



Athletic Handbook

2022-2023

FOR HIS GLORY **R** **RIDGEVIEW ATHLETICS**

FOR HIS GLORY

The purpose of Ridgeview Athletics is to extend and enhance the mission of Ridgeview Christian School in the lives of student athletes. If a Biblical Worldview is not being lived out, what good is it? We see the court or field, the locker rooms and busses as a tremendous laboratory for living out a Biblical Worldview in their minds, hearts, and bodies.

For His Glory is not just a motto, it is our purpose and our mission. It tells us how all of this started and where we are going. Our vision for each student athlete is to become a more devoted follower of Jesus through their experiences on our teams. This happens in the coaching and mentoring from our coaches, in the discipline instilled in practices and games, in the teamwork necessary to be successful, and the camaraderie with their teammates.

Let's not be fooled, we are not perfect in any of these areas. Our leadership, coaches, students, and parents will make mistakes. Ridgeview Athletics is an opportunity to learn from mistakes and to continue on For His Glory.

We are not a "win at all costs" program. We are a "For His Glory" at all costs program. We will strive for excellence in all that we do. We will also strive for integrity in all that we do. We cannot control what other teams bring to the table each game in terms of players, resources, etc. All we can do is be as prepared as possible as individuals, as a team, and as a program for each game.

PLAYER ELIGIBILITY

Organized athletics are scheduled for students in grades 5-12. Ridgeview places academics ahead of athletics in importance for our students. Eligibility to participate in inter-scholastic athletic activities requires a student to meet the eligibility requirements as described below.

Athletic eligibility will be determined based on an Academic Check at the following times:

- The Friday before the week of the first game of the season
- 2 weeks before playoffs begin
- When a report card is administered during a season

*Fall sports eligibility will be based on the 4th quarter report card of the previous year.

An Academic Check requires an athlete to:

- Have a current GPA of 2.0
- AND no Failing Grade in any Subject

Students failing to meet these requirements during an Academic Check will be placed on Academic Probation for the remainder of the season:

Academic Probation: A student on Academic Probation will be ineligible for the next week to play in any games or travel to away games, but should continue to practice with the team (unless the coach or principal excuses him/her) and attend home games. Grades checks will occur weekly.

If a student athlete has one failing grade but still maintains a 2.0 at an Academic Check, he/she may play but will not be allowed to start. The student has two weeks to pull up the grade, or they will be put on Academic Probation

If a student athlete has more than one failing grade at an Academic Check, he/she will be placed on Academic Probation.

If a student falls below the established grade requirements during an Academic Check, he/she will be placed on Academic Probation and will not be allowed to participate in sports the following week. He/she will remain on probation through the rest of that sports season, and his/her grades will be evaluated weekly to determine eligibility for the next week. After a season is over, the probation will be lifted, and eligibility for the new sports season will be established based on the same criteria as stated above.

PLAYER PARTICIPATION

The responsibility for choosing each team is left up to the coach and his/her staff in conjunction with the Athletic Director. Players must recognize the commitment level that will be needed to participate in the school athletic program. Trips, work schedules, and outside activities must be scheduled carefully. A commitment to a team requires time. **An athlete on a school team is**

agreeing to make the commitment to be prepared and participate in each practice throughout the season and to keep absences from practices and games minimal.

The philosophy around playing time changes between the different levels of teams. Middle school teams will have a more distributed amount of playing time because the focus is on developing the players. The varsity teams will have less distribution of playing time as the focus is on the overall development of the team. Junior varsity teams will be a transition between these two mindsets. Playing time is not guaranteed, especially as we get closer to tournaments.

Our athletic conference, VACA, stipulates a certain amount of homeschool students who may participate on each team. This number is different among different sports. Any homeschool student participating in Ridgeview Athletics, is expected to understand that they are an equal representative of our Lord and our school as any of the others teammates. At the same time, once a homeschool student is on a team, they are a full fledged member with all of the same expectations and benefits for that season. Whether a player is a homeschooler or not should never be considered in the amount of playing time they receive.

PARENT PARTICIPATION: CONCESSIONS

Parents of athletes participating in volleyball, soccer, basketball, and cheerleading are required to help in the operation of the concession stand. If your child is involved in any of these sports, you must work a minimum of:

- two times in the concession stand during the season
- and one time during any tournament we are hosting.

Time slots will be available so you can schedule a time outside of your child's game time.

