



Athletic Handbook & Code of Conduct

Table of Contents

Mission: “Eagle Strong”	3
Vision: “Whatever”	3
Purpose	3
Goals and Objectives	4
Rosehill Athletic Office	4
Parent and Student Athlete Commitment	4
Attendance Policy	4
Academic, Behavioral, and Financial Requirements	5
Athletic Department Policies	5
Parental Acknowledgment of Athletic Policies	5
Athletic Fees	6
Individual Coach’s Rules	6
Dropping a Sport	7
Tryouts	7
Physicals	7
Team Sports	8
Multi-Sport Athletes	8
Strength and Conditioning	9
Weight Room Rules	9
Uniforms	9
Equipment	10
Sports Medicine	10
Facilities	10
Gymnasium Rules	11
Dress and Grooming	11
Letter Jackets	11
Rosehill Christian Booster Club	11
Transportation to Athletic Event Guidelines	11
RCS Sportsmanship Expectations	12
Players	13

Cheerleaders	13
Student Managers and Trainers	14
Parents, Spectators, and Fans	14
Ejection from Athletic Contests	14
Coaches	15
Eagle Strong Code of Conduct	15
EAGLE STRONG EXPECTATIONS	16
The Eagle Strong Covenant	17
Athletic Handbook and Code of Conduct Agreement	17

Mission: “Eagle Strong”

“Be on your guard; stand firm in our faith; be courageous; be strong. Do everything in love.”
I Corinthians 16:13-14

Vision: “Whatever”

“Whatever you do, work at it with all your heart, as working for the Lord, not for men.”
Colossians 3:23

Purpose

Athletics at Rosehill Christian is an integral part of the school’s educational program. We believe that providing excellence in Christ-centered education in partnership with the Christian home, requires a *“balanced commitment to developing the total student athlete”* in mind, body, and soul. We believe that athletics is a significant tool in the educational process of developing Christ-like character, and helps to encourage students to learn to lead by example. Athletics provides an opportunity to honor God through excellence, maximum effort, self-discipline, sacrificial teamwork, and outstanding sportsmanship.

It is the intent of the Rosehill Christian Athletic Department to provide the opportunity for students to participate in any of the interscholastic athletic activities offered through the athletic program. While some of our sports require a limited number of players, we encourage our students to be aware of opportunities to participate and to find their level of ability to compete athletically.

In order for continued athletic improvement and a consistently competitive program, student athletes must be guided by their coaches in the areas of strength, conditioning, agility, skill development, and mental preparation. The Rosehill Christian athletics program will provide athletes with training that is well structured, disciplined, and fun; and will provide opportunities for development through participation in off-season programs.

Goals and Objectives

Goal No. 1: Glorify Jesus Christ through the pursuit of athletic & leadership excellence.

Goal No. 2: Maximize opportunities for student athletes to acquire and exhibit strong Christian character through athletic training, competitive sports, and academic excellence.

Goal No. 3: Develop quality teams at every level with emphasis placed on winning championships at the varsity level.

Goal No. 4: Create a collaborative partnership between the coaches, players and parents in pursuit of team goals.

Goal No. 5: Create and maintain an atmosphere that engenders the feeling of “lifetime membership” to Rosehill Christian athletics on the part of graduating and former student-athletes. Having been a Rosehill Christian student athlete becomes a proud accomplishment that is remembered and valued as a defining experience in the lives of our young men and women.

Rosehill Athletic Office

The athletic office is located in the gym in Building G.

Athletic Director - Steve Krantz	281-378-4472	stkrantz@rcseagles.org
Asst. Athletic Director - Nathan Utt	281-378-4499	nutt@rcseagles.org
AD Administrative Assistant - Sabrina Krantz	281-378-4450	skrantz@rcseagles.org
Athletic Assistant - Kristen Jenkins	281-378-4476	kjenkins@rcseagles.org

Parent and Student Athlete Commitment

Rosehill Christian athletic programs require a five or six day a week commitment, depending on the sport and level. The Varsity Head Coach and Director of Athletics must authorize any exception to this policy. Sunday competition and practices are not allowed.

