

ROCK **ATHLETICS**

Parent/Student Athletic Handbook



I. INTRODUCTION

A MESSAGE FROM THE ATHLETIC DIRECTOR

Dear Rock Academy Parents & Students:

We are excited to begin a new season in Rock Academy Athletics! As the Athletic Director at Rock Academy I am blessed by the opportunity and do not take this position lightly. I am excited to see what God will do within and around our Rock Academy Community.

My main goal for Rock Academy Athletics is community building. My Prayer is that every Athlete is able to use his or her platform to spread the love of Jesus Christ wherever they may go. I pray that every Warrior is empowered to do mighty things for HIS kingdom.

Below you will find some important information in our Handbook:

Highlights on the Handbook –

Rock Academy Philosophy on Being a Warrior – One of the greatest joys being at Rock Academy is being able to take a passion in sports and use that tool to teach young people about life. You will come to realize that our Athletic Program is here to teach young men and women to be strong in their faith while competing at a high level.

Parent Guide – Partnering with Parents is the best way to teach a child adversity and integrity. We believe that parents have the greatest influence on a child's character and we have some clear guidelines for parents.

Policies – Please make sure to read through all our athletic policies for the upcoming year. They are very clear expectations that will help ensure a positive and safe experience for our entire student athletes.

Looking forward to a great season and would ask all to keep our department in consistent prayer! We have a desire to compete in a way that brings honor and glory to our Lord and Savior Jesus Christ. Go Warriors!

Nick Bertaux

Athletic Director



ROCK ACADEMY ATHLETIC PHILOSOPHY

Mission Statement: Rock Academy athletic teams will strive to produce championship teams. Success will be measured, not only by the end result, but by the people impacted along the journey.

Athletics are an important part of the educational process. Rock Academy students have the privilege of showcasing their amazing talents in the public realm to tell people about the story of Jesus Christ. Rock Academy Athletics will provide positive models of coaching excellence and sport programs, which promote the ideals of participation, competitiveness, discipline, teamwork, high performance, Christian character, and Christian witness.

Athletic Department Vision

The vision of the Rock Academy athletic programs is to see all of our athletes be excellent academically and athletically. We believe anything we do is worth doing to the best of our ability, and our sports programs will reflect that. Every student will have the opportunity to be part of a team, if they are willing to share in the commitment, hard work, and sacrifice necessary to become the best that team can be each season.

Athletic Department Goals

Faith

All athletes have an opportunity to grow in their faith through their sport

All athletes are given disciplines through their sport to help them go deeper in their faith

All athletes have experience praying in public

Competition

All teams to compete with intensity, tenacity, and integrity

All teams demonstrate respect for their coaches, teammates, and opponents

All teams prepare and compete to win championships

FUNDAMENTALS OF GOOD SPORTSMANSHIP

1. Show respect for the opponent at all times. When opponents visit our HOME Site, they should be treated as guests, greeted cordially upon arriving, given good accommodations. When visiting another school, we should be cordial and appreciative of our host. Good sportsmanship is the Golden Rule in action.

2. Show respect for the officials. The officials should be recognized as impartial arbitrators who are trained to do their job and who can be expected to do it to the best of their ability. Good sportsmanship implies the willingness to accept and abide by the decisions of the officials.



3. Know, understand and uphold the rules of the contest. A familiarity with the current rules of the game and the recognition of their necessity for a fair contest is essential. Good sportsmanship suggests the importance of conforming to the spirit as well as the letter of the rules.

4. Maintain self-control at all times. A prerequisite of good sportsmanship requires one to understand his/ her own bias or prejudice and the ability to prevent the desire to win from overcoming rational behavior. A proper perspective must be maintained if the potential educational values of athletic competition are to be realized. Good sportsmanship means proper behavior by all involved in the game. Recognize and appreciate skill in performance regardless of affiliation. Applause for an opponents' good performance is demonstration of generosity and good will. The ability to recognize quality in performance and the willingness to acknowledge it without regard to team membership is one of the most commendable gestures of good sportsmanship

II. PARENT GUIDE

PARENT ROLES:

You can play an essential role in helping your child learn the values of winning and losing.

Below are some suggested topics you can discuss with your child in these situations.

