



ATHLETIC HANDBOOK
FOR
STUDENT ATHLETES, PARENTS, AND COACHES
2011/2012

“So whether you eat or drink or whatever you do,
do it all for the glory of God.”
1 Corinthians 10:31

Rockbridge Academy · 911 Generals Highway · Millersville, Maryland 21108
410-923-1171 · Athletics Hotline 443-889-9414 · www.rockbridge.org

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LETTER FROM THE ATHLETIC DIRECTOR

Rockbridge Academy seeks to provide an interscholastic athletic program that complements and enhances a student's overall growth in Christ. Athletics naturally brings about a gut check, to see what a student athlete is made of physically, spiritually, and emotionally. Interscholastic athletics also provides an opportunity to make Rockbridge Academy known to the broader community.

I Timothy 4:8 states that, "Physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come." It is through the vehicle of sport that the training of godliness can readily take place. "Sports are the most organically suited for offering glimpses into [students'] souls, or that, in their own way, sports can be a means of grace." (Parry, Robinson, Watson, and Nesti; *Sport and Spirituality, an Introduction*; p. xii) Sport becomes a means, a vehicle for God to do His purifying work, the work of sanctification in the believer. If sport is a correct priority, when at play, competitive sport will bring forth the good stored up in the athlete's heart. As Luke 6:45 states, "The good man brings good things out of the good stored up in his heart, and the evil man brings evil things out of the evil stored up in his heart. For out of the overflow of his heart his mouth speaks."

Many times within the context of sport there is talk of character training. At Rockbridge Academy this is not mere talk, but a daily reality. Westminster Catechism question #1 asks, "What is the chief end of man?" The answer is "to glorify God and to enjoy Him forever." Both the glorification of God and the continual enjoyment of God can come through sport. Neither glorification of God nor enjoyment is tied to the win. In fact, there are times when pure enjoyment of God can come just as readily through a loss. So does competition matter? Absolutely! It is desirous to win; however, it is not necessary to win for Christ in order to bring glory to Him. Win or lose, how an athlete plays the game matters. The Apostle Paul in I Corinthians 10:31 gives credence to the fact that competition matters, "So whether you eat or drink or whatever you do, do it all for the glory of God." In I Corinthians 9:24, Paul talks of the importance of running to win. "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." Competition does indeed matter. Win, lose, or draw, it is how we compete and how we practice that matters. Being in Christ is about eating, drinking, competing, or practicing, and doing it all for the glory of God. It is through competition that we have a window into the soul of an athlete. God is all about the process. Yes, we should play to win, but as we play, win or lose, our goal is to fulfill Romans 12:1, "Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship." Eric Liddell, the flying Scotsman, epitomized biblical ethics in sport when he said, "God made me fast. And when I run, I feel His pleasure."

In His service,



John Cavallaro
Athletic Director
Rockbridge Academy
School: 410-923-1171
Cell: 410-507-3934
Hot Line: 443-889-9414



ROCKBRIDGE ACADEMY PHILOSOPHY OF ATHLETICS

Relationship to Academics

Interscholastic athletics will not take priority over the academic program at Rockbridge Academy.

Missed Academic Time for Athletics

The Rockbridge Academy school policy for pre-arranged absences applies to athletics. Athletes and students attending athletic events are to discuss early dismissals and absences in advance with teachers and are to complete those assignments on time, as described in the Rockbridge Academy Student Handbook under “Short Term Absences.”

Athletic Objectives and Guidelines for Participation

The following are the objectives and guidelines for athletics in the upper school: Rockbridge Academy participates in two levels in the sixth through twelfth grades, middle school and varsity.

Middle School

The objectives of the middle school program are improvement through participation and the development of basic skills. Coaches will teach basic rules and strategies of the game. The objectives of middle school athletics are to develop sportsmanship, Christian character, individual skills, team skills, conditioning, and a love of the game through participation by all team members. This does not imply equal playing time for all. Playing time will vary according to the level of competition and readiness for competition, and playing at all games remains contingent on attitude and participation in practice. There is no guarantee that every athlete will play in every game. Middle school teams are intended to prepare student athletes for varsity play. It is expected of middle school players that they be on time, work hard, and have a good attitude.

Varsity

The objective of the varsity level is to exhibit impeccable sportsmanship and excellence. Varsity athletics is highly competitive and advanced, focused on winning games, but doing so in a way that builds character, leadership, and camaraderie. At this level the athlete will be scrutinized more thoroughly in his character, ability, attitudes, and skills. The most qualified athletes will be allowed on the varsity team. Playing time will be entirely at the discretion of the coach. There is no guarantee that every athlete will play in every game. Coaches will communicate with players about their roles, coaches’ expectations, and general playing time expectations.

ATHLETE PARTICIPATION POLICIES

8th Grade Students Playing High School Sports

Eighth graders will be allowed to try out for high school teams *only* when the Athletic Director decides that it is in the best interest of the Rockbridge Academy athletic program, to the individual student, and their family to do so.

5th Grade Students Playing Middle School Sports

Fifth grade students are permitted to try out for the middle school soccer teams but are not allowed to try out for basketball or lacrosse unless special permission is given by the Athletic Director.

Try-outs

Try-outs and the team cutting process will be conducted during the first week of practice (at the coaches’ discretion). Generally, prospects will be expected to attend practices and/or try-outs from the very first day. Generally, any student allowed to try-out late must have emergency reasons for doing so, and **must have the Athletic Director’s approval for a late or abbreviated try-out**. All students must participate in at least three (3) practices before participation in any games.

1. All athletes will be given a fair and equitable tryout evaluation.

2. Not everyone who tries out for a team will make it through to the final selection process. All cuts will be cleared through the Athletic Director and athletic fees refunded. **Coaches are responsible for selecting final team rosters and for determining playing time.**

Team Captain Choice

A Team Captain should be a person who possesses the following qualities:

1. Displays leadership, not just on the court or field, but also in the classroom.
2. Demonstrates the fruit of the Spirit: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.
3. Is respectful to all coaches and players.
4. Encourages their teammates.
5. Attends all practices and games.
6. Is committed and faithful to the team.
7. Shows good sportsmanship whether winning or losing.
8. Has a positive attitude, is not easily discouraged, never quits, and gives 100% all of the time.
9. Demonstrates team spirit.

