



ATHLETIC HANDBOOK

2019-2020

Summer 2019

To the Parents and Student-Athletes:

Welcome to the 2019-2020 athletic season at Regents School of Charlottesville. You are now part of the Lions athletic program which began in 2013 with 5th-9th grade basketball, volleyball, cross country and wrestling.

Athletics, rightly understood as an integral part of education, compliments our greater mission at Regents. Lessons of commitment, teamwork, tenacity and overcoming adversity are advanced on our courts and fields. It is in the midst of “running to win the prize” that our student-athletes experience great life lessons. These lessons go beyond the x’s and o’s and into the heart of each one as they develop a love for Christ and service to those around them.

Along the way, our programs also provide wonderful opportunities to strengthen the larger community of Regents. Relationships built in the stands provide cohesiveness among our parents as they support their children. Your enthusiastic participation is important as we continue to seek to honor God through our athletic program.

This handbook contains the philosophies, policies and guidelines which govern the Regents Athletic Program, as well as some of the more important rules and regulations required by the school and governing leagues. Although it is intended to be comprehensive in nature, there will inevitably be situations that occur that are not outlined in this handbook. Having a common understanding of the rules and regulations that govern athletics will assist in significantly reducing concerns and unforeseen problems.

We ask that you read this handbook thoroughly with your student-athlete(s). The athletic office must have a current, signed Acknowledgement Form (located at the end of the handbook) on file before a student-athlete can participate.

We look forward to another great year in athletics. Go Lions!!!

Courtney Palumbo
Head of School

Travis Johnson
Athletic Director

Regents School of Charlottesville

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ATHLETIC PROGRAM PROFILE

Mascot: Lions

Colors: Navy blue, Vegas Gold, & White

Sports: Grades 5-12
Basketball, Cross Country, Volleyball, Tennis, Track

Contact Information:

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Athletics & Weather Updates:

Follow @RegentsLions on Twitter for the latest information related to school athletics and weather pertaining to athletic events.

ATHLETIC PROGRAM

PURPOSE

The Regents Athletic Department exists to help fulfill the mission of the school:

The mission of Regents School of Charlottesville is to provide a classical and Christian education, founded upon and informed by a biblical worldview, that equips students to know, love and practice that which is true, good and excellent, and challenges them to live purposefully and intelligently as servants of the Lord Jesus Christ for the benefit of man and the glory of God.

PHILOSOPHY

Regents athletics helps to fulfill the mission of the school by teaching the Christian way of competing and the Christian way of life as expressed through our three core values in athletics:

o **Character**

“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.” Gal 5:22-23

“Not only so, but we also rejoice in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope.” Rom 5:3-4

“Similarly, if anyone competes as an athlete, he does not receive the victor’s crown unless he competes according to the rules.” II Tim 2:5

“Be on your guard; stand firm in the faith; be men of courage; be strong.” I Cor 16:13

o

Commitment

“Whatever you do, work at it with all your heart, as working for the Lord, not for men.” Col 3:23

“Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever. Therefore I do not run like a man running aimlessly; I do not fight like a man beating the air. No, I beat my body and make it a slave so that after I have preached to others, I myself will not be disqualified for the prize.” I Cor 9:24-27

“He who gathers crops in the summer is a wise son, but he who sleeps during harvest is a disgraceful son.” Prov 10:5

o

Community

“As iron sharpens iron, so one man sharpens another.” Prov 27:17

“Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves. Each of you should look not only to your own interest, but also to the interests of others.” Philippians 2:3-4

“Dear friends, since God so loved us, we also ought to love one another.” I John 4:11

The Regents Athletic Department acknowledges the following order of priorities in our school – 1) God, 2) Family, 3) Academics, 4) Athletics.

When this order is followed, it gives student-athletes the opportunity to be balanced spiritually, physically, mentally and emotionally.

GOALS

Based on our philosophy, our athletic department and team goals are:

- o **Excellence** - programs focused on discipleship, that honor God and are well managed and well executed
- o **Success** - reaching maximum potential both individually and as a team.

