



REDEEMER
CHRISTIAN SCHOOL

Redeemer Christian School
ATHLETICS HANDBOOK
2025–2026

“Christ-like Character Through Competition”

“Whatever you do, do it all for the glory of God.” – 1 Corinthians 10:31

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1. Welcome Letter

From the Athletic Director

Dear Redeemer Christian School Community,

It is my absolute joy and privilege to welcome you to a new year of athletics at Redeemer Christian School! Whether you're a returning family or joining us for the first time, we're so glad you're here.

At Redeemer, we believe athletics is more than just competition—it's an opportunity to develop character, cultivate discipline, and glorify God in all we do. Through sports, our student-athletes learn to lead with integrity, serve as teammates, and grow in resilience both on and off the field.

As Athletic Director, I'm committed to creating a program that prioritizes Christ-like leadership, teamwork, and excellence. We want every athlete to feel valued, challenged, and encouraged to reach their full potential—spiritually, mentally, and physically.

We're looking forward to an incredible season ahead. Thank you for your support, prayers, and partnership as we build something special together.

Let's go Eagles!

Together,

Athletic Director

Redeemer Christian School

2. Mission, Vision, and Core Values

Mission of RCS Athletics

The mission of the RCS Athletic Department is to glorify God through the discipleship of student athletes and pursuit of excellence in athletics with the Bible as the foundation and Jesus Christ as our focus.

Vision of RCS Athletics

To develop a culture of Christ-like excellence where student-athletes grow in character, compete with integrity, and lead through service—impacting their teams, school, and community for the glory of God.

Core Values

1. **Christ**
We follow Jesus in everything we do—on and off the field. We play to honor Him and show His love through our words, actions, and attitude.
 2. **Responsibility**
We take ownership of our choices, our effort, and our role on the team. We show up, do our part, and follow through.
 3. **Integrity**
We do what's right, even when no one's watching. We play fair, stay honest, and stand strong in our values.
 4. **Trust**
We build trust by being dependable, honest, and encouraging. We believe in each other and know we're stronger together.
 5. **Teamwork**
We're better when we work together. We support one another, celebrate others' success, and put the team first.
 6. **Enthusiasm**
We bring energy, joy, and a positive attitude—win or lose. We love what we do and give our best every time we play.
 7. **Respect**
We treat everyone—teammates, coaches, refs, and opponents—with kindness and honor. We listen, learn, and lead with humility.
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3. Governance of Athletics at Redeemer Christian School

The RCS School Board is responsible for establishing and overseeing all district and school policies, with the fulfillment of these policies delegated to the administration. The High School Principal oversees the high school program, while the Athletic Director is responsible for the day-to-day management of the athletic program. Each student-athlete is directly accountable to their coach, who reports to the Athletic Director, who in turn reports to the Principal.

Washington Interscholastic Activities Association (WIAA)

Redeemer Christian School is a voluntary member of the Washington Interscholastic Activities Association (WIAA), which governs interscholastic athletics across the state. As a member school, RCS abides by and enforces all WIAA regulations, including those regarding eligibility, attendance, academic performance, age requirements, awards, school representation, and transfers.

The WIAA's primary role is to maintain fairness and integrity in competition while ensuring a

balance between athletics and academics. The organization actively seeks input from member schools, coaches' associations, and advisory committees to guide rule modifications and ensure that policies serve the best interests of student-athletes. Additionally, the WIAA is responsible for organizing and overseeing state playoffs and tournaments.

National Federation of State High School Associations (NFHS)

The National Federation of State High School Associations (NFHS) serves as the governing body for high school athletics nationwide. It provides leadership, coordination, and rulebooks for all high school sports, ensuring consistency and integrity in interscholastic competition across the country. By working in partnership with state associations like the WIAA, the NFHS helps set policies that support the development and success of student-athletes.

Conference Membership

Redeemer Christian School competes in the Sea-Tac 1B League for High School Athletics and the Chinook/Nisqually League for Middle School sports.

