

Rainbow Hills Athletic Policy 2009 – 2010

The goal at Rainbow Hills Baptist School within the athletic department is to build character, commitment and teamwork in the students that will carry over into the rest of their lives. We also believe that our athletes should be top examples for the rest of the student body.

It is each coach's responsibility to focus on the building of character, commitment and teamwork within his/her players. Fulfillment of this responsibility requires the total cooperation and respect of the players, parents, and school. The following are guidelines presenting an overall picture:

1. As stated in the student handbook, if an athlete misses more than the allowable unexcused number of practices and games combined, the athlete does not letter in that sport for the year. (*Lettermen Jackets may be purchased at the end of the school year for athletes who have completed a full season of a VARSITY TAPPS sport in good standing.*)

The allowable number of unexcused misses is as follows for each sport:

Cheerleading = 4 (School Year)	Volleyball = 2	Cross Country = 2
Basketball = 2	Softball / Baseball = 2	Golf = 2 Track = 2

Note: Unexcused and excused misses will be determined just like missing a class in school.

2. If an athlete misses double the allowable amount, with the exception of Cheerleading, of unexcused practices and games combined, she/ he is automatically off the team

The following is the exact amount for each sport:

*Cheerleading = 6 (School Year)	Volleyball = 4	Cross Country = 4
Basketball = 4	Softball/ Baseball = 4	Golf = 4 Track = 4

When an athlete is injured during a season, he/she is still *required to attend practices*, unless the coach allows otherwise.

3. **Academic Policy:** A student-athlete will remain eligible to participate in any given sport as long as he/she is not failing more than *one course (failing = 69 or below). Grades will be checked when progress reports are scheduled and at nine week grading periods. The student/athlete will remain ineligible for a two week period, after which time the grade will be re-evaluated and checked for eligibility. **Athletes who are ineligible to participate in games will still be required to attend practices.**

**Participants in Golf must be passing all classes in order to be eligible. Golfers will be missing a full day of class at least once a week due to the fact that Jr/Sr High Golf Tournament are best accommodated during the weekdays.*

4. An athlete who has received two in-school suspensions or one off-campus suspension during the semester is not permitted to participate in any extracurricular activities for the remainder of the semester. Also, the athlete will not receive awards for extracurricular activities for that season.
5. When a disrespectful attitude takes place during a practice or game, the athlete will be given a warning. If the attitude persists at this time, the athlete will immediately be expelled from the practice or game. An expulsion from a game or practice will count as an unexcused miss. His/her parents will be notified by phone/personal contact that a warning has been given. If any disrespectful attitude occurs again, it will be grounds for automatic dismissal from the team.

NOTE: Disrespectful attitudes would include, but are not limited to, talking back to the coach, ignoring a coach's direct request, rolling eyes and head at a rule or request that is made, and/or disobedient behavior toward the rules of the school or church.

6. After practice has started for the season, a one week grace period will be given for people who are undecided whether they want to play or not. After that, the roster is closed except for new students. *However, an exception may be considered if it would be necessary to complete the season and as long as all league or district rules are followed.*
7. All athletes are expected to abide by the dress code our school has for practices and games. P.E. uniforms are to be worn at all practices. If this rule is not followed, it will be treated as disrespectful attitude (See rule #6).
8. ***Before an athlete is allowed to participate in any practice or game, the following must be completed:***
 - a. ***This policy must be signed and dated by the parents and athlete.***
 - b. ***The commitment letter must be signed and dated by the parents and athlete.***
 - c. ***An "Insurance Verification Form" must be completed.***
 - d. ***Physical must be done by a physician and turned in.***

Reviewed & Updated: July 26, 2009

Please sign the following and return to school office.

Rainbow Hills Athletic Policy
2009-2010

Please sign the following and return to school office.

I, _____, have read and understand what is expected of me and agree to be the best example I can be for the rest of the student body. I am in full support of the Rainbow Hills Athletic Policy.

Student's signature _____ Date _____

I, _____, have read and understand the guidelines set forth in the Rainbow Hills Athletic Policy. I agree with the principles you are teaching my child, and will give the coaches my full support and cooperation.

Parent's Signature _____ Date _____