



To Parents and Student-Athletes,

Congratulations on your decision to become a part of Crusader Athletics at Round Rock Christian Academy. Crusader Athletics is a tradition rich program that offers competitive opportunities to 5th-12th grade students at RRCA. We are excited to have you as a part of this fine organization.

As an athletic department, we strive to help *“fulfill the mission of Round Rock Christian Academy by building champions for Christ through the development of character, athleticism, servant leadership, and competitive excellence.”* As staff members seek to accomplish this mission, student-athletes learn on multiple levels. In our mission statement, you may notice the word “champions” defined as “those who go to battle on behalf of another.” This element of our mission is what makes us unique. Not only are we striving to build great athletes, but also to develop Godly servant leaders who live for the purposes of Christ!

Young people experience many good things by participating in athletics. However, we would like to remind each of you that participating in an athletic environment is not always easy and can be frustrating. Student-athletes may experience great highs and extreme lows as they participate in sports. Young people may be frustrated by the amount of playing time they receive. Some will find the thrill of victory invigorating, but may also find the agony of defeat to be devastating. We would like to ask each family to use the challenges presented in athletics to help young people grow. Be encouragers and not complainers. Build relationships in the bleachers; use the time to speak positive things. Pray for your kids, their teams, and their coaches. If your family is able to manage the obstacles this environment presents, we welcome you. However, if the up and down nature of life in athletics will cause your family to experience great stress, we encourage you to seek programs or activities other than athletics that will be a better fit for your family.

This handbook contains the philosophies, policies and guidelines that govern Crusader Athletics. Although it is intended to be comprehensive in nature, situations will inevitably occur that are not outlined in this handbook. Having a common understanding of rules and regulations that govern athletics will assist in significantly reducing concerns and unforeseen problems.

We ask that you read this handbook thoroughly with your student-athlete(s). Each athlete must indicate their agreement to comply with the Athletics Handbook through the online google form before the student-athlete may participate in athletics.

We look forward to another great year in Crusader Athletics!

CRU for life!

Mrs. Becky Blausen
Head of School

Coach Dan Headley
Athletic Director



MISSION STATEMENT

To fulfill the mission of RRCA by building champions for Christ through the **development** of character, athleticism, servant leadership, and competitive excellence.

ATHLETIC PHILOSOPHY

Colossians 3:23 states: *“in whatever you do, do your work heartily, as for the Lord rather than men.”* The first part of this verse asks us to do an activity *“heartily”*, which requires a complete commitment physically, mentally, emotionally, and spiritually. The second part of the verse, *“as to the Lord,”* provides motivation for the effort. An RRCA student-athlete should strive to honor God and not seek man’s praise.

ATHLETIC PROGRAM PROFILE

Mascot – Crusaders and Lady Crusaders Colors – Navy and White with Red

High School Boys: 6 man Football, Baseball, Basketball, Cheer, Cross-Country, Golf, Swimming, Tennis, Track and Field

High School Girls: Basketball, Cheer, Cross-Country, Golf, Swimming, Tennis, Track and Field, Volleyball

7th-8th Grade Boys: 6 man Football, Basketball, Cheer, Cross-Country, Golf, Soccer, Track and Field

7th-8th Grade Girls: Basketball, Cheer, Cross-Country, Golf, Soccer, Track and Field, Volleyball

5th-6th Grade Boys: Basketball, Flag Football, Golf, Soccer, Track and Field

5th-6th Grade Girls: Basketball, Golf, Soccer, Track and Field, Volleyball

ATHLETIC GOVERNANCE

Round Rock Christian Academy is a member of the Texas Association of Private and Parochial Schools (TAPPS) for high school sports. All of our team and individual sports compete for TAPPS championships. RRCA adheres to all policies, rules, regulations and bylaws established by TAPPS. All TAPPS policies can be found at www.tapps.biz. TAPPS re-aligns and re-districts its member schools on a two year cycle. Our district schools in high school relatively stay the same with an area that includes Austin, Temple, Waco, and New Braunfels. TAPPS classifies our school as a 3A school in a 6 division classification system.

At the Elementary School/Middle School level, RRCA is a member of the Capital Area Private and Parochial Schools (CAPPS). The CAPPS 14-member schools consist of private and parochial schools in the Austin and Round Rock areas. All of our team and individual sports compete for CAPPS championships with the exception of our Middle School 6man tackle football team which plays as an independent team, playing a choice selection of private, public, and charter schools in the area.



