

ATHLETIC HANDBOOK

ROWLAND HALL UPPER SCHOOL ATHLETICS DEPARTMENT STAFF

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FALL PROGRAMS (Sign up deadline: June 15)

Cross Country (Boys and Girls)

Head Coach: Mark Oftedal (801) 359-7028 markoftedal@rowlandhall.org

Golf (Boys)

Head Coach: Stacey Camacho (801) 864-5954 camachostacey@gmail.com

Soccer (Girls)

Head Coach: Bobby Kennedy (435) 901-1554 bobbykennedy@rowlandhall.org

Swimming (Boys and Girls)

Co-Head Coaches: Hope Feliciano (385) 229-9924 hopefelician098@gmail.com

Nick Skorut (801) 915-1102 nskorut98@gmail.com

Tennis (Girls)

Head Coach: Rich Francey (949) 500-9822 rfrancey@gmail.com

Volleyball (Girls)

Head Coach: Kendra Tomsic (801) 550-8454 (see email above)

WINTER PROGRAMS (Sign up deadline: September 15)

Basketball (Girls)

Head Coach: Stacy Martin (801) 554-8614 cmartin4646@gmail.com

Basketball (Boys)

Head Coach: Zack Alvidrez (801) 970-0363 (see email above)

Swimming See above info

SPRING PROGRAMS (Sign up deadline: November 15)

Golf (Girls)

Head Coach: Spencer Schindler (904) 392-3437 spencer.schindler@gmail.com

Soccer (Boys)

Head Coach: Joe Murray (801) 243-1255 jppmurray@hotmail.com

Softball (Girls)

Head Coach: Kathy Howa (801) 971-0754 cathyhowa@gmail.com

Tennis (Boys)

Head Coach: Rich Francey (949) 500-9822 rfrancey@gmail.com

Track & Field (Boys and Girls)

Head Coach: Mark Oftedal (801) 359-7028 markoftedal@rowlandhall.org

Ultimate Frisbee (Boys)

Head Coach: Xander Knock (808) 725-7887 aeknock@gmail.com

Volleyball (Boys)

Head Coach: TBA

I. INTRODUCTION

The primary purpose of this handbook is to give student-athletes, parents, coaches, and other interested persons an orientation to the philosophy, policies, and procedures of the athletic department at Rowland Hall.

Rowland Hall student-athletes are expected to follow the guidelines set forth by the school and the athletic department. Students who choose to participate in any of the athletic programs at Rowland Hall are making a commitment to themselves, the school, and established athletic department policies.

II. MISSION STATEMENT

Rowland Hall athletics provide a positive, competitive environment that emphasizes skill training, commitment, respect, accountability, and development of character and self-esteem, while enjoying sport and the camaraderie of a team experience.

III. PHILOSOPHY STATEMENT

We want to maximize the number of students who can participate in interscholastic sports, as we feel that skills which can be gained through teamwork and personal sacrifice, as well as lessons that can be learned through the experience of winning and losing, are valuable, life-long tools.

Students who desire to participate in the Upper School athletic program must demonstrate a clear and sincere commitment to their sport or sports of choice and become actively involved in activities directly related to that particular program (e.g., individual or team camps, open gyms, off-season conditioning, etc.). We would rather keep less skilled players whose attitudes are exemplary than players whose willingness to work hard and be a positive member of a team is insufficient. We will make every effort to keep as many students as possible on our teams but will not compromise the program itself or the ability to strive for excellence if numbers grow beyond the optimum for such excellence to remain a goal. In this instance, a tryout cut procedure may be deemed necessary.

If a student who has never participated or who participated for a period and then stopped participating, decides he or she would like to get involved during his or her junior or senior year, he or she must get approval from the coach of that sport PRIOR TO signing up to play.

Coaches have the responsibility to work towards the highest level of achievement possible both for the team and each individual player. Athletes and parents, in turn, must be prepared to make sacrifices, to commit the time and energy necessary to achieve personal and team success. If this mutual commitment exists, just as we strive for excellence in academics at Rowland Hall, so too can we strive for excellence in athletics.

