



RAINIER

CHRISTIAN SCHOOLS

Athletic Handbook

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RAINIER CHRISTIAN SCHOOLS

ATHLETIC HANDBOOK

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PHILOSOPHY OF ATHLETICS

Rainier Christian Schools was established to provide an education that honors God and teaches every subject from a biblical perspective. Athletics is an important factor in the middle school and high school experience and can be of great benefit in shaping one's character. The District, has adopted the following mission and vision statement which supports the purpose of the schools and reads as follows:

Mission Statement: It is the Mission of Rainier Christian Schools to Educate and Develop the Whole Person for the Glory of God.

Vision Statement: To be a Ministry of Excellence that Produces Students of Excellence, Who Serve God with Excellence.

Athletics can be one influential factor in educating and developing high school student-athletes. Though there are many benefits to sports, Rainier Christian focuses on the following:

- 1) Honoring God – I Cor. 10:31 instruct the believer to do all things for the glory of God. Athletics provides a valuable avenue for honoring the Lord through attitude, preparation, conflict resolution, perseverance and success. The primary goal for the Christian student-athlete is a simple one, honoring the Lord.
- 2) Sharpening Peers – Proverbs 27:17 encourages believers to help sharpen each other. Being on a team is a valuable learning experience for student-athletes and provides numerous opportunities for growth both athletically and spiritually.
- 3) Learning Life Lessons – Sports is a microcosm for life and mirrors many of the difficulties and successes that one will encounter. Mentoring and representing Christ as student-athletes work through issues is a fantastic opportunity for the Athletic Department.
- 4) Enhancing the High School Experience – The high school experience should be a special time in the life of a student-athlete. It is the goal of the Athletic Department to help the student-athletes feel encouraged and valued and to help their experience be a special one.

Rainier Christian Schools has also implemented 3 expectations for all coaches:

- 1) **Relationship with Christ** - Coaches must have a relationship with Christ demonstrated by a faith and practice consistent with the RCSD statement of faith. This must also be visible in their leadership in developing the athletes under their instruction both physically and spiritually.
- 2) **Confidence and Belief** - As Coaches must believe in Christ, they must also believe in our athletes. The confidence that our creator has in us, an undeserving people, needs to be instilled in our athletes.
- 3) **Excellence and Reaching Potential** - A coach that has a relationship with Christ and has confidence and belief in his/her athletes will then be tasked with developing and reaching every athlete's potential who comes through his/her program. Every athlete is unique and every team will not be the same, Rainier Christian expects coaches to develop every athlete to reach their maximum potential regardless of athletic ability.

TO THE PARENT

A student who participates in athletics is voluntarily making a choice of **self-discipline and self-denial**. Failure to comply with the team or school rules of training and conduct, failure to maintain academic requirements may mean exclusion from a squad. **There is an expectation that each participant will discipline his or her mind and body for rigorous competition. We believe God calls us to strive for excellence and we do not want our athletes to compromise or accept mediocrity.**

Parents play a critical role in the overall success of their young person's involvement in athletics. It is important that all parents realize the importance of their role in this area of their student's life.

SUPPORT AND COOPERATION

- Be supportive and objective. While there are many situations that will arise where parents do not fully agree with a coach's decisions, they need to place trust in the authority God has allowed to be in place (Hebrews 13:17). **Be willing to give the benefit of the doubt and show your support.**
- Be flexible. As carefully as planning is done, changes in times and schedules sometimes need to be made.
- Represent RCS and most importantly the body of Christ well and strive to stay above reproach and be imitators of God (Ephesians 5:1).
- If students bring complaints and concerns home, please encourage students to approach their head coach or the player that the student has an issue with. More information located in the guidelines for handling parent/coach concerns
- Volunteer Opportunities are available for each sport. Please reach out to your head coach or the athletic director for areas that you can be supportive of.

COMMUNICATION

If your athlete must miss a practice or contest for family reasons that are unavoidable, let the coach know as soon as possible. Ideally 24 hours in advance.