VALUES OF WINNING:

To consistently win, it is necessary to have certain ingredients. Skill, commitment, dedication, effort, perseverance, desire and good coaching are just some to the ingredients necessary to consistently win. Help your child learn the values of winning by:

- Offering congratulations for winning, and identifying and discussing the efforts made by individuals and the team
- Recognizing the improvement and growth of both individuals and the team
- Emphasizing competitiveness and doing one's best

VALUES OF LOSING:

Help your child learn from losing experiences by:

- Crediting the other team;
- Crediting the play of his/her opponent;
- Focusing on improvement by individuals and team;
- Discussing what was successful;
- Accepting the loss, setting individual goals, and moving forward.

CONDUCT

The importance of parents behaving as model spectators cannot be overstated. Parents who support the rules of conduct provide a model for other parents and students alike. Of particular concern are parents who harass officials or make comments in the stands regarding judgment decisions



made by the coach. This is counterproductive and tends to destroy the values of good sportsmanship and the game.

III. ROCK ACADEMY ATHLETIC POLICIES

DRUG TESTING POLICY

All of Rock Academy Athletic programs will adhere to the policy clearly set by the school. Please see the Rock Academy Handbook for details.

PHYSICALS

All athletes are required to have a physical prior to joining Rock Academy sports by a Medical Doctor. The physical along with accompanying paperwork in the athletic packet must be submitted prior to the first day of practice per each sport.

ACADEMIC ELIGIBILITY

Rock Academy requires student athletes to maintain a 2.0 minimum GPA with no more than two D's and one F. Students declared ineligible will be able to practice but will not compete in games or matches until the next grading period. (approx. 9 weeks)

SPORTS FEES

Rock Academy athletic department requires each athlete to pay a Participation Fee. This fee helps to defray the cost of an athletic team. This Fee includes a Team Spirit Pack set by each coach.

HS Football - \$350

HS Cheer – Costs varies based off Uniform and Spirit Pack Cost

HS Basketball - \$225

HS Volleyball - \$225

HS Baseball - \$225

HS Softball – \$225

HS Track – \$200

Indoor Soccer – \$175

Surf and Sailing - \$150

Middle School sports - \$75

Volleyball, Football

Girls & Boys Basketball



Coed Soccer

SUSPENSION FROM SCHOOL

Any athlete who is suspended from school may not participate in or attend an athletic event or practice during the duration of the suspension.

BEGINNING ANOTHER SPORT

An athlete cannot begin practice with sport B until sport A is completed. Varsity head coach A can give permission for an athlete to begin practice in sport B. He/She has the right to specify what is/is not done.

PRACTICE AND GAME ATTENDANCE

Students must attend a minimum of four periods (4) of the school day in order to participate in practice or game. Exceptions to this policy must be approved by the Athletic Director (i.e. Medical appointments or extenuating circumstances.) Players are required to attend every scheduled practice and game unless approved in advance by the head coach. Please know the expectations of the program in which you are involved.

QUITTING DURING THE SEASON

If an athlete does not fulfill his/her commitment to the team for the duration for the season, he/she will not be allowed to begin practice for another season until the varsity season of the sport he/she quit is completed

CUTTING POLICY

Coaches reserve the right to cut a player who is trying out for a team. Considerations may be skill, squad size, attitude, team chemistry or work ethic. Playing on a team is a privilege, earned by athletes and at the discretion of the head coach.

IV. UNIFORM POLICY

GAME DAY DRESS POLICY

Every Rock Academy team, at the coach's direction and leadership of the team captain (s), may wear the team polo shirt or jersey with school uniform pants, shorts, or skirts on Friday's ONLY

TEAM UNIFORMS/EQUIPMENT

- Families are responsible for care, loss or damage
- Team uniforms are never to be worn except for games.



V. CIF POLICIES FOR ATHLETES

CIF ETHICS AND MISSION

It is the mission of the California Interscholastic Federation, San Diego Section (CIFSDS) to promote high standards of sportsmanlike and ethical behavior in and around athletic contests played under its sanction and in life, in general. Citizenship, Integrity, and Fairness are embodied in that mission. CIF and CIFSDS contests must be safe, courteous, fair, controlled, and orderly for the benefit of all athletes, coaches, officials, and spectators. Behavior by all involved should manifest the highest standards of conduct at all times.