Playing time can be an issue for students, parents, and coaches. The goal for freshman and junior varsity teams is to give players experience. These teams are more developmental in their nature. Though there is a desire to win and playing time reflects this, all players who demonstrate consistently positive effort and attitude, commitment to hard work as well as

appropriate skill level and knowledge of the game, will receive some playing time in each contest.

Playing time at the Varsity level in most games will be based on the goals of winning the game, developing players for the future, and rewarding hard work, sportsmanship, and responsibility.

Serious disrespectful behavior or negative attitude at any time may result in loss of playing time or even dismissal from the team. Players who are late to or have an unexcused absence from practice risk a loss of playing time. Chronic tardiness or absence may also result in dismissal from the team.

IV. THE ROWLAND HALL PROGRAM

Sports offered at Rowland Hall Upper School include the following:

Fall

Cross Country (Girls and Boys)
Golf (Boys)
Swimming (Girls and Boys)
Soccer (Girls)
Volleyball (Girls)

Winter

Basketball (Boys)
Basketball (Girls)
Swimming (Girls and Boys)

Spring

Golf (Girls)
Soccer (Boys)
Softball (Girls)
Tennis (Boys)
Track and Field (Boys and Girls)
Ultimate Frisbee (Boys)
Volleyball (Boys)

Rowland Hall is a member of Region 17 of the Utah High School Activities Association (UHSAA) and is considered a 2A school based on enrollment grades 10-12. This Region is comprised of six other schools, including American Leadership Academy, Draper American Preparatory Academy, St. Joseph Catholic High School, Maeser Prep, American Heritage and Waterford. Non-league athletic contests are also scheduled with other UHSAA member schools during each sports season.

V. CODE OF BEHAVIOR AND EXPECTATIONS FOR ATHLETES

Dedication to the athlete's chosen sport is critical and involves a number of key issues as outlined in the following paragraphs.

1. Attendance at Practice/Games

Attendance at all practices and games is **mandatory**, unless otherwise indicated by the coach. 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.** After receiving a copy of the schedule, athletes must notify the coach IMMEDIATELY concerning any obvious conflicts they have with games and/or practices. If any other conflicts arise during the season, the coach should be notified immediately. 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.

Sometimes UHSAA sponsored sports seasons overlap (e.g., spring sport practices and/or contests begin before winter athletic programs have ended). This overlap can create a situation whereby an athlete participating in one Rowland Hall sports season is obliged to miss practices and/or contests of the next activity (e.g., a basketball player is still in post-season tournament and has to miss soccer or softball practices or games due to that participation). **This situation represents an exception to the "must attend practice before participation will be allowed" policy of the Rowland Hall athletic department.** In other words, if a basketball player misses softball or soccer practices due to participation in the Rowland Hall basketball program, he or she will be eligible to participate in the spring sport contests IMMEDIATELY upon completion of the basketball season if he or she had to miss spring sport practices due to basketball participation. An athlete must notify the spring coaching staff of this situation.

2. Pre-season/Vacation Practices

Students and parents must understand that because both pre-season in the fall and spring and practices held during the winter vacation are important to the progress of the team, every effort must be made to attend; indeed, since parents and students are given notice well in advance of practice dates, students are **expected** to attend all practices and games throughout the season. Students and parents must realize that missed practices will result in a player falling behind other players in his/her preparations for the season, or the games immediately after a vacation and such absences also impact the team dynamic. **This will usually affect a player's position on the team for at least some period after the player returns to the squad.** Coaches should be informed as soon as possible if the decision is made to miss any or all of these practices. **Upon reviewing the request for absence, a coach may choose to counsel the player out of the sport if he or she determines missed days will impact the player and the team to too great an extent.**

