



Rosati-Kain Academy

Athletics and Activities Policy Handbook 2026-2027

*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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Table of Contents

- 1. Athletic Mission, Vision, Focus**
- 2. Purpose of Handbook and Philosophy**

Policies

- I. Sports for Credit
- II. Attendance
- III. Academic Responsibility
- IV. Sportsmanship
- V. Code of Conduct
- VI. Health Forms and Eligibility
- VII. Transportation
- VIII. Transfer Students
- IX. Search and Seizure
- X. Uniforms
- XI. Inclement Weather
- XII. Communication
- XIII. Awards and Recognition
- XIV. Important MSHSAA By-Laws
- XV. Concussion Protocol

Athletics Mission

To empower young women by strengthening their mental and physical wellness while teaching life skills that build character, confidence, and leadership abilities.

Vision

To become an athletic program that fields two competitive teams in every sport, that draws young women to RKA, and generates future collegiate athletes.

Focus for Athletics at RKA

Grow Through the Game

At RKA, we believe athletics is more than a game; it's a journey of growth. Through commitment, accountability, and leadership, we use sport to build strong, confident, and compassionate young women. Whether we are on the court or in the classroom, we show up, support one another, and strive to become our best selves. *We Grow Through the Game.*

This focus is rooted in our school's charisms of *caritas, virtus, scientia, and humilitas*. It connects to our values of love in action, choosing what is right, wisdom and understanding, and groundedness and growth. The expectations of every athlete through this focus will align with our school's community agreements with ourselves and with one another. To put this focus into action, there will be three pillars that all students will be expected to cultivate throughout their participation: commitment, growth, and leadership.

Core Pillars of Focus

1. Commitment

Anchored in Responsibility

- Show up. Be present. Give your best every day.
Understand that commitment extends to the team, school, and self.
- Sign the *Athletic Commitment Agreement* not just as a requirement, but as a reflection of your values.

2. Growth

Rooted in Reflection and Resilience

- Every athlete creates both a technical and a personal goal at the start of each season.
- Mid-season check-ins reflect progress and adjust approaches.
- Failure is reframed as feedback; success is shared and celebrated.

3. Leadership

Built Through Character and Community

- Captains and student leaders are trained not only to perform but to uplift.
- Charisms become a shared language: students know how to recognize and name virtues in themselves and others.
- Everyone has the opportunity to lead—on the court, in the classroom, or in the locker room.

Purpose and Acknowledgement of the Handbook

This handbook contains established policies and procedures for the 2026-2027 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 students will be promptly informed in writing of the changes.

These policies and procedures most often address student expectations. 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 a clear indication of dishonesty on the part of students 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 promptly and to develop a plan of action that balances the concerns to the best of our ability. While no handbook is complete or 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 evidence-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, not a right. Students 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 students will be expected to adhere to the policies outlined in the Rosati-Kain Academy Student Handbook and abide by all the Missouri State High School Activities Association (MSHSAA) regulations.

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

I. Sports for Credit

The physical education/health requirements for graduation are 1.5 credits. Students will take Empower (.50 credits) in their first year and Embody (.50 credits) in their second year, for a total of 1.0 credits. Their options to fulfill the remaining credit are either to play an RKA-sponsored sport for a total of .25 credits per season, or take an additional physical education course worth .50 credits. Two seasons of any 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 extracurricular purposes. The student will only receive academic credit for the season if all attendance, participation, and behavior requirements are satisfactory.

II. Attendance

Attendance will be taken at each practice/competition/performance. Students are expected to be at every practice/competition/performance with few exceptions. Coaches/instructors may have their own policies and expectations regarding attendance that they set at the start of the season. These policies and expectations will be clearly outlined in the team's Commitment Agreement that all athletes and guardians must sign at the start of the season.

