

**Rocky Mount Preparatory**  
**Jaguars**  
**2017-2018**



**Scholar-Athlete/Parent**  
**Athletic Handbook**

## **SECTION I:**

### **Introduction**

The purpose of this RMPrep Scholar-Athlete/Parent Athletic Handbook is to establish a common understanding among scholars, parents, and coaches concerning the policies, procedures, and philosophy that guide the athletic interscholastic athletics program. Scholars attending RMPrep are challenged with a rigorous academic program. In addition, they participate in a wide variety of extracurricular activities from which they gain a valuable perspective about themselves and life beyond the classroom. To provide these important experiences for our scholars, RMPrep offers 22 interscholastic teams for grades 6 through 12.

The RMPrep Scholar-Athlete/Parent Athletic Handbook is organized to provide helpful information about the athletic program and the responsibilities and privileges of scholar-athletes who participate in athletics. While it is not possible to find answers to every question in this handbook, you should find it to be a useful reference guide. All questions pertaining to student eligibility and the athletic department policies and procedures should be directed to the Athletic Director. Questions regarding a specific sport or team should be directed to the Head Coach. A directory of coaches can be found on the RMPrep School Website.

### **Mission**

The philosophy of the Athletic Program is directly aligned to the mission statement of the school. The Athletic Program offers programs at the middle school, junior varsity, and varsity levels that foster the same values of integrity, respect, responsibility, and participation that are embodied in the classroom. We strive to develop a well-rounded student-athlete with balance and objectivity.

The goal of our coaching staff is to cultivate a positive attitude and team environment in which our athletes are challenged to achieve their highest potential in all aspects of their development. Tryouts are held and if necessary cuts are made at all levels in the various sports, where the natural break in talent exists. Team size is limited for all sports. RMPrep embraces the philosophy of encouraging scholar-athletes to participate on multiple sports teams rather than focusing on one sport and playing it year round. The middle school teams promote the fundamentals of the sport as well as the rules and basic strategies of the overall program.

Each participant will have the opportunity to work on these skills in regular season contests on a weekly basis. The junior varsity teams continue to emphasize the fundamentals and begin to put participants in a role where they will have success as they move through the program. Scholar-Athletes will be in a more competitive environment and will have the opportunity to demonstrate individual skills based on their development throughout the season. Player improvement is expected, as is a greater

sense of team achievement. Teams utilize each student-athlete's skills in a position that is best suited to give the team the best opportunity to be successful.

The coach will put the best team possible on the field/court to represent the school at the each level throughout district, regional, and state competition. The lessons that can be learned from athletic participation are invaluable and help in the overall development of the individual. Lessons in sportsmanship, teamwork, competition, and how to win and lose gracefully are an integral part of each team in our athletic program. Athletics also plays an important part in helping the individual student develop a healthy self-image as well as a healthy body. Participation on the interscholastic teams is a privilege, and adds to our school spirit and helps all scholar-athletes, spectators, and participants develop pride in our school.

### **NCHSAA**

RMPrep is a member of the North Carolina High School Athletic Association, which is the governing body for high school athletics. You can view their bylaws and policies on their website; [www.nchsaa.org](http://www.nchsaa.org). Questions pertaining to NCHSAA rules and regulations should be directed to the Athletic Director.

## **SECTION II:**

### **Scholar-Athlete Eligibility/Participation**

Scholars must meet the following criteria to be eligible to participate in the RMPrep School Athletic Program.

- Minimum 2.0 GPA
- Current physical on file with the Athletic Director
- Pass 3 out of 4 Classes from the previous semester

Participation in extracurricular activities, including athletics, is a valuable part of the RMPrep experience for both middle school and high school scholar-athletes. In order to participate in athletics or other extra-curricular activities which involve extensive out of school commitments, scholar-athletes must meet the criteria outlined in "Academic Probation and Extracurricular Eligibility"

*In addition, in the event a scholar-athlete is placed on cautionary status the coaches/advisor, teachers, and parents will work collectively to support the scholar-athlete in the following ways:*

1. *Coaches/advisor will emphasize the importance of attending tutoring and will not penalize a student/athlete for joining a practice session late.*
2. *Teachers will do their best to accommodate alternative tutoring times when games conflict, but it is the student's responsibility to arrange any alternative times with the teacher. The teacher cannot be obligated to offer additional times beyond the regularly scheduled tutoring sessions.*

3. *Parents must commit to checking PowerSchool grades daily to help support student athletes. Parents may have to drive their scholar-athlete separately to a game if the team bus leaves prior to "Depart Time" on the day of mandatory tutoring.*

NOTE: Fall, Winter, and Spring tryouts will begin on the following dates. If eligible, scholar-athletes may try out for a sport, but the student must continue to meet the requirements to continue to participate in that activity after the semester ends.