If you have a valid question or comment, verbalize or email it to the appropriate person (most often the coach). Choose an appropriate time and do so in a positive way. Some issues are best dealt with during the off-season.

GUIDELINES FOR HANDLING PARENT/COACH CONCERNS

Generally the first responsibility is for the athlete to work with the coach. A coach appreciates communication from the athletes regarding team or individual situations. If a parent wants to speak with a coach about a concern it should be done at an appropriate time or via an appointment.

Please allow twenty-four hours to pass before addressing issues that may have occurred during an athletic contest. If the concern still exists after the student has met with the coach and parent has met with a coach, the concern should be taken to the Athletic Director.

PARENT BEHAVIOR (NEW)

The following behavior is not acceptable at any contest; booing or jeering, mocking or taunting,

yelling negative comments to referees. Never confront referees or other participants during or following a contest. If a problem occurs, inform the school administration and allow them to deal with the situation. A game official or school administrator (or their designee) has the authority to remove any person from the confines of an athletic contest for unsportsmanlike behavior. **If the behavior and/or communication made with a student, parent, coach or staff/volunteer is disruptive, but does not warrant a removal from the contest or does not occur during a contest, Rainier Christian will use the Parent Discipline policy listed below.**

PARENT DISCIPLINE (NEW)

- **First Offense:** Verbal or Written Warning
- **Second Offense:** Student will be suspended for a game or remainder of the game (suspensions can happen mid game)
- **Third Offense:** Athlete will be suspended indefinitely - the parent will be responsible for finding a way to prove that they can act appropriately on the sideline or with communication.

COMMUNICATION

If your athlete must miss a practice or contest for family reasons that are unavoidable, let the coach know as soon as possible.

If you have a valid question or comment, verbalize or email it to the appropriate person (most often the coach). Choose an appropriate time and do so in a positive way. Some issues are best dealt with during the off-season.

COMMUNICATION

If your athlete must miss a practice or contest for family reasons that are unavoidable, let the coach know as soon as possible.

PROGRAMS OFFERED

The programs offered at Rainier Christian Schools are driven by 1) Student Interest 2) facilities/resources 3) staff and 4) overall development and health of the athletic program and school. The number in parentheses reflect guidelines for the minimum number of players who are firm commitments and academically eligible in order for a sport to proceed with scheduling, staffing, etc.

Fall Sports:

- *Boys HS Football (15)
- Girls HS Volleyball (9)
- *Girls MS Volleyball (9)
- Girls HS Cheer (4)
- *Boys HS Soccer (12)
- *Co-ed MS Soccer (12)
- *Co-ed Cross Country (5)

Spring Sports:

- *Boys HS Baseball (12)
- *Girls HS Fastpitch (12)
- Boys MS Baseball (12)
- *Girls MS Fastpitch (12)
- Co-ed HS Track (8)
- *Co-ed HS Golf (3)

Winter Sports:

- Boys HS Basketball (8)
- Girls HS Basketball (8)
- Boys MS Basketball (8)
- Girls MS Basketball (8)
- Girls HS Cheer (4)
- Girls MS Cheer (4)

*Indicates sports that are available only if enough athletes have registered and are played only in the spring.

GOVERNANCE

RAINIER CHRISTIAN SCHOOLS

The Board of Rainier Christian Schools is responsible for all District and school policies and delegates their fulfillment to the administration. The responsibility of the high school program is the high school principal. The day-to-day responsibility for overseeing the athletic program is assigned to the athletic director. Each participant is directly responsible to his/her own coach who is responsible to the athletic director who in turn reports to the principal.

THE WASHINGTON INTERSCHOLASTIC ACTIVITIES ASSOCIATION (WIAA)

All member schools voluntarily join the Washington Interscholastic Activities Association and compete with other member schools. As a member school, Rainier Christian Schools agrees to abide by and enforce all rules and regulations set forth by this Association. The WIAA has specific rules regarding individual eligibility including attendance, grades, age, awards, school representation and transfers between schools, which all schools must follow.

