



ROANOKE VALLEY CHRISTIAN SCHOOLS

ATHLETIC HANDBOOK

2023-2024

Making Disciples of Christ through Sports

6520 Williamson Road, NW
Roanoke, VA 24019
(540) 366-2432
www.rvcs.info



Current RVCS team schedules are found at www.maxpreps.com.



Individual team tool for communication
<https://www.teamapp.com/>

Students desiring to represent RVCS through athletics must meet the following guidelines before he/she may participate and/or compete.

1. In order for a part-time student to be eligible, he/she must be enrolled in three classes at RVCS and at least one other academic class either at RVCS or another school/homeschool.
2. A current medical release form (sports physical) must be on file. (Example: VHSL Medical Release Form)
3. The current Parent & Student Acknowledgement (form) must be completed and submitted by student and parent. This form states that both the student-athlete and parent have agreed to abide by the rules and guidelines of the Athletic Handbook.
4. RVCS sports begin on or around the following times listed below:
 - Fall- August 1
 - Winter- Mid to late October depending on when Fall sports finish tournaments
 - Spring- Late February

Please return the above completed forms to the Athletic Department prior to participation in any RVCS sports activities.

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Shenandoah Baptist Church Mission Statement

We glorify God by making, sending, and multiplying Gospel-Centered disciples of Jesus Christ who take the Gospel to every person and establish a church for every people.

School Mission Statement

Roanoke Valley Christian Schools makes disciples of Christ in obeying the command of God to train students in truth.
Psalm 78:4-7

Athletic Ministry Mission Statement

Making Disciples of Christ through Sports

The athletic ministry of RVCS seeks to support the overall school mission as well as the overall church's mission to make Gospel-centered disciples of Christ. Our athletic program strives to reach the hearts of our young people and encourage them to join in with God's bigger mission for their lives. Put simply, we are "training in spirit and sport."

THEME VERSE: Isaiah 40:31 (NKJV)

"But those who wait on the LORD, shall renew *their* strength; They shall mount up with wings like eagles, They shall run and not be weary, They shall walk and not faint."

PURPOSE

A. Overall objective of the total program is to bring glory to God in all that we do by:

1. Providing instruction and guidance in both physical skills and spiritual application.
2. Providing an excellent training arena through which the athlete can exercise Christian disciplines.
3. Involving the student body, parents, and teachers in developing school spirit and unity.
4. Having a clear Christian testimony to the opposing team members through words and action. Christian values and Biblical principles are to be upheld while striving for ultimate performance. (Col. 3:23)

B. Specific objectives as they relate to the individual:

1. To give each athlete the opportunity to develop full physical potential, since God has given each one talents for His purposes.
2. To build character traits such as alertness, confidence, cooperation, courage, decisiveness, discipline, efficiency, enthusiasm, initiative, loyalty, persistence, resourcefulness, respect, self-control, sportsmanship, unselfishness, and proper response to pressure.
3. To teach the student to work diligently toward reaching specific goals.
4. To teach the student to be competitive and strive to be his/her best.
5. To develop responsiveness to "The Team Concept" as opposed to self-glorification.
6. To develop lasting friendships.
7. To develop respect for rules and properly placed authority.
8. To maintain academic integrity for the school by diligent application of study habits.

SUCCESS

A. RVCS intends to develop mature champions in its athletic program.

B. Every athlete's passion is to win, but satisfaction comes in knowing he/she gave a complete performance to the glory of God.

- C. Winning should not be used for personal glory or pride. Humility and gratitude are the characteristics of champions.
- D. Christ-like attitudes should be exhibited by our players whether the game was won or lost.

LEAGUE INFORMATION

RVCS participates in the *Virginia Association of Christian Athletics* conference (VACA). VACA is divided into two regions, North and South.