Being a great student and a great athlete is a difficult task, an admirable goal and a worthy accomplishment.

It is our desire that our athletic community – coaches, players and parents – participate in such a way that honors God and conveys a positive witness to those around us. We will be humble in victory and gracious in defeat. Winning on the scoreboard should be one of our goals, but losing can many times present beneficial learning opportunities.

SCHOOL MOTTO

The Latin phrase *Coram Deo* conveys the essence of what it means to follow Christ the Lord in the totality of our lives. We are to live “before the face of God, under the authority of God, to the glory of God.” Our other school motto, *Soli Deo Gloria*, “to God alone be the glory” reflects what we hope your family’s experience will encompass here at Regents. In all that we do we want God alone to have the Glory. We desire to conform every aspect of Regents to these all-encompassing principles.

TEAM LEVEL PHILOSOPHY

We recognize the normal stages of a child’s development and provide appropriate opportunities in athletics:

Grammar school athletic programs (K – 6th grade) encourage participation and experimentation and establish a love for the game. The fundamentals of the game will be strongly emphasized. Try- outs are for the purpose of team placement based on skill and ability. Cuts are highly discouraged but permissible if based on facility or resource issues. Coaches will do their best to provide equal playing time. Grammar athletics will work to develop skills and technique as well as introduce the concept and critical need of “teamwork”. And finally, athletics at this stage provides first time excitement of wearing Regents school colors in sports.

However, in our competitive sports we are currently allowing 5th and 6th graders to play with the Logic School level teams. As such, 5th graders should play with the goal of learning the game and practicing with older students. 5th graders should not expect much playing time, if any, on the Logic School level teams while we are including 5th and 6th graders in our competitive sports programs. As the school grows, we may make appropriate adjustments to the expectations at each grade level. Please see Athletic Director for clarification of these policies.

School of Logic athletic programs (7th – 8th grade) strive to further a love for the game, continue to develop fundamental skills, and help athletes begin to understand and execute more advanced level strategies and schemes. Try-outs are for the purpose of team placement based on skill and ability. Cuts are discouraged but permissible if based on facility or resource issues. Playing time is at the discretion of the coach.

School of Rhetoric athletic programs (9th – 12th grade) strive to be the best they can be with a focus on excellence in execution. Players are put in positions to get the most out of their athletic talent, cultivate leadership skills and understand “team-first” responsibility. Each head coach will put the collective efforts of the team ahead of individual achievement and will take knowledge, ability to execute, attitude, conduct and safety into consideration when it comes to playing time. Athletes should not assume that they are guaranteed a spot on a varsity team simply because they participated on the same team in previous years.

Creation and size of teams is determined by many factors including but not limited to the number of participants interested in a sport, facility availability, safety and coaching resources. Whatever we do, we want to do it well. Decisions will be made on a season-by-season, team-by-team basis if we can provide a healthy experience for all parties involved.

HOME SCHOOL PARTICIPATION:

We welcome the participation of area home school students who have the same values of the Regents School. All athletes participating in the RSC Athletics program must abide by the guidelines within this handbook, cover all necessary fees, and will be treated as an equal team member of the Regents Athletic program.

MULTIPLE SPORTS AND ACTIVITIES

We encourage athletes to be well rounded, participating in different activities both athletically and otherwise, especially early in their athletic careers. Different sports challenge athletes in different ways, and the skills developed through the training methods used in one sport will often help the athlete in another sport.

Regarding multiple sport participation, student-athletes may not participate in multiple team sports at the same time. Student-athletes may, however, participate in a lifetime sport (cross country, golf, swimming, tennis, and track) and a team sport at the same time if agreed upon by coaches of both sports. Good, open communication between the student-athlete, his/her parents, and the two coaches involved are tantamount and a priority will be declared in case of scheduling conflicts and agreed upon by the coaches.

Regarding multiple activity participation, student-athletes may participate in a non-athletic department (i.e. fine arts, mock trial, etc.) program and on an athletic team at the same time if leadership from both activities gives permission to do so. Leadership from both activities will work closely together to minimize conflict, however, reserve the right to require, on rare occasion, sole commitment to their activity. Where there is dual commitment and schedule conflict, there must be a declared priority and agreements made between student, parents and team or department leadership before the seasons begin as to how the student will divide his/her time between the activities. The decision to participate in multiple sports or multiple activities should ultimately be decided by the parents and student.