4. Athletic Philosophy

Purpose of Sports in Youth Development

The primary purpose of athletics in youth development is to provide students with opportunities to grow in responsibility, confidence, and resilience. Sports teach lifelong lessons such as handling adversity, respecting authority, working as a team, and maintaining a strong work ethic. At Redeemer, we believe these lessons are most impactful when they're rooted in biblical truth and pursued with a Christ-like attitude.

"Winning vs. Development" Approach

While we strive to compete with excellence and integrity, our ultimate goal is not just to win games—but to win hearts. Player development—physically, emotionally, and spiritually—takes precedence over the scoreboard. Coaches are called to invest in each student-athlete's growth, ensuring that skill improvement, effort, and personal maturity are celebrated as much as victories.

Role of Competition, Character Building, and Leadership

Competition is a healthy and God-given arena where students can learn to push themselves, practice humility, and lead by example. We view each practice and game as an opportunity to build Christ-like character—integrity in the quiet moments, grace in defeat, and humility in success. Leadership is cultivated through servant-hearted actions, accountability, and consistent encouragement of others.

5. Programs and Sports Offered

List of All Sports by Season

FALL 2025

- Cross Country
- Volleyball
- Soccer

WINTER 2025–2026

- Basketball
- Sideline Cheer

SPRING 2026

- Baseball (High School Only)
- Softball (High School Only)
- Track and Field

Varsity, JV, and Middle School

Varsity: Our highest level of competition. Varsity athletes show strong skill, leadership, and a deep commitment to the team. They compete to represent RCS with excellence and Christ-like character, often against top teams in our league. Varsity is typically made up of upperclassmen, but younger athletes may be invited based on readiness and need.

Junior Varsity (JV): JV is a space for athletes to grow, develop their skills, and prepare for future varsity play. These teams compete seriously but focus on learning, teamwork, and improvement. JV is often made up of underclassmen, but all athletes are encouraged to give their best and grow as leaders.

Middle School: Our middle school teams (grades 6–8) are focused on building strong foundations—learning the game, developing good habits, and growing in teamwork and sportsmanship. Competition is important, but development and fun are the top priorities as students prepare for higher levels of play.

6. Eligibility Requirements

Academic Standards

- A student athlete will not only have to abide by Redeemer Christian School “Athletic Eligibility” criteria but also the WIAA rules. Which are as follows:
- If a student receives a failing grade in any required class or drops below a 2.0 grade point average, the student will be placed on academic probation.
- Parents/Guardians will be notified by email when their student has been placed on academic probation. The student will be placed on AP for a minimum of one week or 2 games, at which point their grades will be reviewed.
- If a student remains on academic probation longer than one term, or fails a class at the term, he or she is subject to dismissal. Teachers will communicate poor academic progress to the parents/guardians by means of progress reports, phone calls, and personal conferences as schedules permit. When parents/guardians are unsure of their student’s progress, they are encouraged to contact the teacher.
- For Athletics, the requirements are as follows:
 - Students must maintain a GPA of 2.0 or higher
 - Students must not have an “F” in any course
 - When grade checks are performed, the cumulative grade for the current semester will determine the grade for the course

Academic Probation

- According to WIAA regulations, the suspension period for high school students shall be from the end of the previous semester through the fourth (4th) Saturday in September in the fall or the first five (5) weeks of the succeeding semester/trimester.
- If the suspension period falls during a non-school week (as defined in 17.15.1) and the athlete is missing scheduled competition, the week may count toward the five (5) week suspension. The suspension period for middle level students shall be from the end of the previous semester through the first three (3) weeks of the succeeding semester/trimester.
- Note: The final grades for the second semester will also determine the student’s eligibility for athletic involvement over the summer and the beginning of the fall quarter. Redeemer Christian Schools administration also possesses discretion pertaining to Redeemer Christian Schools standards.

