



Athletic Handbook

8/5/10

Mustangs

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RAINIER CHRISTIAN HIGH SCHOOL

ATHLETIC HANDBOOK

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Dear Rainier Christian Family:

In your hand you hold the Athletic Policy Handbook for Rainier Christian High School. This booklet will let you know the policies and understand their significance in the overall mission and goals of the athletic department at RCH. As we understand the mission and goals, then we can be fully employed in the business of shaping the character of our kids.

We are very proud of our athletes and their efforts and the effort that they give to our program. And we think we are more successful in the character building effort. Our challenge is that both winning and becoming good, world changing, Christian people will increase this year. Please pray for God's help in this process.

If you love athletics and believe in its ability to provide opportunities to shape character, please get involved in some way. There are many opportunities for volunteer help because we simply cannot afford to pay for everything to get done. Our coaches care for the athletes that are put into their care and would greatly appreciate all the support that you can give to them, please help them enjoy their job.

Enjoy the year, and please let us know if we can improve the program or help you in any way.

RCH Athletic Staff

PHILOSOPHY OF ATHLETICS

Rainier Christian Schools was established to provide an education that honors God and teaches every subject from a biblical perspective. The desire of the athletic department is to have all the co-curricular activities be an extension of the classroom in attitude as well as conduct. The District, has adopted the following mission statement which supports the purpose of the schools and reads as follows:

It is the mission of Rainier Christian Schools to educate and develop the whole person for the glory of God.

One major co-curricular activity at RCHS is the athletic program. The challenge before the coaches, athletics and fans is to understand how God's Word applies to this area of life and to learn how to apply biblical principles in a practical, life-changing manner.

Athletics play a big role in much of today's society. Multiple hours of TV coverage makes sports' viewing available at any time. The emphasis heard most often is the importance of winning. What does it mean to win or lose? The world's view of winning and losing is very simple. Score more points than your opponent and you win - score less points and you lose. Simple and to the point - get it done any way you can.

Another perspective on winning and losing is presented by Wes Neal in his booklet, **Total Release Performance**. He defines winning as *the total release of all that you are toward becoming like Jesus Christ in each situation*. Conversely, *losing is not releasing your entire self toward becoming like Jesus Christ in each situation*. He uses two Bible passages together in an athletic paraphrase to illustrate how God sees winning.

"Conduct yourself in word and action the same way as Jesus Christ would conduct Himself (Col. 3:17). Do what ever you do with a TOTAL RELEASE of your mental and physical abilities and your emotional energies toward performing like Jesus. Have in mind that He is your only audience" (Col. 3:23).

Some might ask if this concept then makes winning on the scoreboard of little importance. The answer is no, it just puts it in proper perspective. If the objective of a contest were to defeat the other team, it would not be honoring to God as an athlete to enter the contest and not give one's best to try to win. The responsibility of coaches is to provide the proper balance at each level of competition. For example, one objective for coaches coaching below varsity level is to provide game experience for each participant.

Another way to look at competition and the perspectives of winning and losing is to divide the objectives into two categories: Goals and Desires. A goal would be defined as something which one strives for and which they also have control over whether or not the object can be accomplished. A desire is something to be strived for but over which one does not have control of the results.

Winning games does not fit under the category of a goal as defined above. For a Christian, the purpose in life involves a relationship with God, resulting in allowing God's glory to reflect through his own life. A single all-encompassing goal then is to honor and glorify God through the athletic participation. The accomplishing of the goal is left in the hands of the athlete. The athlete is the one in control of his/her own behavior and attitude and is the one who determines his/her relationship with God. Effort, teamwork, enthusiasm, compassion, and humility, all are positive reflections of God working through one's life. If one's goal is to honor God, what kind of effort will that person give in practice and games? What will the reaction be to an incorrect call by an official or an unkind action by a teammate or an unfair decision

by a coach? What will the reaction be to lack of playing time or a tough loss? These are areas of life over which the athlete has control - effort, reaction, attitude.

Winning does fit under the category of a desire as defined above. Circumstances beyond ones control can prevent even the best team from defeating another in some situations. The desire to win is strong. Winning games, league championships and state titles should be the desire of every athlete. Individual success at the team, league and state level is a dream of most athletes. As long as all of the desires involved with athlete competition are brought under the umbrella of the goal - to honor and glorify God - then they are kept in proper perspective. A balance is there which allows the athlete to compete at his/her best.

It is the desire of the athletic department that every team or individual that competes for Rainier Christian experience the thrill of winning games and of rising to ones full potential. More importantly, however, the goal of the athletic department is that everything that is done be honoring and glorifying to God.

TO THE PARENT

This material is presented to you because your son or daughter has indicated a desire to participate in interscholastic athletics. Your family interest in this phase of our school program is important. We believe that participation in sports provides a wealth of opportunities and experiences for the student. It is our hope to maintain a program that is sound in purpose and will further each student's educational, physical and spiritual maturity.