3. Drug/Alcohol Policy

Student athletes are expected to keep themselves in the finest of physical condition by abstaining from tobacco products, electronic cigarettes or vapor products, alcohol, and illegal drugs. Alcohol consumption, use of tobacco products, use of electronic cigarettes, or vapor products, use of illegal drugs or abuse of legal drugs, if observed or use or distribution/dealing established, may result in limitations for participation in UHSAA sponsored activities as outlined in the Utah High School Activities Association handbook, which reads:

a. First offense: Suspension from two consecutive games, meets, matches, competitions or performances at the same level of play (and any intervening levels as well). Practice may be continued following a personal assessment of the student by a licensed substance abuse intervention or treatment program and /or participation in a school approved intervention program.

b. Second offense: A six-week suspension from games, meets, matches, competitions, or performances. Student participation in an assessment by a licensed substance abuse intervention or treatment program with prescribed follow-up is required. Practice may continue only after the assessment has been completed and positive participation in the prescribed follow-up is occurring.

c. Third offense: An eighteen-week suspension from all games, meets, matches, competitions, performances, and practices. Reinstatement of eligibility at the end of the eighteen-week suspension is predicated upon successful completion of a formal assessment, intervention, and treatment program.

Conditions of this policy include:

- Violations carry over year- to -year and sport/activity to sport/activity in a participant's career (there is no "fresh start" each year).
- Violations must occur and be discovered during a sport/activity season.
- Any penalties for violation follow the student to any school to which he/she transfers.
- Any violation beyond the third offense carries the same penalty as the third offense.

In all of the foregoing offenses, Rowland Hall school policies that deal with discipline, suspension, corrective measures, parent/guardian involvement, rehabilitation, and so forth as outlined in the Student/Parent Handbook must also be met. Use of illegal drugs can result in school-enacted disciplinary actions, as well as require law enforcement involvement. **School policy as outlined in the Student-Parent Handbook regarding drug testing will apply, as well.**

Our programs are designed to help student-athletes become good citizens and teach them to be self-reliant, self-sufficient, thinking individuals. We feel the use of alcohol, tobacco products, or other drugs in almost every instance deters the realization of these goals and will, therefore, enforce the policies outlined.

4. Social Media Policy

The Rowland Hall Athletics Department supports the school's "Acceptable Use" policy for the use of laptops and all school computers. The Athletic Department also recognizes and supports the student-athletes' rights to freedom of speech, expression, and association, including the use of social networks. In this context, however, each student-athlete must remember that playing and competing for Rowland Hall is a **privilege**. As a student-athlete, you represent Rowland Hall and our school community, and you are expected to portray yourself, your team, and the school in a positive manner at all times.

Do not have a false sense of security about your rights to freedom of speech. Understand that freedom of speech is not unlimited. The on-line social network sites are NOT a place where you can say and do whatever you want without repercussions. The information you post on a social networking site is considered public information. Protect yourself by maintaining a self-image of which you can be proud for years to come.

Participation in activities, groups and teams is a privilege at Rowland Hall. The use of social media by a student considered to be "unbecoming of a Winged Lion" may result in discipline including suspension or removal from the activity, group, leadership position, or team.

Student-athletes and parents are required to E-sign that they have read more specific information regarding the use of social media as part of the Register My Athlete process, and

thus agree to abide by the policy and acceptance of any consequences that result should a violation of said policy/guidelines occur.

5. *Bullying/Hazing*

It is important that a safe learning environment be maintained in our athletics department that is free from hazing and bullying behaviors.

Given that, the Rowland Hall Athletics Department prohibits all forms of hazing and bullying of students and school personnel at any time and at any location and will actively enforce all policies and procedures included in the school's Hazing/Bullying policy as outlined in the Student-Parent Handbook regarding reports of alleged behaviors that fall into the definition of hazing or bullying.

6. *Overnight Trip Policy/Expectations*

Student-athletes are representing their team, coaches, family, school, and community when they travel on overnight trips and are expected to conduct themselves accordingly. These trips are sponsored school functions; therefore, all rules, regulations, and policies outlined in the Upper School Student-Parent Handbook and Athletics Handbook are in effect. Coaches/chaperones will discuss specific expectations with student-athletes prior to any overnight trip.