Attendance Requirements (School and Practice)

- Attendance – A student missing 4 or more class periods in a day is considered absent and may not participate in athletic events scheduled for that day. The only exception to this rule is a signed note from a doctor because they were at a doctor’s appointment.

Physicals and Health Clearance

- All athletes are required to complete a physical every two years in compliance with the WIAA. A signed physical will be submitted at registration through the Arbiter Portal.
- Athletes will not be allowed to participate without completing registration and all health screenings prior to the first day of practice.

7. Participation Guidelines

Tryout Processes

At RCS Athletics, our goal is to build competitive teams that exemplify excellence, sportsmanship, and commitment. Our tryout process is designed to provide every athlete with a fair opportunity to showcase their skills, attitude, and potential. Below are the guidelines and criteria that will guide our evaluations and team selections.

- All students interested in trying out for a sport will receive clear instructions on how and when tryouts will take place.
- After tryouts, each participant will receive a personal email within 48 hours, informing them of the outcome—whether they made the team or not.
- For those who do not make the team, the email will include encouraging and supportive language, offering resources to improve and an invitation to try again in the future.

Registration: Complete all forms, meet academic and medical requirements.

Attendance: Attend all scheduled tryout sessions.

Evaluation: Coaches assess skills, fitness, game awareness, attitude, and coachability through drills and scrimmages.

Scoring: Players are rated on a 1–4 scale:

1: Needs Improvement

2: Inconsistent, Developing

3: Competent, Reliable

4: Excellent, Consistent

Team Selection Criteria

- **Performance Scores:** Highest scores prioritized.
- **Positional Needs:** Balanced rosters.
- **Attitude & Coachability:** Positive attitude and work ethic valued.
- **Commitment:** Consistent attendance and alignment with team culture.

Notification: Players will be informed individually of their selection status, with feedback available for those not selected.

Playing Time Philosophy (Varsity vs JV)

In accordance with our philosophy of athletics and our desire to see as many students as possible participate in the athletic program at Redeemer Christian, coaches are encouraged to keep as many students on a team as they can without unbalancing the integrity of their sport. Time, space, facilities, equipment, personal preference and other factors will place limitations on the most effective squad size for any particular sport. It is the decision of the coach regarding the number of players to be named to a team in a given season.

It needs to be understood that students who make a team will not necessarily see equal playing time. No amount of playing time is guaranteed to an athlete. Playing time depends on the skill, experience, attitude, level of competition, and how those attributes blend with the rest of the team and the level of competition.

At all levels below HS varsity it is generally expected that an athlete will participate in each competition but there may be occasions when this does not happen.

Multi-sport Athletes

At Redeemer Christian School, we encourage and celebrate multi-sport athletes. We believe that participating in multiple sports contributes to a well-rounded student experience and promotes physical, mental, and spiritual growth. Engaging in different athletic disciplines helps students develop a broad range of skills, reduces the risk of burnout and overuse injuries, and fosters a spirit of adaptability and teamwork.

We recognize that balancing multiple sports alongside academic and spiritual commitments requires intentionality and communication. Our coaches and staff are committed to supporting student-athletes in managing their time and responsibilities wisely. We expect coaches to work collaboratively, ensuring that students are not forced to choose one sport over another and that they are given space to grow in each program they participate in.

Above all, we want our athletes to love what they do, grow in character, and reflect Christ in every area of their lives—on every team, in every season.

Commitment to Practices/Games

When an athlete joins a team the commitment is made not only by the athlete but the parents as well. It is hard work scheduling around an athlete's schedule for a season. There will also be occasional schedule difficulties that occur with makeup games because of weather, etc. An athlete is expected to attend all scheduled practices and games. If an athlete is going to miss practice or contest, the coach should be consulted as far ahead as possible.

If a family finds it necessary to be gone for an extended time during the season it is important to work with the coach so he/she can plan also. Unexcused absence from a practice or contest will result in disciplinary action at the coach's discretion.

