

RAINELLE CHRISTIAN ACADEMY



*But they that wait upon the LORD shall renew their strength; they shall mount up with wings
as EAGLES; they shall run, and not be weary; and they shall walk, and not faint.
Isaiah 40:31*

ATHLETIC HANDBOOK 2009-2010

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2009-2010 Sports Schedule/Coaches

Principal

Mr. Jeff Bragg

JBragg@RainelleChristian.com

Athletic Director

Mr. Josh Tuck

JoshTuck@RainelleChristian.com

Fall Season Sports (August through October)

Men's Soccer

Tournament:

West Virginia Christian Education Association
Soccer Varsity Tournament
October 29-31, 2009
Appalachian Bible College

Women's Volleyball

Tournament:

West Virginia Christian Education Association
Volleyball Varsity Tournament
October 29-31, 2009
Appalachian Bible College

Winter Season Sports (November through February)

Men's Basketball

Tournament:

West Virginia Christian Education Association
Basketball Varsity Tournament
February 25-27, 2010
Appalachian Bible College

Women's Cheerleading

Competition:

West Virginia Christian Education Association
Cheerleading Competition
February 25-27, 2010
Appalachian Bible College

Spring Season Sports (February through May)

Men's/Women's Cross Country/Track & Field

State Meet:

May 1, 2010

Men's/Women's Golf

INTRODUCTION

The purpose of the Rainelle Christian Athletic Handbook is to provide an understanding and appreciation of the athletic programs, and to enhance communication among the coaches, athletes, and parents. This handbook contains most of the practices, policies, and regulations that govern extracurricular athletics at Rainelle Christian. The policies in this handbook are to be reviewed and revised annually by the high school principal, athletic director, and coaches.

In order for a student to participate in any sport at Rainelle Christian, both the student and the parents or guardians must sign the **Statement of Commitment**. Signing this form indicates an agreement that all the policies, procedures, and regulations in this Athletic Handbook are understood and will be followed. Participation in sports can be an integral part of a student's educational experience, and Rainelle Christian attempts to provide extracurricular sports opportunities for all students who wish to participate. Students in grades 6-12 are eligible to participate in one sport during each of the three seasons (unless allowed by special circumstance).

ATHLETIC DEPARTMENT MISSION STATEMENT

The mission of Rainelle Christian Athletics is to provide a competitive and developmental athletic program, while promoting and embodying the ideals of teamwork, sportsmanship, hard work, and self-discipline. Developing the student-athlete's character through a positive and supportive environment increases self-confidence and therefore is essential to personal success.

PHILOSOPHY OF ATHLETICS

Colossians 3:23 *"And whatever you do, do it heartily, as to the Lord and not to men."*
1 Thessalonians 5:15 *"...but always pursue what is good both for yourselves and for all."*

Our goal is to provide an Athletic Program, which honors our Lord Jesus Christ with excellence in every regard. We recognize that these talents come from Him and that it is our spiritual stewardship to develop and use them for His glory alone. Acknowledging that we practice, play, and live before God and as an example before others, we must always strive to walk worthy of our calling, regardless of the situation or outcome.

We seek to encourage maximum participation in the program. It is also our belief that athletics is only a part of a student's overall development. We will seek to encourage students to develop their gifts outside of sports and to honor the Lord in every area of their lives. We seek to develop character traits such as leadership, teamwork, determination, and sportsmanship realizing their importance in athletics and in all of life.

Rainelle Christian offers a program of interscholastic sports designed to:

- Glorify God with the physical talents and abilities with which He has blessed us.

- Provide a unifying activity open to the entire school and community through participation as team members or as spectators.
- Assist in the development of relationships with other schools and communities.
- Provide a vehicle for personal growth and development among students.
- Contribute to the development of school spirit.

At Rainelle Christian, athletic excellence shall include the following personal benefits:

- Provide personal enjoyment and a sense of accomplishment.
- Develop the concept of teamwork and an understanding of subordinating personal desires in the interest of a productive cooperative effort.
- Test capabilities and help determine limits of physical ability and endurance.
- Develop self-esteem and the ability to deal with adversity.
- Develop control of emotions in tense situations.
- Develop the ability to handle success and cope with failure.
- Provide an understanding of the importance of thorough knowledge of fundamentals in any endeavor and the value of thorough preparation for effective performance.
- Develop an understanding of the lessons that can be learned from mistakes while striving for excellence.