7. *School Absences and Game Participation*

To participate in a game, a student athlete must attend 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 may be allowed. Failure to attend classes due to illness will result in ineligibility for game participation that day.

8. *Injury Policy/Concussions*

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. If an athlete has seen a physician for an injury and has been sidelined by that doctor due to the injury, a written doctor's release must be submitted to the coach/athletic trainer before an athlete can resume participation following that injury. **All coaches and athletes must abide by the UHSAA management/return to play plan as outlined for concussions.** Rowland Hall policy regarding Concussions must also be followed, a policy outlined in detail in a document posted on the Register My Athlete site.

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.

A parent/guardian and the student-athlete are required to electronically sign and submit via Aktivate the UHSAA issued Participant and Parental Disclosure and Consent Document for participation in the Rowland Hall Athletic program to occur.

9. *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.).

10. *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.

VI. ELIGIBILITY

A. *Scholastic Eligibility*

Utah High School Activities Association rules established for scholastic eligibility will govern academic eligibility of Rowland Hall student-athletes. They are as follows:

1. An individual must be a full-time student at Rowland Hall, or otherwise comply with all Utah State Board of Education dual enrollment requirements. The Rowland Hall Board of Trustees shall define the level of participation at the school that would give a student full time status. Such definition shall apply to all aspects of the student's enrollment, not merely activities.

2. A student cannot fail more than one subject in the preceding grading period (for purposes of this rule, a failure in a multi-period subject shall be counted as the number of failures equal to the number of periods in the class). **Incompletes (I), no grades (NG) and no credits (NC) are considered failures until made up.**

3. A student must have obtained a minimum grade point average (GPA) of 2.0 (based on a 4.0 scale) or its equivalent in the preceding grading period. The grade point average must be recalculated once an I, NG or NC has been made up, with the new grade replacing the deficiency. A recalculation of grade point average would also need to be done if deficiencies are replaced during the summer grading period. To replace the deficiency obtained during the final grading period, the new grade must be earned in the same subject area and must come from a school district approved summer program. Deficiencies for purposes of this rule include any letter grade. No other make-up work is accepted to gain academic eligibility during the school year.

- A student who has failed to meet the minimum requirements set forth shall be ineligible for participation in UHSAA activities throughout the next grading period, provided, however, the deficiencies in the final grading period of the school year may be made up prior to the first term of the succeeding year by any method acceptable to the school district or the member private school. Deficiencies must be made up in the same subject area.

- The scholastic regulations apply to students who are in the 10th, 11th, and 12th grades. The Scholastic regulations **do not apply** to the first grading period of a ninth-grade student. However, scholastic regulations **do apply** to subsequent grading periods of any ninth-grade students at a junior high, middle school or any other equivalent level of education who has established eligibility at a member high school as provided in the UHSAA by-laws.
- Eligibility under this rule is determined when grades are posted. Grades are “posted” when the school registrar enters all grades electronically and they are available to students, parents, and teachers. In no case may the posting date be more than five school days following the last day of the grading period. Grade changes after that time cannot restore lost eligibility, except for a documented clerical error.
- These scholastic regulations are the minimum required for participation in UHSAA activities. Nothing in this rule shall prevent local boards of education or governing boards of private schools from establishing standards, related with grades, which exceed those of the Association. Any such rule, however, is not binding on the UHSAA.

4. A student who is scholastically ineligible for a grading period cannot represent the school in any contests with varsity, junior varsity, sophomore, or freshman teams, whether it be pre-season, league or post-season competition. For the purposes of this rule, the word “represent” includes the following without limitation. A student in violation of the scholastic rule shall not:

- a) be in uniform on competition day
- b) warm up with the team
- c) be introduced as a member of the team

B. Transfer of Eligibility Rule

Any student who plans to participate in the athletic program at Rowland Hall and who transferred here from another school **must meet** with the Athletic Director to determine their eligibility status. Failure to do so risks not only the eligibility of the transfer student but could also result in unfavorable consequences for the entire team in the form of fines and forfeiture of any contests in which he or she participated.