The primary role of the WIAA is to maintain rules and regulations that ensure equity in competition for the student athletes and a balance with other educational programs. The WIAA solicits input and is responsive to requests for rule modification from member schools, appointed committees, and coaches' associations. The WIAA attempts to enforce such rules that assure the greatest good for the greatest number and to ensure the competition is conducted in an appropriate manner. The WIAA is also responsible for all state playoffs and tournaments.

THE NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS

The National Federation consists of the fifty individual states' high school athletic and/or activities associations and its purpose is to coordinate the work of all of its members. The National Federation is both a service and regulatory agency. Cooperation between the state associations and the National Federation ensures some degree of teamwork on the part of more than 20,000 schools and enables them to formulate policies for the improvement of interscholastic activities. The National Federation also publishes rulebooks for all high school sports.

SEA - TAC CONFERENCE

Rainier Christian High School is a member of the revised Sea-Tac 1B League. Rainier Christian Middle School is a member of the Chinook League.

**some sports such as high school football and middle school baseball may participate in other leagues*

BASIC ATHLETIC DEPARTMENT POLICIES

***Please remember that failure to comply with the following policies may put athletes or programs at risk. Violations may cause game suspensions and/or removal from the squad.**

REQUIREMENTS FOR PARTICIPATION

Academics

The following statement reflects the athletic/academic standards for participation at Rainier Christian School. To be eligible for interscholastic athletics please refer to the Parent/Student Handbook “Athletic Eligibility” and “Eligibility Criteria” guidelines.

A student athlete will not only have to abide by Rainier Christian School “Athletic Eligibility” criteria but also the WIAA rules. Which are as follows:

If a student receives a failing grade in any required class or drops below a 2.0 grade point average, the student will be placed on academic probation. Parents/Guardians will be notified by email when their student has been placed on academic probation. The student will be placed on AP for a minimum of one week or 2 games, at which point their grades will be reviewed.

If a student remains on academic probation longer than one term, or fails a class at the term, he or she is subject to dismissal. Teachers will communicate poor academic progress to the parents/guardians by means of progress reports, phone calls, and personal conferences as schedules permit. When parents/guardians are unsure of their student’s progress, they are encouraged to contact the teacher.

For Athletics, the requirements are as follows:

- Students must maintain a GPA of 2.0 or higher
- Students must not have an “F” in any course
- When grade checks are performed, the cumulative grade for the current semester will determine the grade for the course.

According to WIAA regulations, the suspension period for high school students shall be from the end of the previous semester through the fourth (4th) Saturday in September in the fall or the first five (5) weeks of the succeeding semester/trimester. If the suspension period falls during a non-school week (as defined in 17.15.1) and the athlete is missing scheduled competition, the week may count toward the five (5) week suspension.

The suspension period for middle level students shall be from the end of the previous semester through the first three (3) weeks of the succeeding semester/trimester.

Note: *The final grades for the second semester will also determine the student’s eligibility for athletic involvement over the summer and the beginning of the fall quarter. Rainier Christian Schools administration also possesses discretion pertaining to Rainier Christian Schools standards*

Each student is eligible on Monday of the week following the end of the suspension period. Three or more teaching days shall constitute a week.

All student-athletes on Academic Probation must be in study hall after school from 3pm-4pm for additional academic help. This is mandatory until the student-athlete is off Academic probation They are NOT allowed to practice with the team while on Academic Probation.

Student-athletes with a D and below in any class will have mandatory study hall during lunch with the AD or a teacher to complete assignments in that class, or classes necessary to be in good academic standing.

Attendance – A student missing 4 or more class periods in a day is considered absent and may not participate in athletic events scheduled for that day. The only exception to this rule is a signed note from a doctor because they were at a doctor's appointment.

Physical Examination – All RCS athletes must complete a physical examination and turn in a record of this exam. Physical examination forms can be found on the registration site.

Financial Obligations and Equipment – There is a \$250 fee per sport played per season. Equipment and uniforms that are issued must be returned in acceptable condition at the end of each season to the coach or a fee will be assessed.