A student who participates in athletics is voluntarily making a choice of self-discipline and self-denial. Failure to comply with the team or school rules of training and conduct, failure to maintain academic requirements may mean exclusion from a squad. There is an expectation that each participant will discipline his or her mind and body for rigorous competition. We believe God calls us to strive for excellence and we do not want our athletes to compromise or accept mediocrity.

Parents play a critical role in the overall success of their young person's involvement in athletics. It is important that all parents realize the importance of their role in this area of their student's life. Many do not, and as a result the athlete sometimes experiences difficulty and frustration. There are some key ingredients in the recipe of success in athletics that need to be provided by parents.

SUPPORT AND COOPERATION

Attend every contest that is feasible. Being at the game is important to your child.

Try to be objective. Avoid the syndrome of seeing your young person as the best player on the team or as faultless. All players, no matter how capable, need correction, redirection, and occasional discipline.

Belief in and support of the coach's judgment, character, actions, strategy, and overall philosophy will help your student do the same. In contrast, criticism and constantly questioning 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.

To question is not necessarily to criticize. It's all in the frame of mind and the approach. Be tactful and positive.

Confrontation is sometimes necessary and can be healthy if timing and method are appropriate. It is better to confront an issue in love than to let it go and build up into unnecessary hard feelings.

Let your young person know that you are supportive, that you believe in them regardless of the individual or team performance in a contest.

Be flexible whenever possible. As carefully as planning is done, changes in times and schedules sometimes need to be made.

Build up, rather than put down other team members. It is important that each one sees the other team members as a vital part of the team, regardless of their role or skill level.

Be sensitive to those around you as you watch the contest. Being a parent of an outstanding player or a parent of a player who plays less often each hold its share of joy and pain.

COMMUNICATION

If your young person must miss a practice or contest for family reasons that are unavoidable, let the coach know as soon as possible.

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.

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: Generally the first responsibility is for the athlete to work with the coach. 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 an appropriate time or via an appointment. [We would ask that if you have a problem with a coach that you would not come up to them after a game. We would ask that you tell them you would like to set up a time in the near future to talk with them about the concerns that you have. This will give the coach time to prepare as well as you time to organize your thoughts.](#)

If the concern still exists after meeting with a coach the concern should be taken to the Athletic Director.

Our staff has committed to meeting the following obligations and responsibilities toward each participant:

- To provide adequate equipment and facilities
- To provide capable coaches
- To provide equalized contests with skilled officials

EVALUATION

All families will be asked to evaluate our program following every season in which one of its members participates. [The Athletic Director will hand out an evaluation to the parents at the Awards Banquet that follows the end of every season. This form should be delivered to the Athletic Director. You are not required to put your name on this form. When these are collected the Athletic Director will go through them and promptly go over the positive things about the season and confront the issues that need to be worked on. Then the Athletic Director and coach will come up with a](#)

written plan on how the positive issues can and will be resolved as well as how we can keep the positive things in the program for next year.

We feel feedback is necessary to maintaining a positive, Christian environment as well as growth between the coach, athletes and athletic program as a whole. Your thoughts are valued and appreciated.

Likewise, we feel that you have committed yourselves to certain responsibilities and obligations. We would like to take this opportunity to acquaint you with specific policies that are necessary for a well-organized program of athletics.

It is the role of the Athletic Department to make rules that govern the spirit of competition for the school. These rules need a broad base of support, which is achieved only through communication to the parent. It is our hope to accomplish this objective through this athletic publication.

You can see how critical and important your role is to the success of your young person's athletic involvement. Please take the time to carefully consider and evaluate how your attitudes and actions are presently influencing your child. Most parents desire to enhance the athletic experience of their children. This can best be done with attitudes that are consistently positive.

The administration, coaching staff, and most of all the athletes - the chief beneficiaries of parental involvement, appreciate your effort of support, communication, and sportsmanship.

TO THE ATHLETE

Being a member of a Rainier Christian athletic team is the fulfillment of an early ambition for many students to play interscholastic sports. This accomplishment carries with it certain traditions and responsibilities that must be maintained. A great athletic tradition is not built overnight; it takes hard work by many people over many years. As a member of an interscholastic squad at Rainier Christian High School, you have inherited a wonderful tradition, a tradition you are challenged to uphold.

Our tradition has been to glorify God by winning with honor and losing with grace. We desire to win, but only if in doing we honor God. Such a tradition is worthy of the best efforts of all concerned.

When you wear the blue and white of your school, we assume that you not only understand our tradition to glorify God, but also are willing to assume the responsibilities that go with them. However, the contributions you make should be a satisfying accomplishment to you and your family.

Responsibilities to God: Christians are Ambassadors for Christ and the Light of the World. As a member of an athletic squad from a Christian school, the most important responsibility an athlete has is to be a good representative of God.