Off-season Expectations (Optional vs. Required)

At Redeemer Christian School, off-season training and development opportunities are encouraged but not required. We value the importance of rest, family time, church involvement, and participation in other sports or extracurricular activities. While off-season workouts, open gyms, and skill sessions can be beneficial for individual growth and team cohesion, they are considered optional and should never interfere with a student's in-season sport or spiritual and academic responsibilities.

Coaches may offer off-season opportunities to help athletes stay engaged, improve their skills, and build relationships—but participation should be motivated by personal desire and not pressure. Multi-sport athletes will not be penalized for prioritizing their in-season commitments, and coaches are expected to honor and support the full development of each student-athlete.

Our goal is to develop passionate, well-balanced individuals who glorify God both in and out of season.

8. Expectations of Key Stakeholders

A. Student-Athletes

Character and Conduct

All athletes shall abide by a code of ethics which will give God glory and respect to the athlete for whom he is entitled to as a competitor in interscholastic sports and activities. Any conduct that results in dishonor to God, the athlete, the team or the school will not be tolerated. Intimidation or forms of “trash talk” will not be tolerated.

Leadership and Attitude

Student-athletes at Redeemer Christian School are expected to lead by example—on the field, in the classroom, and in everyday life. Leadership is not limited to captains or upperclassmen; it is shown through consistent effort, positive influence, and a Christ-like attitude in all situations.

A RCS athlete should be **diligent in preparation, relentless in effort, disciplined by nature, respectful in action, self-controlled with words, humble in spirit, and aggressive in pursuit of excellence**, without regard to the score, opponent, time, referee, or circumstance. These qualities are the foundation of how we define leadership and how we represent Christ through athletics.

Accountability in Academics and Attendance

We believe that academic success and athletic participation go hand in hand. Student-athletes

are expected to maintain high standards both in the classroom and in competition. Failure to meet the following academic and eligibility requirements may result in game suspensions or removal from the team.

Dress Code and Team Representation

It should be understood that all RCS athletes represent our school, and that modesty should guide all clothing decisions. Athletes are expected to wear T-shirts or school-provided practice jerseys before, after, and during team practices and to dress up in your Sunday best for all game days! Game Day is business day!

Social Media Policy

We believe that student-athletes are representatives of Christ, their families, their teams, and our school—both on and off the field, including in digital spaces. Social media can be a powerful tool for encouragement, connection, and community, but it also carries significant responsibility.

We expect all athletes, coaches, and families to use social media in a way that reflects integrity, respect, and the values of Redeemer Christian School. This includes:

- **Posting responsibly:** Avoid any content that is offensive, vulgar, disrespectful, or divisive. This includes language, images, or commentary targeting opponents, officials, teammates, or coaches.
- **Honoring Christ:** Use platforms to build others up, not tear them down. Think before you post, comment, or share. Ask, “Does this honor God and reflect the heart of a Redeemer athlete?”
- **Supporting the team:** Share encouragement, team highlights, and school pride in a way that brings unity and celebrates collective success.
- **Guarding your witness:** Remember that what is posted publicly leaves a lasting impression. We are called to be ambassadors for Christ (2 Corinthians 5:20), both in person and online.

Inappropriate use of social media may result in disciplinary action, including suspension from team activities or other consequences as determined by the Athletic Department.

We encourage open conversations between athletes, parents, and coaches about how to use social media wisely, with humility and purpose.

Substance Use Policy

The student Responsibility Agreement states that I promise to abstain from all use, possession, sale, purchasing or pretended use of tobacco, drugs and/or alcohol both on and off campus. Any student suspended for disciplinary reasons will not participate in practices or games and any further participation will be determined by the administration.

Hazing

Hazing is not to be a part of the Redeemer Christian athletic program. Hazing is defined as an initiation process conducted against a player or prospective player of a team. Any behavior directed toward another student that endangers the mental or physical health or safety of the student for the purpose of initiation or admission into or continued membership on any such team is not acceptable behavior.