The Utah High School Activities Association Transfer Rule is as follows:

A student may request and an association shall grant a student eligibility to participate in an interscholastic activity after the student transfers to another school if the student participates in interscholastic activities at the new school and at least one of the following apply:

- A.** The student’s full family moves outside of the boundaries of the originating School and into the boundary of the new school;
- B.** The student’s transfer to the new school is a result of a death in the family which requires the student to move from the student’s original residence;
- C.** The student’s transfer to the new school is a result of a divorce, which requires the student to move from the student’s original residence;
- D.** The student moves to live with an individual who has legal custody of the student with full and complete guardianship, which includes therapeutic boarding schools for students who are involved in therapeutic treatment at the new UHSAA member school;
- E.** The student has been a victim of bullying and the bullying was reported, documented, and investigated by the school or law enforcement.

Any student making such a request shall provide such documentation as the Association may require and all requests will be considered on the facts documented.

A student whose situation does not meet the criteria above may compete at the SUB-VARSITY LEVEL at the new school for a period of twelve (12) months from the last day of attendance at the former school provided they meet all other UHSAA and school/district eligibility requirements. Once a student has enrolled and attended at the new school, that student is no longer eligible at the former school.

A student establishes initial eligibility upon entry to high school or its equivalent (either in the ninth or tenth grade depending on the high school) for the first time. Whenever a student intends to participate in UHSAA activities in this state, the student's entry to high school, irrespective of the location, shall be used for the purposes of the application of the Transfer Rule. **A student enrolling in a Utah high school for the first time, as a result of a full family move, will be deemed residentially eligible for interscholastic activities even if that first entry is at a school not within the student's residential area.** This exception to the Transfer Rule regarding residency for students enrolling for the first time recognizes the prevailing law encouraging open enrollment. Unless otherwise exempted, the Transfer Rule will apply to any subsequent transfer.

All Transfer paperwork is available on the "Aktivate" site that all parents/athletes must access when signing up to participate on a Rowland Hall Upper School athletic team. Transfer students seeking sub-varsity eligibility will simply check that box when taking care of the Aktivate registration process. Students transferring for reasons outlined in the UHSAA Transfer Rule (above) and who wish to be considered for Varsity eligibility will be kicked into the Transfer paperwork mode when taking care of the Aktivate process. All transfer applications seeking Varsity eligibility will be passed online from the student to their new school, to the UHSAA for consideration.

C. Foreign Student and Other International Student Eligibility

Rowland Hall will abide by the Utah High School Activities Association's rules regarding eligibility of exchange students and international students. Those rules can be found at the UHSAA website at www.uhsaa.org under "Handbook" section. **Foreign exchange students and international students MUST meet with the Athletic Director to discuss the procedure for establishing eligibility for participation in athletics and activities at Rowland Hall. The Director of Admissions will help parents/students complete the required eligibility paperwork found on the "Aktivate" site.**

D. Transgender Participation

As a member of the Utah High School Activities Association, Rowland Hall **must** abide by the UHSAA policy regarding students who have a gender identity that is different from the gender listed on their official birth certificates.

The Utah Legislature in the 2022 session passed House Bill 11 which regulates transgender students' participation in high school athletics. The UHSAA is currently in process of revising their policy regarding transgender student participation based on that legislation. We will update our Athletics Handbook with that policy as soon as it is available. For now we will work with the UHSAA on an individual basis regarding transgender student eligibility.

Any questions regarding the policy should be directed to the Director of Athletics or Principal.
All Rowland Hall athletic teams are currently gender specific as per UHSAA policy.