Attendance Policy

Reporting to the Coach - It is the **ATHLETE’S RESPONSIBILITY** to contact their coach in the event that they are unable to attend a practice or a game. This must be done by the athlete and not the parent or other student/athlete.

Game Day Policy – Student Athletes are expected to be present at school by 10:00am to be eligible to play in the contest scheduled for that day. Approval for this expectation to be waived must be given by the Athletic Director.

Illness - If a student athlete has a fever, or is experiencing symptoms of a virus, infection, or illness he or she will not be allowed to come to school or to participate in practice or a game that day because of the possibility of infecting their teammates and classmates. The student athlete must be free of all symptoms for a full 24 hour period before returning to school, practice, or a game.

Holidays and Vacations – If an athlete is going on vacation with a parent/guardian or is attending a school related activity during a school recess, advance notice must be given to the coach no later than 30 days prior to absence from a game or practice. The coach will then inform the Athletic Director.

Participation in Two Sports Concurrently – Athletes may participate in more than one sport at RCS in any season (fall, winter, or spring). The athlete should meet with both coaches prior to the first season and must work with both coaches concerning the coordination of details of practices, games, etc. Ultimately, the athlete who is attempting to “double up” must declare one as their “sport of priority” which will eliminate conflicts.

Academic, Behavioral, and Financial Requirements

Extra-Curricular Eligibility - Participation in athletics is an opportunity available to those student athletes who meet the following academic and behavioral performance criteria.

Academic Requirements

- If the student athlete fails a subject at the nine week grading period, he or she becomes ineligible and therefore may not participate in practice or games or other related team activities beginning at 7:45 AM on the first Monday until the student earns all passing grades on the following Progress Report or Report Card.
- This standard applies to the last nine week grading period and will be in force beginning of the fall season of the new school year.

Behavioral Requirements

- Any student athlete receiving out of school suspension (OSS) is ineligible to participate in after school practices, games, or other related team activities for three weeks from the date of suspension.
- Student Athletes receiving In-School Suspension (ISS) become ineligible to participate in after school practices, games or other related team activities on the day of the suspension unless otherwise determined by the administration. Students on disciplinary probation are ineligible to participate in after school practices, games, or other team related activities for the first three weeks of the probationary period.
- Suspension of any type may result in dismissal from the team.

Financial Requirements

- Financial accounts must be current.
- If needed, a written payment plan may be submitted for approval through the business office. If approved, eligibility will be reinstated.

Athletic Department Policies

Parental Acknowledgment of Athletic Policies

Each parent/guardian must read all of the enclosed material and certify that they understand the Athletic Eligibility Rules and Policies of the Rosehill Christian Athletics Department. This document can be found at the end of this Athletic Handbook and must be printed, signed, and returned to the Athletic Director or Administrative Assistant. The signed document will be kept on file in the Athletic Director's office. Prior to the first day of participation, all athletes must have the following items on file in the Athletic Office:

- Updated Physical Form
- Sports Trip Form
- Release of Liability Form
- Over the Counter Medication Authorization Form
- TAPPS Acknowledgement of Rules (High School Only)
- Athletic Handbook and Code of Conduct Form
- Sudden Cardiac Arrest
- Concussion and Traumatic Brain Injury
- Steroid

Parents are required to attend the pre-season parent meeting determined by the head coach. If unable to attend, the parent must contact the head coach.

Parent Volunteer Requirements

- Ministry Safe online video
- Background/driving record check
- Copy of current TDL & current Auto Insurance Card
- Volunteer Application/Volunteer Driver Application

Athletic Fees

According to the Rosehill Christian School adopted policy, a fee is required for participation in extracurricular activities. Student athletic fees are used to defray only a portion of the expenses of our athletic program. Fees for activity participation are to be assessed for one full year and will be charged to the student's account. For athletes, all fees are non-refundable after the first game. *Paying the athletic fee does not guarantee the athlete's playing time.*

Below is a list of athletic activity fees:

HS Football - \$400

All Other HS Sports - \$325

All MS Sports (5th-8th) - \$325

Individual Coach's Rules

Each coach is encouraged to set team rules in addition to the rules on the Athletic Handbook. Rules and penalties for tardiness, curfew violations, inappropriate practice/game dress, and misconduct are examples of acceptable coach's guidelines. These rules should be given in writing to all athletes, parents, and the Athletic Director at the beginning of each season. Under the guidance of the Athletic Director, the Head Coach will determine whether or not their respective practices are open or closed to parents, students and other non-team members.

