

RUXTON COUNTRY SCHOOL

ATHLETIC DEPARTMENT GUIDELINES

The objectives the Athletic Department has established for its after-school sports program are as follows:

- To instill a need for physical fitness in each child
- To present opportunities for students to belong to a group in which each person is accepted
- To provide opportunities for increased responsibility in planning, organizing, and leadership
- To provide experiences that will develop initiative, loyalty, honesty, and kindness to others

We emphasize commitment, teamwork, enthusiasm and good effort. Each player has the opportunity to receive playing time based on these factors. If an individual athlete does not display these aspects, his/her playing time could be limited.

Fall and Spring Sports

The fall sport offerings are girls' and boys' soccer. The spring sport offerings are girls' softball and boys' baseball. The middle school sports program provides any and all middle school students with the opportunity to practice and play these sports on the A or B team depending on individual skill level, except for 8th grade athletes who will automatically be placed on the A team primarily because of size. If we don't have an acceptable number of students to field an A and B team, we will have just one team and will try to play a schedule that can accommodate all skill levels. During the spring season, the softball and baseball teams will **carry a maximum of 14 players to every game**. While the staff would like to give everyone a chance to play in a game, this may not always happen. The decision will be made the day before every game and the students will find out from their coaches. This gives everyone the opportunity to make the "game team". If your child is not chosen to play in the game, he or she can still attend practice and improve upon their skills on the practice squad.

Winter Sports

The winter sports offerings are girls' and boys' basketball. Middle school basketball is limited by skill level because of our gymnasium facilities. Currently we do not have room to accommodate all the athletes who want to play. Basketball is the only sport in which cuts are made. We will work with those athletes who demonstrate the highest motivation and skill level.

Coaching Staff

Ruxton has excellent coaches working with the athletes to improve team and individual skills. The first concern is for the athletes on their team. Each coach knows and believes in the Ruxton athletic program and its guidelines. The coaches know that it's not about winning, but developing an athlete.

Medical Requirements

All athletes must have a complete and current physical exam form on file in the health suite. If this form is not complete, the student-athlete will not be allowed to participate in any practices or games. If you are new to the school or playing here for the first time, this form has to be turned in before your child steps on to the field or court. Blank forms can be picked up in the health suite.

Academic Eligibility

In order for a student to be eligible to participate in the athletic program he/she must maintain a "C-" or better in all classes throughout the school year. Ruxton will make every effort to support every athlete's academic success. If the athlete drops below a C-, they will be temporarily suspended from the team until the grade is at or above the minimum level.

Attendance

All players are expected to make an effort to **attend practice regularly**. Practices are held Monday thru Thursday from 3:30pm to 4:30pm. Games are Monday thru Thursday from 3:30 to 5:00pm. There is no excuse for missing practice. Therefore, tutoring and doctor appointment should be scheduled at other times. Absences are permitted under special circumstances; athletes **must notify their coach in advance**.

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Missing practices can reduce the amount of playing time in a game. When attending practices and games, athletes are expected to be properly equipped for the sport in which they are participating.

Games/Practice/Directions/Weather

Please call the athletic office for game, practice, and weather related information. Check out the RCS web site for directions to games and updated game schedules.

Busing

Ruxton provides bus service to all away games. All athletes are required to ride the bus to games. If the athlete is not returning on the bus, parents are required to sign-out their son/daughter (to leave by other transportation) before leaving the field or court.

Pick Up

We ask that you please be **prompt** (by **5:00pm**) in picking up your child after practice. Please call if there is going to be a longer delay. The coaching staff will be present with your child *until* 5:00pm after-which they will be sent to Ruxton aftercare. Be aware that there is a fee involved with aftercare and you will be charged after 5:00pm. Please call the main office for information on the aftercare program rates.

Questions/Concerns

If you should have questions about your child's progress, playing time, or other issues, we first ask that you speak to the **coach** directly before speaking with the athletic director. Many issues or questions can be answered by the coach.

Athletic Fee

There is an athletic fee of **\$150** for every sports season. This covers the cost of transportation, officials, and equipment.

Athletic Permission Slip

I, _____, the parent(s) of _____ have read and understand the guidelines of Ruxton Country School's Athletic Department. I allow my son/daughter to participate in the after-school sports program.

Parent signature

Date