E. Other Eligibility Requirements:

1. **Age Requirement:** If a student turns nineteen (19) prior to September 1 of the school year, he or she is ineligible for participation.
2. **Seasons Rule:**
 - (a) At the time a student first enters the ninth grade of a high school, that student shall have four consecutive years of eligibility for UHSAA activities.
 - (b) A student may participate in only one season per sport in any school year. Participation, for purposes of this rule, includes trying out for a team.
 - (c) A school may sponsor an activity only once in any school year.
3. **Participation On Outside Teams - Limited Team Membership**

A student, while participating as a member of a high school athletic team, may not participate on a team not sponsored by his or her school in the same activity during the same season. A student may compete in a non-school sponsored contest as an individual, not a team member, while a member of a high school team during an activity season. Any questions regarding outside teams should be referred to the Athletic Director.
4. **Physical Examinations: No student shall be eligible to compete in any athletic contest sponsored by the UHSAA unless the student has a physician's certificate stating that he/she is physically able to compete in inter-scholastic athletic contests.** A health examination must be performed and the Pre-Participation Athletic Health Exam (Form A) plus a Disclosure and Consent Form MUST be on file with the Athletic Director before a student may participate in practices or athletic contests. The health exam may be performed by and the form signed by a medical doctor, doctor of osteopathy, chiropractic physician, physician's assistant or registered nurse practitioner. **A Form A Physical Examination must be submitted EACH SCHOOL YEAR that a student intends to participate in a Rowland Hall sponsored athletic program. The physical exam for an upcoming school year must be performed on or after April 15th and is valid through July 15 of that upcoming school year (e.g., APRIL 15, 2023 exam GOOD THROUGH JULY 15, 2024).**
5. **Undue Influence**

The use of undue influence by any person, connected or not connected with a member school, to:

 - a) secure the transfer of a student to a member school for the purpose of participation in UHSAA athletic activities is prohibited. Recruitment is a form of undue influence and is broadly defined as the use of undue influence or special inducement by anyone on behalf or for the benefit of a member high school that attempts to influence a student to enroll or transfer to a member school for the purpose of participating in athletics. Whether each action is taken directly by a person affiliated with the school or through a peer, a parent, a student, a non-school coach or other, the action shall nevertheless be considered a violation by the member school.
 - b) Recruiting shall include, but is not limited to, promising, or inducing the expectation of an advantage over others for a particular team, playing time, of any athletic advantage, of employment of the student or a relative, of housing, of transportation, of specific tutoring, of scholarship or financial aid.

6. Dishonesty

Any student, principal, coach, or other person representing a school who has been dishonest with the UHSAA in connection with enforcement matters, has committed a violation that significantly interferes with the UHSAA's ability to maintain fairness. Such person shall be subject to sanctions commensurate with the dishonesty, which may include disqualification from further participation in the UHSAA from one calendar year from date of infraction and/or a fine up to \$1,500.

7. Gambling

Betting on the part of the player on any contest in which he or she is participating shall disqualify him or her from participation in athletic contests from one calendar year from date of infraction.

8. AKTIVATE registration required:

Each coach will develop and distribute to parents and athletes via the Aktivite registration online site a disclosure document outlining pertinent information regarding their sport. **To continue participation on a team, a parent/guardian as well as the athlete himself or herself must electronically sign and submit on the Aktivite site, their signature indicating that they have read, understand, and accept the information outlined in the disclosure and all other documents found on the site for a particular sport.** Failure to complete registration on the Aktivite site as required will result in dismissal from the team as it is mandatory.

9. Parent Meeting Attendance Required

Since school administrators and coaches believe that attendance at the informational parent meeting held by each coach each sports season is a necessary part of the establishment of the communication process between coaches and parents, at least one parent of the athlete who plans to participate on a Rowland Hall team is **required** to attend said parent meeting. Failure to attend the parent meeting for a sport could result in an athlete's dismissal from the team. If unable to attend the established parent meeting for a particular sport, the parent **must** schedule a one-on-one meeting with the team's coach before the student can participate in a contest in that sport.