Dropping a Sport

An athlete may find it necessary to drop a sport, if this is the case, the following procedures must be followed:

- The athlete must talk with your immediate coach and then the head coach and Athletic Director.
- The athlete must return all equipment issued to you.
- Fees are non-refundable after the first game.
- The athlete will not be eligible to participate in another sport until the current season of the sport they have decided not to participate in has ended.

Tryouts

Some Rosehill Christian athletic teams require a tryout process. Fall tryout dates usually occur in August. Winter tryout dates usually occur in mid-October. Spring tryout dates usually occur between late January and early February. Tryout information will be communicated on the Rosehill Christian School website, mailed home, school newsletter, and/or distributed by the Varsity Head Coach.

Physicals

Every student athlete is required to have an annual physical examination conducted by a licensed physician. A completed and signed physical examination form must be on file in the Athletic Director's office before an athlete can participate in a practice or tryout. A physical examination is valid for only twelve (12) months per RCS guidelines. *Students MAY NOT try out or participate in ANY sport without a current physical exam and medical history on file in the Athletic Director's office.*

Team Sports

Listed below are the teams that are offered at Rosehill Christian School. Some sports are open for 5th grade student participation at the discretion of the Athletic Director.

Year-Round	Summer	Fall	Winter	Spring
Cheerleading	Sand Volleyball (girls only)	Volleyball (girls only)	Basketball (girls & boys)	Baseball (boys)
Varsity (9-12 girls & boys)		Varsity (9-12)	Varsity (9-12)	Varsity (9-12)
MS (6-8) (girls)		JV (9-11)	JV (9-11)	MS (6-8)
		MS (6-8)	MS (6-8)	
		Football (boys only)		Track (girls & boys)
		Varsity (9-12)		Varsity (9-12)
		MS (7-8)		MS (5-8)
		X Country (girls & boys)		Golf (girls & boys)
		Varsity (9-12)		Varsity (9-12)
		MS (5-8)		MS (6-8)

Multi-Sport Athletes

At Rosehill Christian athletes, parents, and coaches should understand the importance of the multiple-sport-concept to our athletic program. Athletes should be supported, encouraged, and allowed to participate in one, two, or three seasons as they choose. It should be understood that students who are finishing one athletic season while tryouts are in progress for another season will be given an opportunity for a delayed tryout without penalty. However, it **IS** the duty of the athlete to discuss this with their coaches well in advance. Injury, illness and other special situations will be taken into consideration by the Varsity Head Coach and Athletic Director.

Non-Related Sports Teams

At no time will unrelated sports teams take precedence over a Rosehill Christian team that is in season. This includes games and practices. Rosehill Christian coaches will work with the player when possible but Rosehill Christian teams must take priority.

Strength and Conditioning

Every athlete, parent, and coach should understand that strength and conditioning work is a primary tool for achieving success in all athletic programs. All athletes are expected to participate in a workout program both in and out of season of their sport. Coaches will design workout programs and work together to help develop our athletes to be in the best condition they can be.

Weight Room Rules

Students may not be in the Rosehill Christian weight room without authorized supervision. Do not enter the weight room unless you are going to work out.