South Region

Southeast

FCA (Faith Christian Academy, Hurt)
 SMLCA (Smith Mountain Christian Academy)
 Temple
 TCS (Timberlake Christian School)
 WCA(Westover Christian Academy)

North Region

Central

BRCS (Blue Ridge Christian School)
 CCS (Cornerstone Christian School)
 GCS (Grace Christian School)
 RCS (Ridgeview Christian School)
 ACS (Appalachian Christian School)

Southwest

CHA (Christian Heritage Academy)
 DCA (Dayspring Christian Academy)
 FCS (Faith Christian School)
 KCA (King’s Christian Academy)
 RVCS

North

FVCS (Fresta Valley Christian School)
 MCCA (Mount Carmel Christian Academy)
 RCS (Redeemer Christian School)
 RC (Regents School)
 UCA (United Christian Academy)

PARTICIPATION

TEAM SELECTION

At times, the number of students selected for a team may be determined by transportation limitations. Insurance guidelines regarding passenger vans are strictly observed by RVCS. For this reason, volleyball and basketball teams will be a maximum of 13 players due to uniforms and transportation issues. Making a team is at the coach’s discretion based on the ability level of the student. Students attending try-outs are trying out for the sport of that particular season. It is the joint decision of the coaches and the athletic director to place players on their appropriate team, taking age, grade, and ability into consideration, with parental and student input. Students not making a team are encouraged to improve abilities for the following year.

PARENTAL PERMISSION

The RVCS Athletic Agreement and Parental Acknowledgment form (back page) should be signed and returned during the first week of team practice.

PARTICIPATION FEE

An athletic participation fee is added to FACTS for each member of any interscholastic team. This fee helps offset the cost of providing interscholastic sports including transportation to and from games, and officials’ fees. The fees for the various sports are:

Middle School: \$100.00; Junior Varsity: \$115.00; Varsity: \$125.00**

This fee will be added to your FACTS account and due:

Fall – October 5; Winter – January 5; Spring – April 5

** If any RVCS athlete pays their athletic fee, but then receives a physical injury which causes them to be ineligible for at least 50% of the season (verified by a doctor), 50% of the athletic fee will be returned through their FACTS account at the end of the season if there are not any outstanding payments to be made on their account. 50% of the season will be tallied by number of games in which the athlete is unable to compete.

ELIGIBILITY

- A. Athletes must have submitted to the athletic director before practicing, trying out, or becoming a member of any school athletic team an Athletic Participation/Parental Consent/Physical Examination Form, completely filled in and properly signed, attesting that you have been examined and found to be physically fit for athletic competition. This physical must have been completed AFTER MAY 1 of the previous academic year. Sports physicals are available free of charge during the last week of school.
- B. On Monday after the second week of the first semester, and every week thereafter during any season academic eligibility will be checked for each athlete. The administrative assistant will compile a list of students who have received 2 Ds or 1 F and give the list to the US Principal who will notify the students by noon. Coaches will be notified that morning via email if they have ineligible students.
- 1) The first time a student's name appears on the Ineligibility List the student will receive a warning. This means the student has one week of grace in which he/she may participate in sports. This week of grace will give an opportunity for the student to raise the grades in the subjects contributing to ineligibility.
 - 2) Any week after the 1st warning, if a player receives 2 Ds or 1 F, he/she is not allowed to practice or play on the team for that Tuesday through the following Monday. Due to the long winter season and large break mid-season, ineligibilities start over in January.
- C. Exceptions to the above-stated guidelines may be made for students with diagnosed learning disabilities and during end-of-season tournament play (with administrative input).
- D. Attitude: If a student is not showing a sufficiently positive overall attitude, then that student may be either put on probation or dismissed from the team.
- E. A student is encouraged to try-out for the team that best matches his ability level but may try-out for a team of his peer group if the student and parent desire. Coaches may also ask a parent to allow a student to play up a level. Playing up a level tends to make an athlete push to become a better athlete. It should be considered an honor and privilege to play up.
- Middle School Teams - grades 6-8
 - Junior Varsity Teams - grades 7 - 10
 - Varsity Teams - grades 8-12
- F. Athletes must not have reached the age of nineteen by September 30th of the school year in which one plans to participate.
- G. In order for a part-time student to be eligible, he/she must be enrolled in three classes at RVCS and at least one other academic class either at RVCS or another school/homeschool.
- H. RVCS teams will have priority over other non-school teams (Travel, Rec, AAU, etc.). One seeking to participate in another league will need to seek permission from the coach to miss an occasional practice. The RVCS coach will grant permission based on what is best for the school team and the individual. If this arrangement is not acceptable, individuals are encouraged to choose between one or the other.