Final selection must be approved by the Athletic Director. A maximum of two captains may be selected per team. Coaches may also select weekly rotating game captains who will join the regular team captains.

Practice Length

Practices must start and end promptly. Parents are encouraged to arrive for pick-up five minutes early. The Athletic Office will communicate all practice times and changes with athletes and parents. Practices will not be held when school is dismissed early or closed due to inclement weather. Attendance at practice sessions is mandatory. Lateness will not be tolerated.

Athletic Fees

There will be a fee (per sport) of \$200 per athlete with a separate \$25 uniform deposit. The homeschool student participation fee is \$300 per athlete (per sport). These fees must be paid before participation on the first day of practice. The uniform deposit check will be shredded at the end of each season pending timely return of all uniform pieces in satisfactory condition.

Injury Related Unconsciousness in Athletics

Any Rockbridge Academy athlete who becomes unconscious for any length of time during a game or practice must alert the coach immediately, seek medical attention, and is ineligible to continue practice to re-enter the game for the remainder of that practice or event.

The Center for Disease Control and Prevention (CDC) has issued the following list of signs and symptoms as indicators that a concussion has occurred:

- | <u>Signs Observed by Coaching Staff</u> | <u>Symptoms Reported by Athlete</u> |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none">• Appears dazed or stunned• Is confused about assignment• Forgets plays• Is unsure of game, score, or opponent• Moves clumsily• Answers questions slowly• Loses consciousness• Shows behavior or personality changes• Can't recall events prior to or after hit | <ul style="list-style-type: none">• Headache• Nausea• Balance problems or dizziness• Double or fuzzy vision• Sensitivity to light or noise• Feeling sluggish• Feeling foggy or groggy• Concentration or memory problems• Confusion |

Coaches are instructed to take the following steps if they suspect that a player has a concussion:

1. Remove athlete from play.
2. Ensure athlete is evaluated by an appropriate health care professional. Coaches are NOT to try to judge the seriousness of the injury themselves.
3. Inform athlete's parents or guardians about the known or possible concussion.
4. Allow athlete to return to play only with permission from an appropriate health care professional.

Students who may require an inhaler or EpiPen during practices or games must keep one in the team's first aid kit.

Participation and School Attendance

A student who is absent from school more than one-half of a school day may not participate in interscholastic athletics that day, either in practice or in games.

Grading

The following criteria will be used in assigning grades for participation in interscholastic sports:

- 7th and 8th graders participating in interscholastic middle school sports receive a grade on their report card for each season.
- 9th and 10th grade students participating in one interscholastic varsity sport receive 0.5 PE credit per year toward graduation for each season of participation in a varsity level sport.
- 11th and 12th graders participating in one interscholastic varsity sport receive 0.5 PE credit per year on their high school transcript.
- Athletes who play one season of a varsity sport per year are not allowed to reenroll in PE during the same school calendar year.

A sample Coaches' Assessment Sheet can be found on page 26. Coaches will evaluate each student based on the following criteria as stated in the Rockbridge Academy Athletic Contract:

1. **Preparation:** 30% - Fully equipped, ready on time, stays entire time for all practices and games.
2. **Character:** 30% - Rockbridge Academy sports are an extension of the classroom. Our practice and our play is a reflection ultimately of Christ, which is why we do all to the glory of God.
 - a. Attitude
 - b. Teamwork
 - c. 100% effort
 - d. Teachability
3. **Athletic Skills:** 40% - Hustle, knowledge, and practice.

At the end of each week, coaches will assign a grade in each category: Preparation, Character, and Athletic Skills. Every two weeks, grades will be entered into RenWeb for parents to check the progress of their student athlete.

Homeschool Student Participation

Homeschooled students and their younger siblings who are currently or have already participated in Rockbridge Academy Athletics are eligible to try out for Rockbridge Academy teams. Homeschooling families will be allowed to participate in Rockbridge Academy Athletics as necessary to field a team. Once a homeschool student has participated on a team, they are permitted to try out for the same team in subsequent years.

CONFERENCE MEMBERSHIP AND TEAM OFFERINGS

Conference Membership

Rockbridge Academy is a member of Maryland Christian Athletic League (MCAL), Maryland Independent School Athletic League (MISAL), MILL, CALL, and Middle School Independent League.

MCAL (VB Soccer and VB/VG Basketball)

- | | |
|------------------------------------|------------------------------|
| 1. Greater Grace Christian Academy | 2. Open Bible |
| 3. CHEN | 4. Bethel |
| 5. Atholton Adventist | 6. First Baptist (Laurel) |
| 7. New Covenant (Abingdon) | 8. St. Stephens (Eldersburg) |

MISAL (VG Soccer)

- | | |
|-----------------------------------------|-----------------------------------|
| 1. The Calverton School | 2. SEED School of Washington DC |
| 3. Grace Christian Academy | 4. Southern MD Christian Academy |
| 5. Hyde Leadership Charter School | 6. Spencerville Adventist Academy |
| 7. Lab School of Washington | 8. Takoma Academy |
| 9. Lanham Christian School | 10. Yeshiva of Greater Washington |
| 11. Model Secondary School for the Deaf | 12. Washington Christian Academy |
| 13. Riverdale Baptist | |

MILL (VB Lacrosse)

- | | |
|-----------------------|--------------------------------|
| 1. The Heights | 2. Calverton |
| 3. Notre Dame | 4. Sandy Spring Friends School |
| 5. Gunston Day School | 6. Eleanor Roosevelt |

CALL (Women's Varsity Lacrosse)

- | | |
|-------------------------|------------------------|
| 1. Barrie School | 2. Bowie High School |
| 3. The Calverton School | 4. Eleanor Roosevelt |
| 5. Gunston Day School | 6. Indian Creek School |
| 7. Sandy Spring Fields | |

MS Independent League

- | | |
|------------------|-------------------------------|
| 1. AACS | 2. Calverton |
| 3. Indian Creek | 4. Key School |
| 5. Holy Trinity | 6. School of the Incarnation |
| 7. Severn | 8. St. Andrews |
| 9. St. Anne's | 10. St. John's |
| 11. St. Martin's | 12. St. Martin's in the Field |
| 13. St. Paul's | |

To facilitate scheduling of activities and to encourage competition, Rockbridge Academy will strive to maintain membership in each league so long as it is deemed beneficial to the school administration.

