



To Parents and Student-Athletes,

Congratulations on your decision to become a part of Crusader Athletics at Round Rock Christian Academy. Crusader Athletics is a tradition rich program that offers competitive opportunities to 5<sup>th</sup>-12<sup>th</sup> grade students at RRCA. We are excited to have you as a part of this fine organization.

As an athletic department, we strive to help *“fulfill the mission of Round Rock Christian Academy by building champions for Christ through the development of character, athleticism, servant leadership, and competitive excellence.”* As staff members seek to accomplish this mission, student-athletes learn on multiple levels. In our mission statement, you may notice the word “champions” defined as “those who go to battle on behalf of another.” This element of our mission is what makes us unique. Not only are we striving to build great athletes, but also to develop Godly servant leaders who live for the purposes of Christ!

Young people experience many good things by participating in athletics. However, we would like to remind each of you that participating in an athletic environment is not always easy and can be frustrating. Student-athletes may experience great highs and extreme lows as they participate in sports. Young people may be frustrated by the amount of playing time they receive. Some will find the thrill of victory invigorating but may also find the agony of defeat to be devastating. We would like to ask each family to use the challenges presented in athletics to help young people grow. Be encouragers and not complainers. Build relationships in the bleachers; use the time to say positive things. Pray for your kids, their teams, and their coaches. If your family is able to manage the obstacles this environment presents, we welcome you. However, if the up and down nature of life in athletics will cause your family to experience great stress, we encourage you to seek programs or activities other than athletics that will be a better fit for your family.

This handbook contains the philosophies, policies and guidelines that govern Crusader Athletics. Although it is intended to be comprehensive in nature, situations will inevitably occur that are not outlined in this handbook. Having a common understanding of rules and regulations that govern athletics will assist in significantly reducing concerns and unforeseen problems.

We ask that you read this handbook thoroughly with your student-athlete(s).

We look forward to another great year in Crusader Athletics! CRU for life!

RRCA Athletic Department



## **MISSION STATEMENT**

The Athletic Department of Round Rock Christian Academy (RRCA) seeks to use the arena of physical training and competition to teach each athlete the disciplines and commitment needed to build excellence in character, education, and leadership. I Timothy 4:8 (NIV)

## **ATHLETIC PHILOSOPHY**

RRCA student-athlete should strive for excellence as players by giving their best and encouraging others to do the same. An RRCA student-athlete honors God in everything that they do. The coaching staff should teach solid fundamentals that will help build up our student- athletes so that they are prepared for what's next in life.

## **ATHLETIC PROGRAM PROFILE**

**Mascot – Crusaders and Lady Crusaders      Colors – Navy and White with Red**

High School Boys: 6- m a n Football, Baseball, Basketball, Cheer, Cross-Country, Golf, Swimming, Tennis, Track and Field

High School Girls: Basketball, Cheer, Cross-Country, Dance, Golf, Swimming, Tennis, Track and Field, Volleyball

7<sup>th</sup>-8<sup>th</sup> Grade Boys: 6-man Football, Basketball, Cheer, Cross-Country, Golf, Soccer, Track and Field

7<sup>th</sup>-8<sup>th</sup> Grade Girls: Basketball, Cheer, Cross-Country, Golf, Soccer, Track and Field, Volleyball

5<sup>th</sup>-6<sup>th</sup> Grade Boys: Basketball, Flag Football, Golf, Soccer, Track and

Field 5<sup>th</sup>-6<sup>th</sup> Grade Girls:Basketball, Golf, Soccer, Track and Field, Volleyball

## **ATHLETIC GOVERNANCE**

Round Rock Christian Academy is a member of the Texas Association of Private and Parochial Schools (TAPPS) for high school sports. All TAPPS policies can be found at [www.tapps.biz](http://www.tapps.biz). TAPPS classifies our school as a 4A school in a 6-division classification system.

At the Elementary School/Middle School level, RRCA is a member of the Capital Area Private and Parochial Schools (CAPPS). The CAPPS 16-member schools consist of private and parochial schools in the Austin and Round Rock areas.