SCHOOL ATTENDANCE

- A. All athletes are expected to have a good attendance record.
- B. If athletes are too sick to come to school, then they are too sick to play or attend practice. However, a doctor or dentist appointment is excusable on the day of a game, as is an absence which was pre-

arranged with the principal.

- C. All athletes must be in class on the day of a game to participate that day.
- D. Athletes getting back late from a game may not be excused from assignments or tests given the next day. It is the athlete's responsibility to contact the teacher and ask for assignments in advance of your absence due to athletic team involvement. When students return late from athletic events after 10:30 p.m. (arriving back at the school), the coach should use discretion in granting permission to report to school the following day no later than the beginning of third period. The administration does not encourage missing classes; however, circumstances necessitate this flexibility occasionally. The coach is responsible to communicate permission to students at the time of return and inform the school office by 8:30 a.m. the following day. (366-2432, ext. 127)

AWARDS

- A. Awards are important in a person's life since they are a means of motivation and recognition.
- B. Awards are issued at the respective ceremonies.
- C. School dress principles are in effect for all awards assemblies (modesty and neatness).
- D. Letters are given according to these guidelines:
 - 1. Only varsity players are eligible for letters.
 - 2. An athlete has to play 50% to be eligible and must abide by practice guidelines (see page 5)
 - a. 50% of quarters in basketball
 - b. 50% of halves in soccer
 - c. 50% of games in volleyball
 - d. 50% of innings in baseball and softball
 - e. 50% of matches in golf
 - f. 50% of meets in cross country and track
 - g. 50% of matches in tennis
 - 3. A letter and pin will be given to each player who letters. Bars will be given to returning lettermen.
 - 4. A certificate of recognition will be given to varsity players who do not letter.
 - 5. Junior varsity and middle school players will receive certificates.
 - 6. Team managers and statisticians will letter after serving for two varsity sports.
- E. If a student is dismissed from the team, he is then ineligible for any award or letter for that sport.
- F. Sports Hall of Fame
This is awarded to the outstanding female and male athlete chosen by the coaches, athletic director, and administration. The athlete's total contribution to athletics at RVCS is considered. This includes both spiritual attitude and athletic ability. The awards are presented during the spring High School Awards Ceremony.
- G. B'nai B'rith Scholar Athlete Award
The B'nai B'rith Scholar Athletic Award takes into account athletics, academic, and community service. The award is presented at the B'nai B'rith banquet and recognized during the High School Awards

Assembly.

- H. **Rusty Snyder Memorial Scholarship**
This award of \$1500 is presented to the senior, college-bound, male or female athlete chosen by the School Administration (with the input of the Snyder Family) based upon recommendations from varsity coaches. (Varsity coaches will be asked to make their nomination on the end-of-season form they submit prior to each awards assembly). The athlete's behind-the-scene contribution to the athletic program is considered; not necessarily their stats. This will be presented at the Baccalaureate service. The check will be made payable to the college they plan to attend. The recipient's name will be added to the plaque on display in the gym.

POLICIES

PLAYING TIME

Parents are encouraged to instruct and prepare their children for a **competitive interscholastic program** at RVCS. The students need to be prepared for the fact that they may not make the team, they may not make the starting lineup, and they may not be "the star." Success is not synonymous with playing time; success is contributing to the team's benefit.

Coaches are hired to manage their team as they see fit. If one has a concern, parents are encouraged to challenge their athlete to respectfully inquire. This tension and the process of resolution may be one of the bigger lessons that God has for your child at this point. Matthew 18 encourages us to deal individually first with those whom we disagree. Therefore, deal with the one whom you may disagree and do not make the issue greater by complaining to others.

At the Middle School level coaches are encouraged to choose a starting team but to give an opportunity for every team member to play in every game or match. However, in the case of larger teams, this may not always be possible. Our rationale for this policy is that we desire students to develop their playing skills and character during competition.

At the Junior Varsity level coaches are to choose a starting lineup and play the best players. We also encourage them to substitute as much as possible. Substitutes will be played when a player is injured, tired, not performing well, or when the outcome of the game is no longer in question. Our rationale for this policy is that we desire to be competitive at this level. Junior Varsity is preparation for Varsity.