- Fall Sports - August 1, 2017
- Winter Sports – October 31, 2017
- Spring Sports – February 13, 2018

### **Academic Probation**

1. Academic probation is intended to be a warning to scholar-athletes and parents that there is a serious problem, which needs to be addressed immediately.
2. Scholar-Athletes will be placed on academic probation for the next grading period when at the end of a nine week grading period they have earned:
  - a. An overall letter grade less than a B (80%) in **ANY** course.
  - b. Scholar-Athletes will have until progress report to earn a minimum of an 80% to be eligible to be withdrawn from the "Academic Probation" list.
  - c. If a student does not meet, the minimum requirement of a (B) they will be removed from the team at the next report card.

### **NCHSAA Athletic Eligibility**

1. Each student shall have four consecutive years of eligibility beginning with the date he/she first enters the 9th grade. Four years from the date he/she entered 9th grade a student shall become ineligible for all interscholastic sports. **No student may be approved for any athletic contest if his or her 19th birthday comes on or before August 31, 2017.**
2. Scholar-Athletes in grades 6, 7 and 8 may participate in sports for one year only in each grade. **No student may be approved for any athletic contest if his or her 15th birthday comes on or before August 31, 2017.**

### **SECTION III:**

#### **Required Forms**

1. Physical form: all scholar-athletes are required to have a yearly physical by a physician, nurse practitioner or physician assistant. Only NCHSAA's form will be accepted.
2. Parent/Student NCHSAA Concussion Form: both student and parent are required to sign this form in order for the student to participate

3. Parent/Student Sports Pledge: this form must be completed every year of enrollment at RMPrep by both the scholar-athlete and parent.
4. All forms must be submitted the Athletic Director by the Head Coach at least one business day prior to the student engaging in practice.

### **Return to Play Policy**

1. Any student who suffers a concussion or loss of consciousness during a practice or contest may not resume athletic participation (practice or play) until the following criteria is met:
  - a. Symptom free proctol
  - b. Satisfactory assessment using Concussion Vital Signs test
  - c. Written clearance from treating physician
  
2. Any student under a physician's care for an extended illness or injury other than a concussion, which results in loss of time from school or athletic competition, must provide a note from that physician clearing him/her to return to play without restriction to athletic competition.

### **Transfer Scholars**

- Scholars will be eligible in the school in which he/she first enrolls each school year or at the school at which he/she becomes a candidate for an athletic team by engaging in a practice that begins prior to the start of the school year.

### **ATTENDANCE**

- **Scholar-Athletes must attend school the majority of the instructional day in order to engage in practice or participate in a contest**, unless the student has a documented medical appointment. **NO SCHOOL, NO PLAY**
- School sponsored field trips are considered an excused absence from school.
- Scholar-Athletes are expected to attend all practices and games unless absent from school or on a school sponsored field trip (unexcused without note)
- Scholar-Athletes may be dismissed from a team after three unexcused absences.

**ALL STUDENT-ATHLETES ARE REQUIRED TO BE AT PRACTICES AND GAMES DURING THE SEASON. IF NOT, THE HEAD COACH HAS THE DISCRETION TO DISMISS THEM FROM THE TEAM.**

### **Early Dismissal from School**

- We make every effort possible to limit the loss of classroom time for contests.
- Scholars are responsible for all work missed due to an early dismissal.

- Head Coaches should inform teachers when scholar-athletes will be miss class. Check your weekly contest itinerary for departure times from RMPrep.
- The Head Coach releases the names of scholar-athletes to the faculty each week for early dismissal.

### **Team and Parent Organizational Meetings**

- Head Coaches are required to meet with his/her team and parents after the final team selection has taken place and before the first contest on the date and time selected by the Athletic Program.
- The Athletic Director will also attend this meeting to answer questions for scholar-athletes and parents. The Head Coach will notify all athletes and parents prior to this meeting date, time, and location.
- The following items will be covered and handouts provided during the parent/player meeting by the head coach;
  1. Team Goals, Rules and Expectations
  2. Contest Schedule
  3. Practice Schedule for the first month
  4. Who to contact if unable to attend practice or game
  5. Best contact number and email for head coach
  6. Best time to schedule a meeting with coaches
  7. Spectator conduct and boundaries
  8. Parent sign up for concession, admission, announcing, contest help
  9. Pre contest meals, where to drop off food (not at Athletic Office)
  10. Contents of weekly itinerary
  11. Care and responsibility of school issued uniforms. Discuss when student can wear them to school and importance of returning all uniforms.