Athletic Teams

Team	Team Size	Start Date
Fall		
Varsity Boys' Soccer	18-22 players	August 15
Varsity Girls' Soccer	18-22 players	
MS Boys' Soccer – A	18-22 players	August 22
MS Boys' Soccer – B	18-22 players	
MS Girls' Soccer	18-22 players	
MS Boys' Cross Country		August 22
MS Girls' Cross Country		August 22
Winter		
Varsity Boys' Basketball	10-12 players	November 7
Varsity Girls' Basketball	10-12 players	
MS Boys' Basketball	10-12 players	
MS Girls' Basketball	10-12 players	
Spring		
Varsity Boys' Lacrosse	18-22 players	February 28
Varsity Girls' Lacrosse	18-22 players	
MS Boys' Lacrosse	18-22 players	
MS Girls' Lacrosse	18-22 players	

Team size will vary according to the Athletic Program's needs.

COACHES

Coaches' Authority

The coaches' authority to lead their teams as they deem appropriate is in keeping with the philosophies and policies of Rockbridge Academy. The head coach is charged with conducting tryouts, determining the team roster, defining player expectations, implementing team rules, deciding student athletes' playing time, and taking disciplinary actions whenever necessary. Student athletes are expected to completely and respectfully abide by the leadership and authority of the head coach and his assistant(s).

Team Plan for Before Games or Practice

For game or practice days, coaches will make sure the team understands where they are to wait after school for practice or for a game. They will not leave the team unsupervised. If the coach is not available, he will ask an assistant coach or a parent to supervise the team.

Student athletes must sign out in the front office before leaving for a game when they are dismissed early.

Coaches must strive to arrive 15 minutes early for practices and 30 minutes prior to games and remain at the practice or game site until all players have been picked up by an authorized adult. Coaches shall not travel alone in a car with one student of the opposite sex.

Officials and Visiting Teams

Coaches should greet the officials and the visiting team before the game. Basketball coaches will escort the officials to the designated changing room for storing their belongings.

Public Relations

All Rockbridge Academy coaches will be responsible for emailing game results to athletics@rockbridge.org immediately following the game.

Communication with the Athletic Director

Coaches must alert the Athletic Director of all significant injuries, concerns with parents, visiting teams, officials, or facilities immediately following a game. Coaches must report to the Athletic Director all occasions where they or a team member receive an official rebuke for sportsmanship violations (technicals, yellow cards, ejections, etc.).

Coaches have the freedom to cancel a practice, but all changes to the schedule must be submitted to the Athletic Director by the close of business Thursday before the week in question.

Budgets

Coaches must make requests of budgetary requests directly to the Athletic Director, who then determines the appropriateness of the request based on the overall needs of the athletic program.

Coaches are not to spend their own money on any purchase on the assumption they will be reimbursed. If the purchase was not pre-approved, the coach may not be reimbursed.

Rockbridge Academy Philosophy of Coaching

The common goal of the athletic program at Rockbridge Academy is to move our student athletes toward the likeness of Christ.

A coach should be a daily example of the fruit of the Spirit. Rockbridge Academy coaches should be able to say with Paul, "Follow my example as I follow the example of Christ." (1 Corinthians 11:1)

1. All words and tones of speech will be wholesome, encouraging, edifying, and uplifting. Coaches should correct and rebuke. Criticism must encourage correct performance and lift the athlete toward future success. "Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen." (Ephesians 4:29)
2. Value of a student athlete exists not just in game playing time but also in enthusiasm, effort and work ethic, commitment to the team, and everyday selfless sacrifice. A student athlete who rarely sees the field or court during games but is active in every practice is just as valuable to the team as a starter.
3. Be prepared every day with a plan for what is to be accomplished.
4. Forgive quickly. Keep short accounts.
5. Keep your cool. Take setbacks in stride.
6. Be considerate of parents.
7. Pray for each athlete by name weekly.
8. Teach humility by demonstrating humility. Teach sacrifice. Teach placing one's team above oneself. There is no "I" in "team."
9. Remember that you and your team represent the body of Christ and Rockbridge Academy.

It is absolutely in keeping with God's Word to compete to win. "Whatever you do, do it with all of your might, as if done for the Lord...it is Jesus Christ you are serving in everything." (Colossians 3:23-24)

Volunteer Assistant Coaches

When volunteers offer to assist, the head coach is required to attain approval from the Athletic Director. With said approval, the head coach becomes responsible for the proper training of the assistant, including making certain the assistant reads this handbook and agrees to adhere to its policies. Volunteer coaches or assistant coaches who are also parents of team members are expected to maintain a professional detachment from the parent/child relationship while on duty. In other words, they act as a parent only after leaving the game, practice field, or court for the confines of home.

Philosophy of Substitution

Middle school and varsity coaches will be starting each game with their strongest team while striving to develop the skills of all players. When the game is "over" and a lopsided win or loss is imminent, our coaches will strive to empty their benches earlier in the game rather than later. If a middle school athlete does not play in any given game, coaches will make a concerted effort to include him in the next game.

DISCIPLINE

Discipline Policies

All policies for student behavior adopted by the Rockbridge Academy Board apply to interscholastic athletics. The following policies include academic probation and discipline. The same consequences for disobeying the discipline standard of the school will apply toward misbehavior during interscholastic athletics.

When discipline is necessary, the coach may administer any of the following options (while not limited to these options):

1. Suspension from a practice or game.
2. Suspension from multiple practices or games, with the approval of the Athletic Director.
3. Suspension from the team, with approval of the Athletic Director.

Parents will be notified of all major disciplinary actions. The coach is responsible to immediately notify the Athletic Director of any disciplinary actions taken.

Any participation fees charged will not be refunded in the event a player is suspended from the team.