- PROPER attire must be worn at all times. This includes t-shirts, athletic shorts or warm-ups, indoor athletic shoes, and socks. Those not dressed properly will be asked to leave immediately.
- No food, drinks or gum are allowed in the weight room with the exception of water bottles.
- No athletic equipment such as balls, bats, etc. is allowed in the weight room at any time.
- Collars must be used at ALL TIMES on free weight bars.
- You must have a spotter(s) when doing flat bench, incline bench, squat, and hang cleans.
- Weight plates and dumbbells that are not being used belong on the proper weight racks - **NOT** on the floor, bars, or against the walls.
- The weight room should be neat and clean at all times. Unload bars when you are finished.
- ALWAYS USE CORRECT TECHNIQUES. If you don't know, ask a coach or the weight room supervisor.
- Use only equipment and exercises that the instructor has permitted and demonstrated.
 - Report all injuries to the weight room instructor, coach, or Athletic Director
 - NO horseplay in the weight room
 - Only instructor and coaches teach proper technique
 - Be aware of your surroundings
 - Safety bars should be used for squats and bench press at all times
 - Always encourage and build each other up. "Make your teammates Great"

Uniforms

In several sports, the athletes will be required to purchase a portion of the game uniform which will become his or her property.

Equipment

The athlete is responsible for the proper care and security of equipment issued to him or her. All equipment not returned in good condition at the end of the season will be subject to a financial penalty.

- All equipment/uniforms issued to a player is to be worn only at practice or scheduled games or scrimmages involving that particular sport. Exceptions must be approved by the coach (i.e. jerseys).
- The athlete must secure permission from the coach before any item is attached, added to, removed from or worn with a uniform that is issued to an athlete.
- Each athlete is responsible for all equipment issued. Keep it clean and in the best possible condition. Rosehill Christian is not responsible for lost or stolen equipment. It is suggested that athletes use a lock on athletic lockers to avoid theft.
- All athletic equipment is the property of Rosehill Christian and the Athletic Department. Therefore, school equipment may not be taken from the building for the use of any other organization or for personal use. Any exception must be approved by the coach or athletic director.
- All equipment issued to an athlete must be returned at the end of the athletic season.
- Equipment that is not returned for any reason or that is damaged beyond normal wear and tear must be paid for at current replacement cost. Equipment is to be returned or lost equipment paid for within one week of the last contest of the sport. Any athlete who has not returned or paid for lost equipment within one week will be denied the right to participate in athletics until the equipment is returned or paid for. In addition, these costs will be added to the school fees owed to the school.
- Under certain circumstances, equipment (i.e. uniforms) may be sold to team members at the end of the season. This sale will be controlled by the head coach and Athletic Director. The price will be set by the Athletic Director and will be the current replacement cost of the item. The money will be collected by the head coach prior to equipment being given to the athlete.

Sports Medicine

Rosehill Christian has contracted with the Willowbrook Methodist Center for Orthopedic Surgery and Sports Medicine to assist us in caring for our student athletes. Dr. Scott Rand is our team doctor and Alex Rasmus is our team trainer amrasmus@houstonmethodist.org

Facilities

The use of RCS athletic facilities by teams for non-RCS athletic practices or games is prohibited without prior authorization from the Athletic Director. Facilities and fields may be used under a rental agreement by contacting the RCS Business Office for rental fees and guidelines.

Gymnasium Rules

- All spectators and students are to be seated in the bleachers, not in chairs.
- Students may not sit or hang out in the foyer.
- No standing along the gym walls or near the concession stand.
- Do not block the exit doors and keep the hallways clear.
- Profanity or other aggressive behavior will not be tolerated and is subject to immediate expulsion from the gym.
- Display good sportsmanship. Yell for your team and not against your opponent.
- Respect the facilities. No running or playing games in the foyer or in the hallways. Students are not allowed to play outside.
- The use of, or appearance of, any controlled substance (alcohol, drugs, or tobacco products) before, during or after the games is prohibited.
- No dogs or animals are allowed.
- Air horns, bullhorns, or noisemakers of any kind are not allowed.

Dress and Grooming

When students are traveling to an away contest either in or out of town, they are expected to be dressed appropriately and be properly groomed as set by the Head Varsity Coach of each program in cooperation with the Athletic Director.

Letter Jackets

High school students who play on a varsity team and participate in a majority of the games become eligible to purchase a letter jacket. Eligibility is at the discretion of the coach based upon contribution to the team.

