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## ATHLETIC FORMS:

- 2018-2019 Student Athlete Commitment Form / Student-Athlete & Parent Sportsmanship Form
- EL2 (FHSAA Physical Form)
- EL3 (FHSAA Consent Form)
- GA4 (FHSAA Recruiting Policy Affidavit)
- Concussion Course / Sudden Cardiac Course / Heat Illness Prevention Course ([nfhslearn.com](http://nfhslearn.com))
- Homeschool Forms (EL7, EL7V, EL9)

## INTRODUCTION

Students at Real Life Christian Academy are challenged with a rigorous academic program. In addition, they participate in a wide variety of extra-curricular activities from which they gain a valuable perspective about themselves and life beyond the classroom. Athletic competition and organized sports play an essential role in both physical education and school life. To provide these important experiences for our students, Real Life offers interscholastic competition for multiple teams in grades 6<sup>th</sup>-12<sup>th</sup> through FHSAA & TCCL leagues.

This handbook is organized to provide helpful information about Real Life's athletic program and the responsibilities and privileges of students 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 athletic department policy should be brought to the attention of the Athletic Director, Debi Lawson. Questions regarding a specific sport or team should be directed to the Head Coach of that particular sport.

## COACHING STAFF:

RLCA Director of Athletics	Debi Lawson
Assistant to the AD	Stephanie Tibbetts
MS Girls Volleyball	Lauren Podguski
JV Girls Volleyball	Jackie Kibby
Varsity Girls Volleyball	Stephanie Tibbetts
Cross Country	Kelly Gamauf
MS Boys Soccer	Josh Norton
MS Golf	Ron Lawson
Varsity Golf	Ron Lawson
Bowling	TBD
MS Girls Basketball	Lauren Podguski
MS Boys Basketball	TBD
JV Boys Basketball	Aaron BenDavid
Varsity Girls Basketball	Tyree Crutchfield

Varsity Girls Basketball-Asst.Coach	Jackie Kibby
Varsity Boys Basketball	David Jerkins
Varsity Boys Basketball-Asst.Coach	Josh Wilmore
Cheerleading Coach	TBD
JV Boys Baseball	Josh Norton
JV Boys Baseball-Asst.Coach	Micah Clymer
JV Boys Baseball-Asst.Coach	Frankie Johnson
Varsity Boys Baseball	Mike Koronka
Varsity Boys Baseball-Asst. Coach	Mike Boyack
Varsity Boys Baseball-Asst.Coach	Gerry Kelly
Varsity Boys Baseball-Asst.Coach	Eric Dahl
MS Girls Softball	Jackie Kibby
Varsity Girls Softball	Peggy Alex
Varsity Girls Softball-Asst.Coach	Blake Moore
Varsity Girls Softball-Asst.Coach	Tom Alex
MS Track	Kelly Gamauf
Varsity Boys Soccer	Brandon Ragbir
Varsity Boys Soccer-Asst.Coach	David Bohner
MS Girls Soccer	TBD
MS Boys Flag Football	David Bohner
MS / HS Tennis	Austin Keese

**ATHLETIC FEE'S PER SPORT:**

MS Sport Teams- \$175.00

JV Sport Teams- \$200.00

Varsity Sport Teams- \$225.00

## ATHLETIC PHILOSOPHY

Athletics is an important and vital part of the total educational program at Real Life Christian Academy. The athletic program along with the academic program both serve the same purposes – to build character and to give each student qualities that will equip him or her for a productive life. Real Life believes in the scholar-athlete, the person who places academics first, but who participates in athletics as a valuable and necessary part of the learning experience in school.

Real Life seeks to encourage as much participation as possible at each level of interscholastic competition. In middle school athletics, our policy is to keep “cuts” to an absolute minimum and to distribute playing time with participation as a goal. Ultimately, the overwhelming goal at the middle school level will be to provide opportunities that allow the student-athlete to gain skill as an athlete and develop personal confidence. For Junior Varsity (JV) we continue to view participation as an important goal, but playing time begins to depend more on individual ability and effort than at the younger level. Our goals for Varsity are more narrowly focused and fielding a competitive team is a high priority. Our ultimate goal, both on and off the court / field of play at any level, is to honor God by our actions and our words.

## STUDENT ELIGIBILITY

Real Life Christian Academy is a member of the Florida High School Athletics Association, which is the governing body of high school athletics in Florida. Questions pertaining to FHSAA rules and regulations should be directed to the Athletic Director.