There are five basic behaviors that must be reported to the Athletic Director.

1. Disrespect shown to coaches, referees, and parents.
2. Dishonesty in any situation while at school, practices, or games, including lying, cheating, and stealing.
3. Rebellion, i.e. outright disobedience in response to instructions.
4. Fighting, i.e. striking in anger with the intention to harm another student or athlete.
5. Obscene language, including taking the name of the Lord in vain.

Ejections

Any ejection from a game by an official could result in a suspension from the next game. This applies to coaches, students, and parents. Rockbridge Academy parents should not approach an official to discuss any issues before, during, or after a game or match. Appeals will be processed through the Athletic Director. Any ejection decision by an official will be adhered to by the coaches, parents, and athletes.

ELIGIBILITY AND ATTENDANCE

Academic Eligibility

Student athletes will maintain at least a C average in all classes. Should a student fall below a 75 average in any class, he will be notified via an academic warning halfway through the trimester. If after two weeks the student athlete does not have a 70 or higher average, he will be suspended from games and practices until a 70 average is restored.

Practice Attendance Policy

Consistent practice or attendance at scheduled practices will be required for participation in Rockbridge Academy interscholastic athletics per the Rockbridge Academy Athletic Contract. In general, students will be considered excused from practice only for sickness/injury and family emergencies such as a death in the family. All school assignments must be finished outside of practice, and students may not miss practice to finish homework. Students should make a vigorous effort to notify coaches of their need to be absent for any of these circumstances, and *planned appointments need to be scheduled for times not conflicting with practices or games*. All planned college visits should be listed on the Athletic Contract at the beginning of the season if possible.

Game Attendance Policy

Except for illness, injury, or a genuine family emergency, unexcused absence from a game could result in a long-term suspension from a team.

AWARDS

Award Eligibility

High school athletes will receive a letter for participation in his or her first varsity sport, along with the pin for that sport. All future varsity participation results in a pin only.

A letter and pin will be awarded to a student manager who fulfills his responsibilities for an entire season of service for games and practices.

All middle school participants will receive a certificate of participation. These certificates may list special attributes that the coach wishes to acknowledge.

Awards will be given for each sport as follows:

High School

Varsity Letters

First year.....Letter and pin

Second year.....Pin

Third year.....Pin

Fourth yearPin

MVP – Best Overall Player

MIP – Most Improved Player

Unsung Hero – Behind the scenes leader

Male and Female Athlete of the Year

Middle School

MVP – Best Overall Player

MIP – Most Improved Player

Unsung Hero – Behind the scenes leader

Male and Female Athlete of the Year

Team captains will be recognized in each sport.

Coaches may award up to three awards, Most Valuable Player (MVP), Most Improved Player (MIP), and Unsung Hero at a special awards program at the conclusion of the season.

Athlete of the Year Criteria

The Male and Female Athlete of the Year awards will be presented at a school-wide awards ceremony on the last day of school. The following criteria will be considered in determining the Athletes of the Year:

- Participate in 2-3 sports
- Captains of their athletic teams (typically)
- Servant leaders on the field and in the classroom
- Demonstrate a coachable spirit
- Passionate for their sport
- Exhibit a “team” attitude rather than promoting self
- Possess team spirit
- Consistent timely arrival to athletic events and school
- Coaches would want their entire team to emulate them
- Academic performance

ATHLETIC DRESS CODE

The Athletic Department will issue game uniforms to all members of interscholastic teams. Students are required to return game uniforms within one week of the conclusion of the season. A deposit of \$25 is required from each player at the beginning of the season for the game uniform. The uniform deposit check will be held through the school year and shredded at the end of the year pending timely return of all uniforms in satisfactory condition. Players will be billed the replacement cost for missing or damaged uniform items.

Wearing a Rockbridge Academy uniform is a privilege. Uniforms should be worn exclusively by the student athlete on game days only. **Uniforms must be washed after each use and never put in the dryer.**

Physical Education Dress Code

- Students may wear Rockbridge Academy gym uniform purchased from Arthur's Uniforms: gray PE T-shirt, solid black gym shorts, and/or gray sweatpants.
- Solid white or black over the ankle-length socks.
- Athletic shoes must be predominately white or black.
- No chucks or skate shoes.

Practice Dress Code

- Athletes may wear any Rockbridge Academy athletics wear, or solid red, black, gray, or white shirts with sleeves, shorts, or sweats.
- Athletic shoes and cleats must be predominately white, black, or red.
- All socks must be over the ankle-length and white or black.
- When changing for practice, students may not wear cleats in the school buildings.

Game Day Classroom Athletic Dress Code

- Athletic uniform jerseys are worn tucked in all day on game days with the regular school uniform pants or skirt. Only boys' lacrosse jerseys will be worn untucked. Only home jerseys are worn on home game days and away jerseys when the team will travel.
- Players will change into game uniform shorts and predominately white, black, or red athletic shoes (no chucks or skate shoes) with over the ankle-length athletic socks at lunch for *all* games. *If students do not have their athletic shoes and athletic socks, they may not change until after school is dismissed.* Waistbands of shorts may not be rolled. *Girls' lacrosse players will change into their kilts after school for all game days.*
- Students may not wear cleats in the school buildings for any reason.
- Athletes may wear Rockbridge Academy warm-ups purchased exclusively through Arthur's School Uniforms (Arthur's catalogue item #9149 and #9150) in the classroom. Warm-up tops may be worn all day. Warm-up pants may only be worn only after lunch.
- Black long-sleeved Rockbridge Academy athletic T-shirts may be worn over jerseys untucked.
- Visible base layer clothing must be solid black or white. No "undershirts" may be worn with game uniforms.

Game Day on the Field Athletic Dress Code

- Athlete must wear entire issued uniform in order to play.
- All Rockbridge Academy jerseys, with the exception of boys' lacrosse, must be tucked in.
- Black or white socks must be worn. The color of soccer socks will be determined by each individual coach.
- Athletic shoes and cleats must be predominately white, black, or red.
- T-shirts under jerseys must be white, red, black, or grey.
- Visible base layer clothing (including compression shorts) must be solid black or white with the exception of girls' lacrosse. Girls' lacrosse players must wear black compression shorts to match kilts. No "undershirts" may be worn with game uniforms.
- Athletes must bring both home and away jerseys to all games.