Responsibilities to Yourself: You have a responsibility to broaden yourself and develop strength of character. You owe it to yourself to get the greatest possible good from your high school experience. Your academic studies, your participation in other extracurricular activities as well as sports, help to prepare you for your life as an adult.

Responsibilities to Your School: Another responsibility you assume as a squad member is to your school. Rainier Christian cannot maintain its position of having an outstanding school unless you do your best in whatever activity you wish to engage.

By participating in athletics to the maximum of your ability, you are contributing positively to the reputation of your school.

You assume a leadership role when you are on an athletic team. You are on stage with the spotlight in your direction. The student body, the community, and other communities judge our school by your conduct and attitudes, both on and off the field. Because of this leadership role, you can contribute greatly to school spirit and community pride. By your faithful exemplification of these ideals, you make both Rainier Christian High School and the Christian community proud of your example.

Responsibilities to the Team: You are not alone. Your teammates depend on you to fulfill your responsibility. Do everything in your power to not jeopardize your ability to remain a member of the team. *This can be done by always being positive to EVERYONE on your team and always giving 100% effort all the time. Remember that when you are a part of a team you always have someone looking at you and your actions. You can make the choice to have a positive or negative impact on your teammates and fans, we ask that you choose to make a positive impact. By choosing to play sports you are choosing to be a part of a team and be a representative of your school. "From everyone who has been given much, much will be demanded; and from the one who has been entrusted with much, much more will be asked". Luke 12:48 (NIV)*

Responsibilities to Others: As a team member you also bear a responsibility to your family and friends and others around you. As a high school athlete younger students will watch you and they will copy you in many ways. Work hard to set a good example for them.

THE SPORTS PROGRAM

All sports are participated at the varsity level. Where we have the number of students to form a junior varsity program they will also be added.

<p>Fall – Girls Volleyball Soccer Cross Country Cheer</p>	<p>Fall - Boys Football Soccer Cross Country</p>
<p>Winter - Girls Basketball Cheer</p>	<p>Winter - Boys Basketball</p>
<p>Spring – Girls Fastpitch Golf</p>	<p>Spring - Boys Baseball Golf</p>

As interest and coaches become available we will add activities for the students.

Cheerleading: Cheerleading is open to all students that meet the academic and behavioral standards set for the cheer program.

GOVERNANCE

RAINIER CHRISTIAN HIGH SCHOOL

The Board of Rainier Christian Schools is responsible for all District and school policies and delegates their fulfillment to the administration. The responsibility of the high school program is the high school principal.

The day-to-day responsibility for overseeing the athletic program is assigned to the athletic director. Each participant is directly responsible to his/her own coach who is responsible to the athletic director who in turn reports to the principal.

THE WASHINGTON INTERSCHOLASTIC ACTIVITIES ASSOCIATION (WIAA)

All member schools voluntarily join the Washington Interscholastic Activities Association and compete with other member schools. As a member school, Rainier Christian High School agrees to abide by and enforce all rules and regulations set forth by this Association. The WIAA has specific rules regarding individual eligibility including attendance, grades, age, awards, school representation and transfers between schools, which all school must follow.

The primary role of the WIAA is to maintain rules and regulations that ensure equity in competition for the student athletes and a balance with other educational programs. The WIAA solicits input and is responsive to requests for rule modification from member schools, appointed committees, and coaches' associations. The WIAA attempts to enforce such rules that assure the greatest good for the greatest number and to ensure the competition is conducted in an appropriate manner. The WIAA is also responsible for all state playoffs and tournaments.

THE NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

The National Federation consists of the fifty individual states high school athletic and/or activities associations and its purpose is to coordinate the work of all of its members. The National Federation is both a service and regulatory agency. Cooperation between the state associations and the National Federation ensures some degree of teamwork on the part of more than 20,000 schools and enables them to formulate policies for the improvement of interscholastic activities. The National Federation also publishes rulebooks for all high school sports.

SEA - TAC CONFERENCE

Rainier Christian High School is a member of the Sea -Tac Conference that consists of Class 2B schools assigned by the WIAA to District #2. Class 2B Schools in Washington have a student population of less than 150 in grades 10-11-12. League membership facilitates the arranging of schedules, equalizing competition, and conducting league meets and determining league championships. The league provides RCHS the opportunity for competition with schools of similar size and programs. Membership implies abiding by league rules and regulations. [We have recently divided our Sea-Tac League into two divisions, the North division and the South division. The North division consists of Rainier Christian, Bear Creek, Seattle Lutheran, and Christian Faith. The South division consists of Tacoma Baptist, Kings West, Evergreen Lutheran, Chief Leschi, and Quilcene. We are all still in the same league we just now have 2 divisions.](#)

BASIC ATHLETIC DEPARTMENT POLICIES

***Please remember that failure to comply with the following policies may put our kids or our program at risk. Violations may cause game suspensions and/or removal from squad.**

REQUIREMENTS FOR PARTICIPATION

Academics

The following statement reflects the athletic/academic standards for participation at Rainier Christian School. To be eligible for interscholastic athletics please refer to the [Parent/Student Handbook](#) "Athletic Eligibility" and "Eligibility Criteria" guidelines. Rainier Christian School requires a 2.0 grade point average and no "F" or "Failing" grades.