At the Varsity level coaches are to choose a starting lineup and play the best players. These players are chosen on ability and their performance at practice. Substitutes will be played when a player is injured, tired, not performing well, or when the outcome of the game is no longer in question.

PRACTICE/ATTENDANCE

- A. Practice is very important to an athletic team. MS team's practices may last up to 1 1/2 hours and JV/Varsity practices may last up to 2 hours. Varsity teams will sometimes combine with JV. Practice times will be dependent on coach and field/court availability. Some practices will be held off campus. A practice schedule will be handed out for basketball season due to the many teams sharing the gym. Other practice schedules will be provided to the athletes by their coach.
- B. Attendance at practices will be required to participate in games.
- C. Whenever a coach holds practice, the athlete will be there unless he has permission from his/her coach to be absent. Attendance at practices held during holidays is not mandatory.
- D. Athletes are encouraged not to get outside jobs during a season, so there will be no conflicting

practice and work schedules. Athletes will not be excused from practice because of outside work responsibilities.

- E. Any athlete who has one unexcused absence from practice will not be allowed to play in the next game. Any athlete who has two unexcused absences may be dismissed from the team. In addition, if any athlete has one unexcused absence from a game, they will not be allowed to play in the next game and must meet with their coach to discuss consequences. Any athlete who has two unexcused absences from games may be dismissed from the team.
- F. The Athletic Director and school principals reserve the right to prohibit a player from participating in practice or games in the event of unsatisfactory behavior and/or conduct at school (i.e., detentions).
- G. The basic principles of the dress code are still to be followed at athletic practices - neatness, modesty, and appropriateness in keeping with a Christian philosophy of life. Girls' shorts must be modest in length and fit and must not be shorter than uniform shorts.

CONCUSSION POLICIES AND PROCEDURES

The following policy and procedure has been developed for RVCS in keeping with the Virginia Board of Education Guidelines for Concussions in Student-Athletes. The goal of the policy is to ensure that student-athletes who sustain concussions are properly diagnosed, given adequate time to heal, and are supported until symptom free.

When an injury occurs and concussion is suspected, the student/athlete will be removed from the activity at that time. He/she shall not return to play that same day, or until evaluated by an appropriate licensed health care provider. If a concussion is diagnosed that student may not return to play until given written clearance to return to play from a licensed health care provider with experience in the evaluation and management of concussions.

If no athletic healthcare provider is available for diagnosis, the athlete will not be allowed to return to practice or play when showing symptoms. The presiding coach will determine if 911 should be called, and will call the student's parents immediately. When 911 is called, an athletic administrator will be notified as well. The player will not be left alone, nor allowed to transport themselves off the premises, and must be monitored for a change in condition over the next several hours.

Any athlete removed from play due to suspicion of a concussion or continues to have symptoms must follow-up with an appropriate medical provider for evaluation before returning to competition. Any student-athlete with other signs and symptoms related to a concussion for more than a period of 48 hours will all be referred for a physician follow-up.

The provider will perform an appropriate neurological evaluation and repeat SAC and/or SCAT2 testing. They will also determine if referral for neuropsychological testing is necessary, direct time needed for cognitive rest, and determine when the athlete is cleared to play due to completion of the graduated return to play scale. The treating provider will give either a verbal or written clearance to return to play to the athletic coach, athletic director, or appropriate school representative.

Once a concussion is diagnosed, athletes are not able to progress through the step-wise return to play protocol faster than the required time, nor can any additional physician excuse or clear the athlete without completing the necessary steps in the required time frame.

GRANTED RETURN TO PLAY

When the player is symptom-free and able to resume activity, a prescribed sequence of steps must be followed. With this stepwise progression, the athlete will only continue to proceed to the next level if asymptomatic at the current level. Each step will take 24 hours so that an athlete would take one week to proceed through the full rehabilitation protocol once they are asymptomatic at rest and with provocative exercise. If any post-concussion symptoms occur while in the stepwise program, then the patient will drop back to the previous asymptomatic level and try to progress again after a further 24-hour period of rest has passed.

Once the athlete successfully completes each step, the athlete will be cleared to play without restrictions provided no symptoms return. This requires documentation of progression and must be signed off by appropriate medical personnel.

