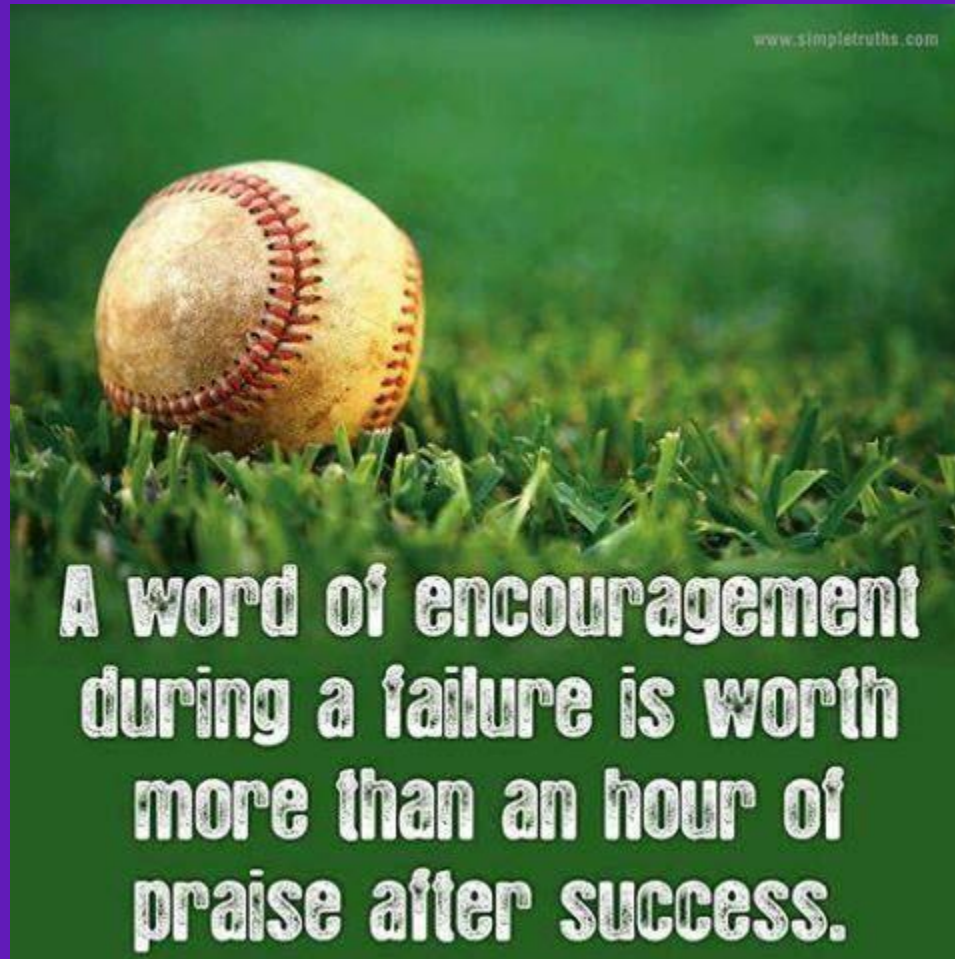


Welcome Kougars Parents and Student Athletes!



Parent Video Reminders

[Parent PSA](#)

[Parent PSA #2](#)

RK Athletic Trainers

Through a Partnership with SLU and SSM SLU Hospital along with Cardinal Ritter, Bishop DuBourg and St. Mary's with have access to athletic trainers throughout the season.

The trainer will cover home contests and provide clinical hours throughout the week for follow-ups for injury management.

Doctor Notes

- Once you go to a doctor:
 - Must have a written document stating limitations and status
 - All notes will be followed as written
 - NO note- NO practice or play**

Concussions

-We must follow State Concussion policy for return to play for all concussions.

-We have a physician, Dr. Mitchell, through SSM SLU Hospital to the school to evaluate our athletes.

Sports Physicals

MSHSAA Physical Forms have changed to include a more comprehensive exam that includes signing a waiver that states that you and your parents have read the new concussion packet regarding the dangers of concussions. The concussion packets are linked to our school website.

*Completed physicals include all four pages (this can be accessed on the RK website): medical check-up, health record, insurance, concussion review, parent and student signatures. Physical must be current for year.

*Privit Profile is the e-file database that will be used this year. It is mandated by MSHSAA. Instructions on how to register your account are located on the RK website.



A Team Effort

RK Student Eligibility

NCAA and NAIA Clearinghouse Eligibility

**WHAT YOU AS A
STUDENT-ATHLETE
NEED TO KNOW...**

If you are thinking about playing sports at the college level, then you should...

- 1. LET YOUR HIGH SCHOOL COUNSELOR KNOW, BY MAKING CONTACT WITH THEM AT THE BEGINNING OF EACH SCHOOL YEAR.**
- 2. LET YOUR HIGH SCHOOL COACH AND/OR CLUB COACH KNOW**
- 3. VISIT THE NCAA AND/OR NAIA CLEARINGHOUSE WEBSITES FOR INFORMATION**
- 4. COMPLETE THE REQUIRED ELIGIBILITY FORM ON-LINE AND FOLLOW THE STEPS OF THE CLEARINGHOUSE AT THE BEGINNING OF THE JUNIOR YEAR IF POSSIBLE.**

NCAA Division I and II

VISIT THE FOLLOWING WEBSITE:

WWW.ELIGIBILITYCENTER.ORG

Meeting NCAA Eligibility Requirements

- Student/Parent should review their high school courses to be sure they are approved by the NCAA Clearinghouse
 - Approved courses can be found on the NCAA Clearinghouse website
 - High School Counselors will help with this, if you ask them to.
- Student/Parent should review the ACT/SAT score requirements and take the ACT/SAT exams
 - Send scores directly to NCAA Clearinghouse
- Student/Parent should review the “core” GPA requirements for eligibility
 - Only NCAA approved courses count towards “core” GPA
- Student/Parent should request that their high school transcript be sent to the NCAA Clearinghouse as soon as they register with the Clearinghouse.
- Student/Parent monitors eligibility status on the NCAA Clearinghouse website on a regular basis.