### *FHSAA Academic Eligibility:*

- Students in grades 6<sup>th</sup>-8<sup>th</sup> must have a 2.0 GPA at the conclusion of each semester.
- A student entering the 9<sup>th</sup> grade shall be eligible during the first semester of the 9<sup>th</sup> grade year provided that it is the student’s first entry into ninth grade.
- A student in grades 9-12 must have a cumulative high school GPA of 2.0 or above on a 4.0 unweighted scale in all courses as required by the Florida Statutes at the conclusion of each semester to be eligible during the following semester.

“Exceptions” to item 3 may be made for tenth graders who do not have a cumulative GPA of 2.0 at the conclusion of their 9<sup>th</sup> grade year or at the conclusion of the first semester of the 10<sup>th</sup> grade year “provided” the following requirements are fulfilled:

- They have a 2.0 GPA in all courses taken during the semester of ineligibility.

- They sign an academic performance contract: and
- They sit out the semester of ineligibility.

#### Real Life Christian Academy Eligibility:

Real Life reserves the right to impose higher academic and discipline standards than those aforementioned in the FHSAA Academic Eligibility section. Students on academic or discipline probation may be restricted by the school from participating in athletics:

- Real Life students must maintain a cumulative GPA of 2.5 or higher. This will be evaluated at the end of each quarter. A student must also not receive a grade of 59 or below in any course, and will be evaluated at the end of each quarter.

#### LIMIT OF ELIGIBILITY:

- Each student shall have four consecutive calendar years of eligibility from the date he/she first enrolls in the ninth grade.
- Four years from the date he/she enrolls in ninth grade, he/she will become ineligible for further interscholastic athletic competition.
- Students may participate in interscholastic athletics one year as an eighth grader, one year as a seventh grader and one year as sixth graders.

#### AGE:

- A student may participate in interscholastic athletic competition reaching the age of 19 years, 9 months, so far as age is concerned. Effective 2014-2015, students entering ninth grade who reach the age of 19 on or after Sept.1, may participate in athletics for that school year as long as the limit of eligibility has not been exceeded.
- A middle school student may participate in interscholastic athletic competition until reaching the age of 15 years, 9 months, so far as age is concerned. Effective 2014-2015, students entering sixth grade who reach the age of 15 on or after Sept.1, may participate in athletics for that school year as long as the limit of eligibility has not been exceeded.

#### ATTENDANCE REQUIREMENTS

A student will be eligible at the first school in which he/she attends class each school year or at the school in which he/she participate in an athletic practice prior to the beginning of the school year. The student will be eligible at that school as long as he/she remains enrolled and meets all other eligibility requirements. Please see information on transfer students regarding change of school. Students must attend the last four periods of the school day (not including lunch) in order to be eligible to attend and participate in any practices or games.

## HOMESCHOOL STUDENTS

Real Life Christian Academy allows home education students to participate in athletics under the following provisions:

- Middle and High school grades only (includes athletics for middle school, JV and Varsity)
- The formal registration/application, with appropriate fee, is submitted to Amy Sullivan, Home School Director of the co-op.
- The student meets applicable guidelines necessary for admission to RLCA.
- The athletic fee for each sport the student is participating in is paid.
- Meet the provisions of the FHSAA, including all athletic paperwork.

Please Note...If a student is registered with Home Life Academy, they are NOT eligible to play with RLCA due to FHSAA regulations.

## TRANSFER STUDENTS

Transfer students will be eligible at the school in which he/she enrolls as long as that enrollment is completed prior to the published start of a sports season and they are otherwise eligible at their former school. A student may also be eligible for the current sports season if they have completed a full and complete move, had a necessary relocation of residence of another individual or a move to a new residence as a result of marriage. All transfer students are eligible for participation in the next sporting season once six days of attendance has passed.

## REQUIRED FORMS AND “TICKET TO PLAY”

The “Ticket to Play” is a required form for student-athletes, which they will receive from the Athletic Director once all paperwork is turned in and approved. This form is used to insure they are eligible to play and have been medically cleared to participate in athletics. It will require the student-athlete to accrue signatures on the form showing that they have correctly completed, signed and returned the following documentation. (All forms are attached to this handbook)

- A copy of the student-athlete’s Birth Certificate. While this form may be on file in the school office, it is now necessary that you also provide one for the athletic office. The birth certificate will only need to be turned in once, not each year.
- RLCA Student-Athlete Commitment form / Sportsmanship form
- FHSAA also requires the viewing of the NFHS Concussion Course, Heat Illness Prevention Course, and Cardiac Course. Go to [nfhslearn.com](http://nfhslearn.com).