GRADUATED RETURN TO PLAY PROTOCOL

(24 hours per stage/move to the next when activities are tolerated without new or worsening symptoms/if worsen, return to the previous stage for at least 24 hours and seek medical clearance)

1. NO ACTIVITY (RECOVERY) Complete Physical and Cognitive Rest until Medical Clearance
2. LIGHT AEROBIC EXERCISE (INCREASE HEART RATE) Walking, Swimming, Stationary Cycling
3. SPORT SPECIFIC EXERCISE (ADD MOVEMENT) Running Drills (Soccer, etc.) NO Head Impact Activities
4. NONCONTACT TRAINING DRILLS (INCREASED EXERCISE, COORDINATION & ATTENTION) Progress to Complex Training Drills (e.g., Passing Drills, etc.)
5. FULL CONTACT PRACTICE (RESTORE CONFIDENCE & ASSESS FUNCTIONAL SKILLS) If Symptom Free, Return to Normal Training Activities.

Reference: Consensus Statement on Concussion in Sport: the 3rd International Conference on Concussion in Sport held in Zurich (2008), Br J of Sports Med 2009; 43: i76-i84 doi:10.1136/bjism.2009.058248

FACILITIES

- A. All damage to the gym must be reported immediately to the coach or athletic director.
- B. No one will be allowed in the gym unless appropriate permission has been granted by the athletic department.
- C. No students are allowed in the gym without adult supervision.

EQUIPMENT and UNIFORMS

- A. All equipment shall be handled with respect. Use the uniforms issued only for that particular sport or approved functions –not for P.E.
- B. It is the athlete's responsibility to be prepared with uniform and equipment on game and practice days. Athletes may call home if they forget something.
- C. Clean uniforms are to be returned at the end of the season. Return clean uniforms in a plastic bag with name and number written on the bag. A market value replacement fee will be charged for any uniform that is not returned or is damaged. Uniform replacement fees will be applied to the FACTS account.

LOCKER ROOM CONDUCT

- A. No running, horseplay, or pranks of any kind - these can lead to injury and/or conflicts.
- B. No handling of another's clothing; "practical jokes" can ruin an article of clothing.
- C. No glass containers are allowed in the locker room or shower room.
- D. All personal belongings should remain under lock in your locker; the school will not be held responsible for valuables left in the locker room.
- E. If you make a mess, clean it up.
- F. Bulletin boards are to be left alone unless permission to use them is granted from the Athletic Director.

*No photos, taken by any device, are to be taken in locker rooms or bathrooms. In addition, no inappropriate photos are to be taken at any school function. If done the equipment will be confiscated and the student will be suspended.

AFTER-SCHOOL LOCKER ROOM DIRECTIVES

- A. Only members of the current athletic teams may be in the locker rooms after 3:20 p.m.
- B. Athletes **MUST** keep valuables locked in lockers during training or events. Only RVCS issued locks may be used. These may be obtained through the Physical Education (P.E.) teacher or Athletic Director.
- C. Students are to never go in to another student's locker, book bag, or athletic bag, unless given expressed permission by its owner.
- D. Students are to place their names on all personal items, as much as possible. Athletic bags, shoes, and other items should be labeled for ownership.

AWAY TRIPS

- A. Conduct
All school rules apply on all field trips and on all school-sponsored events both on the school campus and away from it.
 - 1. The athlete is in a strategic position to give others a picture of our school. That responsibility should not be taken lightly.
 - 2. Athletes are expected to conduct themselves as ladies and gentlemen at all times -- on and off the field or court.
 - 3. We expect the athletes to be testimonies of Jesus Christ by their actions and words.
 - 4. Permission to use any electronic device must be given by the coach.
- B. Dress
 - 1. Athletes represent our Savior and our school. Principles of modesty and appropriateness apply.
 - 2. The dress code established by the respective coach with the Athletic Director's approval will be adhered to at all home and away games.

C. Homework

1. Each athlete is responsible for work missed due to athletic absences.
2. It is the athlete's responsibility to hand in homework and find out what he will miss and what is due before he leaves. Before leaving school, students should check with teachers of class that will be missed regarding assignments.