For the fall and spring athletic seasons, student-athletes will be given 5 absences due to illness, emergency, funeral, or an absence that has been communicated and approved by their coach within a reasonable time frame, usually 24 hours before their absence. Due to the extended winter season, winter athletes will be allowed 7 absences. The theater director will determine the appropriate number of absences before rehearsals, given that certain students may not be required to attend every rehearsal.

If a student exceeds their allotted absences, they will be required to meet with their coach and the Athletic Director to discuss their commitment to the team moving forward. They will no longer receive academic credit for the season, but may remain a part of the team as long as they receive approval from the coach and the team. Administrators 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 9:00 a.m., they are not allowed to practice or compete that day. If a student has an appointment during the school day, it can be excused by the Athletic Director, but the student must notify the Athletic Director via email (coach and guardian cc'd) with a signed doctor's note to gain approval to practice or play that day.

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

III. Academic Responsibility

All students are expected to be in good academic standing to participate in extracurricular/co-curricular activities. If a student receives a failing grade on a quarter report card, they will be required to meet with the Athletic Director for an evaluation of the student's academic progress and discuss how academics will be prioritized moving forward.

If a student does not pass 6 out of 7 courses in a semester, they will be ineligible for extracurricular/co-curricular activities for the following semester. For winter athletes, this means discontinuation of their participation in their sport for the remainder of the season. For spring athletes, credit must be recovered before participation happens in the fall of the following school year.

IV. Sportsmanship

Rosati-Kain Academy expects all student-athletes, coaches, parents/guardians, and fans to demonstrate the highest level of sportsmanship at all times.

The National Federation of State High School Associations (NFHS) defines sportsmanship as a commitment to fair play, ethical behavior, integrity, generosity, and genuine concern for others. It involves showing respect for yourself, your teammates, your opponents, and officials, while also maintaining emotional control and demonstrating kindness, especially in victory or defeat. Sportsmanship is seen as a vital aspect of education-based high school activities, aimed at developing responsible citizens by emphasizing that the experience is about more than just winning or losing.

Expectations:

Students: Compete honorably, respect opponents and officials, accept all decisions without argument, and represent RKA with pride.

Parents/Fans: Model positive behavior, cheer in a supportive manner, refrain from negative comments toward players, coaches, or officials, and follow the guidance of event staff.

Coaches: Teach and model sportsmanship, address unsportsmanlike behavior immediately, and foster an environment of respect.

Treatment of Officials:

Officials are authority figures who ensure a fair contest. Arguing calls, using inappropriate language, or showing disrespect toward officials will not be tolerated by athletes, coaches, or spectators. Any violation may result in removal from the event by an administrator on duty and/or further disciplinary action.

V. Code of Conduct

Participation in athletics at Rosati-Kain Academy is a privilege, not a right. All student-athletes are expected to uphold the highest standards of behavior on and off the field, court, or stage, in alignment with the values of RKA, the Rosati-Kain Academy Student Handbook, and Missouri State High School Activities Association (MSHSAA) regulations.

Behavioral Expectations:

- Demonstrate respect for teammates, opponents, coaches, officials, and spectators.
- Compete with integrity, honesty, and fairness at all times.
- Accept all decisions by officials without argument.
- Follow team rules, school rules, and MSHSAA regulations.

- Maintain self-control and refrain from inappropriate language or gestures.
- Positively represent RKA, including outside of school and on social media.

Unacceptable Conduct Includes, but is Not Limited to:

- Cheating, dishonesty, or unethical behavior.
- Disrespect toward coaches, teammates, opponents, spectators, or officials.
- Harassment, bullying, or violence of any kind.
- Use of alcohol, tobacco, vaping products, illegal drugs, or any banned substances.
- Conduct that discredits oneself, the team, or the school.

Consequences for Violations:

- **First Offense:** Meeting with the Athletic Director (and possibly coach), with consequences that may include a warning, suspension from practice, or suspension from competition.
- **Second Offense:** Extended suspension or removal from the team.
- **Severe Violations:** Gross insubordination, violence, harassment, or substance use may result in immediate removal from the team and further disciplinary action per the Student Handbook.