Every effort should be made to support the athletic program with the best facilities, equipment, and with the most qualified staff available. Knowledge and skills gained in classes should be applied and developed through participation in the athletic program. Coaches should teach specific skills necessary for improvement in athletics and provide guidance in the development of good sportsmanship, cooperation, leadership, ethical behavior, and an appreciation for the importance of practice.

Junior High School

At the Junior High School level, our desire is to provide quality instruction in beginning the early development of the athletes' talents. This instruction is fulfilled through teaching fundamental skills, developing character traits such as persistence, dependability, dedication, self-control, teamwork, and emphasizing the ***active participation of each athlete***.

High School

On the high school level, we desire to develop stronger character, athletic skills, teamwork, and sportsmanship as we strive to field high quality competitive teams in all sports that we offer.

ACADEMIC STANDARDS

Rainelle Christian Athletic Eligibility policy states that a student-athlete must maintain a 2.0 minimum GPA **AND** not be failing or have an incomplete in any course at the end of any grade evaluation period in order to continue full participation in sports. Grade evaluations will occur at two-week intervals during the season. If a student-athlete does not comply with the academic policy, they will be ineligible to participate in contests until the next grade evaluation, and cannot be dismissed from school early in order to travel to games. Athlete will be expected to practice with their respective team until meeting the academic requirement for all classes. Athletes will be expected to work out an agreement with the coach and teacher regarding after school assistance with academics.

Following a grade evaluation date, student-athletes who are ineligible must obtain a Weekly Academic Progress Report from the Athletic Director on Monday's, prior to first period. This form must be turned in to the Athletic Director by 3:00PM that same day for administrative review. This procedure is to be completed every Monday until the next evaluation date. Eligibility may be granted on a week to week basis after administrative review. Eligibility status will remain the same over school vacation periods.

To determine academic eligibility for the Fall sports season, grades from the prior school quarter will be used. Student-athletes who are academically ineligible for the first sports season may not participate in games until they have been cleared by the first grade check, which takes place approximately two weeks into the school quarter. High school athletes who begin practicing before the first day of school may attend all practices.

CODE OF CONDUCT

The Athletic Department of Rainelle Christian recognizes that student-athletes often hold a unique place in society and that they are under considerable pressure not only to perform in athletics, but in the classroom as well. Student athletes are often looked upon as public role models. They must develop and maintain outstanding levels of achievements and athletic endeavors and adhere to the highest standards of ethical behavior and sportsmanship. The way a student-athlete conducts himself/herself is a direct reflection, not only of themselves, but also of Rainelle Christian and more importantly, Jesus Christ.

SPORTSMANSHIP

The athlete should:

- Be well-mannered to visiting teams and officials.
- Respect the integrity and judgment of officials, and accept their decisions without question.
- Respect the facilities of the host school and the trust extended in being a host.

- Play hard and to the limit of potential and ability regardless of discouragement. Each should realize that the true athlete does not give up, nor do they quarrel, cheat, or grandstand (showboat).
- Encourage their teammates and speak highly of them when talking to others.
- Be modest when successful and be gracious in defeat. A true sportsman does not offer excuses for failures.

The coach should:

- Exemplify behavior that is representative of the educational staff of the school and be a credit to the Christian teaching profession.
- Demonstrate the highest ideals, desirable attitudes in personal behavior, and good habits of courtesy and demand the same standards of the players.
- Recognize that the process is as important as the product and, in fact, has a major bearing on the outcome of the product God wants to produce.
- Remember that the most important values are derived from playing the game fairly, and teach players that it is better to lose fairly than to win unfairly.
- Maintain self-control at all times, accepting adverse decisions without loss of emotional control. Demonstrate to players how to work with officials to improve performance without humiliating them or being disrespectful.
- Be modest in victory and gracious in defeat.