VII. GENERAL ATHLETIC PARTICIPATION INFORMATION

A. Number of Participants Per Sport

Students who desire to participate in the Upper School athletic program must demonstrate a clear and sincere commitment to their sport or sports of choice and become actively involved in activities directly related to that particular program (e.g., individual or team camps, open gyms, off-season conditioning, etc.) We would rather keep less skilled players whose attitudes are exemplary than players whose willingness to work hard and be a positive member of a team is insufficient. We will make an effort to keep as many students as possible as part of our teams but will not compromise the program itself or the ability to strive for excellence if numbers grow beyond the optimum for such excellence to remain a goal. In such a case, a tryout and cut procedure may be deemed necessary.

B. Initial Participation or Re-joining of a team by a Junior or Senior student

If a student who has not participated in a particular Rowland Hall athletic program decides he or she would like to do so during the junior or senior year, he or she must obtain prior approval from the head coach of that particular sport before signing up to play.

C. Participation in Two Sports During One Season

Due to the high incidence of conflicts in practices and contests, in addition to excessive school days missed for games and difficulty in being fair to other players on teams that arise if a student participates in two sports during the same season, this scenario is rarely allowed to occur at Rowland Hall. Athletic Director approval, as well as the approval of both coaches involved, is required.

VIII. SPORTS CITIZENSHIP AT ROWLAND HALL

Positive sports citizenship is viewed by Rowland Hall as a commitment to fair play, ethical behavior, and integrity. In perception and practice, sport citizenship is defined as those qualities that are characterized by generosity and genuine concern for others. Individuals who are part of the Rowland Hall community, regardless of their role in relation to an athletic contest (fan, player, or coach), are expected to be aware of their influence on the behavior of others and to always model good sportsmanship.

The following sports citizenship fundamentals and guidelines have been developed with input from the Utah High School Activities Association Sportsmanship Handbook, the National Federation of High School Associations Sportsmanship guidelines, the Friends School League, and Rowland Hall coaches and administrators.

We actively support the UHSAA/UIAAA "Raise the Bar" sportsmanship initiative and aspire to continue to receive the annual "star" symbolizing outstanding sportsmanship.

The Fundamentals of Sports Citizenship

1. Gain an understanding and appreciation for the rules of the contest. The necessity to be well informed is essential. Know the rules. If you are uninformed, refrain from expressing opinions on officials', coaches' or administrative decisions. The spirit of good sportsmanship depends on conformance to a rule's intent as well as to the letter of the given rule.

2. Exercise representative behavior at all times.

A prerequisite to good sportsmanship requires one to understand his/her own prejudices as they become a factor in his/her behavior. The true value of interscholastic competition relies upon everyone exhibiting behavior that is representative of a sound value base. A proper perspective must be maintained if the educational values are to be realized. Your behavior influences others whether you are aware of it or not.

3. Recognize and appreciate skilled performances, regardless of team affiliation.

Applause for an opponent's good performance displays generosity and is a courtesy that should be practiced regularly. This not only represents good sports citizenship but reflects a true awareness of the game by recognizing and acknowledging quality.

4. Exhibit respect for officials.

The officials of any contest are impartial arbitrators who are trained and who perform to the best of their ability. Mistakes by all those involved in the contest are a part of it. We should not rationalize our own poor or unsuccessful performance or behavior by placing responsibility on an official. The rule of good sportsmanship is to accept and abide by the decision made.

5. Display openly a respect for the opponent at all times.

Opponents are guests and should be treated cordially and always accorded tolerance. Be a positive representative of your school, team, or family. This fundamental is the Golden Rule in action.

6. Display pride in your actions at every opportunity.

Never allow your ego to interfere with good judgment and your responsibility as a school representative. Regardless of whether you are an adult, student, player, coach, or official, this value is paramount since it suggests that you care about yourself and how others perceive you.