Failure to wear the complete issued uniform, approved shorts, socks, or colors will result in a student athlete being benched.

GENERAL INFORMATION

Physicals

An annual physical before playing sports is mandatory and must be turned in prior to participating in try-outs.

Athletic Department Communication

All athletics scheduling information will be communicated using the following means:

1. Schedules posted at www.rockbridge.org/sliffe/athletics.php
2. This Week in Athletics email

All athletic schedules are available on the Rockbridge Academy website. All coaches and parents will need to access the website for scheduling information. Homeschooled athletes will need to email the Assistant to the Athletic Director at mball@rockbridge.org to receive e-mail notification of schedule changes.

If after checking the website, hotline, and This Week in Athletics email, there are still questions or concerns, contact the Athletic Director via email at jcavallaro@rockbridge.org, (w) 410-923-1171, or (c) 410-507-3934.

Inclement Weather and Game Day/Practice Updates

Last minute changes to the game schedule are posted by 1:00pm on the Athletic Hotline (443-889-9414), on the Rockbridge Academy website at www.rockbridge.org, and on the white board in front of the main office. Changes to the practice schedule will be decided and posted by 2:00pm. Coaches and Team Parents will receive an email regarding cancellations due to inclement weather. **Please check the Athletic Hotline or website any time rain or snow is forecasted.**

Missed Academic Time for Athletics

The Rockbridge Academy school policy for pre-arranged absence applies to athletics. Athletes are to discuss early dismissals and absences in advance with teachers and are to complete assignments on time, as described in the Rockbridge Academy Student Handbook under the Short Term Absences section. As per that policy, school work completed late due to participating in athletic events or attending athletic events as a spectator will be counted ten percent (10%) off for each late day.

For many athletic events students must be dismissed from school before normal dismissal times. Early dismissal from classes for athletic reasons does not release student athletes from classwork responsibilities. Each athlete must make arrangements for getting assignments, taking missed quizzes or tests, or handing in homework. Athletes will have **fifteen** minutes from dismissal time until departure time.

Managers

Managers for varsity teams will receive 0.5 PE credit and a varsity letter and pin for each season they serve. Students who compete on a team during a different season are a good resource for team managers, scorekeepers, statisticians, or ball boys. The Athletic Director is responsible for acquiring needed managers, scorebook keepers, clock operators, ball boys, and linesmen. Managers may wear Rockbridge Academy athletic shirts to class on game days.

Team Parents

In past years, Rockbridge Academy athletic teams have benefitted from the initiative taken by parents to fulfill the role of “team mom/dad.” A team parent is responsible for organizing all carpools, bringing 5 gallons of water to each game (soccer and lacrosse only), and organizing an end of the season coaches’ gift to be presented at the season finale. Soccer and Lacrosse Team Parents will qualify to have one student’s athletic fee discounted by 50% for each season they serve. Due to the length and complexity of the basketball season, Basketball Team Parents will qualify to have one student’s athletic fee waived. Please contact the Athletic Director if you are interested in supporting Rockbridge Academy Athletics in this way.

Other opportunities for parents to serve the team include painting fields, helping run the scoreboard, or keeping statistics for home games.

Spirit Days

Rockbridge Academy will have one Spirit Day during each of the soccer, basketball, and lacrosse seasons. Students will be encouraged to wear Rockbridge Academy athletic shirts to school and attend the game that afternoon.

The purpose of Spirit Days is to build community and encourage students and staff to support Rockbridge Academy interscholastic sports.

Policy on Games and Practices during Extended Breaks

Coaches may have mandatory practices with the Athletic Director’s approval over Thanksgiving, Christmas, and Spring breaks.

Parents will be informed well in advance of the occasions when our high school and middle school teams must practice or compete over Thanksgiving, Christmas, and Spring breaks. For the long-term success of our athletic program, all athletes are expected to take part in practices occurring over breaks.

Supervision at Athletic Events

Siblings of athletes are to be supervised by a parent at all times at athletic events. Siblings may not enter unauthorized areas in home or away gymnasiums and must be supervised at all times.

CODE OF CONDUCT

Parents and Fans

Our fans are a vital part of the success of Rockbridge Academy athletics, and we encourage vigorous positive participation by our fans. Rockbridge Academy fans are also ambassadors of Christ and of our school and should cheer our teams in an appropriate manner. Our cheering should build up and encourage all who hear. (Ephesians 4:29) Our emphasis on sportsmanship and character amongst our student athletes and student body begins with the example set by Rockbridge Academy parents.

Derogatory cheers, comments, booing, taunting, arguing, or disputing directed at any participant, player, coach, official, or fellow fan, will not be tolerated and will be considered grounds for removal from Rockbridge Academy sporting events.

Spectators should NEVER approach an official before, during, or after a sporting event with a grievance. All concerns or grievances should be brought to the Athletic Director.

During a game, the team bench is for coaches, players, and officials only. Parents, siblings, and students not on the team may not approach the bench area during a game or during halftime.

Fans may not walk on basketball courts during pregame or halftime.

Athlete Etiquette Expectations

During Pre-Game Warm-ups

Athletes are to be appropriately dressed and outfitted: shirttails tucked in (note: for basketball, coaches will determine what color T-shirt may be worn under jerseys) with jewelry and metal hairpins removed.

Pre-game warm-up drills are to be done with a serious attitude in order to prepare each athlete's mind and body for competition.

There should be no socializing with fans or family during warm-up time, halftime, or any time until the game is over and post game activities are complete.

During the Game

Players are not to talk to friends or family in the stands. Athletes are to keep their minds and attention on the game, to stand and greet teammates who are exiting the game with applause and encouragement, to stand and cheer good effort and good plays by their teammates, and be enthusiastic while on the bench. During timeouts, all players must gather around the coach and give their full attention to the coach.