TAPPS Accomplishments*

State Accomplishments (Team)

STATE CHAMPIONS

Volleyball - 2012, 2017
Girls Basketball - 2000
Cheerleading - 2017
Dance - 2018

STATE RUNNER-UP

Volleyball - 2016
Boys Basketball - 1999
Cheerleading - 2016

STATE FINAL 4

Volleyball - 2018
Girls Basketball - 2002, 2003, 2013
Boys Basketball - 2000
Cheerleading - 2015, 2018

REGIONAL FINALIST

Volleyball - 2014, 2015
6man Football - 2005
Girls Basketball - 2001, 2005, 2010, 2017
Boys Basketball - 2013

AREA FINALIST

Volleyball - 2001, 2009, 2010, 2011, 2013
6man Football - 2013, 2014, 2016, 2017, 2018
Girls Basketball - 2004, 2006, 2009, 2011
Boys Basketball - 2011, 2017
Baseball - 2006, 2019

***This list is being updated and revised and is a work in progress.**

Bi-District FINALIST

Volleyball - 2000, 2002, 2006, 2007, 2008
6man Football - 2004
Girls Basketball - 2012, 2014, 2016, 2018
Boys Basketball - 2014, 2016
Baseball - 2008, 2016

State Accomplishments (Individual)

STATE CHAMPIONS

Swim - 2005, 2012, 2013, 2015
Track - 1999, 2001, 2003, 2007, 2011, 2012, 2017, 2018, 2019

STATE RUNNER-UP

Swim - 2003, 2008, 2010, 2014, 2015
Track - 1999, 2002, 2007, 2010, 2012, 2015, 2017, 2018

STATE FINAL 4

Swim - 2003, 2010, 2012, 2013, 2014
Track - 1999, 2001, 2006, 2007, 2008, 2009, 2010

STATE QUALIFIER

Girls Golf - 2014, 2017, 2018, 2019
Boys Tennis - 2015, 2016, 2017

REGIONAL QUALIFIER

Boys Golf - 2015

CROSS COUNTRY TOP 10 IN STATE

Boys XC - 2014, 2015
Girls XC - 2016, 2017, 2018



CRUSADER ATHLETICS - PHILOSOPHY

TEAM LEVEL PHILOSOPHY

The scope of competitive philosophy of team sports at RRCA runs the gamut from an emphasis on instruction at the Elementary School level to striving to win championships at the varsity level, with an undergirding foundation of sportsmanship and Christ-like character at every level.

The Elementary School athletic program (5th grade) encourages participation and experimentation while fostering a love for the game. The fundamentals of the game will be strongly emphasized. If needed, try-outs are for the purpose of team placement based on skill and ability. Cuts are highly discouraged but permissible if based on facility or resource issues. In these cases, every attempt will be made to add an additional team. *Equal playing time is neither a requirement nor a goal.* Coaches will do their best to provide quality playing time. Elementary School athletics will work to develop skills and technique as well as introduce the concept and critical need of “teamwork.” And finally, athletics at this stage provides the first time excitement and pride of wearing a Crusader uniform.

The Middle School athletic program (6th-8th grade) strives to further a love for the game, continue to develop fundamental skills, and help athletes begin to understand and execute more advanced level strategies. If needed, try-outs are for the purpose of team placement based on skill and ability. Cuts are discouraged but permissible if based on facility or resource issues. In these cases, every attempt will be made to add an additional team. *Equal playing time is neither a requirement nor a goal.* Coaches will do their best to provide quality playing time for the student-athlete.

The High School athletic program (9th-12th grades) strives to encourage student-athletes to be the best they can be with a focus on excellence in execution. Players are put in positions to get the most out of their athletic talent, cultivate leadership skills and understand “team-first” responsibility. Each head coach will put the collective efforts of the team ahead of individual achievement and will take knowledge, ability to execute, attitude, conduct and safety into consideration when it comes to playing time. Athletes should not assume that they are guaranteed a spot on a varsity team simply because they participated on the same team in previous years. Playing time on a Junior Varsity or Varsity team is not guaranteed.

Creation and size of teams is determined by many factors including but not limited to the number of participants interested in a sport, facility availability, safety and coaching resources. Whatever we do, we want to do it well. Decisions will be made on a season-by-season, team-by-team basis to provide a healthy experience for all parties involved.

COMMITMENT TO ATHLETICS

Because so many people—coaches, teammates, officials, and even our opponents—are depending on us in the world of athletics, a high level of commitment is expected from anyone who agrees to be a part of an athletic team at Round Rock Christian Academy. This includes a commitment



to be at ALL practices and games during the season, except in dire circumstances. Family vacations, doctor appointments, and other activities should be planned around all in-season schedules to which a student-athlete has committed. Nearly everyone will have to miss a practice or a game at some point for one reason or another. However, these absences should be kept to a minimum; any time an athlete needs to miss a practice or game, the head coach should be notified as far in advance as possible.

Student-athletes involved in Elementary School, Middle School and High School athletics should expect to be participating in a game or practice every day of the school week as well as some Saturdays during the season. Elementary School practices will predominately be during their scheduled PE time during the course of their school day (except for Flag football, track, and co-ed soccer). Practices will last up to an hour and half. Middle School practices will predominately be during their scheduled PE time during the course of their school day (except for 6 man football, track, and co-ed soccer). Practice will last up to 2 hours. High school practices will start during their scheduled athletic period of strength and conditioning and will continue after school lasting up to 2 hours. Some off days from practices may be declared at the coach's discretion. RRCA athletic teams take full advantage of school holidays/off days to get extra gym time for practicing. Though these are not mandatory for Elementary School and Middle School, student-athletes are highly encouraged to attend.

Typical Elementary School and Middle School game schedules, other than football, will feature one or two games per week, plus a post season tournament. When possible, these teams may get invited to play in an in-season tournament. High school game schedules, other than football, will consist of two or three games per week (with the exception of tournaments, which typically run Thursday through Saturday), including some Saturday games.

The start of the fall sports practice at the high school level begins before the first day of school. The TAPPS calendar puts the first day of fall sport practices on August 1st or the first Monday in August depending on the calendar year. Student-athletes are expected to be at the first practice. Middle School fall sport practices begin the second week of August. Families are highly encouraged to have all their vacations completed so teams can begin preparing for the upcoming season. High school volleyball and football teams will have scheduled games, scrimmages and/or tournaments that we have committed to before the start of school.

CODE OF CONDUCT

The overall behavior of a Round Rock Christian Academy student-athlete should model Jesus Christ both on and off the field or court of athletic competition. Scripture commands us to love the Lord with all of our heart, soul, mind, and strength, and to love our neighbors as ourselves.

Coaches, parents, and student-athletes are expected to demonstrate and foster an environment of respect for authority, for others, and for the rules and standards of God's Word, the school, and of athletic competition.

These expectations extend into the totality of our lifestyles and do not apply just in the context of school and athletics. Keep in mind that we are guest at every road game and in every restaurant



and hotel. At all times we should demonstrate the utmost respect for those around us.

In the event that a student-athlete is disciplined for behavior issues at school, his/her athletic participation does not supersede his/her obligation to fulfill the assigned disciplinary action. The Athletic Director and/or Head Coach may dispense additional consequences to the student-athlete such as (and not limited to) losing starting position or sitting for a half before playing in a game.

ELIGIBILITY REQUIREMENTS AND FEES

ACADEMIC ELIGIBILITY

The Athletic Department at RRCA firmly believes that education takes priority over athletics and will strictly adhere to all eligibility requirements. Progress of every student-athlete will be evaluated every 3 weeks and player's parents and coach will be notified. Any student failing 1 or more classes at the end of a 9-week grading period will be ineligible for the next 3 week period. Ineligibility is based on 9-week grades not semester grades. Ineligible players are not allowed to travel with the team or miss school to attend games. During home games, ineligible players are not to dress out, but may sit on the bench with the team. An ineligible player is still expected to practice with the team once they have attended the mandatory help class in the subject they are not passing. Administration strongly suggests that parents take seriously any failure of a semester grade. The parents and coaches may deem it necessary for the student to focus on their grades rather than participate in extra-curricular activities.

CLASS ATTENDANCE AND ELIGIBILITY

On school days, student-athletes must be in attendance for at least half of the regularly scheduled school day to be considered eligible for competition.

ATHLETIC FEES

The Athletic Department at RRCA does not have the luxury of state funding for athletics. Therefore, athletic fees are critical to running athletic programs that we can all take pride in. These fees help provide income for facility rental, officials, travel, equipment, and more. The fees for each school year are listed on the annual tuition and fees rate sheet. Athletic fees must be paid by the first game of the season. Athletes who do not have fees paid in advance may not be eligible to play.

LETTERING POLICY

See official school policy on lettering.



GUIDELINES AND INFO FOR ATHLETES

PRACTICE

Practice is the primary mode of preparation for athletes in a sport. Practice is **MANDATORY!** Student-athletes must manage his/her schedule in such a way as to allow him/her to fulfill all responsibilities to schoolwork and athletics. We all understand that academics are the first priority at RRCA; however, missing team functions for the sake of academic work is frowned upon. Part of the maturation process is finding ways to balance sports with academics. RRCA athletes are expected to sacrifice more personal time for academic study than non-athletes. Student-athletes may struggle at times and parents are encouraged to guide their students through difficult periods.

COMMUNICATION WITH COACHES

Direct communication between the coach and student-athlete is very important, and is usually the best way for any questions to be answered or conflicts to be worked through. If after a coach and student-athlete have met and it is deemed necessary for an additional meeting, the next meeting should include the parent of the student-athlete. Inevitably, there may be times when a meeting between a parent and coach is warranted. Please call or e-mail the coach to arrange a convenient time for a phone conversation or meeting. Try to exercise the 24-hour rule – wait 24 hours before placing that call or sending that email. Too often our emotions get the best of us. And remember, before or after practices or games is never an appropriate time to approach a coach. Coaches will be happy to meet with you, but it may be a few days before a convenient time can be arranged.

A meeting with the coach is an opportunity to exchange information and respectfully discuss any concerns or questions that you may have. Hopefully the meeting will promote better understanding and communication, but the meeting should not be viewed as an opportunity to convince the coach that your child should be playing more, playing a different position, or that the coach should be employing a different strategy. After the meeting, just as before the meeting, your support of the team and the coach is expected. If there is a significant issue that you believe requires additional discussion, then the Athletic Director, coach, student-athlete and parent can meet together to resolve the issue. If issues cannot be resolved after meeting with the Athletic Director, then a meeting involving the Head of School, along with the Athletic Director, coach, student-athlete and parent should take place.

PLAYING TIME

At all levels of athletics, a winning competitive spirit is expected of our athletes, coaches and parents. However, winning is secondary to many different levels of athletic department goals and objectives. Playing time is determined by many different criteria – ex: lack of attendance at practices will have an effect on playing time. It is the goal of our coaches to allow every athlete to participate in games. We recognize that there are different skill levels and equal playing time **is not** promised to any athlete. In reality, not all situations are appropriate for allowing every athlete to play. In Elementary School and Middle School, athletes will play in every game/match. The amount of playing time is determined by the head coach of that team. There is no guarantee of playing time at the junior varsity and varsity level. We can provide a valuable



opportunity for students to fellowship with their classmates outside of the classroom, to keep their bodies physically fit, and to be a contributing part of a team effort.

SCHEDULING

The Athletic Department does its best to schedule games and practices well in advance of the season. Because we cannot control league changes or changes made by an opponent when we travel to their home court/field, changes to schedules will inevitably occur. Additionally, a few changes will most likely take place throughout the season. We appreciate your patience as these things arise.

WEDNESDAY PRACTICES

RRCA Athletic Department understands the eternal value that Wednesday night church activities afford student-athletes. Practices on Wednesdays must be completed by 5:15 pm. This also gives families a night in the middle of the week that they can gather around the table and eat together and enjoy family time.

STEWARDSHIP AND RESPONSIBILITY

Operating on the biblical principle that everything we have and everything we use belongs to God, it is our responsibility to take care of it all. Our athletic teams are privileged to have the use of the facilities of Central Baptist Church extended to them, and that privilege will continue only as long as RRCA teams show appreciation of and care for those facilities.

Each team is responsible for cleaning up whatever facility it uses after each event or practice. All trash should be thrown away, all tables and chairs restored to their normal place and order and all equipment properly stored. At road games, bench and team areas will be clean before our teams depart. Players, parents, and coaches work together to accomplish this task. We leave every facility cleaner than we find it.

Whatever team or group is the last to use the gym or other facility should turn out all the lights and make sure the doors are locked and tables and chairs stored properly. No students are allowed to use the gym without adult supervision, and the last coach to leave should see that all equipment is stored and all students leave the facility before he or she locks up.

ATHLETIC UNIFORM AND DRESS CODE

Student-athletes are issued team uniforms and equipment. Student-athletes are expected to take great care of the uniforms and will take responsibility for any equipment issued. This includes making sure that all issued equipment is cleaned on a routine basis. Proper sanitizing of uniforms and equipment should occur routinely to combat any bacterial collections as well as to protect the integrity of the equipment and the life of the uniform. The following guidelines should be used for cleaning and caring for uniforms issued:

- Wash separately in COLD WATER only, immediately after games
- Line/Hang dry – DO NOT TUMBLE DRY!



If at any time the equipment and/or uniform become damaged/lost/left in opponents gym, it is imperative that the player let the head coach and/or Athletic Office know immediately. If a uniform is lost and cannot be found, another uniform will be issued out (if available) once the lost uniform has been paid for in full. Damaged, lost or stolen equipment and/or uniform pieces will need to be replaced at the expense of the student-athlete.

Coaches will communicate team dress code when traveling to an away game. Student-athletes may be required to wear sport-specific athletic apparel at all practices that will be designated by the coaches. An addendum will be provided with more information regarding specific clothing requirements for PE/Athletics wear.

PARTICIPATION IN MULTIPLE SPORTS AND EXTRACURRICULAR ACTIVITIES

We encourage athletes to be well-rounded, participating in different activities both athletically and otherwise. Different sports challenge athletes in different ways and the skills developed through the training methods used in one sport will often help the athlete in another sport.

Regarding multiple sport participation, student-athletes may not participate in multiple TEAM sports at the same time. Student-athletes may, however, participate in INDIVIDUAL sports (cross country, golf, tennis, swimming and track) or cheerleading and a team sport at the same time if agreed upon by coaches of both sports. Frequent, open communication between student-athlete, his/her parents, and the two coaches involved are tantamount since it is inevitable that scheduling conflicts will arise and a priority must be declared and agreed upon by the coaches. When conflicts arise with participation in multiple sports, coaches will work together to manage the time commitments of athletes so as to honor the commitment to multi-sport athletes. As a general rule, all sports in district play or playoff competition will have priority over other sports and practices.

Regarding multiple activity participation, student-athletes may participate in a non-athletic department (fine arts, debate, etc.) program and on an athletic team at the same time. Leadership from both activities will work closely together to minimize conflict and on a rare occasion may reserve the right to require sole commitment to their activity depending on the event coming up or the numbers needed to keep the team competitive in their activity.

Coaches will, under no circumstances, discourage students from participating in one sport or activity for another. This includes verbal warnings and/or using playing time as leverage. Coaches should work to ensure that students do not discourage one another from playing other sports. We expect all programs to be supportive of other programs on campus. At no time should an RRCA coach encourage an RRCA athlete to specialize in one sport or more specific programs; the coach should do his/her best to support the multi-program concept.

BACK TO BACK SEASONS

An athlete, who is ending one season and immediately starting another sport, may need to take a few days off to recuperate (rule of thumb: up to 3 days - a weekend counts as two days). It is the responsibility of the athlete to see the coach whose season he/she is starting and confirm how



many days he/she can take off. Quitting one sport to begin another sport is not ethical and is highly discouraged.

NO QUIT POLICY

Round Rock Christian follows a no quit policy. Quitting a sport may adversely affect the team and school in the future. Schedules, equipment, uniforms, and team personnel choices are made before the season and are based on participation levels. Quitting dramatically hurts the ability of the program to plan for the future.

Student-athletes will have up to 10 practice days from the beginning of practice to stay in the sport or leave. Between the 9th or 10th practice day, he/she must make the commitment to finish the season with the program. The consequences for not completing a season could range from not being able to start practicing for the next sport season to being suspended from all sports for one calendar year from the start of the season.

Quitting is defined as the student's or family's decision to stop participating at practice, games, or team functions. The only exception to this rule is when the head coach, athletic director, and parent all agree that the student's participation would not be beneficial to the player and team.

PLAYER EJECTIONS

Any time a player is ejected from a contest, that player/family is responsible for payment of the TAPPS fees associated with the ejection (at least a \$50 fine) before that player will be allowed to compete in future contests. Additionally, any player ejected will be ineligible for the next scheduled contest (single game or tournament game and football would be 1st half). Ejections from any activity may result in further sanctions by the school, athletic department, and/or TAPPS, depending on the nature of the offense. A coach or player deliberately coming into physical contact with, or threatening to harm an official, shall receive a minimum five (5) game suspension.

https://docs.google.com/document/d/1P5d_J7j5hSzJMhP4nrdGpsx5zJixJbtomn3qUxYgNrs/edit?ts=5bb6363d#heading=h.4zr54tuwpxvb

OFF SEASON GUIDELINES AND EXPECTATIONS

YEAR-ROUND STRENGTH AND CONDITIONING TRAINING

We cannot have successful athletic programs without a strong commitment to strength and speed training. High school student-athletes are expected to work hard on improving strength and speed throughout the school year, whether they are in or out of season. The Athletic Director along with the coaches will, in accordance with league rules, provide both voluntary and/or mandatory opportunities to student-athletes to train in the weight room, gym, and on the fields throughout the year.

SEASON EXPECTATIONS

During the school year, student-athletes are expected to give the in-season sport in which they are participating first priority, and are not expected to train for another school sport during that time period. Any organized training for another sport during the season in which an athlete is



participating should be cleared with the current in-season Head Coach or Athletic Director.

Regardless of in-season versus out-of-season status, an emphasis will be placed on strength and speed training, both of which will be required of all 9th-12th grade student-athletes throughout the school year.

During the summer, all student-athletes are expected to work on and develop their athletic abilities. Understanding that family and personal time take first priority during the summer, various opportunities (at school and outside of school) exist for student-athletes to train when they can. If a student-athlete is in town and not committed to a family activity, it is assumed that he/she will be engage in some sort of personal strength and speed development program.

SUMMER CAMPS AND CLUB TEAMS

RRCA Athletes are encouraged to attend “Cru Camps” each summer. Cru Camps are designed to increase general athletic ability used in both boys and girls sports. Participants in Cru Camps are monitored and trained by RRCA coaches.

Participating on club/select teams to continue developing skills and understanding of specific sports is a family’s decision. RRCA Athletic Department and coaches will help promote school sponsored summer camps (called “Cru Camps”) as well as provide information to athletes looking at different opportunities to continue their skill development during the summer months and season.

RECRUITING POLICY

Students and families must follow the admissions procedures established by the school. No student, regardless of intended athletic participation, will be given preferential treatment for admission status. All TAPPS rules regarding transfer students must be followed. Please refer to the TAPPS Constitution and Bylaws regarding rules for transfer students. This includes solicitation, enticement and inducements. RRCA will not offer or support any form of enticements or inducements, including athletic scholarships, by the Athletic Department or anyone associated with Round Rock Christian Academy.

PARENT GUIDELINES AND INFO

FAN BEHAVIOR

All participants, coaches, players, teachers, and spectators are representatives of Round Rock Christian Academy. During each competition, the behavior of our athletes, coaches, teachers, and fans should express our objective to honor God. Cheering **will** be with the intention to motivate our team and always be done in a positive manner. Fans of Round Rock Christian Academy will never insult or provoke the opposing team. Coaches, athletes, and fans are expected to treat officials with respect and courtesy. Inappropriate remarks to officials will not be allowed and could result in removal from the game by the game administrator. Fans should never approach officials and/or opposing coaches after games, whether courtside or in the parking lot, to discuss aspects of the game.



SPORTSMANSHIP

During home contests, we serve as hosts to the visiting team, its students, and spectators. They are our guests, and they should be treated accordingly. At away contests, we are expected to act as invited guests. We will treat the home school's personnel and facilities with care and respect.

As participants and spectators, we want to cheer for our team, not against the opponent; modest in victory and gracious in defeat. Additionally, we will regard the rules of the game as an agreement, the spirit and letter of which we should not break. Players play the game, coaches coach the game... no official has ever "lost" a game for a team. Much like we do not readily credit an official for a win, we will not blame an official for a loss. Officials will be treated with respect and we will accept absolutely and without quarrel the final decision of any official.

Any member of the RRCA community who is a participant or spectator at an event, who uses profanity, engages in inappropriate behaviors such as fighting or similar misconduct, will be dismissed from the event and is subject to disciplinary action by the school.

PRESENCE AT GAMES AND PRACTICES

The coach's classroom is the court or field, usually with undefined walls, making it easy for parents to naturally move close to the action. Parents should be interested, supportive observers **from a distance**. The coach needs room to be able to instruct and the player to perform without distraction from the stands. Distraction only yields poor results. Cheer them on, yes! Coach or yell at them, no!

