

## Real Life Christian Academy “Athletic Handbook” 2024-2025

Welcome Raptor Families! My name is Debi Lawson and I am the Athletic Director for all Athletic programs at RLCA. Included is our Athletic Handbook. This handbook outlines the rules, regulations and guidelines required for a student to participate in extracurricular team sports. The rules and regulations in this handbook will be enforced for all students participating in RLCA Sports & Activities. Real Life seeks to encourage as much participation as possible at each level of interscholastic competition. In middle school sports, our policy is to keep cuts to a minimum and to distribute playing time with participation as a goal. Ultimately, the overwhelming goal at the middle school level will be to provide opportunities that allow the student-athlete to gain skill as an athlete and develop personal confidence. For JV teams, we continue to view participation as an important goal, but playing time begins to depend more on individual ability and effort than at the younger level. Our goals for Varsity are more narrowly focused and fielding a competitive team is a high priority. Our ultimate goal, both off and on the court/field of play at any level is to honor God by our actions and words. Please thoroughly review the contents of this handbook and sign where provided. Please turn in the signature page along with your child’s athletic paperwork to the Athletic Director before the first practice. All paperwork must be approved before students are eligible to participate. If you should have any questions about any of the information hereof, please contact Debi Lawson, Athletic Director at [dlawson@getreallife.com](mailto:dlawson@getreallife.com).

RLCA COACHING STAFF for the 2024-2025 school year:

- Athletic Director: Debi Lawson
- Asst. AD: Jeff Carney

VOLLEYBALL:

- Varsity Coach: Stephanie Coleman
- JV Coach: Lauren Clark
- MS Coach: Sydney Ward
- Beach Coach: TBA

FOOTBALL:

- Varsity Head Coach: Daniel Sousa
- Asst.Coach: Bob DeCouto
- Asst.Coach: Jessie Anderson
- Asst.Coach: Matt Martinez
- Asst.Coach: Michael Hatfield
- JV Head Coach: Caleb Pinkerman
- Asst.Coach: Elijah Parks
- Asst.Coach: Danny Rogers
- MS Flag Football: Bob DeCouto

CHEERLEADING:

- Varsity Coach: Jessica Tempel

GOLF:

- Varsity Coach: Marcus Navarro

SOCCER:

- Varsity Head Coach: Eugene Ramos
- Asst.Coach: TBA
- Girls Head Coach: TBA
- MS Coach: Chad Clark

BASEBALL:

- Varsity Head Coach: Jorge Vazquez
- Asst.Coach: Jessie Anderson

SOFTBALL:

- Varsity Head Coach: Jeff Carney
- Asst.Coach: Angela Ellis
- Asst.Coach: Hannah Recotta-Wheeler

Participation in interscholastic athletics is a privilege and not a right. The athlete must earn this privilege through dedication, desire & discipline on the field, court and in the classroom. The athletic program is an extension of the school's total curriculum that provides activities for the growth and development of our students. RLCA believes that the athletic program contributes to preparing our students for becoming productive, contributing members of our community and society.

ATHLETIC VERSE: COL.3:23

“Whatever you do, work heartily, as for the Lord and not for men.”

ATHLETIC POLICIES:

- At the beginning of each sport season, the RLCA Athletic Staff & Coaches will host a tryout for all players interested, for middle school (grades 6-8), and for high school (grades 9-12). In some instances, middle school students may be permitted to play on a high school team. Tryouts for each team will be based on talent, teamwork, effort, attitude, behavior, attendance, and above all-ACADEMICS. The Head Coach is responsible to the selection of the team players, and the Athletic Director will also review the roster for final approval.
- Coaches will...
  - 1-Communicate to all of the candidates, the specific criteria for making the team.
  - 2-Schedule practice plans to allow players to fully demonstrate their knowledge and skills.
  - 3-Give ample time to all candidates as they compete for roster spots. Tryouts will consist of two days.
  - 4-Explain that making the final roster of a team does not guarantee playing time.