Players are never to argue with or complain to or about game officials, and are never to demonstrate body language that could be interpreted as disrespectful by an official. Players may never speak unkind or derogatory comments toward opposing players. Christ-like demeanor and conversation is always the standard. Rockbridge Academy players will quietly accept referee decisions by politely handing the ball to the referee and moving on with a respectful countenance and attitude. Players should make their concerns known to their coaches.

If an injury occurs to a teammate or opponent, Rockbridge Academy athletes will be expected to respectfully take a knee on the field or court.

After the Game

As quickly as possible, players should line up single file to greet the opposing team with a handshake, congratulations, or other encouraging words, gracious in a win or loss, never complaining.

Where appropriate and when time is available, a coach may gather his team together for a short postgame prayer.

Parent/Coach Communication

Per the Rockbridge Academy board policy and the Rockbridge Academy Student Parent Handbook, it is expected that biblical guidelines be followed for the resolution of all disputes and grievances concerning any aspect of Rockbridge Academy athletics.

Specifically to athletics:

1. All concerns must be first presented by the parent or student to the coach. In all cases, a respectful demeanor is required at all times. Please be assured that our coaches want parental feedback and are expected to be grateful and gracious when you bring your concerns to them in a humble and respectful manner, seeking as much to understand as to be understood.
2. If the problem is not resolved, the parent or student may bring the concerns to the Athletic Director. If the student brings the concern, permission from their parents is required.
3. If the problem is still not resolved, the parents may appeal to the Headmaster.
4. If there is still no resolution, a request in writing for a resolution must be presented to the Rockbridge Academy Board.

Sportsmanship

Coaches, the Athletic Director, and players are representing the name of Christ during all public events. Therefore, compliance with the following guidelines will be expected from all participants.

1. Comments by coaches, the Athletic Director, participants, and spectators should be uplifting, positive, and encouraging. (Ephesians 4:29-32)
2. Verbal abuse and/or un-Christlike language or tones of speech toward athletes, spectators, or referees is forbidden.
3. Actions of coaches, the Athletic Director, and athletes should set a positive, encouraging example of Christian conversation and behavior for all.
4. Conduct judged to be improper by the coach, administrator, or Athletic Director might result in immediate withdrawal from the activity, as well as further disciplinary action. Sportsmanship-related technical fouls, yellow cards, penalties, ejections, etc. will result in a game suspension for a first offense. Coaches and team members will also be subject to suspension or removal for inappropriate behavior even if an “official” rebuke is not given.

Rockbridge Academy Athletics Contract
2011-2012 SEASON (CIRCLE ONE): SOCCER CROSS COUNTRY BASKETBALL LACROSSE

Interscholastic Sports Participation Core Principles:

The goal of Rockbridge Academy Interscholastic sports is to fulfill 1 Corinthians 10:31, to enhance character development, to challenge and grow students in leadership, physical skills, teamwork, and maturity, and to build school community. Our student athletes, coaches, administrators, and parents must partner together in order to maximize the benefits athletics bring to Rockbridge Academy.

Participation Policies for Student Athletes, Coaches, Parents, and Administrators:

1. Academics come first. Student athletes will maintain a C average in all their classes. Should a student fall below a 75 average, he will be notified so that he can correct the problem. This is an academic warning. If two weeks following a warning a student athlete does not have a 70 average in any class, he will be suspended from games and practices until a 70 average is restored.
2. Interscholastic sports constitute a graded class. Participation in sports as of the 9th grade becomes a part of the student's academic transcript. Grades are weighted toward character, effort, and attitude, not playing time or game statistics.
3. Rockbridge Academy Sports teams are a priority. Rockbridge Academy practices and games take precedence over other sports commitments. When there is a conflict, Rockbridge Academy sports come first. **Families who have potential for conflicts with tryouts, practice, or games must communicate with the AD prior to the start of the season. (See Below)**
4. Student athletes will at times experience various family commitments or emergencies which require missing occasional practices/games (e.g., doctors appointment, teacher extra instruction, family vacation, etc.). Student athletes should alert their coaches in advance of these events. Coaches will not penalize the student athlete for an excused event (similar to classroom policy). Unexcused absences from practices or games will result in a lower participation grade and decreased playing time in the following game.
5. Student athletes will not play in games on days where they miss more than half the school day.
6. Students who miss practice the day before a game for any reason will not start the game. The coach may, at his discretion, play the student in the game.
7. Student athletes will arrive for the school day on time.
8. When student athletes are *sick*, they should notify their coach. *Sick* student athletes will not be penalized for missing practice or games due to illness. When student athletes are *injured*, they are not excused from games or practices unless cleared by their coach (e.g., to focus on school work). *Injured* student athletes are expected to attend practices and games in order to assist the coaches, encourage their teammates, and continue to grow in their understanding of the sport.
9. Middle school teams are designed to grow individual skills, team skills, conditioning, character, and a love of the game. Middle school teams are intended to prepare student athletes for varsity play. It is expected of middle school players that they be on time, hard working, and have a good attitude.
10. Varsity teams are focused on winning games, but doing so in a way that builds character, leadership, and camaraderie.
11. There is no guarantee that every athlete will play in every game on both the Middle School and High School levels.
12. Student athletes will strive to live a well-balanced lifestyle including healthy eating, drinking, and sleeping habits.
13. Upon satisfactory completion of the above requirements, playing time will be determined by what is best for the team.

Team Sports Grading Policy for Student Athletes:

1. Preparation (30%): Fully equipped, ready on time, stays entire time for and attendance at practices and games.
2. Character (30%): Rockbridge Academy sports are an extension of the classroom. Our practice and our play is a reflection ultimately of Christ, which is why we do all to the glory of God.
 - a. Attitude
 - b. Teamwork
 - c. 100% effort
 - d. Teachability
3. Athletic Skills (40%): Hustle, knowledge, and practice.

We need to communicate with the Athletic Director to discuss the following potential conflicts:

I have read the Athletic Handbook and agree to comply with the policies therein.