A student athlete will not only have to abide by Rainier Christian School "Athletic Eligibility" criteria but also the WIAA rules. Which are as follows:

18.6.0 SCHOLARSHIP - In order to maintain athletic eligibility during the current semester/trimester, the student shall maintain passing grades, or the minimum grade standards as determined by the school district if more restrictive, in a minimum of:

3 classes in a 4 period class schedule or the equivalent credits

4 classes in a 5 period class schedule or the equivalent credits

5 classes in a 6 period class schedule or the equivalent credits

6 classes in a 7 period class schedule or the equivalent credits

7 classes in an 8 period class schedule or the equivalent credits

RUNNING START COURSES EQUIVALENT

Two - 5 credit quarter courses 2 high school credits

Two - 3 credit semester courses 2 high school credits

18.6.1 Any class taken as part of the regular schedule of the student during the semester/trimester shall be considered to be a full time subject.

18.6.2 Schools shall establish a grade monitoring system to ascertain the student's passing status in the minimum of required classes. To monitor a student's continued academic eligibility periodic grade checks within each three to six week period are required during the current semester/trimester beyond normal grading periods. Private school students participating at their public school of residence will be held to the grade standard of the school they academically attend.

18.6.3 A student shall have passed the minimum number of classes as listed in 18.6.0 in the immediately preceding semester/trimester in order to be eligible for competition during the succeeding semester/trimester. The record at the end of the semester/trimester shall be final, except for those credits earned in a regular, accredited summer school program or alternative educational program accepted by the school district.

18.6.4 Incompletes may be made up for credit during the first five (5) weeks of the subsequent semester/trimester. The student shall be ineligible for interscholastic competition until the incomplete(s) are cleared.

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18.6.5 ACADEMIC SUSPENSION PERIOD - A student who has been in regular attendance at least fifteen (15) weeks of the previous semester (10 weeks of the previous trimester), but who failed to make the grade requirements of 18.6.0, shall be placed on suspension. The student shall be ineligible during the suspension period. If, at the end of the suspension period, the student is passing in the minimum number of classes required above, the student may then be reinstated for interscholastic competition.

A. The suspension period for high school students shall be from the end of the previous semester **through the last Saturday of September in the fall and** the first five (5) weeks of the succeeding semester/trimester.

B. The suspension period for middle level students shall be from the end of the previous semester through the first three (3) weeks of the succeeding semester/trimester.

C. Each student is eligible on Monday of the week following the end of the suspension period. Three or more teaching days shall constitute a week.

18.7.0 PREVIOUS SEMESTER - The student shall have been in regular attendance as a full time student as defined in

18.6.0 and 18.6.3, in an elementary, intermediate, middle level, or high school during the semester/trimester immediately preceding the semester/trimester in which the contest is held.

18.7.1 Completion of a semester is determined by the local school district.

OUT OF SEASON CONDITIONING POLICY

The WIAA has strict policies for teams getting together outside of the regular season dates. We follow their guidelines but also have a policy over and above what the WIAA requires. Below is the WIAA policy for what and when Out-Of-Season is:

OUT-OF-SEASON - DEFINITION – Out-of-season is that time during which paid or volunteer coaches can not coach present or future squad members.

HIGH SCHOOL - Out-of-season for all high school sports shall be from August 1 until the first day of the specific sport turnouts and from the final day of the state tournament in that classification for that sport until the conclusion of the final spring sport state tournament.

17.5.2 School sponsorship or promotion of practice and/or participation in a given sport contest is restricted to the WIAA designated season for that sport. School wide posting or distributing of information pertaining to a specific event or activity and/or encouraging students to participate in the event or activity is permissible.

B. Coaches may not transport current and/or prospective athletes to an out-of-season event in their particular sport.

17.5.5 A coach of a school team (paid or volunteer) may conduct practice only during the WIAA sport season.

17.5.6 A practice is defined as any attempt by the coach of a school team (paid or volunteer) to teach any phase of a game or activity to their squad or have their squad or part of their squad engage in drills under the supervision of that coach, or from directions provided by that coach.

17.5.8 In the sport coached, a school coach may not sponsor, coach or direct activities which resemble out-of-season practices or contests to any of their squad members, past or future squad members (high schools and feeder schools in the school district) except during the designated season for that sport until after the final spring WIAA tournament is completed (high school) or until after the completion of the final spring sports season (middle level.) A feeder school may be either grades 7 and 8 or grades 7, 8 and 9.