D. Buses

1. After every bus trip, clean up any mess that you have made. This is not the bus driver's duty.
2. Keep the noise to a low level inside the bus and on the campus when returning from an away game.
3. Always be courteous to the driver. Our drivers carry a weighty responsibility. Please show them respect when entering and leaving and while driving.
4. All who go on the bus shall return on the same bus. Any exceptions must be approved by the coach or sponsor with the parent(s) in advance. A text, email, or written note from a parent should be supplied to the coach in advance if an athlete is to ride home with someone else.

REFEREES

Proper respect for referees will be expected at all times. Any improper actions or words toward a referee show a poor character and testimony and will result in the player/coach being removed from the game.

SUSPENSION AND EXPULSION

Students represent RVCS 24 hours a day. As representatives of a Christian school, students represent Christ and are responsible to glorify Him in all aspects of life (I Corinthians 10:31). It is vital that students' conduct be above reproach and honoring to Christ and to the reputation of RVCS on and off school grounds including participation in social media, internet sites, blogs, and text messaging.

RVCS students that are involved with any conduct identified below will be treated in a way that is designed to discipline and disciple (Galatians 6:1, 7; Proverbs 10:17; 12:1; Revelation 3:19). Each situation will be reviewed on a case-by-case basis with alcohol, drugs, tobacco, vaping, immorality, or harassment (sexual, racial, or personal) reviewed according to the principles from a separate section (page 11).

Parents are strongly encouraged to monitor apps and internet sites their children use. Posting, reposting, liking, or visiting sinful or immoral content on any social media or internet site is inappropriate. Students will face consequences for these activities as well as inappropriate use of technology. Examples are bullying, sexting, taking photos in a locker room or bathrooms with any device, or taking inappropriate photos at any school function. The electronic device used may be confiscated.

Students will face consequences for the following: un-Christian language, entertainment, or behavior (including cursing, profanity, attendance at rock concerts, school dances, NC-17 and R-rated movies, or nightclubs, gambling, cheating, fighting, stealing, lying), defacing school or personal property, possession of weapons on school property, or leaving school without permission. The consequence may be suspension or expulsion from RVCS. (The items listed are not intended to be a complete listing but a sampling.) Some conduct may be referred to the RVCS School Committee and local law enforcement.

When a student chooses to violate the life principles with conduct leading to suspension, the following consequences will occur. Grace will be extended to students who demonstrate true repentance by confessing before being discovered. Decisions for optional consequences will be based on the student's

repentance (I John 1:9; Proverbs 28:13). A student who “causes other students to sin” will receive more consequences (Matthew 18:6).

1. All academic work missed for out of school suspensions must be made up within the normal framework of time, as outlined in “Make-up Work for Absences”.
2. For each day of suspension, two points shall be deducted in **every** subject from the student’s current quarter’s grade.
3. Determination will be made by the principal and parents whether the student will serve the suspension in school or required to stay at home on days of suspension. Attendance at extra-curricular events on days suspended will be determined at the time of suspension.
4. Members of the Student Senate will immediately withdraw from office for the balance of the school year and may not be allowed to hold office the following year (I Corinthians 9:27).
5. The student may be required to do some in-school or out-of-school research and service.
6. The student may be required to ask forgiveness for the wrong committed before the student body or a group of peers (Matthew 5:23-24).
7. The student will be on restorative care for ten weeks following a suspension.
8. Athletes who are suspended have the following consequences during the season of the suspension.
 - a. Athletes will not be allowed to participate in upcoming games and perhaps for the remainder of the season. The minimum number of games missed would be based on the number of games played during the athlete’s season.
 - I. For a season of 15 scheduled games or less, the athlete would miss at least 1 game.
 - II. For a season of 16 scheduled games or more, the athlete would miss at least 2 games.
 - III. Athletes may be allowed on the bench in upper school dress code during home games from which they are suspended.
 - b. Athletes serving as captain or co-captain will withdraw from service.
 - c. Athletes who are dropped from a team will not awarded a letter or a certificate.

Upon suspension or expulsion of a student, the administration may give the rest of the student body an appropriate statement regarding the basic nature of the offense and purpose of discipline. This action will be designed to:

1. Protect the reputation of student(s) involved from what conclusions others might draw if gossip were the only channel of information.
2. Solicit prayer for those involved.
3. Reinforce the clarity of the schools’ position regarding the type of behavior in question.
4. Serve as a warning to other students.