Athlete's Signature _____

Parent's Signature _____

Parent's Home Phone: _____

Parent's Cell Phone 1: _____

Parent's Email: _____

Parent's Cell Phone 2: _____

Coach's Signature _____

AD's Signature _____



Rockbridge Academy Scots

Parent Support Opportunities

Rockbridge Academy seeks to provide an interscholastic athletic program that encourages students to grow in athletic skill, academic excellence, and most importantly, as followers of Christ. Sportsmanship, leadership, toughness, humility, and competitiveness are words that are often used to define the success of an athletic program, and these words do apply to Rockbridge Academy athletes. Training up discerning followers of Christ is part of the vision of Rockbridge Academy, and athletic pursuit is one arena that can be used for carrying out this vision.

Many parent volunteers are needed to more fully accomplish these goals. A more active parent support system increases communication with the Athletic Department, as well as its functionality, and facilitates community building and provides a framework where ideas and information can be put into action. Many hands make light work and will serve to enrich students' involvement in athletics and to support the Athletic Department.

Family Information

Name _____
Email _____ Phone _____
Street Address _____
City _____ State _____ Zip _____

Student Information

Student Name _____ Grade _____ Sport(s) _____
Student Name _____ Grade _____ Sport(s) _____
Student Name _____ Grade _____ Sport(s) _____
Student Name _____ Grade _____ Sport(s) _____

Service Opportunities

Please let us know how you can contribute to to our continued success.

- Prayer
 - Organize Concessions
 - Operate Scoreboards
 - Paint Fields
 - Set-up Field for Home Games
 - Keep Game Statistics
 - Bring 5 Gallon Coolers to Home Games
 - Take Pictures at Athletic Events
 - Team Parent
 - Season Finale Coordination
 - Season Volunteer Coordinator _____
 - TST for Coach
 - Sponsor a Student's Athletic Fees (\$200 per student)
 - Sponsor a Coach (\$1000)
 - Donate Funds
 - Other Suggestions _____
- Please list any days and times you are available to volunteer _____

Rockbridge Academy, 911 Generals Highway, Millersville, MD 21108

ROCKBRIDGE ACADEMY

Health History and Physical Examination Form for Interscholastic Sports

Name: _____ Age: _____ Date of birth: _____
Address: _____
Phone: _____ Email: _____
Personal physician: _____
Contact person: _____ Relationship: _____ Phone: _____

Please answer the questions below PRIOR TO EXAMINATION by physician.
Explain "YES" answers in the space below.

HEALTH HISTORY

- | | | |
|---------------------------------------------------------------------------------------------|---|---|
| 1. Do you have an ongoing or chronic illness (asthma)? | Y | N |
| 2. Are you currently taking any medications or using an inhaler? | Y | N |
| 3. Do you have any severe allergies (bee stings or medicine)? | Y | N |
| 4. Have you ever been dizzy during exercise? | Y | N |
| 5. Have you ever passed out during exercise? | Y | N |
| 6. Have you ever had chest pain during or after exercise? | Y | N |
| 7. Have you had a seizure, concussion or been unconscious for any reason in the last year? | Y | N |
| Has any family member died suddenly or had a heart attack before age 50? | Y | N |
| 8. Have you ever had a sprain, fracture, or dislocation of a muscle, tendon, bone or joint? | Y | N |

PLEASE EXPLAIN "YES" ANSWERS (by numbers)

Physical Examination

Name: (First) _____ (Last) _____

Height: _____ Weight: _____ Pulse: _____ Blood Pressure: _____

	NORMAL	ABNORMAL FINDINGS
MEDICAL		
Appearance		
Eyes/ears/Nose/Throat		
Lymph Nodes		
Heart		
Pulses		
Lungs		
Abdomen		
Skin		
MUSCULOSKELETAL		
Neck		
Back		
Shoulder/Arm		
Elbow/Forearm		
Wrist/Hand		
Hip/Thigh		
Knee		
Leg/Ankle		
Foot		

CLEARANCE

- Cleared for all activities
- Not cleared for: _____

Reasons: _____

I HEREBY CERTIFY THAT I AM QUALIFIED BY TRAINING AND EXPERIENCE TO PROPERLY PERFORM THE EXAMINATION AND MAKE THE EVALUATION REFLECTED ON THIS FORM.

Name of physician: (Print) _____ Date: _____

Address: _____ Phone: _____

Signature of physician: _____, MD, DO, DC, or RPA

ROCKBRIDGE ACADEMY

Athletic Travel and Individual Participant Indemnification and Release Form

NOTE: By signing this Indemnification and Release Form, you are releasing ROCKBRIDGE ACADEMY, its Board of Directors, Headmaster, faculty, staff, coaches, assistant coaches, parent chaperones and any and all other of their agents, servants, and/or employees (hereafter collectively referred to as "ROCKBRIDGE ACADEMY") from and against any and all liability, from any and all claims, costs, suits, actions, judgments, and expenses, arising from your child's participation in interscholastic athletics and sports.

(Please initial: _____)

NOTICE OF RISK: I understand that participation in athletic activity is dangerous and may expose my child to risk of serious bodily injury and possibly death. These risks include, but are not limited to, the possibility of collisions with other participants, spectators and the public, vehicle accidents while traveling to and from such activities, and equipment failure. I understand that no degree of care or caution can completely eliminate these risks.

(Please initial: _____)

ASSUMPTION OF RISK, RELEASE OF LIABILITY, REQUIREMENT TO MAINTAIN HEALTH

INSURANCE: I hereby freely and expressly assume and accept any and all risk of injury and/or death arising from my child's participation in any and all athletic activities my child may undertake by or through ROCKBRIDGE ACADEMY, or while traveling to and from such activities. I hereby release ROCKBRIDGE ACADEMY from liability for any and all injuries and damages, including death, arising from my child's participation in any and all athletic activities and all travel to and from such activities. In so doing, I promise and agree not to make any claim or commence any lawsuit against ROCKBRIDGE ACADEMY for injuries or damages arising from my child's participation in and/or travel to and from such activities. I also acknowledge that I am required to carry and maintain my child's accident and health insurance sufficient to meet all costs and expenses which might incur as a result of any injury my child might sustain while participating in and/or traveling to and from athletic activities, and by initialing below I acknowledge that I am presently covered by such accident and health insurance.