17.6.0 **YEAR ROUND CONDITIONING** - A member school may organize and supervise a year-around conditioning program to include weight training, running and exercising provided all of the following conditions are met:

17.6.1 Participation in year round conditioning cannot be a requirement or condition of participation on a school team;

17.6.2 It is open to all students;

17.6.3 Instruction in specific sports skills is not provided.

17.7.0 **OPEN GYM** - Schools may conduct open athletic facilities (gym, pools, field, and track) in the off season if all of the following conditions are met:

17.7.1 The program is part of the school district organized recreational or activity program; and

17.7.2 Activities are open and advertised to all members of the student body; and

17.7.3 Students have a choice of activities; and

17.7.4 No coaching or drilling of the athletes attending occurs; and

17.7.5 Supervision is provided by any individual approved by the school district; and

17.7.6 Participation in open gym cannot be a requirement or condition of participation on a school team.

Rainier Christian is required and will follow all of the requirements above. With these guidelines in place I will explain Rainier Christian High School's Out-of-Season year round conditioning and open gym policies.

We will allow year round conditioning and open gym if, and only if, the following requirements are met.

1. The coach/athlete/sports team has had a meeting with the athletic director about who, what, when, where, why and how they will be constructing the event.
2. An approved adult is present at ALL times
 - a. This adult cannot be the coach, assistant coach, or volunteer of that sport during the regular sports season.
 - b. Approved by the athletic director and principal
 - c. Present at ALL times
3. There is a sheet posted in the office saying what will be happening and when. As well as inviting anyone to participate.

4. If a situation occurs where
 - a. A student and/or student athletes arrives and no adult does then they are not allowed to continue with the event and they need to return home.
 - b. A student and/or student athlete arrives as well as their coach but the approved adult does not then they are not allowed to continue with the event and they need to return home.
 - c. The approved adult show up but will not be able to be supervising EVERY event that will be taking place then they are not allowed to continue with the event and they need to return home.

5. If any of these rules fail to be followed, even just once, then:
 - a. Those involved will not be allowed to participate in any further out-of-season events.
 - b. Upon decision of the athletic director and principal the individuals involved will have some, if not all, in season privileges taken away. (i.e. practice time, playing time ect).

General

Attendance – RCH rule: A student missing 4 or more class periods in a day is considered absent and may not participate in athletic events scheduled for that day. The only exception to this rule is a signed note from a doctor because they were at a doctor’s appointment.

WIAA rule that we follow:

17.10.1 For the purpose of meeting the pre-contest practice requirements, an athlete must participate in a majority of a designated practice time. An individual may meet pre-contest practice requirements only when practicing during regular team practices. Practice is defined as a regularly scheduled team physical activity designed for the preparation of athletes for the ensuing sports season and must be conducted under the supervision of the school coach. Participation in physical education classes does not constitute a practice. A practice is further defined as any attempt by the coach of a school team (paid or volunteer) to teach any phase of a game or activity to their squad or have their squad or part of their squad engage in drills under the supervision of that coach, or from directions provided by that coach. -Refer to “Contest Limitation” and to "Non-School Participation."

17.10.4 One (1) day is equal to one (1) practice for purposes of meeting the minimum practice requirements.

17.10.5 Practice days are considered to be Monday through Saturday.

A. Sundays may not be counted toward meeting the minimum practice requirements.

B. A nationally recognized holiday is an allowable practice day.

17.10.6 Practice on a game day shall not allow an athlete to become eligible for competition on that day.

Physical Examination - Prior to the first practice for participation in interscholastic athletics, a student shall undergo a thorough medical examination and be approved for participation by the medical authority. The physical examination is valid for (24) consecutive months. Rainier Athletic Department offers this exam for the convenience of student athletes. The department will establish dates but it is usually in late August before the fall sports season begins.

Athletic Registration Form - completed annually by the parent/guardian - includes permission, assumption of risk, and the responsibility to have personal injury insurance.

Parent Acknowledgment of Athletic Policies - annually a copy of the handbook will be distributed to each student athlete. Each parent/guardian shall read the material and certify that they understand the eligibility rules and policies of the athletic department and the school. Click on [Athletic Handbook Agreement Form](#) to download.

Insurance - the school does not carry insurance to cover student athletic injuries.

Risk of Participation - All athletes and parents must realize the risk of serious injury, which may be a result of athletic participation. Rainier Christian will use the following safeguards to make every effort to eliminate injury: Instruct all athletes about dangers of participation in the particular sport; maintain continuing education program for coaches to learn the most up-to-date techniques and skills to be taught in their sport; and provide safe and state approved transportation.

Concussion Policy –

There is a new law in the state of Washington called the “Lydset Law”. **Policies for the management of concussion and head injury in youth sports.**

AN ACT Relating to requiring the adoption of policies for the management of concussion and head injury in youth sports; amending RCW 4.24.660 and adding a new section to chapter 28A.600 RCW.