SPORTS CITIZENSHIP EXPECTATIONS

Acceptable Behavior

- Applause during introduction of players, coaches, and officials.
- Acceptance of all decisions by officials.
- Mascots leading fans in a positive manner
- Handshakes between participants and coaches at the end of contest, regardless of outcome.
- Treating the competition as a game, not a grudge match.
- Coaches/players searching out opposing participants to recognize them for outstanding performance or coaching.
- Applauding at the end of the contest for performances of all participants.
- Showing concern for injured players, regardless of team affiliation.
- Encouraging others to display only acceptable sports citizenship behaviors.

Unacceptable Behavior

- Disrespectful or derogatory yells, chants, songs, or gestures.
- Yells that antagonize opponents.
- Shouting an opponent's name in an effort to distract or antagonize him or her.
- Laughing or name-calling to distract an opponent.
- “Trash-talking,” taunting or baiting by players, coaches, or spectators.
- Use of profanity or displays of anger.
- Criticizing officials in any way (booing or heckling a decision) or displaying anger at an official's call.
- Blaming loss of game on officials, coaches, or participants.
- Yelling at the opponent, waving arms, stomping feet, etc., during an opponent's free throw attempt.
- Refusing to shake hands or give recognition for good performances.
- Throwing any item onto the playing area at any time during the contest.

Do not criticize officials or openly question the integrity of an official, especially in media outlets. If said action is shown to have taken place, the UHSAA reserves the right to fine, suspend, and/or sanction parties who are involved in the violations. Social media is a “media outlet”.

Basic Principle Underlying Acceptable Sports Citizenship Behavior: “Do Rowdy Right”

Encourage and cheer for our players and coaches in a positive manner at all times and let the opposing team players, coaches and fans take care of their team as they see fit! In other words, *if you don't have anything good to say about the opposing team, don't say anything at all.*

IX. TRANSPORTATION

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

1. The Athletic Director is responsible for arrangements for team transportation to away sites.

2. Teams or individuals may, in certain situations, travel to contests or practices in private cars. The head coach or Athletic Director may arrange for cars and drivers in these instances.
3. Licensed student-athletes may drive to and from off-campus events with the coach's permission, provided they have on file a signed parental release form giving permission for them to do so. Student-athletes who have signed forms on file which allow them to be transported to a game or practice site by another licensed, parentally released student, will also be allowed to do so. Student-athletes who choose to accept this responsibility must notify the coach of this decision and must also submit the required paperwork.
4. **Written permission (hand- written note or email) from a parent or guardian will be necessary if a student-athlete must drive to a contest when team transportation is provided. The same type of permission will be required if the athlete will use alternative transportation back to Rowland Hall, 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.
5. 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 always show respect for the vehicle and driver.

Failure to follow the above-mentioned guidelines may result in suspension from the traveling squad and/or revocation of driving privileges to athletic practices and/or contests.

X. INSURANCE

The possibility of injury, injury that 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 to take part in the athletic program at Rowland Hall. The school will not assume the responsibility of insuring athletes.

A "Parent Consent and Disclosure Form" will appear on the Aktivite site and must be read and signed by parent/guardian and athlete and submitted before participation will be allowed.

XI. ATHLETIC AWARDS

At the close of each team's season, the head coach may plan, in conjunction with an assigned Booster Club liaison, to hold an awards ceremony for his or her team and will publicize the event well in advance. When such an event is held, varsity letters and junior varsity participation certificates and the following varsity level awards will be given: Most Valuable Player, Most Improved Player, and the Coaches' Award. Each coaching staff may also choose to present other sport specific awards as well. Parents and student-athletes are encouraged to attend.

FINAL NOTE

Rowland Hall is a member of the Utah High School Activities Association and so is committed to abiding by the rules of said Association as outlined in their handbook. **If changes occur in any UHSAA rules after the Rowland Hall Athletic Handbook is published, UHSAA rules supersede information published in the school handbook and will be enforced. The UHSAA handbook can be accessed in full on their website at www.uhsaa.org.**