## TAPPS Accomplishments\*

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### State Accomplishments (Team)

#### *STATE CHAMPIONS*

Volleyball - 2012, 2017, 2021, 2022

Girls Basketball - 2000

Cheerleading - 2017

Dance - 2018

#### *STATE RUNNER-UP*

Volleyball – 2016, 2019

Boys Basketball - 1999

Cheerleading - 2016

#### *STATE FINAL 4*

Volleyball – 2018, 2020

Girls Basketball - 2002, 2003, 2013, 2021

Boys Basketball - 2000

Cheerleading - 2015, 2018

**\*This list is being updated and revised and is a work in progress.**

### State Accomplishments (Individual)

#### **STATE CHAMPIONS**

Swim - 2005, 2012, 2013, 2015

Track - 1999, 2001, 2003, 2007, 2011, 2012,

2017, 2018, 2019, 2022, 2023, 2024

#### **STATE RUNNER-UP**

Swim - 2003, 2008, 2010, 2014, 2015

Track - 1999, 2002, 2007, 2010, 2012, 2015,

2017, 2018, 2021, 2022, 2024

#### **STATE FINAL 4**

Swim - 2003, 2010, 2012, 2013, 2014

Track - 1999, 2001, 2006, 2007, 2008, 2009,

2010, 2021, 2024



## **CRUSADER ATHLETICS - PHILOSOPHY**

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### **TEAM LEVEL PHILOSOPHY**

The scope of competitive philosophy of team sports at RRCA runs the gamut from an emphasis on instruction at the Elementary School level to striving to win championships at the varsity level, with an undergirding foundation of sportsmanship and Christ-like character at every level.

The Elementary School athletic program (5<sup>th</sup> grade) encourages participation and experimentation while fostering a love for the game. The fundamentals of the game will be strongly emphasized. If needed, try-outs are for the purpose of team placement based on skill and ability. Cuts are highly discouraged but permissible if based on facility or resource issues. In these cases, every attempt will be made to add an additional team.

The Middle School athletic program (6<sup>th</sup>-8<sup>th</sup> grade) strives to further a love for the game, continue to develop fundamental skills, and help athletes begin to understand and execute more advanced level strategies. If needed, try-outs are for the purpose of team placement based on skill and ability. Cuts are discouraged but permissible if based on facility or resource issues. In these cases, every attempt will be made to add an additional team. *Equal playing time is neither a requirement nor a goal.*

The High School athletic program (9<sup>th</sup>-12<sup>th</sup> grades) strives to encourage student-athletes to be the best they can be with a focus on excellence in execution. Players are put in positions to get the most out of their athletic talent, cultivate leadership skills and understand “team- first” responsibility. Playing time on a Junior Varsity or Varsity team is not guaranteed. Cuts are discouraged but permissible if based on facility or resource issues.

### **COMMITMENT TO ATHLETICS**

A high level of commitment is expected from anyone who agrees to be a part of an athletic team at Round Rock Christian Academy. This includes a commitment to be at ALL practices and games during the season, except in dire circumstances. Any time an athlete needs to miss a practice or game, the head coach should be notified as far in advance as possible.

Elementary School practices will predominately be during their scheduled PE time during the course of their school day (except for Flag football, track, and co-ed soccer). Practices will last up to an hour. Middle School practices will predominately be during their scheduled PE time or before or after school. Practice will last up to 2 hours. High school practices will start during their scheduled athletic period of strength and speed training continuing after school lasting up to 2 hours.

All RRCA athletic teams take full advantage of school holidays/off days to get extra gym time for practicing.



## **CODE OF CONDUCT**

Coaches, parents, and student-athletes are expected to demonstrate and foster an environment of respect for authority, for others, and for the rules and standards of God's Word, the school, and of athletic competition. Athletes with behavior issues at school do not supersede his/her obligation to fulfill the assigned disciplinary action. The Athletic Director and/or Head Coach may dispense additional consequences to the student-athlete such as (and not limited to) losing starting position or sitting for a half before playing in a game.