GENERAL POLICIES

SPORTSMANSHIP

During home contests, we serve as hosts to the visiting team, its students and spectators. They are our guests, and they should be treated accordingly. At away contests, we are expected to act as invited guests. We will treat the home school's personnel and facilities with care and respect.

As participants and spectators, we want to cheer for our team, not against the opponent, being humble in victory and gracious in defeat. Additionally, we will regard the rules of the game as an agreement, the spirit and letter of which we should not break. Players play the game, coaches coach the game... no official has ever "lost" a game for a team. Much like we do not readily credit an official for a win, we will not blame an official for a loss. Officials will be treated with respect and we will accept absolutely and with respect the final decision of any official.

Any member of the Regents community who is a participant or spectator at an event, who uses profanity, engages in inappropriate behaviors such as fighting or similar misconduct will be dismissed from the event and is subject to disciplinary action by the school.

SCHEDULING

The athletic department does its best to schedule games and practices well in advance of the season. Generally schedules are not created until the season starts. Because we cannot control inclement weather or changes made by an opponent when we travel to their home court/field, changes to schedules will inevitably occur. Additionally, since a majority of our coaches are part-time, there will most likely be a few changes throughout the season due to their work schedules.

TRANSPORTATION AND TRAVEL

All athletes must travel in designated vehicles to practices and games. The following exceptions will be considered on a case-by-case basis, and require a signed parental waiver, for student- athletes who:

1. Drive themselves, by themselves,
2. Drive themselves and no more than one other student-athlete who is not a sibling to the driver

(this exception requires parental approval from both sets of parents of the student-athletes),
or

3. Ride with an adult that is not the student-athlete's parent.

SEVERE/INCLEMENT WEATHER

Any changes to published schedules due to bad weather will be updated on the school website, athletics page, and an email/text will be sent to parents as soon as an affirmative decision can be made. If lightening is present during an outdoor event, all parties must be moved indoors. The event can only be resumed if 30 minutes have passed since the last evidence of lightning or thunder. For outdoor practices, heat and humidity are closely monitored. Where possible, practices will be scheduled in the coolest times of the day. Practices will not be held outside in a heat index of 110 or above.

FUNDRAISING

Regents Athletics raises funds through fund raising and from individual gifts. Requests for funds are to meet two specific objectives. The first is to provide financial assistance to those athletes who cannot afford the participation fees required for team sports. The second objective is to provide enhancements to our team sports programs such as new uniforms, equipment, technology, facility rental and supplies. These enhancements can often generate unexpected needs that extend beyond our operating budget.

SUBSTANCE ABUSE

The school vigorously opposes student use, possession, or distribution of tobacco or alcohol in any form, on campus or off campus. Violation subjects a student-athlete to disciplinary action deemed appropriate by the administration. Penalties could include multiple-day suspension, permanent removal from the team, or expulsion from school. Students are not permitted to use, possess, purchase or distribute illegal drugs, including athletic performance enhancement drugs. Violation subjects the person(s) involved to disciplinary action and may lead to the involvement of local law enforcement. Athletic performance enhancing drugs are detrimental to the health of the student and are never an acceptable alternative to hard work.

GAMBLING

Gambling is not tolerated. Violation subjects the person(s) involved to disciplinary action.

HAZING

Hazing is defined as subjecting someone to an indignity, fright, abuse or threat and is not tolerated. Violation subjects the person(s) to disciplinary action.

LOST AND FOUND

Coaches require athletes to be good stewards of all personal articles, equipment and facilities. Should an item be lost or misplaced, it may turn up in the lost and found area at Regents School.

