (24-hour rule).

If the meeting with the coach does not provide a satisfactory resolution, please contact the middle school or high school Athletic Director.