B. Coaches

Our coaches at RCS are entrusted with not only guiding your athlete team in sports, but also in biblical truth. The following principles will guide your conduct:

1. **Christ-Like Leadership**
 - Lead by example, displaying integrity, humility, and respect in all interactions.
 - Model Christ-like behavior in both victory and defeat, showing grace, encouragement, and humility.
2. **Respect for All Athletes**
 - Treat each athlete with dignity and respect, acknowledging their worth as individuals created in the image of God.
 - Encourage the development of character, teamwork, and resilience both on and off the field.
3. **Biblical Guidance and Mentorship**
 - Integrate biblical principles into training and interactions, encouraging athletes to grow in their walk with Jesus.
 - Set aside time for prayer, devotions, and discussions about the intersection of faith and sports.
4. **Encouragement and Positive Reinforcement**
 - Foster an environment that focuses on personal growth and effort rather than just outcomes.
 - Encourage athletes to strive for excellence in their sport, academics, and their walk with Christ.
5. **Accountability**
 - Hold athletes accountable to high standards of behavior, both on the field and in their personal lives.
 - Be open to feedback from athletes, parents, and fellow coaches and seek growth in your own role.
6. **Conflict Resolution**
 - Handle conflicts with grace and wisdom, seeking resolution that honors God and respects all parties involved.
 - Prioritize communication and transparency in resolving any issues that arise within the team.
7. **Commitment to Safety and Fairness**
 - Ensure the physical and emotional safety of all athletes, always prioritizing their

- well-being.
- Ensure that competition is fair, and that all athletes are treated equally, regardless of their skill level or background.

RCS Athletics is not only about developing athletic skills but also about fostering students' walk with Jesus. By implementing these steps for tryouts, coach hiring, and creating a robust Code of Conduct, we ensure that both the athletic and spiritual needs of our students are met with excellence and integrity, all while glorifying God through our sports programs.

C. Parents/Guardians

At Redeemer Christian School, we believe that participation in athletics is a privilege and a calling—one that requires commitment, self-discipline, and perseverance. Student-athletes make a voluntary choice to uphold the standards of their team and school, both on and off the field. Failure to meet academic or behavioral expectations may result in exclusion from participation. Our goal is to pursue excellence in all we do, honoring God by striving for our best and avoiding mediocrity.

The Role of Parents

Parents play a vital role in their student's athletic journey. Your support, encouragement, and partnership are essential in shaping not only their athletic experience but also their character.

Supportive Behavior

- Encourage and trust the process. While you may not always agree with every coaching decision, we ask that you trust the leadership God has placed in authority (Hebrews 13:17). Choose to be supportive and extend grace.
- Be adaptable. Changes in schedules and logistics may occur. Flexibility helps ensure a positive experience for all.
- Represent RCS and Christ well. As ambassadors of Christ and our school, strive to be above reproach and model Christ-like behavior (Ephesians 5:1).
- Encourage direct communication. If your student has a concern, please guide them to address it first with their coach or teammate. Refer to our Guidelines for Handling Parent/Coach Concerns for further details.

Volunteer Opportunities

- Get involved. Volunteer opportunities are available for each sport. Please reach out to the head coach or Athletic Director to see how you can help.

Communication Protocol with Coaches

Our approach prioritizes student leadership and personal responsibility:

1. The athlete should first speak directly with the coach regarding any team or individual concerns. Coaches appreciate direct communication from their players.
2. If the concern persists, parents may request a meeting with the coach at an appropriate time. Please allow 24 hours to pass before discussing issues that arose during a game.
3. If the issue remains unresolved after these steps, parents may escalate the concern to the Athletic Director for further discussion.

Process for Scheduling Meetings with Coaches

For valid questions or concerns, we encourage open and respectful communication. Address issues at an appropriate time, either in person or via email, and do so in a constructive manner. Some discussions are best saved for the off-season.