## **ELIGIBILITY REQUIREMENTS AND FEES**

### **ACADEMIC ELIGIBILITY**

The progress of every student-athlete will be evaluated every 3 weeks and the player's parents and coach will be notified. Any student failing 1 or more classes at the end of a 9-week grading period will be ineligible for the next 3-week period. Ineligibility is based on 9-week grades not semester grades. Ineligible players are not allowed to travel with the team or miss school to attend games. During home games, ineligible players do not dress out, but may sit on the bench with the team. An ineligible player is expected to practice with the team once they have attended the mandatory help class in the subject they are not passing.

### **CLASS ATTENDANCE AND ELIGIBILITY**

On school days, student-athletes must be in attendance for at least half of the regularly scheduled school day to be eligible for competition.

### **ATHLETIC FEES**

The fees for each school year are listed on the annual tuition and fees rate sheet. Athletic fees must be paid by the first game of the season. Athletes who do not have fees paid in advance may not be eligible to play.

### **LETTERING POLICY**

See official school policy on lettering.

## **GUIDELINES AND INFO FOR ATHLETES**

### **PRACTICE**

Practice is MANDATORY! Student-athletes must manage his/her schedule in such a way as to allow him/her to fulfill all responsibilities for schoolwork and athletics. RRCA athletes are expected to sacrifice more personal time for academic study than non-athletes.



## **COMMUNICATION WITH COACHES**

Direct communication between the coach and student-athlete is a priority. If deemed necessary for an additional meeting, the next meeting should include the parent of the student-athlete. Inevitably, there may be times when a meeting between a parent and coach is needed. Please call or e-mail the coach to arrange a convenient time for a phone conversation or meeting. 24- hour rule – wait 24 hours before placing that call or sending that email.

## **FORM OF ADDRESS**

Athletes are to address RRCA coaches by Mr., Miss, or Mrs., “Coach” as appropriate.

## **SCHEDULING**

The Athletic Department does its best to schedule games and practices well in advance of the season. Because we cannot control league changes or changes made by an opponent when we travel to their home court/field, changes to schedules will inevitably occur. Additionally, a few changes will most likely take place throughout the season. We appreciate your patience as these things arise.

## **WEDNESDAY PRACTICES**

RRCA Athletic Department understands the eternal value that Wednesday night church activities afford student-athletes. Practices on Wednesdays must be completed by 5:15 pm. This also gives families a night in the middle of the week that they can gather around the table and eat together and enjoy family time. In certain circumstances teams might practice past 5:15 pm but information will be sent out.

## **ATHLETIC UNIFORM AND DRESS CODE**

Student-athletes are issued: team uniforms, equipment, practice top and bottom, travel jacket and pants. Student-athletes are expected to take great care of the uniforms and will take responsibility for any equipment issued. This includes making sure that all issued equipment is cleaned on a routine basis. The following guidelines should be used for cleaning and caring for uniforms issued:

- Wash separately in COLD WATER only, immediately after games.
- Line/Hang dry – DO NOT TUMBLE DRY!

If at any time the equipment and/or uniform become damaged/lost/left in opponents’ gym, it is imperative that the player let the head coach and/or Athletic Office know immediately. A uniform is lost and cannot be found, another uniform will be issued out (if available) once the lost uniform has been paid for in full. Damaged, lost, or stolen equipment and/or uniform pieces will need to be replaced at the expense of the student-athlete.

Coaches will communicate team dress code when traveling to an away game. Student-athletes will be required to wear school issued athletic apparel at all practices. Students may purchase extra athletic apparel from the athletic office.



## **PARTICIPATION IN MULTIPLE SPORTS AND EXTRACURRICULAR ACTIVITIES**

Student-athletes may not participate in multiple TEAM sports at the same time. Student-athletes may, however, participate in INDIVIDUAL sports (cross country, golf, tennis, swimming, and track) or cheerleading and a team sport at the same time if agreed upon by coaches of both sports. As a general rule, all sports in district play or playoff competition will have priority over other sports and practices.

Student-athletes may participate in a non-athletic department (fine arts, debate, etc.) program and on an athletic team at the same time.

Coaches will, under no circumstances, discourage students from participating in one sport or activity over another.

## **BACK-TO-BACK SEASONS**

An athlete, who is ending one season and immediately starting another sport, is allowed up to 3 days - a weekend counts as two days). Quitting one sport to begin another sport is not ethical and is highly discouraged.