### **Team Rules**

- Each coach may set additional team rules as needed for his/her sport.
- Head Coaches must provide the Athletic Director and Principal with a written copy of the team rules.
- Rules must be provided to the scholars-athletes in writing and must apply to all team members.

### **Method of Selecting Teams**

- Tryouts are open to all academically eligible scholars.
- Scholars who cannot begin tryouts on the first day due to overlapping sports commitments will be given up to three days to try out for the team after the conclusion of the current season.

- The Head Coach must inform scholars cut from a team of the decision in person and private.

### **Uniforms**

- Official Game Uniforms are the property of RMPrep and can only be purchased by the RMPrep.
- School colors are Navy, White, and Gold. Uniforms may be white, navy, gold or gray.
- All teams will receive uniforms on a rotational basis.

### **Practice Clothing, Pre game clothing**

- Scholars are not permitted to wear clothing that is revealing or references alcohol, tobacco, drugs, profanity or offensive symbols.

### **Student Dress Code**

- Scholar-Athletes will travel to and from away games in team uniforms, warm-ups, shirts and ties, or school dress code. The entire team must be dressed alike.
- Scholar-Athletes are to look neat and clean in appearance at all times. All shirts must be tucked in and pants or shorts worn at the natural waistline.
- Scholar-Athletes are not permitted to wear jewelry, bandannas during practice or games.
- Girls are not permitted to wear excessive makeup or revealing clothing. Undergarments shall not be visible.
- Boys must wear shirts during practices, including when running off campus.

### **Student Conduct**

As members of athletic teams or spectators at contests, scholar-athletes are high-profile representatives of RMPrep and are expected to act in an appropriate manner. The following behavior is inappropriate and will not be tolerated. These inappropriate behaviors could result in removal from team by Head Coach, Athletic Director, and/or Principal:

1. Fighting, bullying, hazing, harassment, or horseplay
2. Profanity, harsh language, or obscene gestures
3. Use or being under the influence of alcohol, tobacco, or drugs
4. Conduct deemed unsportsmanlike by RMPrep
5. Rude or disrespectful behavior towards coaches, opponents, fans, or officials
6. Taunting fans, opponents or officials
7. Destruction of property
8. Outbursts of anger
9. Derogatory or degrading comments

Scholars who exhibit any of the above behavior or any other behavior deemed inappropriate by the school might be suspended from athletic competition for one academic school year and face school disciplinary action.

### **Unsportsmanlike or Inappropriate Conduct**

1. Any act of unsportsmanlike or inappropriate conduct will be dealt with swiftly. If the act occurs during an athletic contest, **the scholar-athlete will be removed from the contest immediately.**
2. A scholar-athlete who strikes, curses, or threatens an official or coach during a game or at any other time because of resentment over occurrences or decisions, or who fails to maintain a standard of conduct satisfactory to the NCHSAA and/or the RMPrep Head of School, shall be ineligible to participate in interscholastic athletics for a period of six weeks and must pay the fine assessed to the school by the NCHSSA.
3. A student who is ejected from a contest for a flagrant foul or unsportsmanlike conduct shall be ineligible to participate in any contest for one week. If no contests are scheduled during that week, they will miss the next game or the next two contests in any other sport and must pay the fine assessed to the school by the NCHSAA.
4. Any student who acts in an unsportsmanlike manner is required to meet with the Athletic Director and Principal before resuming athletic participation.

### **Spectator Conduct**

Everyone associated with an athletic event plays an important role in seeing that standards of sportsmanship are upheld. Fans are reminded that their sportsmanship and behavior reflects upon the reputation of RMPrep. Spectators should...

1. Demonstrate good sportsmanship.
2. Respect, cooperate, and respond enthusiastically to cheerleaders.
3. Censor fellow spectators who display negative behavior.
4. Respect the property of the school and the authority of school officials.
5. Never heckle, jeer, or distract members of opposing teams.
6. Never criticize the athletes or coaches for the loss of a contest.
7. Accept the decisions of the officials.
8. Refrain from second-guessing.

### **Parent and Spectator Boundaries at contests and practices**

1. Remain behind fences before, during, and after contests and practices for outdoor sports.
2. Parents
3. Keep off the playing courts before, during and after contests and practices for indoor sports.
4. Parents and spectators may take photographs or videotape contests from behind the fence or in the stands. Photo passes are available in the athletic office if you would like to be on the playing field, or court for contests.