The spectators should:

- Realize that they represent the school just as distinctly as the players on a team do. Therefore, he/she has an obligation to be a true sportsman, encouraging through personal example the practice of good sportsmanship by others.
- Understand that good sportsmanship involves applauding good team play, individual skill, and outstanding examples of sportsmanship and fair play exhibited by either team.
- Treat visiting teams and officials as our guests, seeing this as an opportunity to be a witness for Christ to unbelievers and so extending to them every courtesy.
- Be modest in victory and gracious in defeat.
- Respect the judgment of officials, realizing that their decisions are based on fast moving game conditions as they observe them from their vantage point.

SAFETY

The Athletic Department strives to provide students a safe and enjoyable environment in which to participate. Consequently, all coaches and administrative personnel have a responsibility to reduce and/or eliminate all potential safety hazards. **It is vital to understand that participation in athletics involves inherent risks.** Coaches and administrative personnel are obligated to act in a prudent manner in order to prevent foreseeable accidents and injuries.

They should respond to unexpected circumstances according to guidelines set forth in this handbook.

INSURANCE AND ATHLETIC PHYSICALS

Adequate insurance coverage for an athlete is the responsibility of the parent or guardian. The Athletic Physical Form has an insurance disclaimer that must be signed by the parent or guardian before a student participates in athletic tryouts, practices, or games. ***No student may begin any phase of the athletic program (try-outs, practices, or other activities) without obtaining permission from a physician and completion of the Emergency Information Form.*** The physical must be completed after May 1st for each upcoming school year. A new athletic physical must be completed each year. The Athletic Physical Form will be filed in the Athletic Department office, and the parent or student at their request may obtain copies of the physical form. Copies of the Insurance Disclaimer and Emergency Medical Form will be issued to the coaches to carry with them to all away games. Athletic Physical Forms are available in the Athletic office.

PRE-SEASON COACHES/PARENTS MEETING

A required pre-season meeting between coaches, parents, and prospective athletes will be conducted at the beginning of each athletic season. The dates and times for these meetings will be posted in the school as well as notification by the coaches at least one week in advance. Parents are required to attend the pre-season meeting in order to allow their son or daughter to continue as a member of the team. If for some reason, neither parent can attend the scheduled meeting, they must schedule a private session (not on the phone) with the coach as soon as possible.

ATHLETIC FEES

Each athlete choosing to take part in athletics at Rainelle Christian must pay a \$10.00 base fee for participation. Each sport in which the athlete plays, an additional \$5.00 will be required but not to exceed a total of \$20.00 per student. With Rainelle Christian being a private school, these fees are necessary to help defray the rising cost of officials and the upkeep of uniforms and equipment.

ATHLETIC PRACTICE DATES

Practices and try-outs for the Fall Athletic Season will start around the first week of August. Exact dates, times, and sites shall be determined by the end of the previous school year.

Parents and students should note these dates on their summer schedule and be available for practice and/or try-outs in August.

The Winter Athletic Season begins the first week of November and is interrupted by Thanksgiving and Christmas Holidays. Practices may be scheduled on Saturdays and over holiday breaks, but will be optional for those who will be out of the immediate area.

The Spring Athletic Season will begin the first week of February and is interrupted by Spring Break. Again, optional practices may be scheduled, as all are required to attend if in the immediate area.

CANCELLATION OF PRACTICES/GAMES

Cancellations of games and or practices due to inclement weather will normally be made after 1:00 pm. Rescheduled dates, if known, will be available from the Athletic Director's office. Athletes should always come to school prepared to play or practice that afternoon. It is better to be prepared than not. Do not assume a cancellation based on the weather in the morning. Decisions about cancellations after 3:00 pm will be made at the game/practice site.

TRANSPORTATION

1. Practices

It is the parents' responsibility to arrange for transportation after practices or games from our home fields. Athletes will need to be picked up immediately after a practice session or game. This may require parents to wait for 10-15 minutes from time-to-time. Coaches are required to supervise athletes until they have left the school or athletic field premises. We ask that you understand that coaches should not be asked to wait for an extended period of time on a regular basis. They devote many hours to our students and do have other personal responsibilities.

