



# Rosati-Kain Academy

## **Rosati-Kain Academy Athletic Policies Handbook 2024-2025**

*Through a vibrant Catholic education, we cultivate the individuality,  
faith, talent, and aspirations of young women who will lead and serve  
the world.*

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## **Purpose and Acknowledgement of the Handbook**

This Student-Athlete/Parent/Guardian/Coaches Handbook contains established policies and procedures for the 2024-2025 school year. Since it is not possible for a Handbook to address every situation that may arise during a school year, the school administration reserves the right to amend or revoke the policies and procedures in this Handbook at any time as circumstances may require. When changes are made to the Handbook, parents/guardians and student-athletes will be informed of the change in writing in a timely manner.

These policies and procedures most frequently address the expectations of student-athletes. Obligations of the adults in the R-K community are implied, and all R-K coaches are given expectations of their own from the Athletic Director. Adults are to assist students in acting with integrity, honesty, and respect. If there is clear indication of dishonesty on the part of student-athletes or adults, the school has the responsibility to apply appropriate sanctions. It is possible that parent/guardian dishonesty or efforts to undermine school policy could breach both trust and contract seriously enough to result in the termination of the relationship between the school and the family.

While school authorities are not able to fulfill every request, we commit ourselves and our staff to listen to needs and concerns presented in a timely manner and to develop a plan of action that balances the concerns to the best of our ability. While no handbook is complete nor perfect, we have attempted to provide the information you need for productive communication. This handbook is available to parents/guardians through the ATHLETICS tab of the Rosati-Kain Academy website.

## **Philosophy**

Rosati-Kain Academy emphasizes critical thinking, creativity, communication, and collaboration in a spiritual environment. We seek to innovate every aspect of our curricular and co-curricular programming in order to expand upon traditional modes of teaching and learning that better serve 21st century learners. We prioritize academic excellence, multiple perspectives, wellness, and evidenced-based practices. We expect our students to be actively engaged in every aspect of their academic learning as well as their personal and spiritual development. We expect our educators to support every student and create the conditions they need to thrive. Our goal is to provide a transformative experience for young women who graduate with the confidence to lead and serve their community and the world.

## **Extra- and Co-Curricular Programs**

Representing Rosati-Kain Academy as a leader within the school or in the broader community is a privilege and a responsibility. Student-athletes who exhibit poor judgment or behavior that brings dishonor to the school or themselves may forfeit the privilege of representing Rosati-Kain Academy. In addition to the policies outlined here, all student-athletes will be expected to adhere to the policies outlined in the Rosati-Kain Academy Student Handbook.

All RKA sponsored extra-curricular activities have been approved by the administration. These activities have evident educational purposes. The purpose of the activity and the requirements for participation are clearly defined. A member of the faculty or a qualified/responsible adult act as moderator of the activity. Parent/guardian permission must also be obtained for a student to participate in extracurricular activities.

## **I. Sports for Credit**

The physical education/health requirements for graduation are 1.5 credits. Students will take Empower their first year, and Embody their second year, for a total of .75 credits. Their options to fulfill the remainder credit is either to play a RKA sponsored sport, or take physical education. Each season of an RKA sport will be the equivalent of .25 credit hours. Therefore, 3 seasons of a sport throughout their 4 years at RKA will satisfy their physical education/health requirements for graduation. Attendance, participation, and behavior will be evaluated whether a student-athlete participates in a sport for credit or for extracurricular purposes.

## **II. Attendance**

Attendance will be taken at each practice and competition. Student-athletes are expected to be at every practice and competition with few exceptions. Student-athletes will be given 5 excused absences due to illness, emergency, or an absence that has been communicated and approved by their Coach within a reasonable time-frame; usually 24 hours prior to their absence. Unexcused absences include those not approved by the Coach or the school administration. If an athlete misses three practices, they will be required to meet with their Coach and the Athletic Director to discuss their commitment to the team. If a student-athlete exceeds 5 absences, they will no longer receive credit for the season. Administration or the Athletic Director hold the right to use discretion when dealing with extenuating circumstances, and will make exceptions where they see fit.

Attendance at school, including punctuality, is required to participate in athletics. For a student to participate in either practice or competitions, they must be at school unless they have an excused absence outlined in the Student Handbook. If a student is not in the building by 10 a.m., they are not allowed to practice or compete that day. If the student is late due a doctor's appointment or needs to leave early for an appointment, that will be excused, but the student must notify the Athletic Director to gain approval to practice or play.