VISIT THE FOLLOWING WEBSITE:

WWW.PLAYNAIA.ORG

NAIA

Meeting NAIA Eligibility Requirements

- Earn a minimum score of 18 on the ACT or 860 on the SAT.
 - Have score(s) sent directly to NAIA
- Earn an overall high school GPA of 2.0 or higher
- Have high school transcript sent to NAIA upon graduation.

CAUTION...

MEETING NCAA OR NAIA CLEARINGHOUSE REQUIREMENTS DOES NOT MAKE A STUDENT AUTOMATICALLY ELIGIBLE FOR A COLLEGE. THE STUDENT MUST ALSO MEET THE COLLEGE ADMISSION REQUIREMENTS!

IT IS ULTIMATELY THE STUDENT AND PARENT'S RESPONSIBILITY TO MAKE SURE THE STUDENT MEETS NCAA/NAIA REQUIREMENTS!

THE HIGH SCHOOL COUNSELORS AND COACHES ARE AVAILABLE FOR SUPPORT!

Partnership in Supervision

- Coaches take their responsibility for the safety of your athletes seriously and will not leave until all students have departed the campus. All coaches have attended PGC workshop per Archdiocesan guidelines.
- Please pick up students no later than 15 minutes past the ending of practices or games.

Partnership in Security

- Please remind your student-athletes to lock up all valuables.
- These can be secured by:
 1. Locking them in their school lockers
 2. Keeping them with them by the bench

***DO NOT LEAVE THEM UNATTENDED IN
LOCKER ROOMS OR HALLWAYS!***

Rosati-Kain Policies and Expectations

Citizenship Student Accountability

Citizenship = 365 day commitment!

- Alcohol, Tobacco and Drugs
- Attending Parties where illegal activities are taking place
- Instagram, Twitter, Facebook & other internet pictures/issues
- Hazing
- Violations with the Law
- Public use of Profanity, Disrespect or Vandalism.

**Bottom Line: You represent yourself,
your parents, coaches & your Teams in all you do.**

Act with Pride and Dignity!

Partnership in Communication

- School activity website- www.rosati-kain.org click on the athletics tab
- Use the Rosati-Kain App: available for Android and Apple
- R-K Website—[**www.rosati-kain.org**](http://www.rosati-kain.org)
- Twitter @RK_Athletics or @RosatiKain
Text: “Follow RK_Athletics” or “Follow RosatiKain” to 40404

Best Communication Practices

- If you have a concern to discuss with a coach/staff advisor, the following procedure should be followed:
 - Call the coach/staff advisor to set up an appointment
 - Please do not attempt to confront a coach/staff advisor before, during, or after a contest or practice. These can be highly emotional times for both the parent and the coach/staff advisor. Meetings of this nature usually do not promote positive resolution

Parent Communication to Coaches

- Communication that Coaches/Staff Advisors Expect from Parents:
 - Concerns should be expressed directly to the coach
 - Notification of any schedule conflicts should be shared well in advance
 - An appointment should be scheduled to discuss any specific concern in regard to a coach's/staff advisor's philosophy and/or expectations if there is ever a question



ROSATI-KAIN
Athletics

INFORMATION, EXPECTATIONS AND POLICIES

Sportsmanship Guidelines

- All players, coaches, parents, and other fans attending any interscholastic event are expected to:
 - Maintain pride for self and our school
 - Maintain high standards of conduct at all times
 - Not engage in disrespectful chants, including personal remarks directed at players and officials
 - No use of profanity or implied profanity
 - Not sit on the front row of the bleachers.
 - No standing is allowed on the field house floor
 - Cheer for the Broncos– not against the other team

Activity Attendance Guidelines

- Students must be in attendance a minimum of the last four class periods of the day to participate in any activity scheduled for the day.
- Exceptions are granted with administrative approval only.
- If students come to school and leave during the day for health reasons, they may *not* return or participate that day in activities without administrative approval.
- Each individual coach/sponsor has the authority to set more restrictive attendance requirements and most already do. I

MSHSAA **Activity/Athletic** Participation Fees Information



There is a \$80 participation fee for R-K students per student per sport competing in MSHSAA sponsored activities and athletes.

When Do I Pay?

- You may pay at Registration in August for all the **Activities and/or Athletics** you'll be participating in throughout the school year.
- Pay at the beginning of the season in **Activities/Athletics** when the teams are selected. (Payment will be made in the Business Office with Mrs. Boyd)
- A student will not be able to participate interscholastically for R-K until pay

MSHSAA Eligibility Requirements

How to Protect An Athlete's Eligibility

Academic Eligibility

- A student that receive a failing progress report at Mid Quarter must sit out a minimum of one (1) cycle (six days). At that time if the student is passing they may return to play. If not, the student will continue to sit out until the grade is passing. This includes practices and competitions.
- During the sports season, the student may *not* participate as a member of a non-school team in the same sport (*check with your RK coach or AD for any MSHSAA sports' exceptions and other eligibility scenarios*).

Privilege or Right?

- Eligibility is a PRIVILEGE to be granted by the school to a student.
- Eligibility is NOT A STUDENT'S RIGHT BY LAW.
- Precedent-setting legal cases have determined that eligibility is a privilege to be granted only if the student meets all standards adopted by the school.
- Be sure and protect your privilege to participate as a Kougar.