Parent-Coach Communication Expectations

If your athlete needs to miss a practice or game due to unavoidable family circumstances, please notify the coach as soon as possible—ideally at least 24 hours in advance. Thank you for partnering with us in building a Christ-centered athletic program where students learn the values of teamwork, perseverance, and excellence. We appreciate your support and look forward to a great season ahead!

Game Day Conduct

The following behavior is not acceptable at any contest:

- Booing or jeering
- Mocking or taunting
- Yelling negative comments to referees, coaches or anyone
- Confronting referees or other participants during or after a contest

If a problem occurs, inform the school administration and allow them to deal with the situation. A game official or school administrator (or their designee) has the authority to remove any person from the confines of an athletic contest for unsportsmanlike behavior.

If the behavior and/or communication made with a student, parent, coach or staff/volunteer is disruptive, but does not warrant a removal from the contest or does not occur during a contest, RCS will use the Parent Discipline policy listed below.

Parent Discipline (NEW)

- **First Offense:** Verbal or Written Warning
- **Second Offense:** Student will be suspended for a game or remainder of the game (suspensions can happen mid-game) - Parents will be fined.

- **Third Offense:** Athlete will be suspended indefinitely - the parent will be responsible for finding a way to prove that they can act appropriately on the sideline. or with communication. Parents will be fined and cover any league fees

9. Team Logistics

Uniform Policy (Return Policy, Care, Replacement Fees)

School equipment checked out to the student athlete becomes his/her responsibility. The athlete is expected to keep it clean and in good condition. Equipment/practice gear/uniforms are to be used only in practice or contests or as directed by the coach. It is not to be worn in PE classes or at other times unless directed by the coach.

Loss of any equipment is the financial obligation of the athlete up to full replacement value. Fees may be charged for late return of equipment. No athlete will be allowed to participate in a sport until all previously issued athletic equipment has been returned or proper restitution is made.

Communication: Practice and Game Schedules

All schedules for practices and games will be loaded into GameChanger, our communication app for all sports. Any and all updates regarding schedules will be uploaded there.

Transportation Guidelines

All athletes are expected to travel to away contests in transportation provided by the school. Students will not be able to drive themselves to or from contests without written parent approval turned into the Athletic Director. Athletes are also expected to return back to school on the same transportation.

However, if a parent/guardian is at the site of the contest they may take their student after checking with the coach. An athlete may leave the game site with another team parent if the coach receives written notification stating exactly which parent their child may ride with, and this process must be followed for each occasion. Any other arrangement must be pre-arranged with the Athletic Director. Athletes will not be allowed to ride home with other students.

Redeemer Christian uses our district buses and shuttles for transportation. If an athlete is suspended from bus travel, they will be ineligible to play at away contests. Students are responsible to the coach and the bus driver on the bus. It is expected that RCS athletes will obey the laws and rules relating to the buses, keep the bus clean, remain seated, maintain an "inside voice" in conversation and show respect to and appreciation for the driver.

Food stops: When food stops are scheduled before or after an event, appropriate behavior is expected.

The estimated return times from trips are listed on the schedule. A coach must wait with the students until all have rides, so when the bus returns late at night it is important to arrange transportation on time. Most coaches have their duties completed 10 minutes after return and are ready to go home too. Please do not make them wait.

Inclement Weather and Cancellations

For middle school and high school outdoor sports, the standard safety guideline for thunder and lightning is to suspend activities when lightning is detected within 10 miles. The National Federation of State High School Associations (NFHS) and the National Weather Service recommend the 30-30 rule:

1. Suspend play immediately when lightning is seen and thunder is heard within 30 seconds (indicating it's close enough to be dangerous).
2. Wait at least 30 minutes after the last thunderclap before resuming activities.

If lightning continues to be detected within 10 miles, the delay resets. Athletes, coaches, and spectators should move to a fully enclosed building or a vehicle with a metal roof—not under trees, tents, or open shelters.

