



This athletic handbook is designed to inform student athletes and their parents of the rules, regulations and information that helped develop the rich tradition of competition at RockBridge High School.

Participation in athletics is a privilege, which carries with it varying degrees of honor, responsibility and sacrifice. Since competition is a privilege and not a right, those who choose to participate will be expected to follow the rules established by the Athletic Department and other specific coaches' rules for their sport. Each student athlete represents his/herschool and student body. It is the student athlete's duty to conduct himself/herself in a manner becoming of the student athlete, his/her family, RockBridge High School and the community.

The athletic department will enforce all rules and regulations as described in this Athletic Handbook. Parents and athletes are asked to sign an acknowledgement document located at the end of this handbook stating that they have read and understand the information included in the Handbook and that the athlete is subject to disciplinary measures should he/she violate the rules and regulations set forth in this Athletic Handbook.

The goal of the Athletic Department is to provide the best opportunities for student athletes to excel in teamwork, sportsmanship, self discipline and character. The purpose is to cultivate positive relationships that help develop the commitment to a cause, the acceptance of responsibility and the perseverance to overcome adversity.

The following policy statement from the National Federation of State High School Associations expresses the concept of sportsmanship as follows:

"The ideals of good sportsmanship, ethical behavior, and integrity permeate our

All MSHSAA sanctioned events are a reflection of our community and school. The conduct of the team is extended to parents and fans before, during and after athletic events.

**Academic Requirements for Participation in MSHSAA Activities at RBHS
(effective Fall 2014)**

	For FALL SEMESTER participation, student must	For WINTER SEMESTER participation, student must
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to attend by the board of education. You should consult the athletic director if you have questions about residency issues.

If you transfer schools and your parents do not move into the district of your new school, you will be ineligible for 365 days - unless you meet one of the exceptions listed in the MSHSAA Residence/Transfer Rules.

If you move with your parents to your new school district, you will be eligible at your new school provided you were eligible in all other respects at your former school. A student shall not be eligible to represent two different schools in the MSHSAA state tournament series in the same sport during the same season.

You and your parents must move to the new residence at the same time.

Always check with your school principal before you transfer to determine whether it will affect your eligibility.

The following things are required by the student athlete before the first practice with any team:

- 1. Meet academic eligibility requirements the previous semester;**
- 2. Meet enrollment requirements for the current semester;**
- 3. TaQM**

requirement may be waived in cases of physical injury. No awards will be issued to an athlete until all equipment for his/hersport is turned into the coach

All accidents or injuries, at home or away, are to be reported to the trainer and/or coach immediately.

Fall Season	<u>August 6</u> is the first possible practice date for Cross-Country, Football, Girls Golf, Boys Soccer, Softball, Boys Swimming and Diving, Girls Tennis, and Volleyball
Winter Season	<u>October 29</u> is the first possible practice date for Wrestling, Boys Basketball, and Girls Basketball <u>November 6</u> is the first possible practice date for Girls Swimming and Diving
Spring Season	<u>February 25</u> is the first possible practice date for Baseball, Boys Golf, Girls Soccer, Boys Tennis and Boys/Girls Track

If a student athlete is cut from a team, he/she may join another team or program in that sport season. A student athlete cannot quit one sport to join another sport until that sport season is concluded; i.e., one cannot quit football to go out for basketball until football season is completed. However, athletes will be allowed to transfer from one sport to another during a given season upon mutual agreement of both coaches.

Medical expenses are the responsibility of the athlete/family.

Written verification from the doctor is required when a physician removes an athlete from practices or games.

Written verification from the doctor is required to return to athletic competition.

Participation in athletics is a privilege, not a right. To be successful the participant must be well disciplined and willing to put aside individualism for the benefit of the team. It is very important to our school reputation that our student athletes conduct themselves appropriately during the school day and at all times outside the school day.

Equipment checked out by the athlete is his/her responsibility. It is to be kept clean and in good condition. Loss of issued equipment will be the athlete's/parent's financial obligation. The athlete will not be allowed to participate in other athletic programs or receive awards until this obligation is met. **NOTE: Equipment includes any issued supplies from the training room.**

All Columbia Public Schools student athletes are required to have medical insurance and must supply information verifying such before participating in practice and/or competition.

Student athletes may participate in more than one sport or activity during one season with the approval of both coaches, sponsors or directors. Schedules will be worked out between the coaches, sponsors or directors involved. Considerations should be given to the importance of the sport or activity.

more than one sport/activity in one season. The student athlete must meet the requirements of for all the sports/activities. If the requirements of one or all are not met, the student athlete may no longer be allowed to participate.

Each coach of varsity sports has his/her own policy on how he/she will choose his/her team. Coaches will explain their team selection policy at the first meeting. Arrangements for tryouts must be made for athletes involved in overlapping sports seasons. It is the responsibility of the student athlete to contact the coach and discuss possible conflicts well in advance of tryouts. A student athlete may be cut from a team anytime during a season for appropriate reasons.

I acknowledge receipt of a copy of the athletic handbook and have read the rules concerning eligibility and conduct for Rock Bridge student athletes. I understand the rules and realize that I am subject to disciplinary measures should I violate them. I do agree to participate and conduct myself in accordance with the rules of our athletic program.

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