

# Rudolf Steiner High School



## Athletic Department Handbook

*You cannot stay on the summit forever  
You have to come down again  
So why bother in the first place?  
Because what is below does not know what is above,  
But what is above knows what is below.  
One climbs, one sees.  
One descends, one sees no longer,  
But one has seen.  
There is an art of conducting oneself  
In the lower regions  
By the memory of what one saw higher up.  
When one can no longer see,  
One can at least still know.*

-Mt. Analogue

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# Athletic Department Philosophy

## **Mission Statement**

*Waldorf education is based on the conviction that education must engage and nourish the whole child in mind, body and spirit. Therefore, our Rudolf Steiner High School athletic program aims to engage the whole athlete by challenging the head, hands and heart.*

## **Athletic Department Philosophy**

The athletic program operates as an integral part of the total Rudolf Steiner High School educational program. We strive to help our students develop initiative so they can contribute to society through the fullest use of their capacities.

Each student, athlete and coach shall be respected as a human being and challenged to be the best he/she can be. The program will provide for the safety and well being of each individual participant. Participating students should experience enjoyment as well as challenges in their sport. A vital component of the program is the expectation to succeed. The community, school, personnel, coaches and athletes shall all strive to excel. However, the program will not take a “win at all costs” approach. A healthy, competitive attitude is the goal for each student. Knowledgeable coaches will vigorously teach the fundamental skills and strategies of each sport.

Being an athlete on a high school team requires dedication of time and energy. Learning to make a commitment to oneself and teammates is invaluable in a young person’s development. An athlete who never gives up, keeps trying and pushing toward achieving their personal best learns that true success is attained when a person is persistent in their thoughts, feelings and actions. Rudolf Steiner Storm teams exhibit exemplary sportsmanship and attitude, which have made a positive impact with opposing teams, officials and fans.

# Sports Programs

Rudolf Steiner High School is proud to offer 10 MHSAA Varsity sports programs that span the fall, winter and spring sports seasons.

Fall	Winter	Spring
Girls Volleyball	Boys Basketball	Girls Soccer
Boys Soccer	Girls Basketball	Boys Golf*
Boys Tennis (Girls allowed to play)	Boys Hockey**	Boys Lacrosse**
Boys & Girls Cross Country		

\*indicates club sport (see below for more information)

\*\*indicates co-op sport (see below for more information)

## Club Sports

Club Sports refer to sports that are not funded by the Rudolf Steiner High School Athletic Department. All operating costs associated with running a club sport are paid by the individuals who participate in that sport. Despite being funded independently, club sports are still school sanctioned sports, meaning that students, coaches and parents are still required to abide by both Rudolf Steiner High School and MHSAA rules.

When a sport has participated at the club level for at least 3 seasons, the faculty will consider whether or not the sport should be included in the athletic department budget. Faculty considerations include cost, number of students participating, and impact on existing sports.

## Co-Op Sports

Co-Op sports refer to sports that field teams comprised of students joined from two or more schools. Co-Op sports allow students the opportunity to play a high school sport that is not offered by Rudolf Steiner High School. Typically, these Co-Op opportunities stem from a specific students desire to continue to play a sport that they excel in.

One of the difficulties of beginning a Co-Op is finding willing partner schools that share a need in the desired sport. The main responsibility of finding these “willing partners” falls to the individual family, by talking to coaches or other players to try and identify a need. When there is a partner available, the Athletic Department will handle the administrative aspect of setting up the co-op with the partner school’s athletic department.

Students who participate in Co-Op sports are required to abide by all rules outlined by Rudolf Steiner High School, the partner school, and the MHSAA. Since we are typically partnering with larger schools, the “no-cut” policy is not in effect when trying out for a co-op sport.

# Athletic Department Code of Conduct

The Rudolf Steiner High School Athletic Department Code of Conduct is a standard of expectations that is required to be met by all students, coaches, parents, spectators, or any other individual involved in any way with the Rudolf Steiner High School Athletic Department

The Athletic Department of the Rudolf Steiner High School aims to protect and promote the psychological health and well-being of every student that participates in its athletic program. To this end, the following behaviors will not be tolerated before, during or after an athletic contest;

- A) *Any form of communication that is somehow intimidating, belittling, demeaning or insulting*
- B) *Vulgar or profane language*
- C) *Acts of retribution or retaliation*
- D) *Acts of deliberate indifference toward students' rights, privileges and dignity*
- E) *Insensitivity or prejudice toward ethnicity, culture, race, religion, national origin, or handicap*
- F) *The use of drugs, alcohol, tobacco, and any other mind-altering substance*
- G) *The use of any illegal performance enhancing substance*
- H) *Other behaviors by spectators, coaches or athletes that school personnel deem inappropriate*