10. Disciplinary Policies

Consequences for Misconduct (Athletic and School-Related)

The coach will have the freedom to discipline the athletes in a way that is consistent with the Athletic Department. Minor infractions may be dealt with by the head coach at their discretion. Multiple minor infractions will result in a strike. The strike system for the athletic department is listed below:

1. **Verbal Warning**
2. **1 Game Suspension** (athlete will not be allowed to travel or attend the game/meet)
3. **Multiple Game/Meet Suspension or Dismissal from Team** (at the discretion of Administration, Athletic Director, and Coaches)

Appeal Process

We recognize that there may be times when a student-athlete or parent wishes to seek clarity or review a disciplinary decision. At Redeemer Christian School, we are committed to handling all concerns with integrity, fairness, and a spirit of reconciliation. The appeal process allows for respectful dialogue while upholding the values and expectations of our athletic program.

Steps for Appeal:

1. **Initial Conversation:** The student-athlete should first request a meeting with the head coach to respectfully discuss the concern and seek understanding. Most issues can be resolved through open, honest communication.
2. **Parent-Coach Meeting:** If the issue remains unresolved, a parent may request a meeting with the head coach. This meeting should include the student-athlete and be conducted in a respectful and solution-seeking manner.
3. **Formal Appeal to the Athletic Director:** If further discussion is needed, a written appeal may be submitted to the Athletic Director. The appeal should include a summary of the concern, steps already taken to resolve it, and what outcome is being sought.
4. **Final Review by Administration:** In cases involving suspension or dismissal from the team, the Athletic Director may involve school administration for a final review. A decision will be made in alignment with the values and policies of Redeemer Christian School. This decision will be final.

Note: Appeals must be made within 5 school days of the disciplinary decision. All parties involved are expected to maintain a respectful tone, keeping Christ at the center of every conversation.

11. Injury, Health & Safety

Concussion Protocol

Redeemer Christian School follows Washington State's *Zackery Lystedt Law* and CDC-recommended guidelines for identifying and responding to concussions.

- Any student-athlete who exhibits signs, symptoms, or behaviors consistent with a concussion will be **immediately removed** from play or practice.
- The athlete will **not return** to physical activity on the same day, regardless of symptom resolution.
- Return to play will only be permitted **after evaluation and written clearance** from a licensed health care provider trained in concussion management.
- Coaches, parents, and athletes will receive annual education on concussion signs and safety through our Concussion Awareness Form.

Injury Reporting Procedures

- All injuries must be reported immediately to the head coach or athletic trainer (if available).
- Coaches will complete an Injury Report Form and notify the Athletic Director and school administration when appropriate.

- Parents or guardians will be contacted directly if the injury requires further evaluation or follow-up care.
- Minor injuries (e.g., sprains, strains, minor impact) will still be documented for tracking and follow-up.

Return-to-Play Process

- Athletes recovering from any injury requiring medical attention must provide a doctor's clearance note before returning to practice or games.
- Coaches will collaborate with parents and, if applicable, medical professionals to ensure a gradual and safe return to activity.
- Athletes should demonstrate full range of motion, strength, and confidence in the injured area before returning to full competition.
- Athletes recovering from illness, including flu-like symptoms, should be fever-free for at least 24 hours and cleared by a parent or physician if symptoms were severe.

Medical Staff

Redeemer Christian School may utilize the support of volunteer or contracted medical personnel, including:

- Licensed athletic trainers (when scheduled or available)
- Local healthcare partners for injury evaluations
- First aid certified coaches and staff members trained to respond to emergencies

All head coaches are required to be CPR/First Aid certified and will carry a team first aid kit and emergency contact information to all games and practices.

12. Recognition and Awards

End-of-Season Banquets

At the end of each sports season, we celebrate our teams with an **End-of-Season Banquet**. This is a special time to honor the hard work, growth, and accomplishments of our student-athletes, coaches, and families.

Lettering Criteria

Earning a varsity letter is a recognition of an athlete's dedication, commitment, and excellence in both athletics and academics. Varsity letters are awarded to student-athletes who meet the participation requirements outlined below, fulfill all team obligations, and receive the recommendation of their coach. While these guidelines set the standard, the final decision remains at the coach's discretion.