Students must participate in at least 90 % of the entire varsity season in order to letter in that sport. If injury prohibits participation, lettering will be at the coach's discretion. Coaches will provide a list of eligible recipients to the athletic secretaries.

Rosehill Christian Booster Club

The Eagle Sports Association is responsible for providing support to the athletic program and the school as a whole. Anybody is able to join the Booster Club at various levels. The Booster Club funds provide for items needed that are not already included in the Athletic budget. For information about joining the Booster Club please contact the Athletic Office, or visit the Web site at www.rcseagles.org and download the membership form.

Transportation to Athletic Event Guidelines

- Transportation is to be provided by the parents unless the coaches have arranged for team transportation.
- A signed Sports Trip Form is required to be in each car transporting students to games, practices, or events if carpooling or riding in the RCS van/bus.
- Student Athletes become the coach's responsibility once they arrive at the game, practice, or event.
- If carpooling from the school to an away game - If a parent can not attend the away game, it is the parents responsibility to make transportation arrangements for your students return ride home.
- If traveling by the RCS van/bus to the away game - Students may ride back to the school on the van/bus or ride home with parents, unless otherwise stated by coach.

It is still the parents responsibility to make transportation arrangements for your students' return ride home, either after the bus/van returns to school or if stated by the coach that the student may ride home with parents.

- After all away games, parents must check in with the coach and sign out their student if they are taking their student home from the game.
- Advanced written permission is required when different arrangements are necessary for transporting the student home after the game or practice.
- Students driving themselves to games or practices may not take passengers unless the school has a signed permission slip by the parents of the driver, and the parents of the passenger, approving the travel arrangement.
- Parents must be approved by the Business office to drive students: A Volunteer Application/Driver Application must be submitted and approved. Ministry Safe Training verification must be on file in the business office. Copies of current driver's licenses and insurance of drivers must be on file in the business office before leaving. Students must sign out with the coach or an assistant, or team mom, when they leave with their parents or their representatives.
- Students must wear a seatbelt while traveling.
- Coaches may require athletes to ride to/from events on the bus/van.

RCS Sportsmanship Expectations

The Rosehill Christian Athletic Department believes that interscholastic competition should be governed by the basic principles of good sportsmanship. We believe that participation is as important as winning. We believe that students should be coached to play to the best of their ability and to understand that to play well is to play honorably. The promotion of sportsmanship is the obligation of all school personnel (principals, athletic directors and coaches) and is directed to the behavior of spectators, coaches and players. An additional component to consider is coaches' ethics. We believe the development of good sportsmanship through the practice of ethical behavior and moral reasoning is one of the acknowledged objectives of interscholastic athletics.

We, therefore, expect school administrators, coaches, athletes, cheerleaders and spectators to know and embrace the following fundamentals of sportsmanship:

- Respect should be demonstrated for athletic opponents and for their school at all times. Rosehill Christian should treat visiting teams and their supporters as guests and treat them accordingly.
- Respect should be demonstrated for the officials at all times. As impartial arbiters who are trained to do their jobs to the best of their ability, officials should be given respect and an attitude of good sportsmanship regardless of the outcome of the contest.
- Knowledge of and a proper respect for the current rules of the contest should guide the behavior of all participants. Rules are essential for a fair contest. Good sportsmanship suggests the importance of conforming to the rules.
- All participants should strive to maintain self-control at all times. The desire to win cannot be accepted as a reason for irrational behavior. A proper perspective must be maintained by all if the potential educational values of athletic competition are to be realized.
- All participants should learn to recognize and appreciate skill in performance regardless of school affiliation. Recognition of the good performance of an opponent is a demonstration of generosity and goodwill that is encouraged by all. In order for good sportsmanship to prevail, it is essential that all participants understand their individual responsibilities and expected modes of behavior before, during and after contests.