Parents, Student-Athletes, or Coaches have the right and responsibility to report breaches of this code of conduct to the Athletic Director or High School Coordinator. The accusations brought forth by students will be investigated thoroughly and without fear of recrimination. Immediate solutions will be sought that are fair and just for all parties

The Rudolf Steiner School of Ann Arbor will not hold as hard evidence any rumor, innuendo, gossip or anonymous letters or phone calls

Participation in athletics is a privilege, not a right. We maintain strict standards in academics, behavior and making healthy choices. We believe our athletic programs represent the school and the school community. It is because of this belief that we hold our student athletes to the highest standard. We emphasize dedication and commitment to the team and program, a desire for success and a "team first" attitude.

# Athletic Eligibility

The Michigan High School Athletic Association states that students must maintain academic eligibility in order to participate in athletics. A weekly review by the faculty of all student athletes takes place on Monday at the Faculty meeting. Each student who is having difficulty is looked at individually and an action plan is set involving the teachers, athletic director, coach and parents. A student may be deemed ineligible to play for a Rudolf Steiner team by the faculty even when the student meets the minimum passing requirements of MHSAA.

## **Transfers**

The MHSAA has strict guidelines for the eligibility of transfer students. All Rudolf Steiner students are subject to the MHSAA rules on transfer eligibility. This means that full time students who transfer from another high school must serve a period of ineligibility as specified by the MHSAA, unless specific transfer exceptions are met (according to section 9 of the MHSAA handbook).

## **International Exchange**

Due to MHSAA rules specified in Section 9 of the MHSAA handbook, our international exchange students are not allowed to participate in varsity competition. International exchange students are allowed to practice.

If you have further questions about eligibility, contact the Rudolf Steiner High School Athletic Department.

# Department Rules/Regulations

## **Athletic Fees**

All students participating in a sport must pay a \$100 athletic fee per sport to the Athletic Department at Rudolf Steiner High School. This fee is vital to the Athletic Department budget, as we use it to help pay for equipment, uniforms, officials and facility rental fees.

## **Physical Exams**

All students must have a *current* physical exam completed and on file with the athletic department before they are eligible to play. Physicals that are signed and dated after April 15<sup>th</sup> of 2015 are considered valid for the 2015-2016 school year. If necessary, physical exams can be completed at most urgent care facilities without an appointment.

## **Tryouts/Cuts**

Rudolf Steiner High School is proud to be a “no-cut” Athletic Department. We believe that our “no-cut” policy aligns with our department philosophy about the benefits of participation in interscholastic athletics. However, playing time is still entirely at the discretion of the Head Coach. Athletes and parents must recognize that in order for our athletic programs to excel at their full potential, playing time will be awarded however the Head Coach sees fit.

## **Attendance**

Students may not participate in athletic events (practices or games) if they miss any part of the school day due to illness. If a student is excused to miss school by a parent for a non-illness related reason, they are allowed to participate in athletic events. Students are expected to be at all practices and games, and must notify the head coach immediately if they will not be in attendance.

## **The 24-Hour Rule**

The “24-Hour Rule” is a tool used to allow discussions pertaining to athletics in a more constructive and fruitful environment. Parents who are upset with a child or coach regarding athletic performance, day-to-day team operations, or an aspect of an athletic event are encouraged to wait for 24 hours. This allows the initial emotions from the game or event to calm and a more reasoned, thoughtful and productive discussion can ensue about the issue.

## **Suspensions/Dismissal**

Major violations of the school standards of conduct may result in suspension or dismissal from the team. Suspensions could range from a partial game suspension, up to the duration of the season depending on the severity of the infraction. A review team including the head coach, athletic director, and school administrator will reach all suspension or dismissal decisions on a case-by-case basis.

These violations include the possession or use of alcohol, illicit drugs and use of tobacco products, stealing, and conduct deemed detrimental to the team or Rudolf Steiner athletic department. This conduct includes but is not limited to fighting, insubordination, destruction of property, and falsifying of excuses or records.

## **Transportation**

It is the responsibility of the individual families to provide transportation or ensure that transportation is provided for their student to all practices and games. The athletic department understands that providing this transportation can be difficult for certain families due to work or family schedules, which is why carpooling is encouraged. To ensure fairness in transportation responsibilities among parents, all parents are required to sign up for a minimum of two occasions where they will help drive students to a practice or a game.