2. Away Games

The coach, along with student athletes' parents, will arrange for transportation to and from games that are played away from Rainelle Christian if not using a school van for transportation. Parents will need to provide a written note to the coach if they plan to take their child home after a game.

ORGANIZATIONAL STRUCTURE

School Board

Principal

Athletic Director

Varsity Head Coach (per sport)

Junior Varsity Head Coach (per sport)

GENERAL POLICIES

1. Team Selection

The makeup of each individual team is at the discretion of the head coach.

2. Dealing with players who are cut from a team

a. Junior High School—For Junior High School students, **we encourage a no cut policy.** However, when numbers exceed the allotted amount for a particular team, cuts will be made. For sports that have a large number of students participating, coaches will hold an evaluation period. Students who are advanced in their performance and fundamental aspects, but are not quite ready for the Varsity level will comprise the Junior High (7-9) team to ensure proper teaching and playing time.

b. Varsity—Coaches determine which players will make up a particular team. There will be a maximum number of players for each team at each level of play. “Cuts” will occur when more players than the maximum number try out for a team. The roster will not simply be posted. It is the responsibility of each coach to meet individually with players who are cut. The coach will explain the reason why they were cut, answer any questions the athlete might have, and offer suggestions to help the athlete improve in the sport.

3. Parent Information

After a team has been determined, the coach will call a parent meeting to go over logistical matters (transportation, phone tree, etc.) and expectations and requirements of the athletes and parents concerning the season at hand. Parents will be given an opportunity to ask questions of the coach, and may be asked to sign a form of agreement covering such things as sportsmanship, and commitment to the program.

4. Playing Time

Determining how much playing time each player earns is at the discretion of the Head Coach. Playing time is a privilege and should be earned. The coach should be notified in advance, when a student will miss practice. Below are some general goals for which we strive.

a. Junior High School- Instruction and active participation is our primary concern and it is our goal that every athlete participates in every contest as long as they are regularly attending practice and abiding by team rules. Coaches are expected to play all eligible players in each game. However, this does not state that every player will receive an identical amount of playing time.

b. Varsity—Coaches should play as many players as feasible. Playing time on this level is based on coaching decisions made during practices and games.

5. Tryouts

Tryouts will be held during the first official week of practice in each sport. Any student who meets the eligibility requirements may try out. Announcements and letters indicating the starting dates for each sport will be given.

6. Practices

All athletes are expected to be present and on time at all practices called by the coach during the season of a particular sport. They are expected to attend practices and stay for the duration until dismissed by the coach, unless other arrangements have been made in advance. This does not warrant an athlete to leave practice on a regular basis to attend an outside activity, unless the head coach agrees to the situation. (Examples: missionary conferences, council meetings, etc.) It is the sole discretion of the Head Coach to determine whether an absence is excused or unexcused.

Other school activities such as chorus and drama, etc. will be dealt with in the appropriate manner. It is the students' responsibility to inform the coach and activity director what their major and minor activity will be and the correct concessions will be made. This should be done before tryouts are to take place for any activity. Unexcused absences will be dealt with on an individual basis and some form of discipline will be taken. The opportunity to participate in Rainelle Christian athletics is a privilege and not a right and should be treated this way.

7. Athletic Uniforms

Athletic uniforms may not be worn to school without approval of the Athletic Director and/or the principal. Uniforms must be returned in satisfactory condition no later than one week after the final athletic contest for the season. If possible, coaches should collect all uniforms and equipment at the conclusion of the final game. Parents of athletes will be responsible for uniforms not returned after the one week following the close of the athletic season. Any charges for uniforms lost or not returned will be added to the student's account. Report cards will be held until all uniforms are paid for or returned. It causes an undue burden and complications when uniforms are lost or not returned.

8. Class Attendance

In order to participate in an athletic contest, students must be present at school 4 periods unless they have gained permission through the main office. Circumstances arise where students have doctor's appointments, families emergencies, college visits, etc., yet we stress

that students cannot be expected to participate physically when they are not well enough to attend classes throughout the day. This policy also applies to practices.

