

RHAA Athletic Program Overview

Goals: RHAA is dedicated to providing sports opportunities for homeschool students, especially in high school. We focus on character and skills development, teamwork and competitive teams. Our team name is the Rolla Royals, to remind us that we are the children of the king, and our colors are navy blue and gold.

Teams/Eligibility: RHAA programs are for homeschooled students ages 12-18 who are living at home under the authority of their parents and are pursuing their education. The player can be dual enrolled in college or public school, but must be primarily homeschooled. Once they have graduated, they are no longer eligible. There are other community programs available for both boys and girls under 12 such as: Upwards Basketball/Optimist program/ SIR. Salem Avenue Baptist has a program for older girls as well.

Fees: \$95 for new junior varsity or varsity players; \$65 for returning players. \$55 for junior teams. These fees apply to each sport. Returning junior players still have to pay \$95 when they move up to varsity or junior varsity teams the first year.

Teams: Players will be divided into varsity and junior varsity for boys and girls, based on ability. No players will play on both teams. We provide coaches and scheduling for both teams, with a focus on making the varsity team as excellent as possible. We will have a junior team as needed and as long as we have the appropriate coaching staff.

Coaches: All of our coaches and assistants are players' parents or someone approved by the board. We appreciate their time! They will also have a background check.

Opponents: We have chosen to participate in the OAC conference we have been part of for the past several years. We play Christian schools and homeschool groups wherever we can find them within a 100 mile travel radius of Rolla. We also try to find teams of similar ability to ours so that we can have competitive games.

Facility: We use multiple public school facilities depending on their availability, and occasionally we use other facilities as needed. We try to keep somewhat of a predictable schedule, but we have to do quite a bit of moving around, so check your schedule regularly for where you are to be for each practice and/or game. If there are changes, the coach will have an established method of communication for these changes.

All parents, team players, and other visitors, please respect all facilities used by RHAA. We do not want to lose the privilege of using these facilities. Please stay in designated areas only. Do not allow others to run, ride wheeled devices, enter any unauthorized areas, attempt to open lockers, play under bleachers, or any other activity that may cause us to lose the use of the facility. After all practices and games, please make sure you pick up your belongings and trash, and leave it cleaner than you found it. Also, please be considerate of all facility staff and thank them for the use of the facility.

Family Participation: Parents are vital to our program. We see our programs as assisting you in your parenting; not as replacing you. When you consider participating in our program, please remember that not only are you committing your player, but your family as well, to a certain degree. This makes good communication vital -- tell us what's going on -- ask us if you don't understand. We are not a drop-off program -- we expect to see parents regularly at games. Please do not drop off other unsupervised siblings. Certainly, we understand that circumstances will not allow every parent to be at every event, but we see RHAA as a family activity, not one that only your child participates in. We need parent/adult help in these areas: keeping inventory of and distributing uniforms, making t-shirt orders, assistant coaching, driving to away games, collecting admissions and selling concessions, running the scoreboard, and keeping the score book at games. Let us know if one of these areas would be a good fit for you to help.

Communication: At the beginning of each season, interest, sign-ups or try-outs will be posted on the RHAA website, RollaRoyals.org, and on the RHAA public Facebook page. E-mails will be sent to eligible participants from previous years and those who have expressed an interest via e-mail. Games will be posted on the RHAA public calendar accessible from the website. Each sport will also have a Facebook page for only team members and their families for the purposes of specific sport information. Each head coach will choose their preference for primary communication for any updates or changes. If the coach's primary method of communication is not convenient or feasible for you, please find another family who is willing to pass along the information to you. Each team member will receive a team directory to be used for RHAA purposes only.

Uniforms: All players will be issued a reversible practice jersey which they are responsible to bring to every practice and a game uniform to be worn for games only. These need to be cared for and returned at the end of the year. If any part of the uniform or practice jersey is destroyed by neglect or lost, the player may be held responsible for replacement. The price differential for new and returning players is basically a uniform fee, though it is not enough to purchase a complete uniform. We also put aside part of the yearly fee for uniform replacement.

- **New players get a white or yellow "warm-up" t-shirt with a name (first or last) for no cost. Please email with t-shirt size and preferred name.**
- **Returning players may get a new t-shirt for the cost of replacement. Provide size and name if you want one.**

Players: Wear appropriate clothing for the sport you are participating in. No jeans or boots or any other inappropriate clothing for the sport. Jewelry must be removed before each practice and game.