Additional Notes:

- Any detention or school-assigned consequence must take precedence over athletics and activities. Detentions will not be rescheduled to accommodate athletics and will be considered an unexcused absence.
- Athletes and coaches must also follow the RKA Student Safety, Violence, and Harassment policies outlined in the Student Handbook.

VI. Health Forms and Eligibility

Any student participating in a MSHSAA-sponsored activity must complete the proper forms **before** participating in the first tryout or practice. The forms can be found on the *Athletics* tab under *Athletic Forms* on the school website (rosati-kain.org). The following forms must be completed, signed, and returned to the Athletic Director by August 10, 2026, for student-athletes to be eligible for participation in all sports and activities during the 2026-2027 school year.

A. MSHSAA Pre-Participation Documentation- Annual Requirements (All Sports & Activities)

- a. This form must be completed and signed by both the student-athlete and a guardian. All student-athletes must have health insurance coverage to participate in a MSHSAA-sponsored sport or activity. There is a box to check on this form, ensuring the student-athlete is covered. If this box is not checked, the student will not be eligible to participate.

B. MSHSAA Preparticipation Physical Forms/Procedure

- a. Page #5 of this form must be completed by a health care provider or physician deeming the student physically eligible to participate in athletics and activities. This will require a physical evaluation.

- C. MSHSAA requires all student-athletes to complete 14 practices before they are eligible to participate in their first competition. If an athlete played an RKA-sponsored sport in the previous season, and no more than a week has elapsed between seasons, the athlete will meet the 14 practice requirement for the upcoming season. If more than a week has passed between the previous season ending and the future season beginning, the athlete must complete 14 practices.

VII. Transfer Students

MSHSAA rules govern the eligibility of transfer students. Generally:

- A student who transfers schools without a corresponding change of residence by their parents/guardians is ineligible for 365 days in all sports in which they participated in the previous 12 months, unless granted a hardship exception by MSHSAA.
- All transfer students must meet with the Athletic Director to review eligibility before participation.

VIII. 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 students 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.

C. Students waiting to get picked up after hours 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 to the moderator's time. Coaches/directors are required to wait for all students to be picked up by a parent/guardian after practices/competitions, but should not be expected to wait longer than 15 minutes after a practice/competition is scheduled to end. Chronic tardiness will be addressed.

IX. 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 it believes some items are not suitable for the school environment. Student-athletes should take all their belongings home with them at the end of each day. RKA will not be held responsible for items that go missing.

X. 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 outlined 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.

Student-athletes need 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.

XI. Inclement Weather

If 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 as soon as possible.

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; if not, activities will be rescheduled/canceled. The Athletic Director will communicate all changes with coaches and families as soon as possible.

XII. Communication

The SportsYou App will be the primary means of communication between athletes, coaches, and families for all athletic teams. SportsYou is an app that one can download onto their phone or access on a tablet/computer. Each team will have its own group chat, moderated by Coaches. All athletes and at least one parent/guardian must be in the chat for an athlete to participate. This is necessary for quick and effective communication between admin, coaches, athletes, and families. Players and/or parents/guardians are prohibited from communicating via text with coaches and vice versa. All communication should go through SportsYou or RKA email.

Part of the magic of sports is that students learn how to negotiate conflict and cope with disappointment. If issues arise, we want to empower our students to advocate for themselves by having a private discussion, in person, with their coach/moderator first. After this conversation, a parent/guardian may request to meet with the coach and athlete if needed. If further communication is necessary to resolve the issue, the student and parent/guardian may ask to have a meeting with the coach and the Athletic Director.

In the event that the Athletic Director is also the Head Coach, and there is an issue that cannot be resolved with an initial conversation between the athlete and the coach, parents/guardians would meet with the school principal and coach to discuss any unresolved issues. We want to encourage meetings in person or phone calls, if necessary, as opposed to emails, which can often get misinterpreted.