ATHLETIC CODE OF CONDUCT

SPORTSMANSHIP

ATHLETES

All athletes shall abide by a code of ethics which will give God glory and respect to the athlete for whom he is entitled to as a competitor in interscholastic sports and activities. Any conduct that results in dishonor to God, the athlete, the team or the school will not be tolerated. Intimidation or forms of "trash talk" will not be tolerated. A RCS athlete should be diligent in preparation, relentless in effort, disciplined by nature, respectful in action, self-controlled with words, humble in spirit, and aggressive in pursuit of excellence, without regard to the score, opponent, time, referee, etc.

SUBSTANCE ABUSE

The student Responsibility Agreement states that *I promise to abstain from all use, possession, sale, purchasing or pretended use of tobacco, drugs and/or alcohol both on and off campus.* Any student suspended for disciplinary reasons will not participate in practices or games and any further participation will be determined by the administration.

HAZING

Hazing is not to be a part of the Rainier Christian athletic program. Hazing is defined as an initiation process conducted against a player or prospective player of a team. Any behavior directed toward another student that endangers the mental or physical health or safety of the student for the purpose of initiation or admission into or continued membership on any such team is not acceptable behavior.

APPEARANCE

It should be understood that all RCS athletes represent our school, and that modesty should guide all clothing decisions. Athletes are expected to wear T-shirts or school provided practice jerseys before, after and during team practices.

PARTICIPATION

Generally an athlete may participate in only one sport per season. If one desires to participate in two sports during the same season the athlete must have the support of the coaches of both sports and work through the athletic director to coordinate practices and meets/games and to gain approval for dual participation.

DROPPING OR TRANSFERRING SPORTS

Quitting a sport after the season has begun may create problems for the entire program. On occasion, an athlete may find it necessary to drop a sport. If this is the case, the athlete is to consult with the head coach of that sport. If an athlete drops a sport before the first contest has been held his/her sports fee will be refunded, but fees will not be refunded after the first contest. If an athlete wishes to change sports (drop one and begin another) during the same season he/she must consult with the coaches of each sport concerned and with the AD to seek permission to do so.

EQUIPMENT

School equipment checked out to the student athlete becomes his/her responsibility. The athlete is expected to keep it clean and in good condition. Equipment/practice gear/uniforms are to be used only in practice or contests or as directed by the coach. It is not to be worn in PE classes or at other times unless directed by the coach. Loss of any equipment is the financial obligation of the athlete up to full replacement value. Fees may be charged for late return of equipment. No athlete will be allowed to participate in a sport until all previously issued athletic equipment has been returned or proper restitution is made.

MISSING PRACTICES/CONTESTS - REMOVAL FROM A TEAM

When an athlete joins a team the commitment is made not only by the athlete but the parents as well. It is hard work scheduling around an athlete's schedule for a season. There will also be occasional schedule difficulties that occur with makeup games because of weather, etc. **An athlete is expected to attend all scheduled practices and games.** If an athlete is going to miss practice or contest, the coach should be consulted as far ahead as possible. If a family finds it necessary to be gone for an extended time during the season it is important to work with the coach so he/she can plan also. Unexcused absence from a practice or contest will result in disciplinary action at the coaches discretion.

TRAVEL

All athletes are expected to travel to away contests in transportation provided by the school. Students will not be able to drive themselves to or from contests without written parent approval turned into the Athletic Director. Athletes are also expected to return back to school on the same transportation. However, if a parent /guardian is at the site of the contest they may take their student after checking with the coach. An athlete may leave the game site with another team parent if the coach receives written notification stating exactly which parent their child may ride with, and this process must be followed for each occasion. Any other arrangement must be pre-arranged with the Athletic Director. Athletes will not be allowed to ride home with other students.

Rainier Christian uses our district buses and shuttles for transportation. If an athlete is suspended from bus travel, they will be ineligible to play at away contests. Students are responsible to the coach and the bus driver on the bus. It is expected that Rainier Christian athletes will obey the laws and rules relating to the buses, keep the bus clean, remain seated, maintain an “inside voice” in conversation and show respect to and appreciation for the driver.

