

ROCKY MOUNTAIN  
CLASSICAL ACADEMY



# RMCA ATHLETIC HANDBOOK

Rocky Mountain Classical Academy

## Athletic Code of Conduct

Rocky Mountain Classical Academy Athletic program shall provide positive, productive and meaningful experiences for all athletes involved. Through athletics at RMCA, the athletes will develop healthy habits and attitudes that will better prepare them to be positive contributors as adults to society. Our athletes must, and will, compete with dignity and grace.

The athletic program shall be conducted in accordance with existing Rocky Mountain Classical Academy policies, Academic rules, Athletic Code of conduct and training rules and all regulations. While the school takes pride in winning, it does not condone winning at all costs. The school discourages any and all pressures that might lead to neglecting good sportsmanship, fair play and respect. At all times, that athletic program must be conducted in such a way that it is an educational activity. Success, school unity and pride are greatly enhanced by student participation in school-sponsored activities.

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Parent Signature

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Date

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Student Signature

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Date

## Athlete's Conduct and Expectation

1. **Release from class** – It is the responsibility of the athlete to notify the teacher the day before a class will be missed due to athletics. That athlete must arrange at the teacher's convenience to make up any missed work.
2. **Reporting Injury** – All injuries must be reported to the coach. If the injury requires medical attention by a doctor, the athlete must get a release from the doctor before returning to practice or game.
3. **All Athletes are students first** – Athletes are subject to the same rules as other RMCA Students
  - a. Each Athlete will be monitored for academic progress
  - b. Any Athlete suspended from school will be ineligible to practice or play in a game during that time
4. All athletes should treat teammates, coaches and officials with respect. Athletes should respect the efforts of the other RMCA athletes and support all groups representing the school.
5. All athletes should exemplify good behavior on and off the field. Athletes are expected to be positive examples for other students and athletes at RMCA.

## Requirements for Participation

1. **Physical Examination** – A yearly examination is required. The physical form must be completed by the physician and submitted to the athletic department. The examination covers all sports for the entire school year provided it was administered after May 1<sup>st</sup>. The form will be kept on file at Rocky Mountain Classical Academy.
2. **Emergency Medical Authorization** – Each athlete's parent/guardian shall complete an **Emergency Medical Authorization Form** giving permission for the treatment by a physician or hospital when a parent is not available. The form will be kept with all coaches for availability at all practices and games.
3. **Insurance** – Rocky Mountain Classical Academy does not carry insurance to cover student athletic injuries. Parents will need to complete the school's insurance form acknowledging that they possess a family insurance plan.
4. **Parental Acknowledgement of Athletic Policies** – At the time a student begins to practice for an athletic team, he or she will be given the **Athletic Code of Conduct**. Each athlete, as well as each parent, shall read the material and certify that they understand the athletic eligibility rules and policies of Rocky Mountain Classical Academy. This signed document will be kept on file at RMCA.
5. **Scholastic Eligibility** – To have the right to participate on any RMCA athletic team, each athlete must have satisfied all scholastic eligibility requirements prior to participation. **Bi-weekly** cumulative grade checks will be done. Students having 2 or more "D's" or "F's" will be ineligible for one week.
6. **Equipment Responsibilities** – All athletes are responsible for the proper and instructed care and security of equipment issued to them. School furnished equipment is only to be work/used for games and practices. All equipment returned during or at the end of the season that is in poorer shape than when checked out at the beginning or during the season will be subject to a financial penalty.
7. **Fees** – Fees can be partially refunded (\$35.00 per \$75.00) only if requested by the end of the first week of practice. Remaining fees are allocated to equipment maintenance and purchase of new equipment, official's fees, league fees, facility rentals, and other sports related fees.

## Philosophy of Academics and Sports

RMCA believes that a well-rounded student who chooses to participate in sports will continue to maintain a balance with his or her academic performance, based on his or her ability. While temptation to neglect academic studies during busy sports seasons exists, RMCA affirms that adults in real life situations do not get to focus on one thing at a time. Student are encouraged to:

1. Maintain excellence in academic studies and assignments.
2. Participate in extra curricular activities such as sports and clubs.
3. Participate in community service from time-to-time.
4. Maintain good family relationships and friendships.

This lifestyle of varied concerns present the model desired for college preparations and a healthy perspective on life.

## Physical Education and Participation

All student-athletes must participate in all physical education activities during PE classes. RMCA student-athletes are expected to perform all activities performed by other students, regardless of evening practice or game commitments. If modifications need to be made, the student should speak with the instructor.

## Uniforms

All school issued uniforms and equipment are to be used for only games and practices. These items are not to be worn in PE class, in school, in the community, or at home. The only exception to this rule would be if the entire team wears jerseys to school on a game day when designated by RMCA coaches or staff. A student-athlete will not be allowed to play in a future season until all school issued uniforms, warm-ups, equipment, etc. have been returned to RMCA.

## Penalty for Violation

Because of the serious nature of the following rules, the Coach involved, Athletic Director and Principal shall meet to determine the penalty according to the degree of the infraction. Other consequences may be implemented due to the seriousness of the infraction.

### **First Violation Penalty**

After confirmation of the first violation, the athlete will be suspended from the team immediately for 1 full week (from the time the infraction occurred) of practices and games. If the penalty is not fully administered during that sports season, the remainder of the penalty will be applied to the next interscholastic sport season in which the athlete participates.

### **Second Violation Penalty**

After confirmation of the second violation, the athlete will immediately be suspended from the team for 3 full weeks (from the time the infraction occurred) of practice and games. If the penalty is not fully administered during that sports season, the remainder of the penalty will be applied to the next interscholastic sport season in which the athlete participates.

### **Third Violation Penalty**

After confirmation of the third violation, the athlete will be suspended at a minimum from participation in athletics for the remainder of the season as well as the next full season in which the athlete would normally have participated.