It is important to student-athletes that, if possible, parents are present at games, both home and away. A parent's attendance tells the child that he/she cares and that they want to share in the joys and frustrations that are a part of competition. It also gives parents an opportunity to develop a bond with their child and other parents, and to observe the progress made throughout the season.

Practices, which are considered valuable instructional and evaluation time, are open to all non-team or program personnel, but must be previously approved by the Head Coach. Invited guests are expected to refrain from disrupting practice sessions, and from interacting with players and/or coaches. There may be times when coaches ask to have a closed practice session and in such cases we ask parents to respect the instructional methodology the coach employs.

PARENT VOLUNTEERS

All parents of student-athletes will be called upon at various times to help out with such things as concessions (hosted by RRCA Booster Club), performing official contest related duties such as first down markers at football games, and clock/scoreboard or scorebook keeping at volleyball and basketball games. All parents are asked to help with the cleanup process after each sporting event.



COMMUNICATION WITH PRESS, PUBLIC, AND OPPOSING TEAM

All press releases must be approved by the Athletic Director (calling in box scores to the local newspaper is not considered a press release and should be the responsibility of the Head Coach or his/her appointed contact person). Please do not damage the relationship our school has with media outlets by harassing them for lack of press coverage of our athletic events.

Parents should never contact opposing schools, officials, or the TAPPS office to voice complaints over athletic contests, opposing players, coaches or fans, or officials. All concerns and/or opinions should be communicated directly with RRCA's Athletic Director.

SAFETY, FIRST AID, AND TRAVEL TO GAMES

STUDENT ACCIDENT INSURANCE

RRCA provides a supplemental Student Accident Insurance for each student enrolled at RRCA through QBE Insurance Corporation. The accident insurance plan is designed to cover students while they are participating in a school sponsored or supervised activity. The plan will consider reimbursing eligible expenses that are not covered by the parent's healthcare plan for medical expenses. Therefore, prior to filing a claim with QBE, the parent must first file with their healthcare plan.

HEALTH and SAFETY STANDARDS

Parents and athletes are responsible for being up-to-date on the educational material on the TAPPS website concerning Concussions, Sudden Cardiac Arrest, Steroid Abuse, Heat Stress, and Dehydration. Go to <https://tapps.biz/health/> and find materials under Health and Safety.

FIRST AID/CPR/CONCUSSIONS

All RRCA coaches receive regular first aid and CPR training. All high school coaches annually meet TAPPS training standards for health and safety, first aid, and dealing with concussions.

CONCUSSION POLICY FOR ALL EXTRA-CURRICULAR ACTIVITIES

The academic management of a student with a concussion will be on a case by case basis. In all cases, school administration will err on the side of caution. If a medical professional places the student on concussion protocol, an individualized plan will be set up by administration. Students who are placed on modified attendance by a medical professional will be required to follow the specifics of the individualized plan. During recovery, rest is key. Some normal daily and school activities that may cause concussion symptoms to reappear or get worse are:

- exercising
- attending school events that can be loud (pep rallies, sporting events, fine arts events)
- driving a vehicle
- playing video games



- using a cell phone
- concentrating / studying
- working on a computer
- reading for extended periods.

Students who return to school after a concussion may need some or all of the following accommodations:

- spend fewer hours at school
- take rests breaks
- be provided extra help and time to complete schoolwork
- spend less continuous time reading and writing
- limit screen time (computer, tv, cell phone use).

The individualized plan will include the level of participation and attendance permitted at any school activities (academic or extra-curricular) until such time as the student is able to resume a normal full academic load with no re-occurring side effects.

DEALING WITH HEAT

Dealing with the Texas heat, particularly during the late summer in outdoor sports like football and cross country, is something that cannot be avoided. The responsibility of the coaches is to train and prepare student-athletes for safely competing in hot conditions. Common sense is the rule of the day. Hydration is the most important factor in being prepared for the heat; student-athletes should be taking care of themselves by staying constantly hydrated – not just hydrating during practices and games. (see School policy on heat guidelines)

ATHLETIC PHYSICALS AND TAPPS FORMS

All student-athletes must have on file an annual pre-participation physical with the Athletic Director. The annual physical must be completed by an appropriate licensed medical professional prior to participation in any practice or event. Additionally, all student-athletes must have a pre-participation medical history form completed and signed by the student-athlete and a parent.