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.

Technology Use. Student-athletes are representatives of RKA at all times, including on social media and digital platforms.

- Cell phones are prohibited during practices and competitions. They should be kept in bags and out of sight, as athletes should be focused and actively engaged during all practices and competitions. If there is an emergency, a parent/guardian should notify the coach via SportsYou.
- Posts, photos, or comments that reflect poorly on the school, the team, or individuals are prohibited.
- Cyberbullying, harassment, or sharing inappropriate content will result in disciplinary action.
- Athletes should never use social media to criticize officials, opponents, coaches, teammates, or RKA staff.

XIII. Awards and Recognition

To earn a varsity letter or other end-of-season recognition, student-athletes must:

- Sportsmanship: Exhibit consistent positive behavior on and off the playing surface.
- Attendance: Meet team attendance expectations with no more than the allowed excused absences.
- Behavior: Adhere to school, athletic, and team rules. Violations of the Code of Conduct or MSHSAA rules may result in loss of award eligibility.
- Academic Standing: Be in good academic standing after the season.

Final decisions on awards will be made by the head coach in consultation with the Athletic Director.

XIV. Important MSHSAA By-Laws

The following are taken directly from the Missouri State High School Activities Association Handbook. All member schools must adhere to all of the MSHSAA laws and regulations, but the following are of particular importance.

2.2.2 Law Enforcement:

A. A student who commits an act for which charges may be or have been filed by law enforcement authorities under any municipal ordinance, misdemeanor or felony statute shall not be eligible until all proceedings with the legal system have been concluded and any penalty (i.e. jail time, fine, court costs, etc.) or special condition of probation (i.e. restitution, community service, counseling, etc.) has been satisfied. If law enforcement authorities determine that charges will not be filed, eligibility will be contingent upon local school policies.

B. After a student has completed all court appearances and penalties, and has satisfied all special conditions of probation and remains under general probation only, local school authorities shall determine eligibility.

C. Moving traffic offenses shall not affect eligibility, unless they involve drugs, alcohol, or injuries to others. *(Editor's Note: If a traffic offense is accompanied by an act covered in letter a above, such as property damage, bench warrant, etc., eligibility will be delayed per letter a.)*

By-Law 2.2.5 Student Responsibility:

Each student is responsible for notifying the school of any situations that would affect her eligibility under the above standards. If the student does not notify the school of the situation before the school's discovery, then the student shall be ineligible for up to 365 days from discovery, pending review by the Board of Directors.

If MSHSAA receives information that an RKA team played an ineligible player, it will enact a penalty of Rosati's choosing: either the team has to forfeit, or the player becomes ineligible for 365 days. If the player is a senior, then the school is forced to take the forfeit penalty.

It is important to relay any information to the law to the Athletic Director immediately.

XIIV. Concussion Protocol

A **concussion** is a type of traumatic brain injury that can cause chemical changes in the brain. Concussions can happen in any sport, although they are more common in contact sports with player-to-player contact; however, for children and adolescents, most concussions occur due to falls or motor vehicle accidents. A child's developing brain is particularly at risk, so students, parents/guardians, coaches, and school personnel need to be educated on how to prevent them, identify signs and symptoms, and adhere to proper protocol for the return to play procedure.

Concussions or possible concussions should be reported to a coach and athletic director immediately to ensure proper procedure takes place before returning to activities. It's important to spot signs and symptoms early to prevent greater injury. Athletes who experience early signs and symptoms are 6 times more likely to develop a greater injury.