Expulsion will result in the severing of ALL academic, extra-curricular, and athletic relations for the current school year. Any fees paid in advance will be subject to forfeiture.

ALCOHOL, DRUGS, TOBACCO, VAPING, IMMORALITY, AND HARASSMENT

RVCS students who are involved with alcohol, drugs, tobacco, vaping, immorality, or harassment (sexual, racial, or personal) will be disciplined in a way that is designed to discipline and disciple (Galatians 6:1, 7;

5:19-21; 2 Timothy 2:21-22; 2 Corinthians 7:1; I Corinthians 6:19). Each situation will be reviewed on a case-by-case basis; however, the minimum discipline for a student's first-time involvement of the above-mentioned will be a mandatory, three-day suspension. Depending upon the circumstances of discovery and participation (involving other students, affecting other students, refusal to repent, dishonesty, etc.), a student's involvement could result in additional days of suspension or an expulsion.

This policy is designed with a desire for the student's restoration, which begins with the student's repentance and honesty regarding the circumstances of the involvement (Galatians 6:2; Psalms 32:1). With parents' contribution, a program of accountability and responsibility will be established for repentant students who are suspended. The suspended student will be required to attend discipleship sessions as approved by the school's administration (Proverbs 27:17). The suspension carries with it a deduction of six points from each subject's grade for the current grading period as well as the other consequences of suspensions. RVCS is committed to restore repentant students to prevent a second occurrence of this behavior. A second offense, anytime within the student's enrollment at RVCS, will result in immediate expulsion (Proverbs 22:10).

RVCS POSITION REGARDING CO-ED SPORTS

It is the position of Roanoke Valley Christian Schools that boys are not allowed to participate on girls' teams and girls are not allowed to participate on boys' teams within our interscholastic sports program. These sports include volleyball, basketball, soccer, baseball, and softball. The policy does not apply for individual sports, such as cross country, golf, tennis, and track.

SBC MISSIONS CONFERENCE

It is the policy of SBC that **no** other ministry events may be scheduled during the Annual World Missions Conference. This includes athletic events and practices. Sports teams may not compete in events during the days of the conference.

ATHLETIC INSURANCE

RVCS has chosen to participate in a general student medical insurance program. This includes the regular school day, before and after school care, as well as, interscholastic sports. This insurance is a secondary policy and covers certain medical costs after the family's primary insurance provider has been billed. Parents are responsible to maintain medical insurance and are the first line of coverage for medical costs arising from a student accident or injury.

NOTE: This policy is Excess Medical Treatment. (File first with your own coverage then contact the business office for further details.)

NCAA COLLEGE FRESHMAN ATHLETIC ELIGIBILITY STANDARDS

All potential college student-athletes must register with the NCAA initial-Eligibility Clearinghouse and meet NCAA academic requirements. See the Athletic Director for more information or visit the NCAA Clearinghouse website at www.eligibilitycenter.org.

PARENTS AND FANS

PARENT EXPECTATIONS

A. With full recognition of and respect for parental responsibility under God, it must be kept in mind that, for athletic participation, parents have delegated the responsibility and authority for the young person to the coach. There will be a direct/indirect impact on your young person if things like the following occur:

1. Parental coaching "from the stands" is detrimental. A coach needs the full attention of players. During a practice or game the player is responsible to the coach. Uninvited parental intervention during that time can be a serious distraction to the program.
2. Parents approaching the coach or their young person "on the bench" during the game or half-time

will not be overlooked. A coach should be able to expect full support from both player and parent.