## **NO QUIT POLICY**

Round Rock Christian follows a no quit policy. Student-athletes will have up to 10 practice days from the beginning of practice to stay in the sport or leave. Between the 9<sup>th</sup> or 10<sup>th</sup> practice day, he/she must make the commitment to finish the season with the program. The consequences for not completing a season could range from not being able to start practicing for the next sport season to being suspended from all sports for one calendar year from the start of the season.

Quitting is defined as the student's or family's decision to stop participating in practice, games, or team functions. The only exception to this rule is when the head coach, athletic director, and parents all agree that the student's participation would not be beneficial to the player and team.

## **PLAYER EJECTIONS**

Any time a player is ejected from a contest, that player/family is responsible for payment of the TAPPS fees associated with the ejection (at least a \$100 fine) before that player will be allowed to compete in future contests. Additionally, any player ejected will be ineligible for the next scheduled contest (single game or tournament game and football would be 1<sup>st</sup> half). Ejections from any activity may result in further sanctions by the school, athletic department, and/or TAPPS, depending on the nature of the offense. A coach or player deliberately coming into physical contact with, or threatening to harm an official, shall receive a minimum five (5) game suspension.



## **OFF SEASON GUIDELINES AND EXPECTATIONS**

### **YEAR-ROUND STRENGTH AND SPEED TRAINING**

We cannot have successful athletic programs without a strong commitment to strength and speed training. High school student-athletes are expected to train in the weight room, gym, and on the fields throughout the year. The Athletic Director along with the coaches will, in accordance with league rules, provide both voluntary and/or mandatory opportunities to train.

### **SEASON EXPECTATIONS**

Student-athletes are expected to give the in-season sport in which they are participating priority and are not expected to train for another school sport during that time period. Any organized training for another sport during the season in which an athlete is participating should be cleared with the current in-season Head Coach and Athletic Director.

During the summer, all student-athletes are expected to work on and develop their athletic abilities.

### **SUMMER CAMPS AND CLUB TEAMS**

RRCA Athletes are given the opportunity to attend Sports camps each summer. These camps are designed to increase general athletic ability used in both boys' and girls' sports. Students in sports camps are monitored and trained by RRCA coaches.

### **RECRUITING POLICY**

Students and families must follow the admissions procedures established by the school. No student, regardless of intended athletic participation, will be given preferential treatment for admission status. All TAPPS rules regarding transfer students must be followed. Please refer to the TAPPS Constitution and Bylaws regarding rules for transfer students. This includes solicitation, enticement, and inducements. RRCA will not offer or support any form of enticements or inducements, including athletic scholarships, by the Athletic Department or anyone associated with Round Rock Christian Academy.

## **PARENT GUIDELINES AND INFO**

### **FAN BEHAVIOR**

The behavior of our athletes, coaches, teachers, and fans should express our objective to honor God. Fans of Round Rock Christian Academy will never insult or provoke the opposing team. Coaches, athletes, and fans are expected to treat officials with respect and courtesy. Inappropriate remarks to officials will not be allowed and could result in removal from the game by the game administrator. Fans should never approach officials and/or opposing coaches after games, whether on the court side or in the parking lot, to discuss aspects of the game.

In the event of a fan being removed from a contest, a fine (\$250) and game(s) suspension will be assessed per TAPPS rules. At any time that physical contact or a threat is made to an official, player, coach or other fan, the game suspension is subject to increased penalties per school and TAPPS bylaws.





## **SPORTSMANSHIP**

Students and parents are to treat the home school's personnel and facilities with care and respect. We want to cheer for our team, not against the opponent, modest in victory and gracious in defeat. Players play the game; coaches coach the game... no official has ever "lost" a game for a team. Officials will be treated with respect. Any member of the RRCA community who is a participant or spectator at an event, who uses profanity, engages in inappropriate behaviors such as fighting or similar misconduct, will be dismissed from the event and is subject to disciplinary action by the school.

## **SOCIAL MEDIA**

Any student athlete or parent who uses social media to engage or interact with others must keep in mind that as a student or parent they are representative of our school. Students and parents must ensure that their posts, messages, content, and pictures are appropriate and meet the standards of faith and conduct required by RRCA. Any interaction between student athletes and other schools should be God honoring and encouraging. Negative posts about other schools or students will not be permitted.