Each school district's board of directors shall work in concert with the Washington Interscholastic Activities Association (WIAA) to develop the guidelines and other pertinent information and forms to inform and educate coaches, youth athletes, and their parent(s)/guardian(s) of the nature and risk of concussion and head injury including continuing to play after concussion or head injury. On a yearly basis, a concussion and head injury information sheet shall be signed and returned by the youth athlete and the athlete's parent and/or guardian prior to the youth athlete's initiating practice or competition.

A youth athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time.

A youth athlete who has been removed from play may not return to play until the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussion and receives written clearance to return to play from that health care provider.

Every athlete and parent/guardian of an athlete that is participating in sports must read and sign a concussion waiver saying they understand what to do if their child is hit in the head. The athlete is not allowed to participate in sports until all of the form is signed by the parent and student.

Financial Obligations and Equipment - A sports fee will be assessed per season.

The expectation is that the sports fee and other income to the athletic department will cover all costs required by the program, however, a team may choose to raise funds for special items after consultation with the Athletic Director.

Athletes will be responsible for the proper care and security of equipment issued to them. School-furnished equipment is to be worn only at approved times. All equipment not returned in good condition at the time requested at the end of the season will be subject to a financial penalty no higher than replacement value.

ATHLETIC CODE OF CONDUCT

Sportsmanship

Athletes All athletes shall abide by a code of ethics which will give God glory and respect to the athlete for which he is entitled to as a competitor in interscholastic sports and activities. Any conduct that results in dishonor to God, the athlete, the team or the school will not be tolerated. Intimidation or forms of "trash talk" will not be tolerated. A RCHS athlete should be diligent in preparation, relentless in effort, disciplined by nature, respectful in action, self-controlled with words, humble in spirit, and aggressive in pursuit of excellence, without regard to the score, opponent, time, referee, etc.... As Christian athletes display these characteristics, good things usually happen: teams are successful; players motivated; fans are supportive and enthusiastic; parents are proud; perspective athletes want to participate; and a clear testimony for Christ is presented.

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 sportsman-like way. The skills of the visiting team should be recognized and appreciated. Everyone needs to work to create a positive atmosphere at Rainier Christian. The following behavior is not acceptable at any contest; booing or jeering, mocking or taunting, yelling negative comments to referees. Never confront referees 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) has the authority to remove any person from the confines of an athletic contest for unsportsman like behavior.

SUBSTANCE ABUSE

The student Responsibility Agreement states that I *promise to abstain from all use, possession, sale, purchasing or pretended use of tobacco, drugs and/or alcohol both on and off campus.* Any student suspended for disciplinary reasons will not participate in practices or games and any further participation will be determined by the administration.

HAZING

Hazing is not to be a part of the Rainier Christian athletic program. Hazing is defined as an initiation process conducted against a player or prospective player of a team. Any behavior directed toward another student that endangers the mental or physical health or safety of the student for the purpose of initiation or admission into or continued membership on any such team is not acceptable behavior.

APPEARANCE

It should be understood that all RCHS athletes represent our school, and that modesty should guide all clothing decisions. Athletes are expected to wear T-shirts or school provided practice jerseys before, after and during team practices.

PARTICIPATION

Generally an athlete may participate in only one sport per season. If one desires to participate in two sports during the same season the athlete must have the support of the coaches of both sports and work through the athletic director to coordinate practices and meets/games and to gain approval for dual participation.

DROPPING OR TRANSFERRING SPORTS

Quitting a sport after the season has begun may create problems for the entire program. On occasion, an athlete may find it necessary to drop a sport for a good reason. If this is the case, the athlete is to consult with their immediate coach and also the head coach of that sport. If an athlete drops a sport before the first contest has been held his/her sports fee will be refunded, but fees will not be refunded after the first contest.

If an athlete wishes to change sports (drop one and begin another) during the same season he/she must consult with the coaches of each sport concerned and with the AD to seek permission to do so.

EQUIPMENT

School equipment checked out to the student athlete becomes his/her responsibility. The athlete is expected to keep it clean and in good condition. Equipment/practice gear/uniforms are to be used only in practice or contests or as directed by the coach. It is not to be worn in PE classes or at other times unless directed by the coach. Loss of any equipment is the financial obligation of the athlete up to full replacement value. Fees may be charged for late return of equipment. No athlete will be allowed to participate in a sport until all previously issued athletic equipment has been returned or proper restitution is made.

MISSING PRACTICES/CONTESTS - REMOVAL FROM A TEAM

When an athlete joins a team the commitment is made not only by the athlete but the parents as well. It is hard work scheduling around an athlete's schedule for a season. There will also be occasional schedule difficulties that occur with make up games because of weather, etc. **An athlete is expected to attend all scheduled practices and games.** If an athlete is going to miss practice or contest, the coach should be consulted as far ahead as possible. If a family finds it necessary to be gone for an extended time during the season it is important to work with the coach so he/she can plan also. Missing a practice or contest will generally result in some consequence.