Signs and Symptoms of Concussions

Signs: behaviors and actions we see a student do

- Dazed or stunned
- Confused about an assignment
- Forgetfulness
- Difficulty following instructions
- Clumsy movements
- Slow to respond to questions
- Changes in mood, behavior, or personality
- Can't recall events prior to the hit or fall

Symptoms: what the injured student feels or experiences

- Headache or "pressure" in the head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision

- Sensitivity to light or noise
- Feeling sluggish, hazy, or foggy
- Concentration or memory problems
- Confusion

If a student shows any signs or symptoms, it is our responsibility to act immediately and remove them from play until they have been evaluated by an athletic trainer and cleared for play, or have been evaluated by a healthcare professional. If a student has a suspected concussion, they will be watched for worsening symptoms until they are released to a parent/guardian or to a medical professional.

Although rare, some situations would result in the immediate activation of EMS:

- Loss of consciousness, even if brief
- Convulsions or seizures
- Headache that gets worse or does not go away
- Increased drowsiness/ will not wake
- Weakness or numbness
- Decreased coordination
- Nausea or persistent vomiting

**Most concussions occur without the loss of consciousness.*

Responsibility of Coaching and Athletics Staff:

1. Remove the student from play.
2. Keep the student with a possible concussion out of play the day of injury and until cleared by a healthcare professional.
3. Inform the student's parent/guardian and give them the "Head's Up Fact Sheet"
4. Ask for written instructions from the student's healthcare professional for when and how the student can safely return to play. Before returning to play, a student should be back to normal school activities and not show any signs or symptoms of concussion.

Recovery

Students who have sustained a concussion injury should rest after the injury for 2-3 days, avoiding physical and mental activities, especially those that require concentration and prolonged attention. *Only in rare circumstances should a student miss more than 2-3 days of school.* Rest does not necessarily mean sleeping all day in a dark room, but should involve a decrease in bright lights and screens. As a student starts to feel better, they can gradually return to regular, non-strenuous activities. When symptoms are mild and nearly gone, a student can return to most regular activities. **Recovery from a concussion is when a student can return to all regular activities without experiencing any concussion symptoms.**

Changes in the classroom may be necessary as a student returns to school in the first couple of days:

- Lighter class load
- Time for breaks/naps
- Extended time to complete assignments

Most people feel better in 2-3 weeks, but for some, symptoms can last longer. Recovery delay factors include:

- Severe symptoms right after injury
- Migraine headaches

- Anxiety and depression
- Learning disorders and ADHD

These symptoms can affect school performance.

Students who experience symptoms for more than 4-6 weeks need to see a healthcare professional who is an expert in the management of concussion.

If a student returns to sports activity before they are ready, they are at risk of a repeat concussion, worsening symptoms, or permanent damage.

Return to Play Process

Before a student returns to play, they should have returned to school full-time, had academic adjustments removed, no longer have symptoms, and received written clearance from a healthcare professional to return to physical activity. The following steps outline the return to play process and how a student can move through the steps. It's important to remember that every student is different, and movement through the steps should be at their own pace, based on their symptoms.

There should be at least 24 hours (or longer) for each step of progression. If any symptoms appear or worsen during the process, the student must stop that activity. After a day of rest in which the student does not experience symptoms, the student should progress to the next step. If any symptoms worsen, the student should go back to the previous step. Weight training should be added only in the later stages (stage 3 or 4 at the earliest).

Step 1: Return to regular activities, such as school, and have the green light from the healthcare professional to begin the return to play process. Start with 2-3 days of rest, followed by light activity (short walks), and moderate activity (stationary bike) that does not worsen symptoms.

Step 2: Light Aerobic Activity: 5-10 minutes on an exercise bike, walking, or jogging. No weight lifting at this point.

Step 3: Continue activities that increase heart rate + body and head movement. Moderate jogging, moderate biking, or brief running, and moderate intensity weight lifting.

Step 4: Heavy, non-contact activity: Sprinting, running, high-intensity stationary biking, and regular weightlifting routine; non-contact sports-specific drills.

Step 5: Practice and Full Contact: Can return to practice and full contact if appropriate for the sport.

Step 6: Return to competition.