

**Welcome to RMS**  
**WINTER 2 Sports Orientation**  
**12/15 @ 6:00**

**Who is your favorite athlete or what  
are you most excited about for this  
season?**



# WINTER 1: Need to Know

- Purpose
- Registration/Physical/ASB
- Eligibility
- Health Guidelines
- Practice/Games
- Transportation

# PURPOSE

- We believe students who are involved in extra-curricular activities are happier, healthier, and perform better academically. By participating in athletics, our Grizzlies G.R.O.W.L., as they Grow physically and intellectually, are Resilient in their sport, are Open to developing new skills, are Wise in their choices, and Lead on and off the field/court. These skills will empower our Grizzlies to be tomorrow's leaders and have a positive impact in their community today!

# Registration/Physical/ASB

- Register on Arbiter with updated information/contacts
- Physical before practice/game
  - \*Good for 2 years
  - \*Submit both pages to Arbiter (provider signature is a must)
  - \*Refer to RMS athletic website on how to upload the physical to Arbiter.
- Purchase ASB prior to games
- These tasks can be completed on the Reynolds Athletic Website.

# Eligibility

- Student athlete...student is the priority.
- Maintain 2.0 GPA
- Not failing more than 1 class
- On game days a player may not miss more than half their classes in order to play.
- Periodic grade checks occur during the season as determined by coach resulting in being ineligible to participate in competitions until grades meet eligibility status. Grade checks are the start of the season, Weeks 3 and 6. If a player is ineligible for a prolonged period of time they can be dismissed from participating in athletics for the season.
- 8 practices required before playing in first game.
- Major school discipline referrals or game technical/incidents can result in player ineligibility for up to one game or being dismissed from team.

# Health Guidelines

- Please do not attend practice if player is ill and communicate to coach so they are aware of why player is not able to attend practice. Refer to RMS Athletic Webpage for coach's email.
- Use deodorant after practices and games. (No cologne or perfume due to allergies)
- Bring own water bottle.

# Practice/Games

- Practice times will occur after school and end before 5:00. Please arrive for pickup at or before 5:00. Some teams will be practicing in the morning before school starting at 5:45 in order to increase access to facilities.
- **Practices will start January 5th.** Games schedules will be published once the area AD's can meet about the number of teams that are available to play at each school.
- On game days, coaches will communicate whether players can go home after school. If players go home they will need to return at the time the coach determines based on when the bus departs or home game starts.
- Thursdays will be a 1:35 Early Release. **There will be no AM or PM practices on Thursdays.** If a player has a game on a Thursday players are permitted to go home but need to arrive back at the time their coach determines. Players will bring a paper that needs to be signed by parent /guardian indicating whether they will be going home prior to games or needing to stay at the school prior their game or bus pickup.
- On away games players must ride the bus with the team to the game but can return home with parent/guardian once they sign player out with the coach.
- Refer to athletic website for possible game time/location changes due to transportation, ref/ump availability or cancelations. We will also send out messaging as early as possible of possible changes or cancelations.
- If missing practice for any reason, email or provide a note for player to give to their coach.
- Please communicate to coach if you are needing an athletic locker and lock for equipment. Do not leave valuables unattended in locker room.
- Coaches will follow guidelines of the middle school league for playing time. Playing time on A-team and the B-teams differ but coaches will do their best to manage playing time so all players have a positive experience.

# Transportation

- Pull forward to the front of pick-up loop when picking up a player at the front of the school.
- On away games, buses will provide transportation to the game and back to the school.

# SPORTSMANSHIP

- Please remember that this experience in athletics is meant to be a positive experience for all those involved, which include athletes, spectators, coaches and officials.
- You will find that there will be a varying degree of experience amongst players, coaches, and even officials. Every day is a growing experience for improving their skills and reaching their fullest potential in the sport. Please be understanding of this.
- Our behavior reflects upon our school and community. Please be positive and encouraging as you cheer for our Grizzley athletic teams.
- **Parents and club coaches avoid coaching from the stands.**

# Breakout Rooms

- Meet the coaches
- Sport specific details/questions
- Reminder: School Gear store opens a couple weeks before the start of each season. Link will be posted on the school website and Parent Square.

Thank you for attending the orientation!