## **PRESENCE AT GAMES AND PRACTICES**

Family members of players should be invested, supportive and committed to RRCA athletic program. It is important to have parents attend games, both at home and away. A parent's attendance tells the child that he/she cares and that they want to share in the joys and frustrations that are a part of competition. It also gives parents an opportunity to develop a bond with their child and other parents, and to observe the progress made throughout the season.

Practices, which are considered valuable instructional and evaluation time, are open to all non-team or program personnel, but must be previously approved by the Head Coach. Invited guests are expected to refrain from disrupting practice sessions, and from interacting with players and/or coaches. There may be times when coaches ask to have a closed practice.

## **PARENT VOLUNTEERS**

To run an efficient athletic program, the athletic department needs volunteers. All parents of student-athletes are strongly encouraged to volunteer at games and other RRCA sponsored events. This includes gate ticketing, concessions (hosted by RRCA Booster Club), first down markers at football games, clock/scoreboard at volleyball, basketball, baseball games, Crusaderfest and chaperoning. All parents are asked to help with the cleanup process after each sporting event.

## **COMMUNICATION WITH TAPPS OFFICE, OFFICIALS, AND OPPOSING TEAM**

Parents should never contact opposing schools, officials, or the TAPPS office to voice complaints over athletic contests, opposing players, coaches or fans, or officials. All concerns and/or opinions should be communicated directly to RRCA's Athletic Director.



## **SAFETY, FIRST AID, AND TRAVEL TO GAMES**

### **STUDENT ACCIDENT INSURANCE**

RRCA provides supplemental Student Accident Insurance for students enrolled at RRCA. The accident insurance plan is designed to cover students while they are participating in a school sponsored or supervised activity. Student accident insurance is secondary to the student's primary insurance plan. Therefore, the student accident insurance plan will consider reimbursing eligible expenses that the student's primary insurance considered patient out of pocket cost. In the event of an accident, please contact the athletic office for instructions on filing a claim.

### **HEALTH and SAFETY STANDARDS**

Parents and athletes are responsible for being up to date on the educational material on the TAPPS website concerning Concussions, Sudden Cardiac Arrest, Steroid Abuse, Heat Stress, and Dehydration. Go to <https://tapps.biz/health/> and find materials under Health and Safety.

### **FIRST AID/CPR/CONCUSSIONS**

All RRCA coaches receive regular first aid and CPR training. All high school coaches annually meet TAPPS training standards for health and safety, first aid, and dealing with concussions.

### **CONCUSSION POLICY FOR ALL EXTRA-CURRICULAR ACTIVITIES**

The academic management of a student with a concussion will be on a case-by-case basis. In all cases, school administration will err on the side of caution. If a medical professional places the student on concussion protocol, an individualized plan will be set up by the administration. Students who are placed on modified attendance by a medical professional will be required to follow the specifics of the individualized plan. During recovery, rest is key. Some normal daily and school activities that may cause concussion symptoms to reappear or get worse are:

- exercising
- attending school events that can be loud (pep rallies, sporting events, fine arts events)
- driving a vehicle
- playing video games
- using a cell phone
- concentrating / studying
- working on a computer
- reading for extended periods.

Students who return to school after a concussion may need some or all of the following accommodations:

- spend fewer hours at school.
- take rests breaks.
- be provided extra help and time to complete schoolwork.
- spend less continuous time reading and writing.
- limit screen time (computer, tv, cell phone use).



The individualized plan will include the level of participation and attendance permitted at any school activities (academic or extra-curricular) until such time as the student is able to resume a normal full academic load with no re-occurring side effects.

## DEALING WITH HEAT

Dealing with the Texas heat, particularly during the late summer in outdoor sports like football and cross country, is something that cannot be avoided. The responsibility of the coaches is to train and prepare student-athletes for safely competing in hot conditions. Common sense is the rule of the day. Hydration is the most important factor in being prepared for the heat; student-athletes should be taking care of themselves by staying constantly hydrated – not just hydrating during practices and games. (See School policy on heat guidelines)

## ATHLETIC PHYSICALS AND TAPPS FORMS

All student-athletes must have on file an annual pre-participation physical with the Athletic Director. The annual physical must be completed by an appropriate licensed medical professional prior to participation in any practice or event. Additionally, all student-athletes must have a pre-participation medical history form completed and signed by the student-athlete and a parent.