COACH/TEAM RULES

Each coach establishes their team rules. These rules will be communicated to the team at the start of the season. They may also outline the consequences for an athlete who breaks a rule. These rules would include, but are not limited to practice attendance, being late to practice and games, attitude, or care of uniforms.

CHURCH ATTENDANCE

We at RCS feel a student's spiritual success is the most important goal we are trying to achieve. To play sports at RCS, all athletes must attend a Bible-believing church service. We encourage all players to attend church as often as possible.

ATHLETIC DEPARTMENT CHAIN OF COMMAND

As Athletic Director, Mr. Pettway oversees the entire athletic program. He works with the Principal to provide a quality program. Each coach reports to the Athletic Director.

Questions or concerns about a specific team should be first addressed to the appropriate coach. If your questions are not sufficiently addressed, feel free to contact the Athletic Director.

Parents are strongly encouraged to support the decisions of the coach. While you may not agree with every decision of a coach, how and when you express your feelings may have a negative effect on your child and on the team. The time immediately following a game is an emotional time, so please refrain from approaching a coach with issues at that time. Pressing issues on game day should be directed to the Athletic Director.

Both parenting and coaching are difficult tasks. Parents and coaches must have an understanding of the expectations and philosophies of one another. Clear communication is important.

Communication you should expect from the coach:

1. Expectations the coach has for the team members.
2. Locations and times of all games and practices.
3. Return times for all away games.
4. Team requirements.
5. Procedure to follow for injuries.
6. Discipline that would effect playing time.

Communication coaches expect from players/parents:

1. Notification of any schedule conflicts well in advance.
2. Specific questions in regard to a coach's philosophy and/or expectations.

Appropriate issues to discuss with a coach:

1. The treatment of your child: mentally and physically
2. Ways to help your child improve
3. Concerns about your child's behavior

Issues not appropriate to discuss with a coach:

1. Playing time
2. Team strategy
3. Play calling
4. Other student-athletes

COMMUNICATIONS

Good communication is key to a successful athletic program. We want our communication to be clear, timely, and appropriate. Ridgeview uses the Remind App as the primary communication tool for coaches, players (age 13+), and parents. The Remind App was created to be a safe tool for schools to use to facilitate communication between adult staff and volunteers and minors. It does this by providing accountability to school administration.

The Remind App is the only electronic communication between coaches and players. If you or your student needs to communicate with a coach, please only do so through Remind.

Instructions and Team Codes for the Remind App can be found at:

REMIN D APP: ridgeviewchristian.com/team-communications

GAME ELIGIBILITY & ATTENDANCE

Attendance to at least half of the student's regular class time is required in order to be eligible to play in that day's game. The only exceptions to these are:

- a) Doctor or dentist appointment
- b) Funeral of relative

Students demonstrating patterns of tardiness on game days or the morning after games will be treated on a case-by-case basis.

TRAVEL/BUS TRIPS

During all sports seasons RCS will provide transportation to away games.

- EVERY athlete is required to ride on the team bus to the game.
- Athletes may only be released to their parents after a game.
- If their parent is not present, they MUST ride the bus home.

Since practices are after school activities, RCS will not monitor traveling to practices that are off campus. Transportation will be provided to students who need it.

For all Travel policies, away games in the Staunton area (Grace, Blue Ridge @ VSDB, etc.), are treated with the same policies as home games.

DRESS CODE

Athletes will be issued team uniforms. The uniforms will remain the property of RCS. The uniforms are to be worn only for the athletic contest. This includes: jerseys, shorts, warm-ups, jackets, and shooting shirts. Care should be taken when laundering the uniforms. Uniforms that are lost, stolen, damaged, or have unusual wear may need to be replaced by the athlete. Cost will be determined by the age of the article. Uniforms are not to be worn to school.

Players are expected to adhere to the school's Athletic Practice Dress in the Student Handbook:

Guys:

- **Tops** - Must be worn at all times
- **Shorts** - Must be worn at the waist
- Appropriate footwear and sport-specific equipment is required

Girls:

- **Tops** - Shirt sleeves must be at least 1 3/4 inches wide; neck and armholes may not be big or loose
- **Shorts** -
 - If in co-ed situation - Shorts must be no higher than two inches above the knee as determined from the teacher's or volunteer's perspective
 - If in closed practice - Shorts must be no higher than mid-thigh
 - mid-thigh is defined as the mid point between the top of your knee and the top of your inseam)
 - RCS issued uniform shorts may not be rolled up above the knee

All players must adhere to school dress code on game days. Coaches may request a special dress attire during certain sports seasons.