- FHSAA Physical form (EL2)
- FHSAA Consent form (EL3)
- FHSAA Recruiting Policy Affidavit (GA4)

In addition to the aforementioned, Homeschool students must also provide the following:

- Registration form for Home School Education Students (EL7) This form must be notarized.
- Verification of Student Registration with Public School District Home Education Office Form (EL7V) This form must be signed by your school district Home Education Coordinator.
- Home Education Student Academic Progress Report (EL9)
- Submit progress reports to Athletic Director quarterly.

Signatures on all documents must be obtained and verified by the Athletic Director before participation of any kind. It is **STRONGLY RECOMMENDED** that you do NOT wait until the first day of tryouts to obtain signatures because your student will miss an undetermined amount of days which could result in loss of participation due to not having the required documentation turned in on time. It is best to have all documentation turned in at least one week before the first day of tryouts.

Once all of the above listed documents and necessary signatures have been turned in to the Athletic Director, the “Ticket to Play” form will be given to the student-athlete. They must turn this form into the Head Coach. **ONLY AT THAT TIME**, will they be permitted to practice, tryout, attend a conditioning session or open gym (does not include summer open gym times) or play. In order for the student-athlete to be in compliance with the rules of the FHSAA and not jeopardize his/her eligibility, **NO EXCEPTIONS** will be made to this policy.

## TEAM ORGANIZATIONAL MEETINGS

Each team is permitted to have an organizational meeting prior to the first day of practice to make arrangements for physicals, explain eligibility, explain team selection policy, distribute practice schedules, build morale, and conduct off-season conditioning. Additionally, open gym policies allow any member of the student body to work out under Real Life supervision. **NO COACHING** will be done and these sessions are not mandatory. It is not a prerequisite for membership on any team at Real Life Christian Academy. Students involved in another sport should consult their coach before attending an open gym.

## CONDUCT:

### STUDENT CONDUCT...

As members of athletic teams, students are high-profile representatives of Real Life Christian Academy. Students are expected to act in an appropriate manner. The following behavior is inappropriate and will not be tolerated.

- Fighting
  - Profanity
  - Possession of, use of or being under the influence of alcohol, tobacco, or drugs
  - Unsportsmanlike Conduct
    - Any act of unsportsmanlike or inappropriate conduct will be dealt with swiftly.
    - If the act occurs during an athletic contest, the student will be removed from the contest.
    - A student who strikes, curses, or threatens an official, coach or opponent 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 FHSAA and RLCA, shall be ineligible to participate in interscholastic athletic for a period of up to six weeks.
    - A student who is ejected from a contest for a flagrant foul or unsportsmanlike conduct, cannot participate in any contest for one week or, if no contests are scheduled during that week, the next two weeks.
- \* Rude or disrespectful behavior.
- \* Taunting opponents or officials.
- \* Destruction of property.

Students who exhibit any of the above behaviors may be suspended from athletic competition for a period of time as per FHSAA regulations or RLCA administration. Additionally, the student may face school disciplinary action.

### SPECTATOR CONDUCT: A spectator should...

- Demonstrate good sportsmanship
- Respect, cooperate, and respond enthusiastically to cheerleaders.
- Censor fellow spectators who display negative behavior.
- Respect the property of the school and the authority of school officials.
- Never heckle, jeer, or distract members of opposing teams.
- Never criticize the athletes or coaches for the loss of a contest.

- Accept the decision of the officials

Students who participate in non-school competition (i.e., club teams, recreational teams, travel teams, etc.) are strongly encouraged to make the Real Life team for which they participate, the number one priority. Commitments to non-school competition teams should be arranged in advance with the Real Life Coach with the following considerations...

- Minimal loss of practice for the Real Life team; and NO loss of game time.

## USE OF ATHLETIC FACILITIES

- The sport in season has priority for use of facilities.
- Students are not permitted to use any facility without direct supervision and permission of the head coach or other Real Life faculty member.
- Facilities are for use by Real Life Students, faculty, administration, and coaches only. Due to the high use of facilities by RLCA teams, facilities generally will not be used for rental purposed to outside groups. This must go through the Athletic Director.

## OFF SEASON PARTICIPATION

During the off season, high school coaches, prospective coaches, or any individual involved in any respect may not be involved with a non-school team in a sport unless the team meets the following requirements and is approved by the athletic administration of the school.

### FHSAA-

- Team must be affiliated with an outside agency promoting athletic participation opportunities.
- Participation must include competition in the published scheduled events of the outside agency.
- Student-Athletes and coaches, where applicable, are not permitted to wear any portion of a school's athletic uniform.
- All fee's or assessment for participation must be documented.
- Participation shall be voluntary and shall not be required, either directly or indirectly, for membership on an interscholastic team.