To qualify for a varsity letter, student-athletes must participate in at least 50% of the scheduled competitions for their sport:

- **Cross Country** – 50% of meets
- **Soccer** – 50% of games during the regular season
- **Volleyball** – 50% of games during the regular season
- **Cheerleading** – 50% of games during the regular season
- **Basketball** – 50% of games during the regular season
- **Baseball** – 50% of games during the regular season
- **Softball** – 50% of games during the regular season
- **Track & Field** – 50% of meets

Athletes who move up to a higher level of competition during the season will receive their award at the highest level they competed in, provided they meet the combined participation requirements.

Coaches have the discretion to award a varsity letter to an athlete who has not met the standard requirements but has demonstrated outstanding commitment and contribution to the team.

Injury Consideration: If a student-athlete was regularly competing before sustaining an injury, they may still be eligible for a varsity letter if, in the coach's judgment, they would have met the requirements.

State Competition Exception: Athletes who move up to varsity for state competition and either compete in 50% of the periods or score team points in individual events may earn a varsity letter regardless of other requirements.

Our goal is to recognize and celebrate the hard work, perseverance, and dedication of our student-athletes. We appreciate the effort each athlete puts into their sport and look forward to honoring their achievements

Awards Criteria (MVP, Sportsmanship, Scholar-Athlete, etc.)

Each team may present individual awards such as:

- **Most Valuable Player (MVP)**
- **Sportsmanship Award**
- **Most Improved**
- **Coach's Award**
- **Scholar-Athlete Award**

These awards are at the discretion of the coaching staff and are intended to highlight outstanding achievement, growth, attitude, and academic excellence.

13. Forms and Agreements

The following forms and agreements are required to be reviewed, signed, and submitted as part of your student-athlete's eligibility and participation in the RCS athletics program:

- **Handbook Acknowledgment Signature Page**
Confirms that parents and athletes have read and agreed to all policies and expectations outlined in this handbook.
- **RCS Warning & Agreement of Risk**
Outlines the risks associated with athletic participation and includes a waiver of liability.
- **Athletic Fee Agreement**
Details the financial responsibilities for participation, including payment deadlines and refund policies.
- **Medical Release Form**
Authorizes medical treatment in case of an emergency and provides key health details for the athlete.
- **Transportation Waiver**
Provides parent/guardian permission for transportation with the school or designated parties.
- **Concussion Awareness Form**
Educates athletes and parents about concussion symptoms, treatment, and return-to-play guidelines.
- **Parent/Athlete Code of Conduct**
Outlines the behavior and attitude expectations for all RCS athletes and parents, emphasizing Christ-like representation.

All forms must be submitted through Arbiter, our registration platform before the first practice of the season. Late or incomplete submissions may impact eligibility

14. Appendices

Full-Season Calendar Overview

A detailed calendar will be provided by the Athletic Department at the beginning of each season, outlining all practice schedules, game dates, tournaments, travel information, and key events.

Staff Contact Directory

Nicole Barnes	Principal	nicole.barnes@redeemerchristian.org	
Olivia Lagerquist	Athletic Director	olagerquist@redeemerchristian.org	

Facility Maps

Campus and gymnasium maps, field locations, and parking information will be included here.

FAQs

Q: What should my athlete bring to practice?

A: Proper athletic attire, sport-specific gear, water bottle, and a positive attitude.

Q: How are team rosters decided?

A: Rosters are determined through a tryout process based on performance, attitude, and team needs.

Q: Can my child participate in more than one sport per season?

A: In most cases, students may participate in only one sport per season due to time commitment and scheduling. Exceptions may be discussed with the Athletic Director.

Q: What happens if we miss a practice or game?

A: Communication with the coach is required. Unexcused absences may impact playing time.

Q: Where can I find the game schedule?

A: All schedules are available on GameChanger and communicated through coaches.

More FAQs may be added as needed throughout the year.