Food stops - when food stops are scheduled before or after an event, appropriate behavior is expected.

The estimated return times from trips are listed on the schedule. A coach must wait with the students until all have rides, so when the bus returns late at night it is important to arrange transportation on time. Most coaches have their duties completed 10 minutes after return and are ready to go home too, please do not make them wait. Coaches are required to stay until every athlete is picked up.

COLLEGE RECRUITMENT

It should be understood that the vast majority of high school athletes do not advance to play collegiate athletics. The purpose of athletics at Rainier Christian is not to prepare athletes for the college level. Preparation for college athletics is a byproduct of participation in high school athletics and many RCS athletes will have the opportunity to compete at the college level in the future. It is important for an athlete to work with their coach who will aid in making contacts with college programs. Any athlete who anticipates competing at an NCAA Division I or II college must register with the NCAA Clearinghouse through the counseling and career office.

CONFLICTS IN EXTRACURRICULAR ACTIVITIES

Inevitably in a school situation, scheduling conflicts will arise between athletic events and other school activities. When the athletic schedule is produced, care will be taken by the Athletic Director to avoid conflicts if possible. In some instances, a student will have to choose prior to the season such as playing on an athletic team or taking part in a drama. Typical conflicts may involve musical performances/competitions with athletic practices or events. A student who is participating on an athletic team is expected to attend all regularly scheduled practices and should not expect to miss practices or games to try out for or be involved in other activities such as cheerleading or drama. Missing any scheduled athletic meeting, practice or game without prior arrangement will result in some sort of consequence.

For students participating in a number of activity programs both on and off campus, scheduling conflicts will occur. It is important that the student keeps a calendar of events for his/her activities and if a conflict is found, immediately informs all the sponsors/coaches involved. In order to deal

with each participant fairly, a consistent policy is necessary. If left unattended, unresolved and undisclosed, the student-athlete is often placed in a difficult position between the athletic coach, activity sponsor and the parents. It is the policy of the athletic department to use the following priorities to handle any activity schedule conflict.

Priority I A classroom required activity where attendance is mandatory for grade.

Priority II A regularly scheduled planned activity.

Priority III A rescheduled performance or contest.

Priority IV A rescheduled practice.

The principal will oversee any appeal for decisions as a result of this policy. However, with proper communication between parties most conflicts should be easily managed.

RELEASE FROM CLASS

If a student misses class because of an athletic contest it is the responsibility of the student to turn in all work due **BEFORE** leaving school. Scheduled tests and quizzes must be taken before leaving unless other arrangements have been made with the teacher.

RCS also requires that a Pre-Arranged Absence Form (located in the office) be picked up by each athlete before a game that requires them to miss class time. They are then required to go to each of their classes and ask the teacher what they will be missing and collect material as indicated. The teacher is then required to sign that form next to the instruction given, if any. This form then needs to be shown from the athlete to the coach on the bus before they are allowed to travel with the team.

SQUAD SELECTION/PLAYING TIME

In accordance with our philosophy of athletics and our desire to see as many students as possible participate in the athletic program at Rainier Christian; coaches are encouraged to keep as many students on a team as they can without unbalancing the integrity of their sport. Time, space, facilities, equipment, personal preference and other factors will place limitations on the most effective squad size for any particular sport. It is the decision of the coach regarding the number of players to be named to a team in a given season.

It needs to be understood that students who make a team will not necessarily see equal playing time. No amount of playing time is guaranteed to an athlete. Playing time depends on the skill, experience, attitude, level of competition, and how those attributes blend with the rest of the team and the level of competition. At all levels below HS varsity it is generally expected that an athlete will participate in each competition but there may be occasions when this does not happen.

COACHES' POLICIES

Each coach may establish other rules or standards for the team or program that are beyond those listed in this handbook. They may even be unique to that sport or program. The policies will be consistent with and not contradict other school practices and policies. The coach will file a copy of the rules with the Athletic Director. Following approval by the Athletic Director, the supplementary rules will be distributed to all team members.

