

# **Roxboro Community School**

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## **Athletic Handbook for Parents and Student Athletes**



Approved by the RCS Board of Directors 7.9.2018    Revised 8.17.2023

The athletic director and school administration will have the final decision on any questions or issues not discussed in this handbook.

## **Roxboro Community School Contacts**

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The NCHSAA is the governing body for all High School Athletics. As members, we have agreed to abide by their chain of command and to discuss issues with the appropriate NCHSAA personnel. No parent, coach, or athlete is to contact the NCHSAA for any reason. Issues, concerns, and/or questions should be directed to your coach for answers. If the answer is unavailable, then it is the responsibility of the athletic director to contact the NCHSAA for answers and directions. Failure to abide by this policy only jeopardizes our standing with the NCHSAA and could affect our membership status. Anyone not following this policy will be subject to disciplinary action as seen fit by the school administration.

## PHILOSOPHY OF ATHLETICS

**Obedience:** Do what your coaches and others put in authority over you tell you to do with a good attitude. Do not be afraid to ask for clarification if you have a question.

**Diligence** - Use all your strength and ability to complete each part of your task, whether cleaning up, doing drills, conditioning, competing in a game, or any other activity to the best of your ability.

**Responsibility** - Do everything that is expected of you, whether being directly supervised or not. Do not make the coach “babysit” you.

**Intensity** - Give a “total release” performance at all times, focusing on the job and putting forth every effort to complete it perfectly.

**Perseverance** - Always do your best and try to win, as this is the object of competition. If you have done your best, there is nothing to regret.

## SPORTS PROGRAM OFFERINGS

### BOYS

### FALL SEASON

MS Soccer (Grades 6-8) Varsity  
Soccer (Grades 9-12) Cross  
Country (Grades 9 – 12)

### WINTER SEASON

MS Basketball (Grades 6-8)  
Junior Varsity Basketball (Grades  
9-12) Varsity Basketball (Grades  
9-12)

### SPRING SEASON

MS Baseball (Grades 6-8)  
MS Lacrosse (Grades 6-8) Varsity  
Golf (Grades 9-12) Varsity Baseball  
(Grades 9-12) Varsity Lacrosse  
(Grades 9-12)

### GIRLS

Volleyball

(Grades 6-8) MS

Cheerleading

(Grades 6-8) MS

Tennis (6-8)

JV Volleyball (9-12)

Varsity Volleyball (Grades  
9-12) Varsity

Cheerleading (Grades

9-12) Varsity Tennis

(Grades 9-12) Cross

Country (Grades 9 – 12)

MS Cheerleading (Grades 6-8)

MS Basketball (Grades

6-8) Varsity Basketball

(Grades 9-12) Varsity

Cheerleading (Grades  
9-12)

MS Softball (Grades 6-8)

MS Soccer (Grades

6-8) Varsity Softball

(Grades 9-12) Varsity

Soccer (Grades 9-12)

- Notes:*
- Membership on any team does not guarantee playing time of any amount. Participation in any game is left strictly up to the coach.
  - At RCS, sixth-grade students meeting all eligibility requirements may participate in middle school athletics.
  - All students must play on a team that matches their grade level.

## A WORD TO OUR FANS AND SPECTATORS

RCS student-athletes are all aware of the standards set forth by the school but often are unaware of what we expect from our spectators. Therefore, we have listed a few things to remember when attending an RCS athletic event:

- 1) Do not criticize. Fans sometimes feel they can do it better, but that is not their job. Support the players and coaches; **build them up -- don't tear them down!**
- 2) As difficult as it may be, comments to officials and opposing teams should be positive.
- 3) **Our behavior and reputation are remembered Long after the score is forgotten.** Thank you for leaving a positive impression on our visiting school families.
- 4) Violating these policies may result in disciplinary action by the RCS administration, including suspending the spectator from school events, issuing a trespass notice, and/or filing criminal charges.

## SPECIAL REQUIREMENTS

Each student-athlete must have a new or updated sports physical before each school year. The RCS Physical Exam form is available in the main office or school website. The athlete can only compete in tryouts, practice, or games with a new or updated physical. One physical per school year takes care of all sports for that school year.

Each student-athlete must have a completed insurance form on file that includes emergency contacts for the student.

Every student-athlete must have a completed concussion awareness form on file with the coach before participating in any practice or game.

Anyone interested in trying out for a team must be at the season's first practice. The coach must be notified ahead of time if he/she will miss the first practice for an excusable reason (illness, death in the family, the previous season still in progress, etc.)

## GAME AND PRACTICE ATTENDANCE REQUIREMENTS

Players must be at every practice or game unless excused for one of the following reasons:

- doctor or dental appointment
- personal sickness
- death in the family

Any athlete who misses a practice or game may have to make up practice activities and face the team's policy for a potential reduction in playing time. This is not meant as punishment for an excused absence but as a reward and incentive to those team members who were present. A team member who must miss a practice or game may return to their former status as soon as they have fulfilled the team's policy for absences.

Each coach will announce their discipline procedure for missed practices or games. Multiple unexcused absences may result in dismissal from the team. All athletes must be on time for practices and games. Coaches will announce their discipline procedures for tardiness.

Once you have joined a team, you have committed yourself to that team until the last game is completed. This includes any tournament/playoff appearances. Any student-athlete who quits a team cannot participate in another sport until the current season has concluded.

Whether voluntary or involuntary, removal from a team places the student-athlete on probation. A second removal from any team, whether voluntary or involuntary, will result in forfeiture of athletic participation for the remainder of middle or high school.