At time parents deem it necessary to remove their student from an athletic team on a temporary or permanent basis. It must be realized that these actions penalize the entire team in addition to the removed athlete. It is suggested that this course of action be viewed only as a last resort and used only when other disciplinary methods have been exhausted. Regular consultation should be maintained with the coach if removal from the team is a consideration.

TRAVEL

All athletes are expected to travel to away contests in transportation provided by the school. Any exceptions must be pre-arranged with the AD. Athletes are also expected to return back to school on the same transportation. However, if a parent /guardian is at the site of the contest they may take their student after checking with the coach. An athlete may leave the game site with another team parent if, and only if, the coach receives written notification stating exactly which parent their child may ride with, and this process must be followed for each occasion. Any other arrangement must be pre-arranged with the Athletic Director. Athletes will not be allowed to ride home with other students.

Rainier Christian uses our district buses for transportation. If an athlete is suspended from bus travel, they will be ineligible to play at away contests. Students are responsible to the coach and the bus driver on the bus. It is expected that

Rainier Christian athletes will obey the laws and rules relating to the buses, keep the bus clean, remain seated, maintain an "inside voice" in conversation and show respect to and appreciation for the driver.

Food stops - when food stops are scheduled before or after an event, appropriate behavior is expected.

The estimated return times from trips are listed on the schedule. A coach must wait with the students until all have rides, so when the bus returns late at night it is important to arrange transportation on time. Most coaches have their duties completed 10 minutes after return and are ready to go home too, please do not make them wait.

UPPER FIELD AT CAMP BERACHAH

When a practice or game is scheduled for the soccer field, athletes on the team participating that day will all walk/run up to the field. Athletes will not drive or ride up the hill to their game.

When contests are held on the upper field, spectators should park their cars in a way that does not block access for Emergency vehicles.

COLLEGE RECRUITMENT

It needs to be understood that a very small percentage of athletes in the entire state of Washington will gain a "full ride" athletic scholarship. The purpose of athletics at Rainier Christian is not to prepare athletes for the college level. Preparation for college athletics is a byproduct of participation in high school athletics and many RCH athletes will have the opportunity to compete at the college level in the future. It is important for an athlete to work with their coach who will aid in making contacts with college programs. Any athlete who anticipates competing at an NCAA Division I or II college must register with the NCAA Clearinghouse through the counseling and career office.

CONFLICTS IN EXTRACURRICULAR ACTIVITIES

Inevitably in a school situation, scheduling conflicts will arise between athletic events and other school activities. When the athletic schedule is produced, care will be taken by the Athletic Director to avoid conflicts if possible. **In some instances, a student will have to choose prior to the season such as playing on an athletic team or taking a part in a drama.** Typical conflicts may involve musical performances/competitions with athletic practices or events. A student who is participating on an athletic team is expected to attend all regularly scheduled practices and should not expect to miss practices or games to try out for or be involved in other activities such as cheerleading or drama. Missing any scheduled athletic meeting, practice or game without prior arrangement will result in some sort of consequence.

For students participating in a number of activity programs both on and off campus, scheduling conflicts will occur. It is important that the student keeps a calendar of events for his/her activities and if a conflict is found, immediately informs all the sponsors/coaches involved. In order to deal with each participant fairly, a consistent policy is necessary. If left unattended, unresolved and undisclosed, the student-athlete is often placed in a difficult position between the athletic coach, activity sponsor and the parents. It is the policy of the athletic department to use the following priorities to handle any activity schedule conflicts.

Priority I A classroom required activity where attendance is mandatory for grade.

Priority II A regularly scheduled, planned activity.

Priority III A rescheduled performance or contest.

Priority IV A rescheduled practice.

The principal will oversee any appeal for decisions as a result of this policy. However, with proper communication between parties most conflicts should be easily managed.

RELEASE FROM CLASS

If a student misses class because of an athletic contest it is the responsibility of the student to turn in all work due **BEFORE** leaving school. Scheduled tests and quizzes must be taken before leaving unless other arrangements have been made with the teacher.

We also require that a Pre-Arranged absence Form (located in the office) be picked up by each athlete before a game that requires them to miss class time. They are then required to go to each of their classes and ask the teacher what they will be missing and collect material as indicated. The teacher is then required to sign that form next to the instruction given, if any. This form then needs to be shown from the athlete to the coach on the bus before they are allowed to travel with the team.

SQUAD SELECTION/PLAYING TIME

In Accordance with our philosophy of athletics and our desire to see as many students as possible participate in the athletic program at Rainier Christian, coaches are encouraged to keep as many students on a team as they can without unbalancing the integrity of their sport. Time, space, facilities, equipment, personal preference and other factors will place limitations on the most effective squad size for any particular sport. It is the decision of the coach regarding the number of players to be named to a team in a given season.

