



Rosati-Kain Athletic Policies 2016-2017

ACADEMICS

Being selected to participate in the R-K athletic program is a privilege that carries responsibilities to our school, to the team, to the Rosati-Kain community, and to the athlete's own self.

All students must abide by all the state (MSHSAA) regulations and the specific rules of Rosati-Kain High School. Violation of the state rules or school policies shall terminate participation on an athletic team representing Rosati-Kain.

A student may NOT play the same sport for two teams during the same athletic season. A student may play two different sports during one season, with permission from both coaches and school administrator*. To do this, Form 3.14 Non-school Competition, from MSHSAA must be completed before playing the non-school sport. If this is not fulfilled, the school team will be penalized and any game in which the offending athlete participated must be forfeited.

Missing a team activity in order to participate in a non-school activity may negate a student's athletic eligibility.

Before trying out for a particular sport, the state requires that the Physician/Parent/Student Certificate be completed by all parties. The Archdiocese also requires a separate Interscholastic Athletics Form to be completed by all athletes. Both of these forms are kept on record at school for the entire school year. Physicals dated after Feb. 1 are good for the current year and the entire following year.

If an athlete tries out for one team and is not selected, she may immediately (next day) try out for another team for that season with the consent of the new coach. A student should talk to the coaches involved before trying out for the second team.

Academically, the state requires that students in grades 9-12 be currently enrolled in and regularly attending courses that offer a minimum of 3.0 units of credit, and must have earned a minimum of 3.0 units of credit the preceding semester of attendance. (MSHSAA By-Law 2.3.2)

Credit earned or completed after the close of the semester may count as having been earned that semester. Credit earned in summer school shall count for the student's record for eligibility. (MSHSAA By-Law 2.3.2.) Students must be academically eligible on the first day of the season. If a student is not eligible to participate when the team's tryouts and practices begin, she may not join the team later in the season.

All participants must maintain a cumulative GPA of 2.0 and be current with all credits. Any student who loses credit due to a failure will be ineligible until the deficiency is corrected. Any student receiving a failing mid-quarter, quarter grade, or semester grade in a continuing class will be ineligible for at least one cycle (six school days). The student will regain eligibility when the coach or moderator receives written verification that she is currently passing. A student who is ineligible may not try out, practice, or participate in any way on the team or related activity.

If the student is not eligible to participate at the conclusion of the season, she will not receive any awards for that season.

Individual coaches may place an athlete on probation at his or her discretion in consultation with the administration for academic or disciplinary purposes.

Summer school courses may count toward maintaining academic eligibility provided the credit earned for each course is placed on the school transcript, such course(s) must count toward meeting graduation/promotion requirements, and no more than one credit earned in summer school shall count toward maintaining academic eligibility. (MSHSAA By-Law 2.3.6)

*For example: if a student plays volleyball for Rosati Kain, she may also play soccer for a CYC team during the same season (with permission). However, a student may not play volleyball for both R-K and another organization (CYC, parish, select teams, etc.) during the same season.

PROTECTING YOUR ELIGIBILITY

Eligibility is a privilege to be granted by R-K to a student, and allows that student to participate in interscholastic activities. Legal cases have determined that eligibility is a privilege granted only if a student meets all standards adopted by the school.

The following information is taken from the MSHSAA manual:

1. You must be a creditable school citizen. Creditable school citizens are those students whose conduct, both in and out of school, will not reflect discredit upon themselves or their school.
2. You must be enrolled in courses offering 3.0 units of credit; this is normally five courses. You must have earned 3.0 units of credit the preceding semester, or 89% of the maximum allowable credits which may be earned.
3.
 - a. Your eligibility to participate in high school activities begins when you first enter the ninth grade and lasts for the first eight semesters that you are enrolled in high school.
 - b. Any part of a game played during a season counts as a season of participation.
4. You must enter school within the first 11 days of the semester to be eligible (MSHSAA-2.5.2).
5.
 - a. If you transfer schools and your parents do not move to your new district, you will be ineligible for 365 days, unless you meet one of the exceptions to the transfer rules. See your principal or athletic director for details.
 - b. If you move with your parents to your new school district, you may be eligible at your new school for junior varsity sports provided you were eligible in all other respects at Rosati-Kain. This is determined by the state.
6.
 - a. You may not receive cash, merchandise, or gift certificates for participating in an athletic contest.
 - b. You may accept awards that are symbolic in nature, such as medals, trophies, ribbons, plaques, etc. for participating in a school athletic program. These awards may be received only from your school, from a school hosting an event, or from the MSHSAA.
 - c. You may accept awards for participating in non-school sponsored athletic competition only if the awards are symbolic in nature, such as medals, trophies, ribbons, plaques, etc.
7. If you reach the age of 19 prior to July 1, you will be ineligible for interscholastic athletic competition the next year.
8.
 - a. You may not participate in any organized non-school athletic competition and on your school team IN THE SAME SPORT during the same season.
 - b. You may participate on a school team and a non-school team in DIFFERENT SPORTS during the same season; however, you may not practice for the non-school team or participate in organized non-school athletic competition on the SAME DAY that you practice or participate for the school team WITHOUT PRIOR APPROVAL of your school administrator. You must get FORM 3.14 signed before playing both sports. You must also receive this approval in order to miss school time to practice for, travel to, or compete in any non-school athletic competition.
9.
 - a. You will become ineligible in any sport in which you play as a member of a junior college, college, or university team.
 - b. You may not play at any time on an organized non-school team made up only of members of your school team.
10. You may participate in an "audition" or "tryout" for a college team only after you have completed your last season of eligibility in the sport for which you wish to "audition" or "tryout."
11. You may not compete in any all-star game or contest before you complete your eligibility in all high school sports. Participation in an all-star game will result in you becoming ineligible for any high school sport.
12.
 - a. You may attend a non-school sponsored summer camp for as long as you wish, where you do not receive instructions from a member of your school's coaching staff.
 - b. You may attend a non-school clinic during the school year as long as you do not miss any school time, and attendance does not occur within 14 days of the start of the school sport season for the sport concerned.
 - c. You may attend a specialized summer athletic camp or clinic where you receive instruction or coaching from a member of your school's coaching staff for a maximum of two calendar weeks. Fall sport camps may not be attended after July 31.

CITIZENSHIP STANDARDS

On the AAA Permission Form a student agrees to be a creditable citizen. "Those students whose character or conduct is such as to reflect discredit upon themselves or their schools are not considered "creditible citizens." Conduct shall be satisfactory in accord with the standards of good discipline. (MSHSAA By-Law 2.2.1)

Conduct on and off the field, in the locker room, hallway, classroom, or car pool must be exceptional. Failure to act appropriately could forfeit the privilege of participating in the school's athletic program.

The school's administrators or individual coaches may suspend an athlete from further participation during a particular season if her conduct is not conducive to the norms of acceptable behavior for a "credible citizen."

SUBSTANCE ABUSE

State law prohibits the possession or sale of alcoholic beverages, narcotic substances, marijuana and synthetic drugs.

Any student found in possession of or using contraband drugs, consuming alcohol beverages, or selling or providing such for other students during the season of her sport may be suspended from that sport for the remainder of that sport's season. Sport seasons conclude on the final day of the state play-off games. A student may not be allowed to join another athletic team during the rest of that same season, and could be required to have an evaluation by a certified professional to be eligible or continued participation in the sports program at Rosati-Kain. School policies regarding controlled substances apply to students involved in any school sponsored activity and appropriate disciplinary sanctions will apply.

A second offense may result in ineligibility for any activity at Rosati-Kain for the remainder of the school year.

LEADERSHIP

An athlete must accept responsibility to exercise leadership at all times, both on the field and in the classroom. You represent Rosati-Kain at all times.

SPORTSMANSHIP

An athlete representing R-K has the responsibility to exhibit good sportsmanship at all times. When a student is selected for a team, she becomes a representative of the entire Rosati-Kain community. Her actions reflect the school, and she is expected to be on her best behavior at all times. Additionally, the coaching staff is expected to embody examples of good sportsmanship at all times.

AWARDS

After the first season on a team, the athlete receives a RK LETTER. After the second year on the same team, the athlete receives a small "pin". Following the third year, a "star" representing the sport is presented. Upon completion of four seasons, the athlete receives a "paw". Only one varsity and one junior varsity letter is ever awarded to an individual.

Student managers receive a junior varsity letter after managing two seasons or sports, and being recommended by the coaches. After completing three seasons or sports and the coaches' recommendations, a varsity letter will be awarded. Before receiving their LETTER for managing, they will receive MGR. PINS for each sport they managed.