Girls: RHAA is bringing some clarity to how our athletes dress in the matter of yoga pants and spandex shorts. Spandex shorts may be worn under gym shorts at practices and under uniform shorts during games to help prevent floor burns. Please do not wear just spandex or yoga pants to practices or games. Also, sport bras should be covered by t-shirts, and please no low cut shirts or short shorts. Remember, if you aren't sure if it is okay, then it likely isn't. We don't want to see undergarments.

Cell Phones: Keep cell phones in your bag during practices, games, and in between games at tournaments and championship games. Also, electronic devices are to be kept at a minimum while traveling to out of town games. This time is meant to build relationships with your teammates that may be traveling with you. RHAA is not responsible for lost, stolen, or broken electronics.

Boyfriends and girlfriends: Boyfriends and girlfriends not allowed at practices. It can be distracting to yourself and your teammates. You also need to limit your contact with them before and during a game. Again, this time is used to promote team building and concentration on the game.

Sportsmanship: One of the most important things you can do for your team is to encourage each other. It's okay to be loud - cheer each other on! Cheer for the other team when they do well. Don't laugh at or make fun of other players (both on your team or the opponents).

Pictures: We have had team and individual pictures done in the past, though we have forgotten some years. We would welcome someone to organize this portion of the program, if interested!

T-shirts: Royals t-shirts will be available for purchase by family members and fans at the beginning of the season.

Summary of player's responsibilities

- ◆ Practices: Be on time, work hard, listen to your coach and be respectful of him/her.
- ◆ Games: stay with teammates, not others, including between games at tournaments
- ◆ Eliminate distractions: cell phones/iPods/other people
- ◆ Let your coach know if you can't make a practice or a game --- put games on your family schedule and give coaches as much advance notice as possible if you can't make one.
- ◆ Conflict resolution – go directly to the person you are having trouble with. If that doesn't work, then let a board member know and we can help
- ◆ Respect coaches' decisions on playing time and other issues – ask if you don't understand

Summary of coaches' role and authority

- ◆ Run practices – they decide what is done, when and by whom
- ◆ Make final decisions on team make-up and playing time
- ◆ Communicate clearly to parents and players expectations
- ◆ In charge of teams at games

Summary of Board Responsibilities (Allison Bruno, Amy Koenig, Brain (Tony) Davis, Scott McBride, and Walter Williams)

- ◆ Create and enforce policies in line with the mission of RHAA
- ◆ Set program fees and manage finances of program
- ◆ Choose and oversee coaches for each of the teams
- ◆ Schedule games with opponents and coordinate parent involvement
- ◆ Help with conflict resolution if needed

Practice Schedule –

Practices are usually held on Tuesday and Thursday evenings, unless otherwise notified. Times and facilities will be determined upon availability of facilities.

Some practices are replaced by games late in the season; some are at different locations, and sometimes a practice for one team has to be moved because another team has a game in their practice facility...so, always check your schedule. Let the coach know as soon as possible if they aren't going to attend for any reason. Practice attendance is crucial for team and personal success of the team.

Always check the published schedule first, check email regularly for changes, and look at the most up-to-date schedule at rollaroyals.com

Home games – Any game in Rolla or St. James only

- ◆ Admission charged \$1/student; \$2/adult; \$7/cap per family
- ◆ Parents are needed to run scoreboard, keep score, collect admissions and sell concessions.
- ◆ If multiple teams play the same night, the order is usually junior girls/ junior boys/ varsity girls, then varsity boys. (Not all 4 teams will usually play on the same night.)

Away games – Any game away from Rolla or St. James (even if we are still considered the home team)

- ◆ If you are able to, volunteer to drive to away games and take additional passengers
Parents are needed to help keep score at each game.
- ◆ No player is to drive themselves to or from an away game.
- ◆ Players are not to drive other players to or from away games.
- ◆ If your child rides with another family, reimburse driver for gas (\$5 recommended)
- ◆ Provide food or money for your child as requested by the driver.
- ◆ Be prompt to pick up once players arrive back in town.

Scorekeeping: We hope to include a scorekeeping and scoreboard workshop before games start to acquaint all players with this facet of the game. We also hope to offer similar training for parents either at the same time or later.

Mission: RHAA strives to provide 4 main components in its athletic program. These areas are to provide competitive playing experiences, improve individual skills, foster teamwork, and build a Christ-like character. While winning games is wonderful, it is being successful in life that is important. Pointing others to Christ is our greater goal, and this is done through our speech, dress, and behavior. Others are watching, and we want to set the more excellent example.