It is the intent of the section membership that poor sportsmanship, unethical behavior, and violence, in any form, will not be tolerated in athletic contests or practices. In order to enforce this policy, the membership, through its Board of Managers, has established rules and regulations.

Coaches are expected to assume responsibility to teach and demand high standards of conduct of their athletes both on the field of play and in everyday life.

It will be the school Principal who assumes responsibility for enforcement of the rules and regulations and to demand high standards of conduct from coaches, athletes, and spectators.

The CIFSDS Board of Managers requires that the following Code of Ethics be issued to and signed by each student-athlete, parent, coach, and officials' association as a guide to govern their behavior. Penalties for failure to submit a signed Code of Ethics are:

Athlete Ineligibility for participation in CIF-San Diego Section Athletics

Coach Restricted from coaching CIF-San Diego Section contests.

Officials' Association Not approved to officiate in CIF-San Diego Section

Parent Prohibition/Removal from attendance at CIF or CIFSDS event

- Embrace the six pillars and Sixteen Principles of the Pursuing Victory With Honor program
- Be courteous at all times with school officials, opponents, game officials, and spectators.
- Exercise self-control.
- Be familiar with all rules of the contest.
- Show respect for self, players, officials, coaches, and spectators.
- Refrain from the use of foul and/or abusive language at all times.
- Respect the integrity and judgment of game officials.



- Abstain from the use of illegal and non-prescription drugs, anabolic steroids, alcohol, or any substance that is not approved by the United States Food and Drug Administration, Surgeon General of the United States, or the American Medical Association.
- Win with character; lose with dignity.

PHYSICAL ASSAULT

Any student who physically assaults the person of a game or event official shall be banned from interscholastic athletics for the remainder of the student's eligibility. A game or event official is defined as a referee, umpire or any other official assigned to interpret or enforce rules of competition at an event or contest.

EJECTION FROM A CONTEST

Any person ejected for an act of unsportsmanlike conduct will be subject to the following penalty:

All sports: the penalty will be ejection from that contest and a 6 game/match suspension (with the exception of football; football will be a 3 game suspension.)

TRANSFER POLICY

The student transferring must Sit-Out until the designated date for each sport the athlete participates in. The student may practice but cannot compete in varsity games until after the Sit-Out date.

CONCUSSION PROTOCOL

A student-athlete who is suspected of sustaining a concussion or head injury in a practice or game shall be removed from competition at that time for the remainder of the day. A student-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 education and management of concussion and receives written clearance to return to play from that health care provider.

MEDICAL VISITS

All athletes that seek a Medical Doctor's attention in season are to bring a clearance note to the Athletic Trainer that clears them to practice or compete. No athlete is allowed to return to practice or competition until an official Medical Doctors note is received.

COMPETING IN MULTIPLE SPORTS

A student may compete in two CIF sports during the same season. An example of this is when a student plays baseball on a Thursday and then runs in a track meet on Friday. Both coaches must agree before this arrangement is allowed. In addition, an athlete may compete in four sports during the school year, but no more than four.

PLAYING ON AN OUTSIDE TEAM

A student on a high school team becomes ineligible if the student competes in a contest on an "outside" team, in the same sport, during the student's high school season of sport. Tryouts for club teams during the high school season of sport are not permitted



AGE OF AN ATHLETE

If an athlete turns 19 before June 15th, of the current year's school year, he/she cannot participate in interscholastic athletics. If an athlete is in his/her fifth year of high school, he/she cannot participate in interscholastic athletics.

PROFESSIONAL OR COLLEGIATE TRY-OUTS

An athlete cannot try-out for a professional or collegiate team from September 1 to June 25 each year, according to CIF.

AGE REQUIREMENTS FOR VARSITY FOOTBALL ATHLETES

To play on the varsity football level, an athlete must be 15 years of age (this pertains only to the sport of football). Special forms must be filled out and submitted for 14-year olds to participate in varsity football.

PRACTICE REQUIREMENT FOR COMPETITION

Each individual athlete on any team must have had 10 days of practice before being allowed to compete in a game.