- B. How do I get my questions answered or give input? Those parents desiring to have input should use the proper communication channels and procedures. If your concern/input is not sufficiently responded to by the coach, you may proceed through the proper channels by talking with the Athletic Director, Upper School Principal, Associate Pastor for School Ministries, and Senior Pastor in that respective order until the matter has been handled satisfactorily. (Follow the Matthew 18 principle). Consideration should be shown toward the coach by not sharing your concerns immediately before, during, or after a game. Schedule an appointment with the coach to discuss your concerns in private when he can offer you his undivided attention.
- C. Support is expected. It is expected that any parent who has permitted his young person to come out for a team should be supportive of the coach. Well-placed constructive criticism given privately to a coach is welcomed, but simply airing negative opinions to those around (and to your children) should, of course, never be done.
- D. Our home basketball games are our largest source of income for our athletic program. We, unlike other schools, have chosen to not charge for entrance to Fall or Spring sports at our school. Therefore, it is expected that **all athlete's (Fall, Winter, and Spring) parents/guardians will serve at least once at a home basketball game. Each family will be scheduled once during the basketball season to serve in the Eagles Nest concession stand, ticket sales, or clean-up crew. If you cannot make your slot, it will be your responsibility to find a family with whom to switch.** This will be an exciting opportunity to partner with other parents as we serve our athletes!
- E. It should be clearly understood that each coach will have full responsibility and authority to determine which players enter the games and for how long. His determination in this area will be made on the basis of what will best benefit the team as a whole. This does not mean that there will be absolutely no consideration given to the individual needs of a player, but it does mean that instruction and guidance on making a total team effort is of paramount importance in this particular educational experience at RVCS.

ATHLETIC SPECTATOR GUIDELINES

- A. Be silent during prayer. During the national anthem focus on the flag, with your hand over your heart and sing as appropriate.
- B. Cheer for RVCS, not against other schools. Be positive!
- C. At appropriate times, make lots of noise with our voices, hands, and musical instruments. We should avoid anything which tends toward destructiveness or misuse of property, such as beating on the sides of the gym or banging on other objects carried into the gym.
- D. Do not "boo" or make degrading remarks to anyone.
- E. Pick up and properly dispose of your own trash. Trash left, dropped or thrown under the bleachers prevents the bleachers from working effectively.
- F. The basic principles of the dress code are still to be followed at athletic events -- neatness, modesty, and appropriateness in keeping with a Christian philosophy of life.
- G. Know your role...athlete, coach, referee, or parent.

KEYS TO EFFECTIVE PARENT/COACH/PLAYER RELATIONS AT RVCS

- A. Love one another
John 13:34-35 (NKJV) – "A new commandment I give to you, that you love one another; as I have loved

you, that you also love one another. By this all will know that you are My disciples, if you have love for one another.”

B. Respect each other

Romans 12:10 (NKJV) - " Be kindly affectionate to one another with brotherly love, in honor giving preference to one another..."

C. Pray for each other

James 5:16 (NKJV) – “Confess your trespasses to one another, and pray for one another, that you may be healed. The effective, fervent prayer of a righteous man avails much.”

2023-2024 RVCS ATHLETIC AGREEMENT

*(This form must only be turned in once during an academic year. **However**, it is expected that every athlete and their family will review the handbook for each season that they participate.)*

STUDENT ACKNOWLEDGEMENT

I have **READ AND REVIEWED** the entire 2023-2024 Athletic Handbook prior to the season and agree to abide by its standards. I **AGREE** to support them in both spirit and practice for each athletic team that I will participate on this season.

Athlete _____ Date _____

PARENTAL ACKNOWLEDGMENT

I have **READ AND REVIEWED** the entire Athletic Handbook prior to the 2023-2024 season and fully **SUPPORT** the enforcement of its rules and guidelines. I **AGREE** to support them in both spirit and practice for each athletic team that my son/daughter will participate on. I also acknowledge the sincerity of commitment in my son's/daughter's decision to participate and have discussed the contents of this handbook with him/her.

I certify that my child is in good physical condition, is fit to participate in RVCS sports, and suffers from no physical impairment that might be aggravated by said participation. Further, in the case of emergency, I authorize any necessary emergency treatment to be administered to my child.

Father _____ Date _____

Mother _____ Date _____

PLEASE REMOVE OR PRINT THIS FORM AND
RETURN TO MRS. BROWN IN THE
MAIN SCHOOL OFFICE

BEFORE THE 1ST SCHEDULED GAME.

I would like to receive schedule changes/updates via e-mail. Make sure you are plugged into Stack Team APP for the most expedient updates from coaches.

E-mail _____

Please print legibly

Feel free to add additional e-mail addresses below: