

# Rowland Hall Middle School Athletics Program

## Athletics Philosophy

Just as we strive for excellence in academic achievement at Rowland Hall, so too do we strive for excellence in athletics. The philosophy of Rowland Hall middle school athletics centers on providing a competitive, yet developmental program that allows all our student-athletes an opportunity to reach their potential. The program balances the teaching of sport-specific individual and team skills, with the development of critical character skills such as sportsmanship, discipline, respect, and responsibility. A middle school athletic experience should increase student self-esteem and foster the love of sport and camaraderie through the team experience. We aim to create a competitive experience in middle school so that student-athletes can develop the skills necessary for success at the high school level.

## Team Placement

We would like to give as many students as possible the opportunity to participate in our athletic program without losing the focus of our core value of excellence for everyone. Before each sport's season, we look at the demand from our student body and create teams based upon many factors, including availability of facilities, coaches, and teams with which to compete. We will provide opportunities to challenge our strongest players as well as develop the skills of our less experienced players.

- **C Team:** Will be a developmental team for 6th grade only. The only scenario when a C team player may be moved up to an A or B team is if there is a need for more players in order to field a team.
- **B Team:** Will be a team composed of 7th & 8th graders with a focus on skill development and understanding strategy.
- **A Team:** Will be our most competitive team composed of 7th & 8th graders.

## Playing Time

Rowland Hall Middle School coaches aim for the highest level of achievement for both their teams and for their individual players. Individual athlete's playing time will vary from player to player, game to game. As long as a player commits to participation in practice, that player will play a minimum of 25% of each game during the regular season. During the playoffs, the player will be eligible to play based on coach's discretion, but will at least appear in each post-season game.

## League Affiliation

Rowland Hall is a member of the Wasatch Athletic Conference (WAC). The WAC was established in 1987 as an athletic league to serve independent, parochial, and Lutheran schools in the SLC area of the Wasatch Front. Philosophically, the league aligns with our athletic philosophy in that it progressively moves from an experiential/learning level (Level C) to an appropriately competitive level (Level A). Even at the A Level however, this league in no way matches or even tries to mimic the more intense "comp" experience. Its primary intention is to expose students to healthy competitive situations and to create a safe environment for students of all experience levels to learn new sports. A wonderful byproduct of this inclusivity is the team and grade level camaraderie created which ultimately fosters school spirit as well.

The WAC is comprised of seven other schools: Redeemer Lutheran, Intermountain Christian, Waterford, Grace Lutheran, Layton Christian, St. Joseph, and McGillis.

Fall WAC offerings: boys' soccer, girls' volleyball  
Winter WAC offerings: boys' and girls' basketball  
Spring WAC offerings: girls' soccer and co-ed cross-country

Spring non-WAC offerings: girls' softball, boys' baseball, mountain biking

### **Attendance at Practices/Games**

Attendance at all practices and games is **mandatory**. If an athlete must miss a practice or game, notification of the coach should be done as far in advance as possible, not the day of the game or practice unless the absence is due to illness. **Each coach may develop a policy concerning tardiness or absence from practices or games**. Conflicts arising from academic needs or personal circumstances should be discussed with a player's coach as soon as the need arises so that arrangements for appropriate accommodations can be made if deemed possible.

### **School Absences and Game Participation**

**In order to participate in a game, a student athlete must be in attendance at every class that day.** Medical or dental appointments, funerals, weddings, field trips, and other school-related functions will be considered as excused absences and participation is allowed. **Failure to attend classes due to illness will result in ineligibility for game participation that day.**

### **Concussion Policy**

Any athlete that has experienced trauma to the head and experiences concussion-like symptoms should be evaluated by a doctor who has concussion training. **All coaches and athletes must abide by the [UHSAA concussion management plan](#) and the [RH Concussion Management Policy](#).**

If an athlete has been diagnosed with a concussion by a trained doctor then the family must complete **all** steps of the [UHSAA Post Concussion Instructions / Return to Play Clearance Form](#) before being allowed to return to full participation in athletics. The doctor will play a role in determining your athlete's readiness to fully "Return to Play" and "Return to Learn" mode. If your athlete is diagnosed with a concussion by a trained doctor then your family is responsible for notifying the Rowland Hall Main Office and Athletic Director so that they can notify coaches, PE teachers, and classroom teachers of any accommodations recommended by the doctor.

### **Injury Policy**

If an athlete is injured and unable to play, coaches will follow doctor's instructions as to the treatment of the injured athlete when such instructions have been given to the coach. □ A coach may require a written doctor's release before an athlete can resume participation following an injury.

ATHLETES AND PARENTS MUST UNDERSTAND THAT PARTICIPATION IN ANY ATHLETIC ACTIVITY INVOLVES THE INHERENT POSSIBILITY OF INJURY. THE INJURY CAN RANGE FROM MINOR TO MAJOR IN NATURE.

In fact, potential injuries may be severe in nature, including such conditions as: fractures, brain injuries, paralysis, or even death. Parents and athletes must also realize they maintain FULL RESPONSIBILITY for treatment of all injuries and for the consequences of return to play in games and practices following an injury.

### **Excusal from Physical Activity Policy**

Physical activity includes physical education and dance classes, athletic practices during and/or after school, athletic games/events after school hours, and physical activity during recess.

In order for students to be excused from physical activity during school hours, families need to provide either a note from a physician excusing their child from physical activity or provide a written note each day of the excusal from a

parent/guardian. If the excusal is based upon a physician's note, the student may not return to physical activity without a clearance from a physician.

**Excused students will continue to attend all physical education, dance classes, and athletic practices as usual during the school day.** While they will not be physically active, they may be given an alternate activity during class/practice time.

### **Conflicting Activities**

Student athletes who are considering participation in a sport as well as involvement in another school activity such as the school play, debate, music, etc., are responsible for contacting both parties involved to inform each of potential conflicts. **Both supervisors then have the option of requiring the student to make a choice if the schedules submitted and discussed cannot be reconciled in such a way that permits the student-athlete to participate in both activities to the satisfaction of the supervisor or the coach.** This policy pertains to non-school related activities as well (music lessons, dance lessons, outside Rowland Hall sport team participation, etc.).

### **Athlete/Coach Conflicts**

If a student-athlete has a problem with a policy or decision made by a member of the Rowland Hall coaching staff, it is expected that a meeting to discuss the conflict will first be held between the coach and the athlete. If the situation is not resolved following this meeting, the coach should meet with the parent or guardian of the athlete for further discussion. The next step would involve a meeting with the Athletic Director, and the final meeting, if necessary, would involve the Rowland Hall principal (and Head of School if deemed necessary). Following such a procedure will assure all involved parties of a fair resolution to the situation. The coach and athletic director will work together to see that all concerns are heard and responded to.

### **Eligibility**

**Discipline Resulting in Suspension: During the period of in-school or out-of-school suspension, the student may not be allowed to participate or be a spectator in any athletic events of the school.**

### **Emergency Forms**

In order to participate in middle school athletics, a current emergency medical form must be on file with the front office. No exceptions.

### **Transportation**

The following policies will apply to athletic team transportation at Rowland Hall:

- Rowland Hall provides transportation to away athletic events when the departure time is before or during dismissal. Any game that requires transportation to leave after school hours is the responsibility of the parent to get their child to the game site. Please note that only coaches and players can ride the bus to and from athletic events. Parents must provide their own transport.
- The Athletic Director is responsible for arrangements for team transportation to away sites.
- **Written permission (text message or email) from a parent or guardian will be necessary if an athlete will use alternative transportation back to Rowland Hall (in lieu of riding the bus) even if that transportation will be provided by the athlete's parent or guardian.** Each request of this nature will be considered on its own merit by the coach.

- Coaches and student-athletes are responsible for the care of vans and buses. These vehicles should be kept clean and free from damage. Upon return from a trip, athletes are expected to remove all trash and equipment from the vehicle. Passengers are expected to show respect for the vehicle and driver at all times.

### **Cell Phones, Texting, and iMessaging**

Students cell phones should **not** be used during extended day program, while participating in athletics events, or on field trips, except with permission from the supervising adult.

### **Pick Up**

If an athletic event ends or returns to campus before 5:50 pm, all students who are not picked up will be signed into Extended Day. If this practice is at Steiner Campus Soccer Field or McCarthy Campus Field House, the students will be signed into the Lower School (LS) Extended Day. There is a 10-minute window for pick-up after athletic events as well. If a student is not picked up during this time (e.g., 5:00 - 5:10 for an event ending at 5:00) s/he will be sent to Extended Day and signed-in. If the event is on the McCarthy Campus, s/he will be signed-in at the McCarthy Extended Day program in the Dining Hall.

### **Insurance**

**The possibility of injury, which can range from minor to major in nature and even death, is inherent to participation in sports.** Consequently, all athletes must be covered under hospitalization insurance through their family in order to take part in the athletic program at Rowland Hall. The school will not assume the responsibility of insuring athletes. Insurance information should appear on the student's Emergency Medical Form.

Contact [Shannon Casson](#), Middle School Athletics Director, with any questions.