TAPPS requires all member schools to educate parents and students. TAPPS has created a portion of their website for parent and student review and education. You will find information and links on the TAPPS website: <https://tapps.biz/> that will support you in your knowledge of the areas outlined below. You will find the following electronic forms link to RankOne sports on the RRCA athletic website:

- **ANNUAL Physical Examination: for ALL Athletes: 5<sup>th</sup>-12<sup>th</sup> grade.**
- **TAPPS Medical History: parent and student signature required.**
- **Intent to Participate Form: parent and student signature required.**
- **Release and Indemnity Agreement (included on form is Athletics Authorization for Medical Care and Permission/Waiver for Activities on and Off School Grounds: parent signature required**

**New 2024-2025 School Year:** TAPPS TMS platform (TAPPS Management System), you will find the following electronic documents to be filled out for ALL HIGH SCHOOL student-athletes:

- **TAPPS Student Profile (9<sup>th</sup>-12<sup>th</sup> graders only): parent and student signature required** (has the transfer question for athletes who have participated at another high school after their freshman year)
- **TAPPS Signature Page: parent and student signature required** (Acknowledgement of Rules, Concussion, Cardiac, Temperature, PED links for reading and understanding)

It is important that you take time to read all the material online and pay close attention to the signatures required.



## **INCLEMENT WEATHER/EMERGENCY SITUATIONS**

As a school and Athletic Department at RRCA we carefully monitor the weather status throughout the week. In the event of inclement weather, every effort will be made to notify parents by 1:30 pm if a practice and/or game needs to be adjusted. A notification through the Renweb Parent Alert text system or email will be used for communication.

## **LIGHTNING**

Whenever lightning is observed in the immediate area, anyone participating in an outdoor sport will immediately seek shelter inside a building or automobile and remain under shelter until no lightning has been observed for 30 minutes. During games, the decision to play or not play is in the hands of the officials once a contest has started.

## **TRANSPORTATION AND TRAVEL**

When available, athletic buses will be used to transport teams. All student-athletes are required to use seatbelts while traveling on athletic buses. All student-athletes must travel as a team to games and out-of-town events. They may return with a parent only if the parent informs the Head Coach. All student-athletes must travel as a team to practices and games when leaving during school hours. Students may not drive themselves to away games.

The following exceptions will be considered for practice on a case-by-case basis and require a signed parental waiver for student-athletes who:

- Student-athletes may drive themselves or their sibling.
- Student-athletes may drive other students with written parent approval from both families.
- Student-athletes may ride with an adult that is not their parent.

Athletes may not travel alone with coaches of the opposite sex. The driver must be accompanied by at least one adult when traveling to any game/practice. Female trainers may not travel with male athletes or vice-versa. Adult supervision must always be present when administering aid to athletes of the opposite sex.

## **LATE RETURN FROM AWAY GAMES**

Student Athletes will communicate with parents about their arrival time so that they can be picked up in a timely manner. In the event that a team returns after midnight, players may be allowed to come in the next day by 9 am to school.

## **MINISTERING TO OTHER SCHOOLS**

Crusader athletics recognizes that our coaches, athletes, and families are to be active participants in the body of Christ. To that end, we understand that athletics can be a tremendously effective vehicle to build relationships with other schools and communities. Through the years, Round Rock Christian teams have engaged several public schools in competition and will continue to do so. These schools range from 1A to 5A in UIL. In addition, RRCA also plays a number of secular private schools as well as parochial schools that do not necessarily share RRCA's theology, worldview, or priorities toward competition.



RRCA players, coaches, fans, and parents should regard these interactions as ministry opportunities regardless of the school we are playing. We should seek to interact with our opponents, their coaches, and fans—win or lose—with an attitude of love, respect, and graciousness that points others to Christ. Please remember that they will associate our attitudes and actions with the God we serve. The administration of Crusader Athletics would like to charge each family to be the body of Christ to our opposing teams, fans, and coaches as well as the officials.