9. Quitting athletic teams

Our athletes take a sense of responsibility when they agree to participate on our athletic teams. Therefore, we hold our athletes accountable for their commitment to their teammates, coaches, and our school. If a student-athlete quits a team, that student may not be allowed to try-out for any other sports during that school year. (They may request a release from the Athletic Director. They may not begin another sport until a release has been granted.)

BOOSTER CLUB

The Rainelle Christian Athletics Booster Club serves to support all sports. The members are parents who have students at Rainelle Christian. The Booster Club provides financial and organizational support to Rainelle Christian athletics. Financial funds are raised through operation of concessions at sporting events and through various annual fund-raisers. The club elects its own officers and operates alongside the Rainelle Christian Athletic Director. All parents of Rainelle Christian athletes are required to participate by joining this support organization.

STATEMENT OF COMMITMENT

I, _____, as a member of the athletic team, do agree to abide by the following rules and standards of conduct. I realize that athletic involvement is a privilege, and not a right, and carries with it responsibilities. I further acknowledge that there will be consequences for misconduct or not fulfilling my commitment.

1. I agree to attend and be on time for all practices, meetings, and games. Though I may have outside activities, I will not allow them to interfere with my commitment.
2. I agree personally to get PRIOR permission from my coach if extenuating circumstances arise where I must be late or miss a team function (i.e. – academic help, family emergency, etc.) This does not excuse vacation or out of school activities.
3. I agree to give 100% effort during practices and in games.
4. I agree to inform my coach of an illness or injury that I feel may affect my playing ability. I recognize that lack of practice due to an injury may limit my playing time and that I am still responsible to attend practices and games when injured unless excused by my coach.
5. I agree to inform my coach of transportation problems as soon as they arise.
6. I agree to keep an attitude of encouragement towards my teammates in every situation.
7. I agree to perform any function that the coach, in his/her best judgment, not my own, determines is best for the team's overall success.
8. I agree to refrain from smoking, drinking, and profanity anytime and anywhere. According to scriptural mandate to flee from even the appearance of evil, I agree to avoid situations (parties, informal gatherings, etc.) where alcohol and drugs may be present.
9. I agree to maintain my academic eligibility as outlined in the Student and Athletic Handbooks and to inform my coach of any academic problems that may encounter such as: term paper due or upcoming tests, which may necessitate help in managing my time properly or include tutoring.
10. I agree to take care of any uniforms or equipment that may be issued to me and will return it when I am asked. If any damage occurs during my possession, I agree to pay for repair or replacement costs.
11. I agree to not use any school issued equipment for any outside activities unless approved by my head coach and/or the Athletic Director.
12. I agree to remember whom I represent as I represent the name of CHRIST by my uniform.
13. I understand if I am not in school attendance four periods on game day, I will not be allowed to participate, unless prior arrangements have been made.
14. I agree that if I break my commitment to my teammates, coaches, and school by quitting the team, I may not be allowed to try-out for any other teams during this school year.

By signing below, I, the student-athlete, and we, the parents/ guardians, agree to the above stated responsibilities.

Student-Athlete Signature

Date

Parent/Guardian Signature

Date

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TEAM TRANSPORTATION WAIVER

I give my permission for my son/daughter, _____ to ride with the team for transportation either by private automobile or for school transportation to and from all games and tournaments for the 2009-2010 school year.

In case of an emergency, I give permission for _____ to receive medical treatment. In case of such an emergency, please contact:

Parent/guardian signature

Home phone

Work/cell phone

Parent/guardian signature

Home phone

Work/cell phone

Other contact

Home phone

Work/cell phone

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ATHLETE INFORMATION CARD

NAME : _____ AGE: _____

ADDRESS: _____

ZIP CODE: _____ TOWN: _____

PHONE: _____ GRADE: _____

BIRTHDATE: _____ YEAR: _____

PARENT OR GUARDIAN NAMES:

WORK PLACE: _____

SPORT(S): _____

EMERGENCY PHONE NUMBERS:

DAY: _____ NIGHT: _____

INSURANCE CARRIER: _____

FAMILY DOCTOR: _____

CONTACT INFORMATION: _____

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