SPECIAL AWARDS

Seniors are eligible for two very prestigious honors:

The *St. Louis Post-Dispatch* grants each high school the opportunity to award one senior the **Post-Dispatch Scholar Athlete Award**. Recipients must have participated in varsity athletics, and rank in the top 25% of their class. Leadership and service are also taken into consideration.

The **Chris Harris Award** is presented to an athlete in the Senior Class, who has distinguished herself in sportsmanship, attitude, leadership, determination, and athletic ability. This award was established in memory of Chris Harris ('80), an R-K student athlete who died in a traffic accident during her first semester away at college. Chris was the epitome of sportsmanship and dedication to Rosati-Kain.

TRANSPORTATION

All athletes are responsible for their own means of transportation for all athletic events. R-K does not rent busses. Coaches are not responsible for rides to and from practices or games away from the school. Athletes should have transportation organized before the day that the ride is needed.

By signing the state health form and the AAA form, parents must be aware that their daughter is either driving other students, or riding as a passenger in another person's automobile.

If a team practices away from school, such as in Forest Park, it is the student's responsibility to have a ride which departs from the location immediately after practice is scheduled to conclude.

In the event the event the above situation is not functional, arrangements must be made with the individual coach. The coach will determine the safest and most practical solution, but it is not the coach's responsibility to arrange for a student athlete's transportation.

ATHLETIC FEES

The fee for participating on a team at Rosati-Kain is \$80 for the first two sports per student and \$50 for the third sport with a family cap of \$370, payable upon selection to the team with the first two week of the respective season. The fee will be made with the business office manager, Stephanie Boyd. If student fails

to pay, they will be ineligible to participate in competitions and practices until the matter is reconciled.

UNIFORMS

Athletes are expected to take exceptional care of their uniforms. Uniforms are to be WASHED after every game, and all cleaning directions are to be carefully followed. Uniforms are not to be left in lockers, and an athlete is responsible for **the full replacement cost of any lost uniform, or uniform not returned in the same condition that you received it.** If the coach has to clean a uniform, the athlete will pay a cleaning fee. Exam cards will not be given until all financial obligations are met.

ATTENDANCE

To be eligible to participate in any extra curricular activity, the student must be in attendance at school on the day of the activity. The state rule (212) states: "if a student misses class on the day of a contest without being excused by the principal, he (she) shall not be considered eligible on that date."

If any part of the school day is missed, a student must receive permission from the school principal or athletic director to practice or play on that day, who will decide if the excuse is acceptable. If the student is allowed to participate, she must give a written note from the principal or athletic director to the coach before playing.

If a student must miss the complete day of school on the day of an athletic event, including practice, she must obtain permission from the administration at least 24 hours prior to that day.

If it is necessary to be absent from practice, or a game, the athlete is expected to obtain permission directly from the coach 24 hours prior to the scheduled event. It is an athlete's responsibility to speak to the coach directly, not through a messenger.

In the event that truancy or suspension of the student takes place, the student will not be eligible for participation until she has fulfilled the disciplinary requirements established by the administration.

Summertime Dead Period

All schools must establish a summertime dead period for all MSHSAA-sponsored activities (1.5.1). This period of nine consecutive days, must begin on a Saturday and last through the second Sunday (1.5.3). During this time coaches may not have any contact with the athletes, nor are the school facilities available for use.

For fall sports, non-school competition may continue until the Tuesday following Labor Day (3.13.2a).

Limits on Contact

A limit of twenty-five contact days are allowed per sport, per gender during the summer (following Memorial Day-3.15.3).

Winter & Spring Dead Periods

The seven days prior to the first allowable practice for the season shall be a seasonal dead period in which no "contact" as defined in By-Law 3.15 takes place between school coaches of winter or spring sports and students enrolled in the member school.

Conclusion

The athletic director and coaches will inform students of policy changes. If you have any questions regarding these policies, please ask for clarification from your coach and/or the athletic director.

By sharing these policies with student athletes and their parents, we hope to avoid any problems and concerns that may develop during the year.

Thank you for your cooperation. Please sign and date the Student Athlete Contract indicating that you have read and agree to be governed by the R-K athletic policies.

Please also read and review the MSHSAA parent & student activities contract. This contract is yours to keep; by signing the R-K Student Athlete Contract you agree to be governed by the terms of the MSHSAA contract as well.



All extra-curricular activities at R-K are designed to benefit the whole student, and to help her discover and develop her individual talents in a supportive and encouraging environment.

Rosati-Kain High School is committed to educating women within the Catholic tradition for Knowledge, Humility, Virtue and Wisdom.