Parents who are transporting students other than their own must have the following information on file with the school

1. Valid driver license
2. Proof of current insurance on vehicle being used to transport students
3. A background check done indicating that they have no more than 6 points on their driving record in the previous five years and that they have no restrictions for OUIL.
4. Acceptance of personal liability, covered by their insurance policy.

Students can drive themselves and a sibling to practices and games provided that they meet the following criteria.

1. Valid driver's license
2. Completed driver permission form turned in to and approved by the school
3. The destination is within an 18 mile radius of the school (if it is more than 18 miles away, a parent must drive)
4. If there is a game on a non-school day and the location is closer to the student's home than the school, the student may drive directly to the game location, and then return home, even if the distance exceeds 18 miles

Coaches/Teachers should not be consistently relied on to drive students to practices or games, as they are needed in case of an emergency situation.

# Mid-South Conference

Rudolf Steiner High School is a member of the Mid-South Conference.

Member Schools include:

1. Rudolf Steiner High School
2. Will Carleton Academy in Hillsdale
3. Marshall Academy in Marshall
4. Calhoun Christian in Battle Creek
5. Holt Lutheran in Lansing
6. New Covenant Christian in Lansing
7. Pansophia Academy in Coldwater

The main benefit of our league is the ability to schedule games/matches with similar size schools who share our philosophy of interscholastic athletics. It allows flexibility for the athletic directors to make last minute schedule changes due to school conflicts that arise. For our student athletes, being in the Mid-South Conference creates healthy rivalries and the opportunity for individual and team all-league honors.

The Mid-South Conference is unique in that dominance of the league often changes. Small size schools change from year to year in their ability to field a strong team in any given sport. One year a school may dominate the league and the next they may struggle. As a conference, we take this into consideration as we are playing each other. We try to establish rapport among the coaches and teams with sportsmanship being the main goal. Each coach, player, and parent is responsible for making the Mid-South Conference a respectful organization with the knowledge that we are all a part of making a positive experience for the student athletes who participate in this league together.

# Inclement Weather/Cancellation Policies

In the event of inclement weather, the administrative team at Rudolf Steiner High School will make a decision whether or not to hold practice or to play the game. The administration has the authority to cancel activities, events, practices and competitions in the event of inclement weather. Coaches or other school officials do not have the discretion to change these instructions.

Rudolf Steiner High School typically, but not always, will mirror decisions made by Ann Arbor Public Schools when it comes to the cancellation of events due to inclement weather.

Activities will be automatically cancelled if the area is under a severe weather warning. In the event of a severe weather watch, discretion is given to the school administrator.

In the case of a cancellation, the following actions will be taken to communicate the cancellation:

1. The coach will use his/her primary mode of communication to pass on information about the cancellation to the athletes
2. The athletic department will send an email notifying parents of the cancellation
3. The school calendar will be updated with the cancellation
4. Signs will be posted on the front and back doors of the school communicating the cancellation

**Make-Up Policy:** It is at the discretion of the head coach in consult with the athletic department to schedule any extra practices to make up for practice time lost due to cancellation.

It is a priority of the athletic department to reschedule cancelled games. However, due to many circumstances, make-up games are not always possible and, therefore, are NOT guaranteed.

## Guidelines for the Cancellation of Athletic Activities due to Inclement Weather

### Extreme Cold

Rudolf Steiner High School coaches shall follow the National Safety Council regulations for extreme cold weather. The maximum daily time limits for exposure to low temperature and wind chill are as follows (all degrees in Fahrenheit)

- Wind Chill 30 to 0 Degrees- No time limit as long as Athlete is properly dressed
- Wind Chill 0 to -30 Degrees- Practice time limited to one hour
- Wind Chill -30 to -70 Degrees- No outdoor activity allowed

## **Extreme Heat**

Severely hot and or humid temperatures should prompt the following actions

- When the heat index reaches 100, athletes shall be required to take frequent breaks for liquid and offered additional opportunities to “water down” in order to control body temperature
- When temperatures reach 85-100 degrees or higher, and the humidity is over 70%, practice must be suspended.

When exercising under extreme heat, drinking water is extremely important. Athletes should always maintain proper hydration. However, over-consuming water can be dangerous and even fatal. When exercising for a long period of time, balance water consumption with a nutrient/electrolyte replenishing substance, such as Gatorade. This will ensure that the body gets the replenishment it needs and can avoid water intoxication.

## **Snow Days**

If there is a snow day and school is closed, there will also be no athletic events or after school activities. This means that there is to be no meetings, walk throughs, etc... even if they do not take place at the school, they are NOT allowed. This policy is to insure the safety of the staff and student.

The one exception to this rule is during tournament play. Rudolf Steiner High School does not have the authority to change the schedule dictated by the Michigan High School Athletic Association. Detailed information will be provided should this unusual circumstance occur.