- **LIMIT OF ELIGIBILITY:** Each student shall have 4 consecutive years of eligibility from the date he/she enrolls in the 9th grade.
- **ATTENDANCE REQUIREMENTS:** A Student-Athlete must attend the last four periods of the day (not including lunch) in order to be eligible to attend or to participate in any practices or games that day, or to attend any game even as a spectator.
- **PLAYER / SPECTATOR EXPECTATIONS:**  
 As a member of the RLCA Athletic teams, students are high profile representatives of Real Life Christian Academy. Students are expected to act in an appropriate manner. Team uniforms must be worn to all games, not personal wear. The following behavior is inappropriate and will not be tolerated:
  - Fighting
  - Profanity of any kind
  - Possession of, use of or being under the influence of alcohol, tobacco, vaping or drug use of any kind.
  - Rude or disrespectful behavior
  - Taunting opponents or officials
  - Destruction of property
  - Disobeying school rules, team rules or camp / tournament rules
  - Unsportsmanlike conduct (Any act of unsportsmanlike or inappropriate behavior will be dealt with swiftly.) If the act occurs during an athletic contest, the student will be removed from the contest. A student who strikes, curses, or threatens an official, coach or opponent during a game or at any other time, because of resentment over occurrences or decisions, or who fails to maintain a standard of conduct satisfactory to the SSAA or RLCA rules and policies, shall be ineligible to participate in any interscholastic athletic activity for up to 6 weeks. A student who is ejected from a contest for a flagrant foul or unsportsmanlike conduct, cannot participate in any contest for a minimum of 2 weeks. Students may also receive disciplinary action from the school administration.

- ATTENDANCE FOR STUDENT-ATHLETE & STUDENT SPECTATORS:

1. Students must be in regular attendance in order to engage in practice, participate in a contest, or attend a contest as a spectator.
2. Students may still attend or participate in practices if they miss due to an excused absence such as a school trip, doctor appointment (with official documentation from doctor).
3. Excused absences other than school related trips must not result in more than half of the student's classes missed in order to be eligible for attendance or participation in a game or practice.
4. If an athlete missed a practice, unexcused, they will not be eligible to participate in the following game. They are required to attend, but will not participate.
5. Student-Athletes are "expected" to attend ALL practices and games unless absent from school.
6. Student-Athletes may be dismissed from a team due to excessive absences, excessive tardiness, or after a pre-set limit by their Head Coach.

- WEATHER:

In the event of inclement weather, the Athletic Director will make a decision by 2pm concerning the cancellation of practices or home games and notify the coaches of these teams. Coaches will let parents and players know as soon as possible through the group chat. Cancellation decisions for away games will be made by the opponent's Athletic Director. Updates will be posted in the group chat. Please do not call the school before 2pm or updates. Every effort will be made to play games as long as the weather does not jeopardize the safety of the athletes, coaches, officials and spectators.

- **TRANSPORTATION:**

- Only athletes and coaches are permitted to use school transportation.

- When the school cannot provide transportation, parents will be notified in advance to help transport their athletes. Parents **MUST** be on a students "Pick up list" in the academy office, in order to transport other students.

- Students must travel to all athletic events with the team, but may ride home with their parents, or another adult, provided that person is on their pick up list. They will be required to show ID to the Coach. Athletes may not ride home with another student driver.

- Students will call from the van when they are approximately 30 minutes away from the school, to give parents adequate time to arrive at the school. Please assist coaches and be on time to pick up your child. Coaches are required to stay at the school until all students are picked up. Please be considerate.

- **EARLY DISMISSAL:**

- Students are responsible for all missed work due to early dismissal for games. Students are required to follow these guidelines:

- 1. Provide information put out by coaches to parents for proper communication.

- 2. Obtain all work and assignments for classes to be missed at least one day prior to early dismissal.

- 3. Turn in all work normally due for all classes prior to departure if possible.

- 4. Make up any missed test or quiz the next available make up day. Students must communicate with their teachers to set this up. Students may miss practice time in order to fulfill academic responsibilities.

- 5. Students who fail to abide by the conditions of early dismissal are subject to possible academic penalty at the discretion of the teacher or the loss of practice and game time until all academic work is current.

In conclusion, by signing this page, you are acknowledging that you have all read the athletic handbook and understand the terms described and agree to be bound by its terms.

Student-Athlete: (print full name)

\_\_\_\_\_

Student-Athlete Signature \_\_\_\_\_

Parents name (print) \_\_\_\_\_

Phone number: \_\_\_\_\_

Parent's Signature: \_\_\_\_\_

Date: \_\_\_\_\_

We are looking forward to partnering with our Raptor Families this year and hope to see you at all of the games! GO RAPTORS!!

Sincerely,  
Coach Lawson  
RLCA Athletic Director

- This is the only page that needs to be returned to the Athletic Department. Thank you.