Players

Because players are admired and respected, they exert a great deal of influence over the actions and behavior of spectators. It is important that athletes:

- Treat opponents with the respect that is due them as guests and as fellow human beings.
- Shake hands with opponents and wish them a good game when appropriate.
- Exercise self-control at all times, accepting the judgment of the officials as just that, the best judgment they could make given what they know and see.
- Never argue or make gestures indicating lack of respect for the official's judgment.
- Accept both victory and defeat with pride and compassion.
- Congratulate opponents in a sincere manner following either victory or defeat.
- Accept the responsibility and privilege of representing the school and community.
- Players must follow team rules established by coaches as well as the *Code of Conduct*.

Players are to refrain from the following inappropriate behaviors:

- Taunting officials, opponents or spectators
- Bench behavior that reflects negatively on the school, team, or is disrespectful
- Use of profanity
- Damage/destruction of school property

Cheerleaders

Cheerleaders are representatives of the RCS student body. By setting a good example, cheerleaders can influence and control the actions of the student spectators. They should embrace the following behaviors:

- Establish standards of desirable behavior in keeping with the fundamentals of good sportsmanship for the cheerleaders and pep club.
- Use positive cheers which encourage their own team without demeaning their opponents.
- Use discretion in deciding when to cheer and which cheers to use. Give encouragement to injured players on both sides.
- Never attempt to distract opposing players or in any way to interfere with their performance.
- Serve as hosts for visiting cheerleaders.

- Cheerleaders must follow team rules established by coaches as well as the *Code of Conduct*.

Cheerleaders are to refrain from the following inappropriate behaviors:

- Taunting officials, opponents or spectators
- Use of profanity
- Damage/destruction of school property

Student Managers and Trainers

These students are considered participants of the sporting event and should follow the same guidelines as players and cheerleaders.

Parents, Spectators, and Fans

Parents, spectators, and fans play an important role in their school's reputation for sportsmanship. Spectators should be reminded that athletes are friendly rivals as members of opposing amateur teams. They are expected to be treated as such. Spectators should be reminded that the contest should be between the teams engaged in the competition and not between their supporters. **Spectators & fans must be seated in the bleachers or remain in designated areas away from the team and playing areas.** It is imperative that all spectators embrace the following guidelines:

- Know and demonstrate the fundamentals of sportsmanship.
- Respect, cooperate and respond enthusiastically to the cheerleaders, coaches and athletes of all teams.
- Censure fellow spectators whose behavior is inappropriate.
- Be positive toward players and coaches regardless of the outcome of the contest.
- Respect the judgment and the professionalism of the officials and coaches.

Parents and spectators are to refrain from inappropriate behaviors:

- Verbal/physical abuse of officials and coaches.
- Berating players, coaches or other spectators through chants, signs and/or cheers.
- Interruption of contest by behaviors such as throwing objects on the playing area, entering the playing area and/or disruptive behavior.

Disciplinary actions for violations by parents and spectators include:

- Removal from contest
- Conference/hearing with school officials
- Removal from future athletic contests
- Entering the playing area may result in a suspension from all athletic contests for one calendar year from the event.

Ejection from Athletic Contests

A student athlete ejected from an interscholastic contest for any reason will incur a one game suspension (**MINIMUM**). The suspension begins with the next scheduled game. ***This is automatic, with no appeal or exceptions. Also, TAPPS has now initiated a monetary fine for all ejections.***

Coaches

The coaches bear the greatest responsibility for the development of sportsmanship as they have the greatest influence on the attitudes and behaviors of players, the student body, fans, spectators and community. Coaches must value sportsmanship and teach it through their words and through actions. Therefore coaches should embrace the following guidelines:

- Shall establish team rules beyond the *Code of Conduct*
- Teach the value of conforming to the rules
- Instill team discipline and sportsmanship with appropriate consequences for team members who display inappropriate behavior
- Instruct their players in the fundamentals of sportsmanship
- Respect the official's judgment and interpretation of the rules
- Demonstrate publicly the ideals of good sportsmanship by such acts as shaking hands with officials before contests and with opposing coaches before and after contests

Coaches are to refrain from the following inappropriate behaviors

- Use of profanity
- Ejection from contest
- Berating officials or players
- Inciting spectators/players to inappropriate behavior

Eagle Strong Code of Conduct

All athletes shall abide by a **Code of Conduct** that will earn them the honor and respect that participation and competition in the interscholastic program affords. Any conduct that results in dishonor to the athlete, the team or the school will not be tolerated. Acts of unacceptable conduct such as, but not limited to, theft, vandalism, disrespect, immorality or violations of law tarnish the reputation of everyone associated with the school and will be dealt with zero tolerance.