REQUISITES FOR PARTICIPATION

Each Regents and homeschooled student-athlete desiring to participate in Regents athletics must have the following completed and signed documents on file in the athletic office before the first day of participation in any given sport:

- Acknowledgement of Athletic Handbook
- Physical Examination
- Code of Conduct
- Contact & Release

If all forms have not been turned in before the first scheduled day of participation, the student-athlete cannot join the team. All of the aforementioned documents can be found on the Regents website.

In addition to the above required documentation, a student-athlete must not have any outstanding athletic fee payments or outstanding uniform/equipment items. **IMPORTANT – No student-athlete will be allowed to go to their next sport if either fees or uniforms have not been turned in.**

STUDENT-ATHLETES CODE OF CONDUCT

Being a Regents athlete is a student's choice and thereby a privilege. Student-athletes shall conduct themselves in a way that brings positive recognition to God, Regents School, their team, their sport and themselves. A Regents student-athlete reflects the mission and identity of the school, no matter where he/she is. Student-athletes are expected to behave at all times with consideration for others in thoughts, word, and deed and student-athletes must abide by the school's stated rules and any others stipulated by athletic department staff members.

ACADEMIC REQUIREMENTS

A 5th - 12th grade student who receives grades lower than a C in two subject matters at the end of an eligibility period will be ineligible for the following eligibility period. A student may regain eligibility at the end of any eligibility period if he receives no more than one failing grade and is showing improvement.

A student who misses school due to athletic competition is responsible for keeping up with his or her schoolwork. Any work that is due during a period that the student will miss should be turned in before the class period. Any tests that the student will miss should be taken ahead of time if possible. Otherwise, the student is responsible for working out an arrangement with the teacher ahead of time for making up the test. Under no circumstances should a student fail to talk with a teacher whose class he or she will miss at least a day ahead of time.

PARTICIPATION

Participating in athletics is a privilege and is contingent on the following:

- 1) Clearance from Previous Sport: Student-athletes must be cleared from their prior sport before they can begin competing in a new sport. This includes, but is not limited to, being current on athletic fees, uniform and/or equipment was in good condition and checked in, post-season forms completed, etc.
- 2) In good academic and moral standing: Student-athletes may not participate in practices or games if they have failed to achieve the minimum academic requirement or are suspended from school.
- 3) Practice and Game attendance: Student-athletes must arrive at school by 10:00 the day of a practice or game in order to play. The only exception to this rule is if the absence is caused due to a school event (field trip, college visit, etc.). Parents and student-athletes need to recognize that absences from practices will hinder skill development and physical conditioning as well as jeopardize team unity. Time missed from a sport team practice will influence an athlete's performance and often his/her playing time. When a personal or social event conflicts with a practice or game, we expect students to honor their commitment to the athletic program and their teammates. When a family event causes the student-athlete to be absent from a practice, the situation should be communicated to the coach at the earliest possible moment, preferably at the beginning of the season and not the same day of the conflict (this does not include family emergencies which are unpredictable and managed differently).

DEPARTURE FROM TEAM

There are three types of departure from a team. Please note no athletic fee refunds will be given for any departure.

- a) Leaving a team – season ending injury, poor health status, family emergency or academic performance all may lead to permissible departure from the team only after being discussed between parents, the head coach and/or Athletics Director.
- b) Quitting a team – regardless of reason, any player quitting a sport after he has started the sport will not be eligible to participate in the next sport of his choice. The only exception to this rule is if the student-athlete and head coach have clearly communicated up front that a quit might be in play. As an example, if the Head Coach has agreed to let a student-athlete try a sport out for a week to see if he would like to play it and the student-athlete then quits within the agreed upon time, that would not render him ineligible for the next season's sport.
- c) Being dismissed from a team – regardless of reason, any player who is dismissed from a team for conduct, rules infractions or disciplinary reasons will not be eligible to play in the following season sport.

INJURIES

The athletic director should be notified in the event of an injury. Injured athletes, regardless of grade, are still required to attend practice unless treating and/or rehabilitating an injury, or as approved by the Head Coach. Athletes missing a practice or a game for training must first get permission from their coach. It is the player's responsibility to communicate with the coach.

