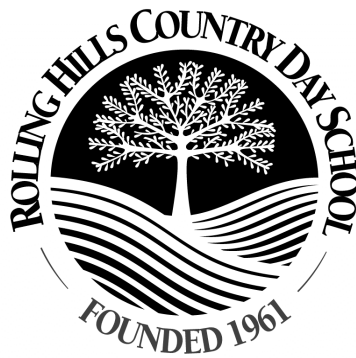


Rolling Hills Country Day School

Competitive Sports



Guidebook

RHCDS

Competitive Sports Program



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COMPETITION

Is the act of striving against others or yourself for the purpose of dominance.
Wikipedia Encyclopedia

RHCDS "Quoteboard"

"In order to excel, you must be completely dedicated to your chosen sport. You must also be prepared to work hard and be willing to accept criticism. Without 100 percent dedication, you won't be able to do this."
Willie Mays, Hall of Fame Baseball Player

"Every game is an opportunity to measure yourself against your own potential."
Bud Wilkerson, Professional Football Player

"Good teams become great ones when the members trust each other enough to surrender the 'me' for the 'we'."
Phil Jackson, Hall of Fame Basketball Coach

"If I don't practice the way I should, then I won't play the way that I know I can."
Ivan Lendl, Tennis Pro

"If the investment is great, losing hurts and winning is exciting." **Dick Vermeil, NFL Coach**

"Talent wins games, but teamwork and intelligence wins championships."
Michael Jordan, NBA Great

"If you can't accept losing, you can't win."
Vince Lombardi, NFL Coach

"What goes around comes around, just like a flip turn." **Unknown Author**

"Chlorine is perfume." **Unknown Author**

"Life is like volleyball...we serve ourselves, we pass things along, we set things up, and we finish things off. Sometimes we have time to recover, but eventually we rotate and the cycle continues."
C. Stacey, Pro Volleyball Player

"I am a member of a team, and I rely on the team, I defer to it and sacrifice for it, because the team, not the individual, is the ultimate champion."
Mia Hamm, Professional Soccer Player

"Don't be content with being average because average is just as close to the bottom as it is to the top." **Danielle Ballentine, Poet**

"The values learned on the playing field, how to set goals, endure, take criticism and risks, become team players, use our bodies, stay healthy and deal with stress – prepare us for life."
Donna de Varona, Olympic Swimmer

RHCDS

Competitive Sports Program

The RHCDS Competitive Sports Program gives our Middle School students an opportunity to participate in the following sports: Co-ed Water Polo, Co-ed Swim Team, Boys & Girls Soccer, Boys & Girls Basketball, and Boys & Girls Volleyball. As part of the South Bay Athletic League, our goal is to produce competitive sports teams. Our sports teams will be comprised of the best student athletes that RHCDS has to offer. The RHCDS Athletic Department encourages all eligible students to be a part of our competitive sports program. Prior to the start of any sports season, students are given an opportunity to sign up for the team. If there is an overwhelming number interested, a try-out will be held. Large numbers equate to limited playing time, therefore not all students will be part of the final roster. Once a roster has been established, the group will be divided into "A" & "B" teams at the coach's discretion. Teams will be chosen and formed using the following criteria:

- Commitment to RHCDS athletics
- Ability to work with coaches
- Ability to productively interact with a team
- Acceptance of coaches' decisions
- Skill level

A Team

The "A" Team is a competitive team that will play for a league championship. Players will not play equal minutes and some players may not play at all. All student/athletes will be given the option to play or be on the "B" team if available.

B Team

The "B" Team is a competitive team, but the emphasis is on development of skills and team strategies. All players will get playing time as this will ensure skill development and game experience.

NO "B" TEAM FOR BOYS & GIRLS SOCCER

RHCDS

After School Competitive Sports Program

FALL Sports

Mid September – Late November/
Early December

Middle School Co-ed Water Polo
Girls Volleyball
Boys Soccer

WINTER Sports

January – Mid March

Girls Soccer
Boys Basketball

SPRING Sports

April – Late May

Girls Basketball
Middle School Co-ed Swim Team
Boys Volleyball

Practices during the pre-season will be held Monday – Thursday, 3:15 – 4:45 p.m. for soccer, basketball, and volleyball. Water sports practice schedules are to be determined by the coach.

Game days for soccer, basketball, and volleyball are on Tuesdays and Thursdays. Game time is 3:30 p.m. Water sports game days vary from season to season, with all games and meets starting at 3:30 p.m.

All “B” games will start approximately 10 minutes after “A” game has been completed.

Team Transportation

All teams will be transported to and from all games by parent volunteers. All parents interested in transporting teams must have driver clearance forms completed and cleared in the front office at RHCDS.

Team Snacks and Refreshments

All families will be assigned a game to bring snacks and refreshments. The acting coach will schedule and assign families to game dates prior to the season.

Sports Banquet

At the conclusion of the sports season, the RHCDS Athletic Department will host a sports banquet in the MPR. The purpose of the banquet is to recognize and honor the accomplishments of teams and individuals. Trophies/awards will be presented to deserving teams and individuals. The banquet is a pot luck style dinner with all teams contributing one of the following: an appetizer, entrée, or dessert. RHCDS will provide the beverages. Appropriate, semi-formal attire is required: no shorts, sandals or worn jeans. The families of all student-athletes are invited.

RHCDS

Student/Athlete Expectations

All RHCDS student-athletes are expected to adhere to the following:

- All student-athletes must have a grade of "C" or better in all classes upon the completion of a semester
- All student-athletes must have a satisfactory grade in effort and citizenship in all classes at the completion of the semester
- All student-athletes must complete homework assignments on time
- All student-athletes must avoid detentions
- All student-athletes must be able to attend all practices and games unless other arrangements have been made with the coach
- All student-athletes must display as well as promote good sportsmanship
- All student-athletes must display respect toward all referees and officials
- All student-athletes must be able to graciously deal with victory and defeat
- All student-athletes must display dedication to academics and athletics
- All student-athletes must abide by rules and policies stated in the RHCDS Student Guidebook

Participation in RHCDS Competitive Sports Program is a privilege. Student-athletes failing to adhere to the above mentioned responsibilities may result in suspension or dismissal from practices, games, or the season. Consequences will be determined after a conference with the student/athlete, teacher(s), coach, and Athletic Director. In extreme situations, parents, Head of Middle School, and Executive Director will be included in the conference.

RHCDS

Parent Expectations

RHCDS parents have played a major role in the success of RHCDS Athletics. The athletic department appreciates the efforts and sacrifices made while your children are participating in after school sports. RHCDS Athletics enjoys a high level of encouragement and sportsmanship from members of students' extended families, including parents, teachers, school administrators, and RHCDS students. We want your children to have an enjoyable as well as educational experience through sport and competition. Part of your child's success will undoubtedly benefit from a respectful parent – athletic department relationship. All parents are expected to adhere to the following;

- *Discuss all concerns with the coach before contacting the school's Athletic Director or administrators*
- *Avoid jumping to conclusions. Remember that some children tend to exaggerate both when being praised and criticized, and decisions about issues such as playing time are usually the product of many factors.*
- *Remember that independence through athletics is critical in a child's development. Parents should consider the value of stepping back to release their child to the sport, except where there is clear evidence of physical or emotional concerns.*
- *During sporting events, try to keep all comments positive*
- *Refrain from yelling at officials and referees - no matter what the perceived error or injustice*
- *Absolutely NO taunting of opposing players or coaches will be tolerated*
- *Limit your interaction with your child during a sporting event as this could lead to distractions, as well as a player searching for parent approval or disapproval*
- *Accept your child's playing time – remember strong TEAMS have strong benches*
- *Enjoy your child's athletic experience at RHCDS*

Words of Wisdom

- *There are appropriate and inappropriate subjects that a parent can discuss with a coach. Appropriate subjects are mental and physical treatment of a child, ways to help the child improve, and the child's behavior. Inappropriate ones are playing time, strategy and other team members*
- *There are four positions on an athletic arena; spectator, referee, coach, and player. We only get to choose one.*

RHCDS

Student/Athlete – Parent Agreement

The student/athlete – parent agreement has been put in place to achieve understanding of the expectations placed upon student-athletes by the athletic department. This information is also designed to assist parents in understanding these expectations and consequences that student-athletes are subject to for failing to meet athletic department expectations. By signing this document the student-athlete and parents acknowledge an understanding of the rules and the regulations contained in this agreement. They recognize the rules and regulations that pertain to the athletic activity involved as well as the effort and dedication that participation in athletics requires. The expectations and regulations set forth in this document are not designed to question the integrity of the student/athlete, but rather to aid him/her in achieving the best outcome that he/she is capable of attaining.

.....
Please complete and return to RHCDS. (Cut Here)

Sport(s) Interest

Student/Athlete Name

Parent/Guardian Name(s)

The signatures below indicate that both student/athletes and parents understand and agree to abide by the rules and expectations set forth. In addition both student/athletes and parents/guardians understand the consequences for failure to meet the expectations. A copy of the expectations has been retained by parent/guardian.

_____ Date _____
Student/Athlete Signature

_____ Date _____
Parent/Guardian Signature

RHCDS Honor Code

**I pledge honor to myself and others
by respecting
the world and its people.**

**I will speak and act with honesty,
welcome responsibility,
uphold a high moral standard,
and have the courage to do what is right.**

**In all that I do,
I will devote my best effort,
contributing
to Country Day School and the world community with enthusiasm and spirit.**