DISCIPLINE POLICY

The coach will have the freedom to discipline the athletes that is consistent with the Athletic Department. Minor infractions may be dealt with by the head coach and how they see fit. Multiple minor infractions will result in a strike. The strike system for the athletic department is listed below:

1. Verbal Warning
2. 1 Game Suspension (athlete will not be allowed to travel or attend game/meet)
3. Multiple Game/Meet Suspension or Dismissal from Team (Coaches and Athletic Director's Discretion)

CONFLICT RESOLUTION

If a conflict or perception of a conflict arises with a coach or other staff person the first responsibility is for the athlete to discuss the situation with the coach. This should occur before the parent speaks with the coach. If no resolution is found, the next two steps of appeal are to the Athletic Director and then to the Principal. Before or after a ball game is not an appropriate time for a parent to approach a coach to discuss a situation.

REPORTING OF INJURY

All injuries, which occur while participating in athletics, must be reported to the coach. If the injury requires medical attention by a doctor or treatment center, it will be necessary to have written notification from a doctor, stating when the athlete may return to the athletic activity.

SPORTS SEASONS/PRACTICE TIMES

The WIAA has specific seasons for each individual sport and the requirements for participation in that sport.

ADMISSION/SEASON PASSES

Rainier Christian charges admission for some school sporting events as a means of funding the various programs and follows league guidelines for admission. In addition, per WIAA regulations, there is admission for most playoff contests as well.

ATHLETIC AWARDS POLICY

VARSITY LETTER REQUIREMENTS (HIGH SCHOOL SPECIFIC)

The varsity award shall be presented to an athlete who satisfies the participation requirements as listed below, completes all team obligations and receives the recommendation of the coach. The final decision is the coach's, however, and they are granted the authority to overrule any and all requirements if they so choose.

SPECIFIC SPORT REQUIREMENTS

GPA Requirement: Student-athletes must have a GPA of 3.25 or higher to receive a letter for each sports season.

Cross Country: participation in 50% of meets.

Soccer: participation in 50% of the total number of games played during the regular season.

Volleyball: participation in 50% of the total number of games played during the regular season.

Cheerleading: participation in 50% of the number games during the regular season.

Basketball: participation in 50% of the number games during the regular season.

Track & Field: participation in 50% of meets.

LETTERING CRITERIA

An athlete who moves from one level of competition to another will receive their award at the higher level provided that the athlete has met the combined requirements.

A coach will have the prerogative to letter an athlete who has not met the seasonal requirement.

Injury: Any athlete who plays regularly and was hereafter injured may be awarded a letter if, in the coach's judgment, the athlete would have met the lettering requirements.

If an athlete moves to varsity during state competition and plays in 50% of the periods or scores team points in individual competition may letter regardless of other lettering criteria.

Individual coaches may have additional lettering requirements for their sport provided they have been approved by the administration. Letters are also optional and will be given by request of the athlete(s) who meet the requirements.

VARSITY AWARDS

Letters: 1st award will be a chenille letter, certificate and sports emblem. 2nd and subsequent varsity letters earned will be a certificate and bar.

Special Awards:

Mustang Award - This award is reserved for an exceptional student-athlete and Christ-like leader. RCHS teachers and staff will nominate one boy and one girl from the entire list of athletes from the current season.

Most Valuable Player Award - This award is reserved for the student-athlete who demonstrated the most exceptional athleticism in the designated sport during the previous season.

Christian Character Award - This award is reserved for the most Christ-like leader on and off the field/court.

Coaches Award – Criteria and selection by coaches. Head Coaches can rename this award if there is a name that is more suitable for the athlete they wish to award.

**coaches may offer other awards at the Athletic Director's discretion*

Rainier Christian administrators reserve the right to adjust, interpret and apply decisions judiciously pertaining to Rainier Christian Schools standards (not WIAA or other authoritative bodies)