STEWARDSHIP

All student-athletes are expected to be good stewards of all equipment, facilities and uniforms entrusted to them. Locker rooms, weight room and training room are expected to be clean and orderly at all times. Student-athletes should use assigned lockers to store their uniform, equipment and personal items. Personal items should be stored in locked lockers at all times.

ATHLETIC UNIFORM AND DRESS CODE

Student-athletes are issued team uniforms and are expected to take great care of the uniforms. If a uniform is lost and cannot be found, another uniform will be issued out (if available) once the lost uniform has been paid for in full. Damaged uniform pieces will need to be replaced at the expense of the student-athlete. The replacement cost of each uniform piece (top, or bottom) is a minimum of \$75. Some uniform pieces may cost up to \$120.

YEAR-ROUND STRENGTH AND SPEED TRAINING

We cannot have successful athletic programs without a strong commitment to strength and speed training. Rhetoric school student-athletes are expected to work hard on improving strength and speed throughout the school year, whether they are in or out of season. Program Directors (Varsity Head Coaches) will, in accordance with league rules, provide both voluntary and/or mandatory opportunities to student-athletes to train in the weight room, gym, and on the fields throughout the year.

OUT-OF-SEASON EXPECTATIONS

During the school year, student-athletes are expected to give the in-season sport in which they are participating first priority, and are not expected to train for another school sport during that time period.

Any organized training for another sport during the season in which an athlete is participating (such as an open facility or league) should be cleared with the current in-season head coach. Regardless of in-season versus out-of-season status, an emphasis will be placed on strength and speed training, both of which will be required of all 9th-10th grade student-athletes

throughout the school year.

During the summer, all student-athletes are expected to work on and develop their athletic abilities. Understanding that family and personal time take first priority during the summer, there are various opportunities (at school and outside of school) for student-athletes to train when they can. If a student-athlete is in town and not committed to a family activity, it is assumed that he/she will be engaged in some sort of personal strength and speed development program.

PARENTS

Without a doubt, parents are the most influential models for young athletes. From a parent's conduct to the place sports plays in the family order of life priorities, parents make the biggest impact on a young person's athletic experience. Not only are parents influential, they are critical to the success of our athletic programs. The athletic department needs parents to come alongside all sports teams to serve in one or more of a variety of volunteer positions throughout the year. Team parents, travel coordinators, drivers, overnight chaperones, statisticians, scoreboard operators, videographers, concessions, admissions, field/gym preparation or close down are just a few of the opportunities that provide much needed help and good community time between parents. Serving the athletic department also sets a good example for our student-athletes.

The guidelines that follow are provided as a foundation for our joint effort to guide your sons and daughters through the challenging yet wonderful experience of high school sports.

PRESENCE AT GAMES, PRACTICES OR TRYOUTS

The coach's classroom is the court or field, usually with undefined walls, making it easy for parents to naturally move close to the action. Parents should be interested, supportive observers from a distance.

The coach needs room to be able to instruct and the player to perform without distraction from the stands.

Distraction only yields poor results. Cheer them on, yes! Coach or yell at them, no!

It is important to student-athletes that, if possible, parents are present at games, both home and away. This will give parents an opportunity to develop a bond with their child and other parents, and to observe the progress made throughout the season.

PERSPECTIVE – WHY KIDS PLAY THE GAME

Most young people participate in sports for the following reasons: to have fun, to develop that natural desire to play, to make new friends or be with their friends, to be part of a team, and to

compete. “To win” or “to be a champion” is often not at the top of the list. Athletes must hear from parents and coaches that it is the process of competing that counts. Too much emphasis on winning and losing puts the value of sports out of context.

COACH AS LEADER

Each coach is prayerfully and thoughtfully considered, recruited, interviewed and hired and therefore has the authority over our children in each given sport. Parents and student-athletes must trust that coaches try to make the best decisions for the team as well as the individuals that make up the team. Coaches are with the team on a daily basis in practice and in competition, evaluating character and performance, and therefore will make judgment decisions based on what they feel is in the best interest of the team. Playing time, players’ positions, and strategy should be left to the discretion of the coach. Parents should help their child understand that being a team member means accepting the coach’s decisions even when he or she does not agree with them.