TAPPS requires all member schools to educate parents and students. TAPPS has created a portion of their website for parent and student review and education. You will find information and links on the TAPPS website: <https://tapps.biz/> that will support you in your knowledge of the areas outlined below. You will find the following electronic forms link to RankOne sports on the RRCA athletic website:

- **ANNUAL Physical Examination: for ALL Athletes: 5th-12th grade**
- **Medical History: parent and student signature required**
- **TAPPS Student Acknowledgment of Rules (9th-12th graders only): parent and student signature required**
- **TAPPS Student Profile (9th-12th graders only): parent and student signature required**
- **TAPPS Signature Page (9th-12th graders only): parent and student signature required**



- Intent to Participate Form: **parent and student signature required**
- Release and Indemnity Agreement (included on form is Athletics Authorization for Medical Care and Permission/Waiver for Activities On and Off School Grounds: **parent signature required**

It is important that you take time to read all the material online and pay close attention to the signatures required.

INCLEMENT WEATHER/EMERGENCY SITUATIONS

The Athletic Department at RRCA will carefully monitor the weather status on practice and competition days. Decisions regarding the safety of players, fans, and coaches will be made by the Athletic Director, Head of School, head coach, game administrator, and/or sport official. In the event of inclement weather, every effort will be made to notify parents by 1:30 pm if a practice and/or game will be canceled. If severe weather occurs after 1:30 pm, parents will be notified by the athletic office or coach. The Renweb Parent Alert text system and email addresses in Renweb will be used for communication.

LIGHTNING

Whenever lightning is observed in the immediate area, anyone participating in an outdoor sport will immediately seek shelter inside a building or automobile and remain under shelter until no lightning has been observed for 30 minutes. During games, the decision to play or not play is in the hands of the officials once a contest has started.

TRANSPORTATION AND TRAVEL

When available, athletic buses will be used to transport teams. All student-athletes are required to use seatbelts while traveling in athletic buses. All student-athletes must travel as a team to games and out-of-town events. They may return with a parent only if the parent informs the Head Coach. All student-athletes must travel as a team to practices and games requiring them to leave during school hours. The following exceptions will be considered on a case-by-case basis and require a signed parental waiver for student-athletes who:

- Drive themselves, by themselves,
- Drive themselves and other student-athletes who are not siblings to the driver (this exception requires parental approval from both sets of parents of the student-athletes), or
- Ride with an adult that is not the student-athlete's parent.

Athletes may not travel alone with coaches of the opposite sex. The driver must be accompanied by at least one adult when traveling to any game/practice. Female trainers may not travel with male athletes or vice-versa. Adult supervision must always be present when administering aid to athletes of the opposite sex.



LATE RETURN FROM AWAY GAMES

The Athletic Department and Head Coaches take into consideration time and travel for away games. It is our intent to have teams back at a reasonable time; however, there are times when teams will return back to school late due to various circumstances. Communication needs to be made to the Athletic Director as soon as possible the circumstances surrounding a late return. In the event that a team returns after midnight, players may be allowed to come in the next day by 9 am. Head coaches should/will plan ahead to have food ordered so that it can be picked up on the way out after the game for players to eat on the bus (ex: pizza, sub sandwiches) when there is a late game time and/or the distance traveled to game pushes arrival time back to school.

MINISTERING TO OTHER SCHOOLS

Crusader athletics recognizes that our coaches, athletes, and families are to be active participants in the body of Christ. To that end, we understand that athletics can be a tremendously effective vehicle to build relationships with other schools and communities. Through the years, Round Rock Christian teams have engaged several public schools in competition and will continue to do so. These schools range from 1A to 5A in UIL. In addition, RRCA also plays a number of secular private schools as well as parochial schools that do not necessarily share RRCA's theology, worldview, or priorities toward competition.

All RRCA players, coaches, fans, and parents should regard these interactions as ministry opportunities regardless of the school we are playing. We should always seek to interact with our opponents, their coaches, and fans – win or lose – with an attitude of love, respect, and graciousness that points others toward Jesus Christ. Please remember that they will associate our attitudes and actions with the God we serve. The administration of Crusader Athletics would like to charge each family to be the body of Christ to our opposing teams, fans, and coaches as well as the officials.