5. All RMPrep Athletic Program practices are CLOSED to spectators.

### **Practice Schedules and Times**

Athletic practices generally begin at 3:45p and must end by 8:30p with the following exceptions:

- **Two-a-day** practices on any **non-school day** may not exceed **four (4) hours in total**.
- **Two-a-day** practices on a **school day** may not exceed **three (3) hours total**.
- Due to facility conflicts some practices times may require adjustment. Middle school teams are limited to time in some sports.
- **No Sunday meetings of players or practices are permitted per NCHSAA rules.**
- **NCHSAA** policy limits the total number of hours for practices and games in one week to 18. Contests count as three (3) hours. Does not include weight room time.
- Scholar-Athletes who must attend tutoring at 3:30p are excused from practice that may begin prior to 3:45p, and must join within 10 minutes immediately following tutoring.

### **Game Schedules**

- The Athletic Director is responsible for scheduling athletic contests for all teams, including junior varsity and middle school teams. The Athletic Director is responsible for arranging transportation for all sporting events.

### **Dual Sport Athletes**

- A player may not quit one sport during the season to participate in another sport.
- Scholar-Athletes may participate in two sports simultaneously if both coaches establish a written agreement, no other student is displaced or cut from a team by the dual sport participant, all conflicts pertaining to participation have been resolved, and a written schedule of the student's schedule of practices and contests is on file in the Athletic Director.

### **Weather Issues**

- **No outdoor practices or games will take place when lightning is visible or within 5 miles according to the lightning detector.**
- The Athletic Director will make cancellation of games or practices due to inclement weather as soon as possible.
- The Athletic Director will assist with communicating cancellations using the RMPrep Athletic Website and Remind Messaging. However, the Head Coach will be responsible for notifying scholar-athletes and parent of any cancellations.

### **Transportation**

- Only scholar-athletes, coaches, and team managers are permitted to ride school transportation. We usually allow the scholar-athlete to choose to go home with

their parents since we pull scholar-athletes from the surrounding counties. The parent has to be present at the event and a face-to-face agreement with the coach must be made with a sign out sheet.

- When RMPrep **does not** provide transportation to an away contest or off campus practice facility, it is the responsibility of **the parent** to arrange transportation for their child from RMPrep to the off campus site.
- Whenever possible, an RMPrep School bus will be used to transport scholar-athletes.
- Scholar-athletes may not take personal vehicles to contests when transportation is provided by RMPrep.

### **Team Managers**

Team managers are valuable assets to our athletic teams. Scholars desiring to serve as a Team Manager should contact the Head Coach of the team. Team managers are required to meet and follow all rules and regulations pertaining to athletics and may earn varsity letters by meeting the same criteria as team members.

### **Use of Athletic Facilities**

1. The in-season school sport has priority for the use of athletic facilities.
2. Scholars are not permitted to use any facility without direct visual supervision from a school employee and permission from the Head Coach.
3. Out-of-season scholar-athletes should provide their own equipment, balls, etc. when using school facilities.

### **Weight Room Use**

1. The weight room is a common use facility. Each in season team will have equal access.
2. Only scholar-athletes who are on a RMPrep team may lift weights.
3. Scholars must have proper workout attire consisting of a clean, dry t-shirt, athletic shorts, socks, and athletic shoes. **(No cleats)**.
4. Scholars must remove all jewelry before entering the weight room. Jewelry is not allowed in NCHSAA contest
5. No food or drinks are permitted at any time.
6. Scholars are responsible for re-racking and cleaning up weight room after each use.
7. Violations of weight room rules or policies may result in a loss of privileges.

### **Athletic Banquets**

High School Athletic Banquet- Thursday May 24th

Middle School Athletic Banquet- Tuesday May 22nd

### **Athletic Program Contact Information**

- Todd Pipkin, Head of School – [tpipkin@rmprep.org](mailto:tpipkin@rmprep.org)
- Maurice L. Moore, High School Principal – [mmoore@rmprep.org](mailto:mmoore@rmprep.org)

- TBD, Middle School Principal
- Josh Curley, Athletic Director – jcurley@rmprep.org

**PARENT/STUDENT-ATHLETE ACKNOWLEDGEMENT**

I, \_\_\_\_\_ and \_\_\_\_\_  
(Print Parent Name) (Print Scholar-Athlete Name)

have read the RMPrep Scholar-Athlete/Parent Athletic Handbook and we fully understand all the rules and regulations. We fully agree to abide by all the rules and regulations. If we do not, we take the chance of

\_\_\_\_\_ not being able to participate, or  
(Print Scholar-Athlete Name)

being dismissed from a team.

\_\_\_\_\_  
(Parent Signature)

\_\_\_\_\_  
(date)

\_\_\_\_\_  
(Scholar-Athlete Signature)

\_\_\_\_\_  
(date)