It needs to be understood that students who make a team will not necessarily see equal playing time. No amount of playing time is guaranteed to an athlete. Playing time depends on the skill, experience, attitude, level of competition, and how those attributes blend with the rest of the team and the level of competition. At all levels below HS varsity it is generally expected that an athlete will participate in each competition but there may be occasions when this does not happen.

COACHES' POLICIES

Each coach may establish other rules or standards for the team or program in which they work which go beyond those listed in this handbook. They may even be unique to that sport or program. The policies will be consistent with and not contradict other school practices and policies. The coach will file a copy of the rules with the Athletic Director. Following approval by the Athletic Director, the supplementary rules will be distributed to all team members.

DISCIPLINE POLICY

The coach will have the freedom to discipline the athletes that is consistent with school and district policy. Some of the options that are available to the coach will be but not limited to warnings, removal from a game or practice, and even removal from the team. There are some offences that will be handled by the school administration and the athletic department. (Please refer to the discipline section of the Student/Parent Handbook for more details).

CONFLICT RESOLUTION

If a conflict or perception of a conflict arises with a coach or other staff person the first responsibility is for the athlete to discuss the situation with the coach. This should occur before the parent speaks with the coach. If no resolution is found, the next two steps of appeal are to the Athletic Director and then the Principal in that order. Before or after a ball game is a usually not appropriate time for a parent to approach a coach to discuss a situation.

SPECIALIZATION

The tendency for many athletes in schools today is to specialize in only one sport in high school. Some think that it will help their chances to play in college. Others say that they want to work on their grades. It is the recommendation of the coaches at Rainier Christian that athletes not limit their participation to just one sport if they have the ability and are capable of playing in two or three sports per year. If an athlete is truly a "blue chip" participant it may be to their advantage to specialize. However, for 99% of high school athletes the most important thing to concentrate on in high school athletics is to work hard and have fun. Many college coaches would prefer athletes that are multi-sport participants in high school. Many studies show that multi-sport athletes maintain higher grades in high school.

REPORTING OF INJURY

All injuries, which occur while participating in athletics must be reported to the coach. If the injury requires medical attention by a doctor or treatment center, it will be necessary to have written notification from a doctor, stating when the athlete may return to the athletic activity.

SPORTS SEASONS/PRACTICE TIMES

WIAA has specific seasons for each individual sport and the requirements for participation in that sport.

ADMISSION/SEASON PASSES

Rainier Christian charges admission to varsity Basketball contests. Expect to pay at some schools for other sports also. Admission is charged for all league playoff or championship level contests.

Rainier Christian offers season tickets to any interested. There are two different passes available. The first one is a Season Pass (i.e. just basketball or just volleyball). The cost is \$40; this pass gets the purchaser and their immediate family into all home games. The second one is a Year Pass (i.e. all sports, all year). The cost is \$75; this pass also gets the purchaser and their immediate family into all home games. This can be purchased at the main office at the High School Campus or at any home games. You will be given a pass with your name on it.

ATHLETIC AWARDS POLICY

VARSITY LETTER REQUIREMENTS

The varsity award shall be presented to an athlete who satisfies the participation requirements as listed below, completes all team obligations and receives the recommendation of the coach. The coach may recommend a waiver of these requirements under an unusual circumstance.

SPECIFIC SPORT REQUIREMENTS

Fastpitch/Baseball: 1) play in one-fourth of the number of total innings during the regular season; 2) pinch hit or pinch run in three-fourths of the games played; 3) pitch in four starts or six game appearances.

Basketball: play in 50% of the number of total quarters during the regular season.

Soccer: play in 50% of the number of periods played during the regular season.

Volleyball: participation in 50% of the total number of games played during the regular season.

Golf: participation in 50% of matches

Junior Varsity awards are given on the recommendation of the coach to all athletes that complete the season.

Manager Awards will parallel the regular awards system if they manage for the entire season.

LETTERING CRITERIA THAT PERTAINS TO ALL SPORTS

An athlete who moves from one level of competition to another will receive their award at the higher level provided that the athlete has met the combined requirements.

A coach will have the perogative to letter an athlete who has not met the seasonal requirements.

Injury: Any athlete who plays regularly and was hereafter injured may be awarded a letter if, in the coach's judgment, the athlete would have met the lettering requirements.

If an athlete moves to varsity during state competition and plays in 50% of the periods or scores team points in individual competition may letter regardless of other lettering criteria.

Individual coaches may have additional lettering requirements for their sport provided they have been approved by the administration.

AWARDS

VARSITY AWARDS

Letters: 1st award will be a chenille letter, certificate and sports emblem. 2nd and subsequent varsity letters earned will be a certificate and bar.

Special Awards:

Mustang - Student athlete who by their attitude and sportsmanship best exemplifies Christ. Voted by team members.

Most Valuable - Voted by team members.

Coaches – Criteria and selection by coaches

JUNIOR VARSITY

Special awards and participation certificates will be given to junior varsity team members.

THANK YOU

Thank you for your participation and representation of Rainier Christian Schools.