



NRCA KNIGHTS ATHLETICS



Student & Parent Pledge of Cooperation

Eligibility: In order to be eligible for any athletic activity (practices or games), the athlete:

- Must have a physical on file with the athletic department. (A physical is only valid for 365 days from the date of the examination.)
- Must maintain a 2.0 GPA and make no more than one F or 3 D's in a quarter. If these requirements are not met, the student will be suspended from any athletic participation throughout the next grading period. There is a plan for reinstatement after 18 academic days as outlined in the student handbook.
- Must be present at school on the day of a practice or game. To be present a student must be at school by 10:30 a.m. A student who leaves before 12:30 p.m. will be considered absent and, therefore, unable to participate in that day's activities.
- Must not practice OR play if ineligible.

Transportation: Transportation to all home games is the responsibility of the parents/athletes. NRCA provides transportation for teams to all other games, unless otherwise determined by the coach. ***Athletes must travel with the team.*** Upon the conclusion of the event, an athlete may ride home with his/her parents after the game or with the parent of another athlete only if verbal or written—preferably written—notification has been given to the coach. ***Parents may not give permission for an athlete to ride with another student.***

Dress Code: As with the school dress code, our goal is for athletes to be modest and neat.

Practices:

- Athletes should wear attire that will allow them to participate fully in practices without sacrificing modesty and neatness.
- Girls—no tank-tops; guys—no sleeveless shirts.
- Shorts should not have anything printed on the back.
- Bikers are recommended under an athlete's shorts.
- Girls should not roll their shorts excessively. (Specific policies will be set per the coach's discretion.)
- Guys should leave their shirts on while outside of the locker room. This includes their car until they leave campus.

Games:

- At school prior to the athletic event, teams should look uniform. Typically, this means ties for guys and chapel dress for girls, but the coach may decide on a "team outfit" for the day.
- Team uniforms are the school's property and are loaned to the student for the season. No alterations to the uniform should be made. Uniforms are to be worn at all games and then returned to the coach immediately following the season's conclusion. Please follow the wash & dry instructions carefully.

Participation: All teams at NRCA are expected to play hard in the true spirit of competition; however, there is a different emphasis at each level of play:

- Middle School (grades 6-8): The athlete is provided a learning experience and the opportunity for basic individual skill development. Team concepts of play are introduced. During the season, participation is emphasized over winning. Team members are encouraged through active participation in games.
- Junior Varsity (grades 7-10): The athlete improves skills while learning team concepts that are more complex. At this level of increased physical development and better competition, there is an equal emphasis on winning and participation.
- Varsity (grades 7-12): The athlete is advanced in skill and physical development. Emphasis is placed upon individual and team potential. The athlete's playing time is determined by how it will best serve the team.

Concessions/Gate: Every year the concession stand raises thousands of dollars for athletics and fine arts. The money raised is used to provide athletes with uniforms, equipment, and other items their sports might require. To that end, the parents of a participating athlete will be expected to volunteer in the concession stand or at the ticket gate twice during the season in which their athlete is participating. The parents will not be expected to fulfill that duty during a time when their athlete is participating in a game. If there are multiple children participating during one season, the expectation to work does not increase.

Parent Pledge

Please read, initial each item, sign and return.

1. I pledge to use positive encouragement to edify my child because I understand that athletes do their best when they are encouraged. _____
2. I understand that fewer than 1% of youth sports participants receive college athletic scholarships and that the top three reasons kids play sports are: a) to have fun; b) to make new friends; and c) to learn new skills. _____
3. I understand that the game is for the players, and I will keep sports in the proper perspective. _____
4. I pledge to encourage my child to use maximum effort, to learn new skills, and to bounce back from mistakes. _____
5. I understand that children have different natural abilities and are at different levels of physical development and that the true measure of my child's success is not how my child compares to others, but how he/she is doing in comparison to his/her best self. _____
6. I pledge to "Honor the Game." I understand the importance of setting a good example for my child and that my child might be embarrassed by any out-of-bounds behavior on my part. No matter what others may do, I will show respect for all involved in the game including coaches, athletes, opponents, opposing fans, and officials. I understand that officials make mistakes. If the official makes a "bad" call against my team, I will "Honor the Game" and be silent. _____
7. I pledge to refrain from calling out instructions to my child or approaching the bench during a game or breaks in a game. I understand that this is the coach's job. I will limit my comments during the game to encouraging my child and other players for both teams. _____
8. I pledge to refrain from making negative comments about my child's coach in front of my child, my child's teammates, or other team parents. If I have a conflict with the coach, I pledge to handle it in a Biblical manner and approach the coach directly, privately, and respectfully. _____
9. I will be on time to pick up my child from all games and practices. This shows respect for the coach, and it tells my child that he or she is my top priority. _____

Print Parent Name

Parent Signature

Date

Student Pledge

Please read, initial each item, sign and return.

1. I pledge, in my words and actions, to encourage my teammates and coaches. _____
2. I will make my NRCA team one of my top priorities and will not miss practices or games because of other extracurricular activities. _____
3. I will use maximum effort, learn new skills, and bounce back from mistakes. I will work every day to my best ability in order to grow as an athlete and a person and to help my team improve. _____
4. I will show respect to opposing athletes, opposing fans, opposing coaches, and officials. I will refrain from "trash talking" or questioning calls by officials. I will not engage in any kind of conversation with an opposing coach. After the game, I will conduct myself with dignity—win or lose—by offering a handshake to opposing players. _____
5. I pledge to listen and to follow my coach's instructions. I understand that for any relationship to work there has to be mutual trust. I will trust my coach's plan for our team, and I will earn his/her trust by following through with what he/she would have me do. _____
6. I pledge to refrain from making negative comments about my coach to my teammates or other students. I understand this can seriously damage team morale and chemistry and undermine my coach's ability to do his/her best. If I have a conflict with the coach, I pledge to handle it in a Biblical manner and approach the coach directly, privately, and respectfully. _____
7. I will be on time to practices and games. I understand that being late might put me at risk by not providing adequate time for warm-up. _____

Print Student Name

Student Signature

Date