It is also important to remember that neither coaches nor parents are infallible evaluators of talent, nor are either perfect play-callers. A team does not function well with non-coaches trying to coach. Parents should not place a child in a tough spot of having to decide who they are going to listen to, their coach, or their parent. Yielding to authority is a biblical lesson that our children will learn from for years to come.

COMMUNICATION – INTERNAL

Direct communication between the coach and players is very important, and is usually the best way for any questions to be answered or conflicts to be worked through. Inevitably, there will be times when a meeting between a parent and coach is warranted. Please call or e-mail the coach to arrange a convenient time for a phone conversation or meeting. Try to exercise the 24-hour rule – wait 24 hours before placing that call or sending that email. Too often our emotions get the best of us. And remember, after games is never an appropriate time to approach a coach. Coaches will be happy to meet with you, but it may be a few days before a convenient time can be arranged.

A meeting with the coach is an opportunity to exchange information and respectfully discuss any concerns or questions that you may have. Hopefully the meeting will promote better understanding and communication, but the meeting should not be viewed as an opportunity to convince the coach that your child should be playing more, playing a different position, or that the coach should be employing a different strategy. After the meeting, just as before the meeting, your support of the team and the coach is expected. If there is a significant issue that you believe requires additional discussion, then the Athletic Director, coach and parent can meet together to resolve the issue.

If issues cannot be resolved after meeting with the Athletic Director, then a meeting involving the Head of School, along with the Athletic Director, coach and parent should take place.

COMMUNICATION – EXTERNAL

All press releases must be approved by the Athletic Director or his/her appointed contact person within the athletic department (calling in box scores to the local newspaper is not considered a press release and should be the responsibility of the Head Coach or his/her appointed contact person). Please do not damage the relationship our school has with media outlets by harassing them for lack of press coverage of our athletic events.

Parents should never contact opposing schools or officials to voice complaints over athletic contests, opposing players, coaches or fans, or officials. All concerns and/or opinions should be communicated directly with Regents Athletic Director.

FINANCIAL EXPECTATIONS

Expenses for athletic programs fall into two categories – hard costs and soft costs. Hard costs include the athletic fee for the sport and any additional equipment, garments or shoes that the student-athlete may want in order to participate. For some larger team sports, travel costs may be a hard expense as well. Athletic fees are due within two weeks after receiving an invoice from accounting.

Soft costs are non-mandatory costs and include things like pre or post-game meals, end-of-season coach's gifts, post-game celebrations and possible overnight travel.

COACHES

Successful athletic programs start with quality coaches. We believe coaches are one of the most significant components to the athletic program and therefore seek to hire Christian role models who are committed to fulfilling the mission of the school, desire to disciple our student-athletes and serve their families, and who are knowledgeable in their sport.

School athletics are an integral part of each student's overall education and development and coaches shall assist each student-athlete toward developing his or her full potential. Safety, mentoring and development of our student-athletes are the most important responsibilities of our coaches.

CODE OF CONDUCT

Because the behavior of a team can reflect the coach's own manner, attitudes, temperament and approach to athletics, coaches shall conduct themselves in a way, both on and off the court, that brings positive recognition to God, Regents School, their team, their sport and themselves. Instruction and correction, while demanding and critical, should be positive. Coaches should never embarrass or demean student-athletes. The same high standards of preparation, organization, hard work, self-discipline, sacrifice and Godly behavior that coaches expect of players should be the same that is expected of coaches.

All coaches are expected to know the rules of the game and the rules/policies of the leagues in which we participate.

TIME COMMITMENTS

Coaches are expected to attend all scheduled events (practices and games). Coaches should arrive to practices and games early enough to set up equipment and the facility, and to greet their team. Coaches should not leave the facility of a game or event until all student-athletes have left the premises, or have made prior arrangements with parents.

COMMUNICATION

Coaches must communicate with student-athletes and parents on a regular basis. Coaches must communicate to parents at the start of the season the expected commitment to the team and the anticipated practice and game schedule, and the communication must be in writing. Weekly communication from the Head Coach to parents is also a minimum requirement.