REMINDER: *Cell phones or any other electronic device with a camera are not allowed to be out, used or even visible in any locker room, bathroom, or any other situation where students may be in a state of undress. Failure to comply will result in demerits ranging from 20-120 demerits.*

PRACTICE POLICY

It is understood that an important aspect of athletics is practice. Teams may practice after school each day except Wednesdays. Occasional Wednesday practices are permitted and may not last more than one hour.

Regular practices may not last more than 2 hours per day. Additional time is permitted during summer preseason workouts. Coaches have the right to practice on Saturdays and during vacation time. Care will be given by coaches not to be extreme in practice time. It is understood

that fall sports teams will begin practices prior to the beginning of school and a student may be required to adjust summer job schedules or vacation times.

Summer practice schedules should be distributed by coaches well in advance.

Coaches spend a tremendous amount of time away from their families during the season. Forcing a coach to wait in the building for parents long after a practice is finished is unfair to the coach. It is imperative that athletes are picked up promptly at the end of practice.

SPORTSMANSHIP STANDARDS

The Apostle Paul stated in I Corinthians 10:31, "Whether therefore ye eat or drink or whatsoever ye do, do all to the glory of God." Athletics can be used to develop many positive qualities in athletes, parents, and spectators. We must maintain a Christ-like testimony while in the midst of competition.

The following guidelines have been developed to help us maintain a godly walk and testimony:

For the coach...

1. Exemplify godly character, behavior, and leadership at all times.
2. Respect the integrity and personality of the individual athletes.
3. Abide by and teach the rules of the game in letter and in spirit.
4. Display modesty in victory and graciousness in defeat.
5. Respect the integrity, judgment, and authority of the officials. Show respect to the officials.

For the Athlete...

1. Accept the responsibility of representing Ridgeview Christian School.
2. Treat opponents and teammates with self-control and respect.
3. Avoid actions and words that demean or taunt opponents.
4. Display modesty in victory and graciousness in defeat.
5. Respect with integrity and judgment of the officials.
6. Shake hands with opponents after the game. Treat the competition as a game, not a battle.

For the Spectators...

1. Remember that you are at an athletic contest involving school students. They are not adults or professionals.
2. Show respect for opposing players, coaches, spectators, and cheerleaders.
3. Respect the integrity, judgment, and authority of the officials.
4. Avoid personal contact with the officials.
5. Avoid booing, taunting, and sarcastic and personal comments directed at opposing players and referees.
*(Failure to comply with #4 and #5 may result in the restriction of attendance from future athletic competition.)
6. Recognize and show appreciation for an outstanding play by either team.
7. Refrain from yelling or waving objects at inappropriate times during the contest. i.e. foul shots.
8. Do not use noise makers during the contest.

HAZING/PEER HARASSMENT POLICY

Hazing or peer harassment that recklessly or intentionally endangers the mental health, physical health, or safety of a student for the purpose of initiation or membership in, or affiliation with any team will not be tolerated. All athletes must be given the opportunity to compete without the threat of any type of abuse. Coaches have a responsibility to maintain a safe and positive environment for all athletes.

Students are encouraged to notify coaches or other school personnel of instances of hazing or harassment.

ATHLETIC AWARDS

Varsity letters, varsity pins, JV letters and pins will be awarded to students who meet certain participation requirements. The first time a student meets the requirements, that student will be awarded a letter. Each additional time an athlete meets a participation requirement, the student will be awarded a team pin. **The requirements for earning letters and pins are as follows:**

Baseball: Must appear in at least 1/4 of all innings a team plays.

Basketball: Must appear in at least 1/4 of all quarters a team plays.

Softball: Must appear in at least 1/4 of all innings a team plays.

Soccer: Must appear in at least 1/2 of all halves a team plays.

Volleyball: Must participate in 1/4 of all games a team plays.

To qualify for a letter, an athlete must finish the season in good standing. Academic probation does not disqualify an athlete from earning a letter unless the athlete has been removed from the team.

Athletic awards will be given out at the fall, winter, and spring sport's awards nights that are listed in the school calendar.

NCAA CLEARINGHOUSE

Any senior athletes who anticipate participating in athletics at the collegiate level should register with the NCAA clearinghouse. This is mandatory for athletes attending a NCAA Division I or II School. Information can be obtained through the guidance office or the athletic office.