## OPEN GYM PROGRAM / OFF SEASON CONDITIONING

Coaches may open the gymnasium and other athletic facilities for recreational activities or conditioning to ALL students (not only RLCA students) without being in violation of FHSAA Bylaws under the following guidelines:

- The facility is open to all students who are bona fide students at RLCA for participation. Opening facilities for a select group of students to practice individual skills for a specific sport is a violation of this policy.
- Coaches may not provide coaching or instruction in the skills and techniques in any sport by any school personnel. Coaches may not involve the use of sport specific equipment (i.e., starting blocks, hurdles, rebounders, ball machines, bats, balls, rackets, etc.) Their presence may be in a supervisory capacity only.
- Participation is voluntary and is not required directly or indirectly for membership on a team.
- No sport specific tasks, skills, or drills may be taught to or assigned to students to perform during open gym activities.
- Open gym activities for a specific sport will conclude a minimum of two weeks prior to the first FHSAA permissible day of practice for that sport.
- Student-athletes may not participate in open gym programs if they are currently a member of an athletic team that is "in season."
- The student must have a current "Ticket to Play."

## PRACTICE SCHEDULES AND TIMES

Athletic practices can begin as early as 3:15pm and all practices must be completed by 9:00pm. Most practices should not exceed 2 hours for varsity and 1-1/2 hours for all other levels.

- On non-school days, practices may not exceed 3 hours in length and contain no more than 90 min. of intense exercise. Conditioning shall be considered practice.
- During the first 7 days of practice, no two-a-day practices are permitted and practices should not exceed 18 hours total for the week. Student-athletes may not participate in more than 6 consecutive days of practice. Conditioning is considered practice.
- For Cross-Country, a student-athlete must participate in a minimum of 10 practices on 10 separate days before participating in competition.
- No Sunday meetings of players or practices are permitted.
- Wednesday activities must be done by 5pm.

## GAME SCHEDULES

To access athletic game schedules, please go to the school website ([www.rlcacademy.com](http://www.rlcacademy.com)) and click on athletics. All game schedules will be loaded on the athletic page. All schedules are SUBJECT TO CHANGE. Please visit the website often. If any questions, please contact the Athletic Director.

## ATTENDANCE FOR STUDENT-ATHLETES AND STUDENT SPECTATORS

- Students must be in “regular attendance” in order to engage in practice, participate in a contest, or attend a contest as a spectator.
- Students may still attend or participate in practices or games if they miss due to an excused absence such as a school trip, doctor appointment (with official documentation), etc. Decisions regarding the validity of an excused absence are made by the Athletic Director if athletic eligibility is a concern.
- Excused absences other than school related trips must not result in more than half of the student’s classes missed in order to be eligible for attendance or participation in a game or practice.
- If the student should arrive past 8:30am for any reason other than the aforementioned, he/she will be ineligible to compete, practice or attend any athletic competition or practice on that given day.
- Student-athletes are expected to be at all practices and games unless absent from school.
- Student-athletes may be dismissed from a team due to excessive absences, excessive tardiness, or after a pre-set limit by an individual coach.

## WEATHER

In the event of inclement weather, the Athletic Director will make a decision by 2pm concerning the cancellation of practices or home games and notify the coaches of these teams. Coaches must let parents and players know asap. Cancellation decisions for away games are made by the opponent’s Athletic Director. Updates will be posted on the schedule link of the web page. Please do not call the school before 2pm for updates. Every effort will be made to play games as long as the weather does not jeopardize the safety of athletes, coaches, and spectators.

## TRANSPORTATION

- Only athletes and coaches are permitted to use school transportation.
- When the school cannot provide transportation, parents will be notified at least three days in advance to help with the transportation of athletes. Parents must be on a student's "pick up list" in the academy office, in order to transport other students.
- Students must travel to all athletic contest with the team, but may ride home with their parents, provided they have written permission on file from their parent. They may NOT ride home with another student driver.
- Students will call from van with appropriate return times to RLCA. Please assist coaches and be on time to pick your child up. Coaches are required to stay at the school until all students are picked up. Please be considerate.

## EARLY DISMISSAL

Students are responsible for all missed work due to early dismissals. Students are required to follow these guidelines:

- Provide information put out by coaches to parents for proper communication.
- Obtain all work and assignments for classes to be missed at least one day prior to early dismissal.
- Turn in all work normally due for all classes prior to departure.
- Make-up any missed test or quiz the next available make-up test day. Students must not put these off any further and missed practice time may result in order to fulfill academic responsibilities.
- Student-athletes who fail to abide by the conditions of early dismissal are subject to possible academic penalty at the discretion of the teacher or the loss of practice and game time until all academic work is current or both.