(Please initial: _____)

INFORMED CONSENT: I hereby give my consent and authorize ROCKBRIDGE ACADEMY and its faculty, staff, coaches, and parent chaperones to consent on my behalf and on behalf of my child, to emergency medical care and treatment in the event I am unable to be notified by reasonable attempts of the need for such emergency medical care and treatment.

(Please initial: _____)

INFORMED CONSENT: I knowingly and willingly give my informed consent for my child to travel with ROCKBRIDGE ACADEMY and its *faculty, staff, coaches, and parent chaperones* to and from all athletic events for the purpose of interscholastic athletics. **Students will be allowed to drive themselves or other students to games and practices with written parental consent.**

(Please initial: _____)

Signature of Parent: _____ *Date:* _____

Student's Name: _____

Transportation Form

Carpool Participation

Rockbridge Academy provides organization of carpools for each athletics season. The Team Parents for soccer and lacrosse will organize rides for the team for away games only, and the Basketball Team Parents will organize rides for all practices, home, and away games. Participation in carpools is dependent on the parents of the student being willing to drive at least two times in one month. Student drivers and coaches will be listed as backup drivers, not primary drivers. Exceptions will be granted on a case by case basis for families with athletes on multiple teams or other extenuating circumstances. Please contact the Athletic Director if you wish to discuss carpool participation.

Student's Name: _____ **Team:** _____

- Yes, I would like to participate in the carpool
- No, I would not like to participate in the carpool

If yes, please list which days of the week you are available to drive:

Mother's Email: _____ Father's Email: _____

Mother's Cell Phone: _____ Father's Cell Phone: _____

Student Driver Authorization Form

To be completed by the parents of the student driver

The following students are permitted to ride in my son or daughter's car:

Student's Name: _____

Student's Name: _____

Student's Name: _____

Student's Name: _____

Student Driver's Name: _____

Student Driver's Parent's Signature: _____

Date: _____

Application for Coaching

I. Personal Information

Name: _____

Address: _____

Telephone Number: _____ E-mail address: _____

Marital Status: _____ Spouses Name/Occupation: _____

Children: _____ Age: _____

_____ Age: _____

_____ Age: _____

_____ Age: _____

Have you ever been arrested or convicted for any criminal act? _____

If so, please explain on a separate page.

II. Education and Training

Secondary School: _____

Address: _____

Years completed: _____ Date of Graduation: _____

Secondary School: _____

Address: _____

Years completed: _____ Date of Graduation: _____

College Major: _____ College Minor: _____

Degree(s) Earned: _____ Certification(s): _____

Athletic Training/Seminars/Workshops:

What is your coaching philosophy?

III. Christian Background

- A. On a separate piece of paper, please provide a summary of your Christian faith and conversion.
- B. On a separate piece of paper, please explain your reasons for applying as a coach at Rockbridge Academy.

What is your denominational preference (if any): _____

What church do you attend? _____

Are you a member? _____

VI. References

Please list at least three references below.

Name	Relationship	Telephone Number
_____	_____	_____
_____	_____	_____
_____	_____	_____

Thank you for your interest in coaching!

Signature: _____ Date: _____

ROCKBRIDGE ACADEMY ATHLETIC DEPARTMENT

Agreement to Serve as Head Coach

Coach: _____

Sport Season: _____

Team/Level: _____

Dates of Agreement: _____

Responsibilities:

- Ensure that God’s name, character, and truth are honored and respected. For the sake of students’ spiritual training and the work of Rockbridge Academy, joyful encouragement and instruction in reverential knowledge of the Lord is necessary, honored, and respected. (Rockbridge Academy Staff Manual, section 7.0, Code of Ethics)
- Attend coaches’ meetings prior to, and at the conclusion of the season
- Understand and adhere to the goals and policies of the Rockbridge Academy athletic program as stated in the Parent/Student Handbook (attached)
- Lead and instruct team at practices and games
- Assist in recruitment of assistant coaches
- Comply with terms of usage of permitted facilities
- Have an up-to-date Background Check on file with Anne Arundel County Recreation and Parks
- Have current certification of CPR and First Aid (training provided by Rockbridge Academy)
- Communicate to the athletic department on a weekly basis game scores and injury reports
- Comply with the Rockbridge Academy grading policy as it applies to athletes

Compensation:

Head coaches receive a stipend in the amount of \$1000. This stipend is paid in a lump sum at the end of the season. There are no deductions taken from the stipend, and, as a result, the payee will receive an IRS-1099 form at the end of the tax year.

I understand these terms and agree to abide by them:

_____ Head Coach

_____ Date

_____ Athletic Director

_____ Date

I wish to waive the \$1000 stipend:

_____ Head Coach

_____ Date

*Thank you for your willingness to serve our community in this manner.
We are all blessed by your contribution of time, talent, and training to our students.*

Sample Coaches' Assessment Sheet

Coaches will evaluate each student based on the following criteria as stated in the Rockbridge Academy Athletic Contract:

1. **Preparation (P):** 30% - Fully equipped, ready on time, stays entire time for all practices and games.
2. **Character (C):** 30% - Rockbridge Academy sports are an extension of the classroom. Our practice and our play is a reflection ultimately of Christ, which is why we do all to the glory of God.
 - a. Attitude b. Teamwork c. 100% effort d. Teachability
3. **Athletic Skills (S):** 40% - Hustle, knowledge, and practice.

Name	Week ending 10/8/2010			Week ending 10/15/2010			Criteria Avg			Final Grade
	P	C	S	P	C	S	P	C	S	
Student 1	100%	100%	80%	100%	100%	85%	100%	100%	83%	97%
Student 2	100%	² 70%	100%	100%	100%	100%	100%	85%	100%	94%
Student 3	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%
Student 4	¹ 80%	100%	100%	³ 75%	100%	100%	78%	100%	100%	91%
Student 5	100%	100%	100%	100%	100%	100%	100%	100%	100%	100%

Notes:

1. Did not bring correct uniform to game 10/6/2010

2. Did not graciously receive instruction during practice 10/5/2010 and 10/6/2010

3. Late to practice 10/12, 10/13, and 10/15/2010