## **ATHLETES' CODE OF CONDUCT**

An athlete who receives a detention that forces him to miss practice must serve that detention. Coaches will discipline players who are late or miss practice for detentions.

Athletes are expected to be examples of good conduct to other students. In that regard, after an athlete receives a suspension from school, the student will be suspended from his team for the next game. Further action will be at the discretion of the principal and or athletic director.

Fighting during athletic events will result in at least a five-day suspension from gameplay. More severe disciplinary action may be enacted depending on the circumstances.

Athletes are to be good representatives of Roxboro Community School on road trips. Failure to do so may result in suspension or dismissal from the team.

Roxboro Community School does not condone and will not tolerate hazing or initiations of athletes by other athletes. Any such actions will result in suspension and/or dismissal from the athletic team.

Any athlete or coach ejected from a game will be suspended per NCHSAA regulations. A second ejection will result in dismissal from the team. Any athlete or coach who violates NCHSAA guidelines is subject to fines and penalties, and payment is the responsibility of the person found to be in violation.

Student-athletes are held to the highest standards since they are ambassadors for Roxboro Community School. As such, off-campus conduct, including social media posts, shall reflect the character and values of this school.

## **RULES FOR ELIGIBILITY FOR PARTICIPATION IN PRACTICES AND GAMES**

All those involved in the athletic program must be in school for at least half of the day to participate in a practice or game scheduled for that day.

**High school athletic eligibility is based on a 6-week review of students' academic progress and attendance. High school student-athletes must be passing all classes and have a 2.0 weighted GPA**

**or better to be eligible to play. If a student fails 1 class, they will be placed on academic probation and must complete all necessary steps to be removed. Any student with multiple Fs during any interim period is immediately ineligible without the possibility of probation. A student can only be on probation once per semester in an academic year. All high school students must also be enrolled in at least 5 courses in the preceding semester to be eligible for the current semester. Student-athletes cannot have over 12 absences excused or unexcused in the previous semester or more than 25 in the previous school year.**

Any student promoted to the next grade at year's end must still meet all these requirements to be eligible at the beginning of the next school year. Students not meeting these requirements at the 6-week review will be immediately placed on probation. The probation period will last six weeks. Students on probation must attend mandatory tutoring. At the end of the six-week probation period, all grades will be reviewed. Any probationary student not achieving academic eligibility at that point will be removed from athletic participation and will not be eligible to return to athletic participation until the next 6-week review.

**Middle School student-athletes must be passing all classes (for the previous six weeks and must have passed all six classes for the previous semester) and meet local attendance requirements to practice and/or play. A student can not have more than 12 absences from the previous semester or more than 25 absences from the previous year.**

Any student enrolled in the Exceptional Children's program will have their eligibility determined by an EC committee. This committee will be made up of the following members. Principal, Athletic Director, Head Coach, and the EC Coordinator. The panel will also solicit recommendations from the student's teachers. Once a decision is made, the parents and athlete will be notified of the decision and any eligibility requirements.

## **UNIFORMS AND EQUIPMENT**

Any uniforms or equipment issued to an athlete becomes the athlete's responsibility. The athlete must ensure the uniform or equipment is returned in good shape.

Lost or damaged equipment will be charged to the athlete.

School uniforms should only be worn for RCS games, not practices or other functions.

All uniforms and equipment must be returned to the coach or athletic director within one week after the last game of the season.

Any athlete who does not return uniforms and/or equipment will be charged a fee for the replacement cost. An athlete will not be allowed to participate in another sport, 8th-grade Advancement ceremony, or Graduation ceremony until all fees have been paid or school property has been returned.

## Parent/Coach Communication Plan

As your student-athletes become involved in the athletic program at RCS, they will experience some of the most rewarding times of their lives. One of the most critical ingredients to achieve this outcome is to ensure that lines of communication are developed to allow for free and easy resolution of questions before they become conflicts. It is essential to understand that there may also be times when things do not go how you or your child wishes. At these times, a short discussion with the coach is encouraged.

### **Communication you should expect from your child's coach:**

- Philosophy
- Expectations the coach has for your child and teammates
- Locations and times of all practices and contests
- Team requirements, i.e., practices, special equipment, off-season conditioning, etc....
- Emergency procedures in case of injury
- Code of conduct and/or discipline plan
- Changes in schedule due to weather etc.

### **Communication coaches expect from parents:**

- Concerns expressed directly to the coach
- Notification of any schedule conflicts well in advance
- Specific concerns about a coach's philosophy and/or expectations

### **Appropriate concerns to discuss with the coach:**

- The treatment of your child, mentally and/or physically
- Ways the parent(s) can help the student-athlete improve
- Concerns about your child's behavior or performance

It is challenging to accept your child's not playing as much as you or they may like. Coaches are professionals. They make judgment decisions based on what they believe to be the best for all student-athletes involved. As seen from the list above, certain things can and should be discussed with your child's coach. Other things, such as those listed below, must be left to the coach's discretion.

### **Issues not appropriate to discuss with the coach:**

- Playing Time
- Team Strategy
- Play Calling
- Other Student-athletes

Some situations may require a conference between the coach and a parent. These are encouraged if necessary. Both parties involved must have a clear understanding of the other's position. When a conference is necessary, the following procedure should be followed to help resolve the issue or concern.

**If you have a concern to discuss with a coach and/or an athletic administrator, call the school to schedule an appointment. Do not attempt to confront the coach before or after a contest or practice (24-hour rule).**

If the meeting with the coach does not provide a satisfactory resolution, please contact the middle school or high school Athletic Director.