If a student-athlete needs to communicate an absence, it should be done via email to the Coach with both a parent/guardian and the Athletic Director cc'd at least 24-48 hours in advance when possible.

In the case that a student is under academic probation, one 6-day cycle of probation will be excused during a season. These missed practices/competitions will not count toward the 5 given absences. If a student-athlete is scheduled for a second cycle of academic probation, these are considered unexcused absences and could result in the student-athlete not receiving credit for the season or being removed from the team. (For more information on Academic ineligibility, see section IV below.)

## **III. Student Conduct**

Conduct policies are communicated in the Student Handbook and should be followed accordingly. Additionally, each Coach/moderator will outline their own set of expectations that student-athletes should adhere to.

Each student-athlete represents the RKA community when they step onto the field/court. As a community, Rosati-Kain values hard work and honesty; therefore, cheating, dishonesty, negative behavior, or disrespect of any kind will not be tolerated and will result in disciplinary action at the discretion of the administration. Behavior on and off

the field/court is important. If a problem has been reported, the student-athlete will meet with the Athletic Director to discuss the behavior. More than one issue could result in removal from the team or other disciplinary actions.

Additionally, all student-athletes, as well as coaches, will adhere to sections *XII. Student Safety and Violence*, and *XIII. Harassment* found in the Student Handbook. It is of the utmost importance that student-athletes are safe and healthy. Violence or harassment of any kind will not be tolerated. If any problems arise, they should be communicated directly to the Athletic Director.

If a student-athlete must serve a detention due to the rules outlined in the Student Handbook, and they miss a practice or competition, it will be considered an unexcused absence. Student-athletes are prohibited from rescheduling a detention in order to make a practice or competition. If a student-athlete will be absent due to detention, they are to communicate with their coach as soon as possible.

#### **IV. Academic eligibility standards**

Any student representing Rosati-Kain Academy in a Missouri State High School Activities Association (MSHSAA) event must conform to all standards established by the organization. Academic requirements and eligibility rules are found under MSHSAA By-Law 213.0 (See handbook at mshsaa.org)

- A. The following eligibility standards have been established to emphasize the importance of and safeguard the attainment of academic success.
- B. These eligibility standards apply to athletics and theater productions. All coaches and moderators have the right to set additional standards for membership, participation and leadership. The administration may apply these standards to students participating in co-curricular activities.
- C. Any student who is scheduled in the Study Center three consecutive cycles or earning two D's or one failing mid-quarter or quarter grade(s) in a year-long class will be ineligible. Rosati-Kain's Administration and Athletic Director reserve the right to monitor student grades. If a student fails a quarter but earns a passing semester grade, they remain eligible to participate.
  1. A student who is ineligible may not try out, practice, or participate in any way on teams, theater productions and any other extracurricular activity.
  2. Students will regain eligibility for extracurricular activities when their grade has risen to a C or higher on Skyward on day six at 9:00 AM.
  3. Any student who loses credit due to a failure at semester may be ineligible for the remainder of the season.
  4. Any student who is academically ineligible or on probation may not participate in off-campus activities during the school day unless the field trip is mandatory for a class. The administration will look at specific circumstances if need be.
- D. Students must maintain a cumulative minimal GPA of 2.0 (C) and be current with credits at the quarter or semester to be eligible to participate in athletics and theater productions.
  1. Any student who receives a failing grade in a quarter class will be ineligible to participate for at least six school days.
  2. Any student who is scheduled in the Study Center for 3 consecutive cycles will be ineligible to participate for at least six school days.
  3. Any student who loses credit due to a failure at semester may be ineligible for the remainder of the season.
- E. Students must have passed 6 of 7 classes during the spring semester of the

2023-2024 academic year in order to be eligible to participate in athletics and theater productions in the first semester of the 2024-2025 school year. The missing credit must be completed prior to the start of the 2025-2026 school year.

F. Students missing any part of a school day must have written permission from the Administration or Athletic Director to participate in any athletic events and theater productions that day.

#### G. Academic Probation

Any student who receives 2 or more D's and/or F's after 1st semester will be put on Academic Probation for the following academic quarter. These students will be scheduled during their unscheduled time for the following quarter.

- If a student received unsatisfactory grades 1st semester, the student will be scheduled for the 3rd quarter.
- If a student received unsatisfactory grades 2nd semester, the student will be scheduled for the 1st quarter of the next school year.
- Students whose grades do not improve in the following semester will continue to be scheduled for the 2nd or 4th quarters.

### V. Health Forms and Eligibility

Any student participating in a MSHSAA sponsored activity must complete the proper forms prior to participating in the first tryout or practice. The following forms must be completed, signed, and turned into the Athletic Director by August 11, 2024 in order for student-athletes to be eligible for participation in the 2024-2025 school year. The forms can be found under the Athletics tab on the school website ([rosati-kain.org](http://rosati-kain.org)).

1. MSHSAA Pre-Participation Documentation- Annual Requirements (All Sports & Activities)
2. MSHSAA Preparticipation Physical Forms/Procedure
3. Additionally, all student-athletes must be insured and provide a copy of their health insurance information to the Athletic Director.

All student-athletes must complete 14 practices before they are eligible to participate in their first competition.

### VI. Transportation

A. In circumstances of private transportation in private vehicles, the following criteria are recommended:

1. Drivers have a valid, non-probationary driver's license and no physical disability that could impair the ability to drive safely.
2. The vehicle should have valid registration and meet safety requirements.
3. The vehicle must be insured for minimum limits of \$100,000 per person, \$300,000 per occurrence.
4. Drivers should be experienced drivers and demonstrate the maturity necessary to provide for the safety of those they are transporting.
5. Every person in the private vehicle must wear a seat belt.

B. Parents/guardians of student-athletes must sign a transportation agreement allowing their daughter to be transported by another adult or student driver. If a parent/guardian does not sign the permission form, they will be responsible for getting their daughter to all practices and competitions.

## **VII. Search and Seizure**

Student-athletes are permitted to use the home locker room to store their athletic equipment throughout the school day and during practices/games. Rosati-Kain Academy has the right to search the locker room and its contents if they believe there are items that are not suitable for the school environment. Student-athletes should take all belongings home with them at the end of each day. RKA will not be held responsible for items that go missing.

## **VIII. Uniforms**

All student-athletes will receive proper uniforms for their given sport. In some cases, certain pieces of clothing or items will need to be purchased. Student-athletes are expected to comply with the dress code set forth in the Student Handbook, as well as adhere to the rules set forth by MSHSAA. Any uniforms given to athletes for the season should be washed and returned in the same condition as they were given at the end of the season. If uniforms are lost or defaced in any way, athletes may be responsible for replacing them.

It is important for student-athletes to remember that when they wear a Rosati-Kain Academy uniform, they are representing the school community. All actions while wearing the uniform will then reflect the school. Student-athletes are to show respect and act in accordance with RKA charisms while wearing their uniforms.

## **IX. Inclement Weather**

- A. In the event that the school is closed due to inclement weather, all athletic activities, including practices and competitions hosted by the school, will be canceled for the day. If there is a competition being held off campus, the administration will notify coaches and families of the status.
- B. Heat and weather conditions are monitored by the Athletic Director and Coaches with standards set forth by MSHSAA. If weather conditions are not suitable for practicing/playing, accommodations will be made if possible, but if not, practices/competitions will be rescheduled/canceled. The Athletic Director will communicate all changes with coaches and families.

## **X. Waiting for Rides**

Athletes waiting to get picked up after practice at RKA should wait inside the building. There should be no students sitting on the steps outside or waiting on the sidewalk.

Please be courteous of the Coach's time. Coaches are required to wait for all athletes to be picked up by a parent/guardian after practices/competitions, but should not be expected to wait longer than 30 minutes after a practice/competition is scheduled to end. Chronic tardiness will be addressed.

## **XI. Communication**

The head coach of each program will determine the means of communication for the team. Two options will be available: the SportsYou App or GroupMe. These are the only two apps approved by the Administration for the purposes of quick and necessary communication between players and coaches. Players and/or parents/guardians are prohibited from communicating via text with coaches and vice versa. All communication should go through SportsYou, GroupMe, or RKA email.

Part of the magic of sports is that students learn how to deal with conflict and disappointment. If issues arise, we want to empower our student-athletes to advocate for themselves by having a private discussion with their coach first. If needed after that, a parent/guardian may request to meet with the coach and athlete as well. If that is still not successful in resolving the issue, the student-athlete and parent/guardian may ask to have a meeting with the coach and Athletic Director to discuss further.

Conversations with coaches cannot be conducted before or after games. If a meeting is requested, it must be after a practice, as many of our coaches are not in the building full time and have jobs away from RKA. If a student-athlete needs to communicate an issue or an absence to their coach, it should be done via RKA email with a parent/guardian cc'd, as well as the Athletic Director.