EAGLE STRONG EXPECTATIONS

To be an Eagle Strong Student Athlete carries the following responsibilities and therefore you will **be expected to**:

“Be On Your Guard”

As a Rosehill Athlete you do not make the game all about you. First and foremost it is about bringing glory to HIM and then about the team. We can't be successful if we spend our time absorbed in selfish thoughts or actions. Celebrate the accomplishments of others. Pick each other up when things are tough. Win or lose, we are in this together. Guard your heart because out of it will flow your life story.

“Stand Firm in Your Faith”

As a Rosehill Athlete your first commitment is to your faith then your family and then to your teammates. Commit yourself to becoming the best you can be. Be the best son/daughter, student, friend, and teammate that you can be. When things are not going, as you would like, look first within yourself. Before you blame someone else for your perceived misfortune, ask yourself what you can do to remedy the situation. What can you do to better your position in life, school, family, and athletics, etc.? Remember, the greater the challenge, the greater the satisfaction in meeting that challenge.

“Be Courageous”

It takes courage to be a Christian Athlete. God's Word repeatedly exhorts us to “not be afraid.” Avoid words and phrases such as “I can't...,” “I won't...,” “This is too difficult...” etc. Replace them with phrases such as “I can...” “I will...” “I will do whatever is necessary to help my team win. Be the athlete that is willing to lead the charge into battle. Remember the story of David and Goliath. While everyone else saw Goliath as too big to hit, David (with God being on his team) saw Goliath as someone too big to miss. Don't be afraid, but instead lead your teammates into battle with courage.

“Be Strong”

Some people “talk the talk”; others “walk the walk.” Everyone knows that actions speak louder than words, but sometimes it’s easier to talk about what we’re going to accomplish than it is to work to make that talk a reality. That is not the Eagle Strong way. We believe we will outwork, out-hustle, out-think our opponents, not out-talk them. We can control these factors. Be committed to a regimen of strength and conditioning that puts you in the top 5% of all athletes. A Rosehill Christian athlete “walks the walk.”

Be strong, “BE EAGLE STRONG”!

“Do Everything in Love”

When you love the game it will love you back. Playing and practicing with love means you play with passion and purpose. You give your very best each and every day, no matter what. You challenge yourself every time you step on the court or field to leave it as a better player. Mediocre players practice with the mentality that practice is simply a necessary part of being on the team. As an Eagle Strong Athlete you approach practice with the intent of pushing yourself and your teammates to a higher level than you did yesterday. We will play to win, but more importantly we will play to the glory of God, loving Him with all your heart, mind, soul, and strength and our teammates as ourselves.



Athletic Handbook and Code of Conduct

AS A STUDENT ATHLETE:

- I have read and agree to abide by and support all the guidelines, policies and expectations set forth in the Rosehill Athletic Handbook.
- I have read the *Code of Conduct* and thoroughly understand the consequences that I will face if I do not honor my commitment to the *Code of Conduct*.
- I understand and realize that there is risk of injury in participating in athletic activities.
- I understand this is binding while a student at Rosehill.

Student Printed Name _____

Student Signature _____ Date _____

AS A PARENT/GUARDIAN:

- I have read and agree to abide by and support all the guidelines, policies, and expectations set forth in the Rosehill Athletic Handbook.
- I pledge to conduct myself in a Christ-like manner at all times when supporting the Rosehill Athletic teams.
- I understand and realize that there is an assumed risk of injury involved for my son or daughter as a participant in athletic activities.
- I understand this is binding while my son or daughter is a student at Rosehill Christian.

Parent or Guardian Printed Name _____

Parent or Guardian Signature _____ Date _____

Please return to the Athletic Office