

RBCS ATHLETICS GUIDELINES

The goal of the RBCS Athletics Program is to provide students an opportunity to **glorify God** through the development and exercise of personal character, sportsmanship, self-discipline, and athletic ability. The players are encouraged to do their best and to learn the vital life skill of being a team player. In victory or defeat, students learn to demonstrate both grace and dignity. In order to achieve this goal, it is necessary to lay out a framework of guidelines which serve to direct coaches, players, and parents toward this goal. **An agreement on the part of student athletes, coaches, and parents to honor these guidelines is a prerequisite to participation in the RBCS Athletics Program.**

Commitment to Team

Student athletes are **expected to make a commitment to the team, their teammates, and coaches** when they elect to participate in the RBCS Athletics program. Their obligation and commitment to the team and coaches will be fulfilled in the following ways:

1. Athletes should have fun and play with enthusiasm for the game!
2. Athletes must be TEAM oriented: play with maximum effort, display a positive/unselfish attitude, and always encourage teammates!
3. Practice and game schedules shall be met faithfully and punctually. (There will be consequences for unexcused absences from practice, which may include post-practice extra conditioning and/or reduced playing time.)
4. Athletes are expected to report any injury immediately to their coach.
5. Athletes are expected to take personal responsibility for their own fitness, skills development, nutrition, and rest/recovery.
6. Athletes are expected to take care of their academic responsibilities.

Parents we you are needed to enforce these from your end as the parent. RBCS' mission statement is to assist parents in fulfilling their God-given roles. All parameters we set here are in effort to better your child as they move on from RBCS into adult life.

Sportsmanship and Respect for Others

Good sportsmanship is expected of **everyone** involved in athletics at RBCS. **Coaches, players and fans** are to consistently demonstrate a commitment to fair play, respect for opponents and **officials**, and are to approach athletics with integrity and a concern for our witness as Christians, as well as a concern for the reputation of RBCS. **We expect everyone representing RBCS in any way to treat other players, coaches, officials, and fans with respect, showing courtesy and hospitality at all times.**

Playing Time

Determination of playing time is based on a number of factors, such as: **performance and skill in both practice and in games, attendance to practice and workouts, tactical needs in a game, fitness, work ethic and attitude.** Playing time is determined **solely by the coaching staff.** We cannot allow the opinion of players or parents to influence the amount of playing time a player will get.

Parent Involvement

We feel that parent involvement, and support, of the RBCS Athletics Program will be fundamental to our success. The interest that parents show in their child can help them to develop a positive self-esteem and

inspire them to reach their highest goals. Please remember to praise and encourage your child as they meet the many challenges of competition.

In order for RBCS to have games there are many tasks outside of coaching and taking care of the team that are needed. Those tasks may include running the ticket booth, selling merchandise, helping with the chain crew, keeping statistics, or even filming the game. We ask that parents volunteer to assist in volunteering for these tasks. If you sign up please be on time to your station.

During games we like to hear all fans cheering for our team. We do ask parents to **refrain from coming to the sideline, bench, etc. to communicate with your child**. The athletes need to be as focused as possible on the game/competition. The players need to listen to the coaching staff's voice, guidance, and expectations during a game. A parent coming to the sideline/bench to talk to their child may actually hurt the team. Please encourage your child. Please remind them for the stands to have the right kind of attitude. Overall, we ask that you lead in creating an atmosphere conducive to achieving success and excellence.

Communication

There needs to be proper communication between coaches and parents. RBCS coaches will communicate as effectively and efficiently as possible. Practice and game schedules will be communicated in a timely manner. Coaches will also communicate expectations for students in accordance to the RBCS code.

Sometimes parents will not agree with the coach's decision in any number of matters. If a parents has something negative to address with a coach the following guidelines must be followed.

1. Contact the Head Coach first and address the issue with him/her.
 - a. If there is an ethical/moral violation then the AD and Principal need to be contacted immediately.
 - b. If there is a legal violation then the local authorities need to be contacted first, then the AD and Principal.
2. Wait at least 24 hours and think through the situation. Try to place yourself in the same role and think about all facets.
3. Do not approach the coach before or after a practice or game unless agreed upon prior with the coach.
4. Set up an appointment by either calling or emailing.
5. If at all possible, meet face-to-face or have a phone conversation.
6. Be respectful and courteous.
7. Remember that the coach is not just working with one student, rather multiple students.

If the need arises to have a discussion with a coach, the **discussion must be limited to your child**. In meeting with any coach, please understand that **playing time and/or other players will never be topics open to discussion**. In general, we urge parents to maintain a positive environment.