## **Lightning**

In the event of lightning during a practice or game

- If lightning is seen, all practices and games must be postponed immediately, and all participants and staff must seek shelter
- Resuming practice after a lightning sighting is at the discretion of the head coach. To ensure safety, coaches are required to wait 30 minutes since the last visible lightning strike before resuming. The head coach has the authority to cancel practice if they see fit.
- Resuming games after a lightning sighting is completely at the discretion of the officials. Game officials are the only ones who can make decisions when and if to resume play.
- When lightning or other severe weather conditions occur, any school personnel has the right to supersede the authority of the contest official and end a contest on the basis of safety.

# Equipment/Uniforms

Athletic uniforms are the property of the Rudolf Steiner High School. It is a privilege to wear a uniform that represents your school and school community. Student athletes are expected to take responsibility for their uniforms.

## Required and Provided by Rudolf Steiner High School:

### **Boys & Girls Soccer**

- Home: White uniform jersey
- Away: Blue uniform jersey
- Blue Shorts
- Home and Away Socks

Note: the school provides the first pair of home and away socks issued to a soccer player before the first year a student plays soccer. If the student wants or needs new socks for any reason (lost socks, want a fresh pair for the next season etc...), they will be required to purchase them through the athletic department.

### **Tennis**

- White Shirt
- Towel
- Blue Shorts

### **Boys and Girls Basketball**

- Home: White Uniform Set including white jersey and white shorts
- Away: Blue Uniform Set including blue jersey and blue shorts
- Mesh practice jersey
- Game warm-up jacket

### **Volleyball**

- White Jersey
- Blue Jersey

### **Cross Country**

- Blue singlet
- Blue shorts

Other equipment needed for sports is up to the individual athlete to buy. Below is a list of required equipment for each sport.

## Required but NOT provided by Rudolf Steiner High School:

### **Boys and Girls Soccer**

- Shin Guards
- Soccer Cleats

### **Tennis**

- Tennis Racquet
- Tennis Shoes

### **Boys and Girls Basketball**

- Basketball Socks
- Basketball Shoes

### **Volleyball**

- Black/Navy Blue volleyball spandex shorts
- Volleyball shoes
- Knee pads

### **Cross Country**

- Running shoes

Rudolf Steiner High School has a partnership with MC Sports located at the Briarwood Mall. Prior to each sports season, the Athletic Department will set up a “team night” or “team weekend” with MC sports, where they will be issuing a discount to members of that particular Rudolf Steiner Sports team. This is a great opportunity to buy high quality sports equipment at a discounted price. More specific information about these discount offers will be given as the particular season approaches.

## **Uniform Return**

Uniforms that are issued by the school need to be returned to the athletic department at the end of season banquet, or within one week of the season concluding (whichever is later). If uniforms are not turned in within this timeframe, the athletic department will send you a reminder. If you do not return your uniform within one week after the reminder has been sent, you will be charged \$20 per week up to a maximum of \$120 (which will cover the cost of a lost uniform).

# Athletic Leadership Award

The Athletic Leadership Award is given to a senior or group of seniors who exemplify the spirit of being a student athlete at Rudolf Steiner High School. The winner of this award must have put in an exceptional amount of effort to strengthening their sport or by starting a new sport. The athletic department in conjunction with the faculty decides on the annual award winners.

## Coaching Code of Conduct and Responsibilities

1. Develop an understanding of the role of athletics at Rudolf Steiner. Promote it and communicate it to players, parents and the community
2. Develop an up to date knowledge of the rules, strategies, safety precautions and skill of the sport and communicate them to players and parents
3. Create and present team rules and expectations to the athletic department prior to the season
4. Review your expectations and the schools' athletic policies at a team meeting
5. Develop, communicate and model policies for athlete conduct and language in the locker room, at practice, during travel, during competition, and at other appropriate times
6. Develop fair, unprejudiced relationships with all squad members
7. Allow athletes time to develop skills and interests in other athletic and non-athletic activities provided by the school and community groups
8. Allow athletes to prove themselves anew each season and do not base team selections on previous seasons or out of season activities
9. Give the highest degree of attention to athletes' physical well being
10. Teach players respect for school authorities and contest officials, providing support for them in cases of adverse decisions and refraining from critical comments in public or to the media
11. Teach players strict adherences to game rules and contest regulations, and to respect the integrity of the game
12. Communicate regularly with the athletic director
13. Communicate regularly with your student athletes; be able to communicate quickly with them in the case of a cancellation or the need to convey important information
14. Communicate weekly with the parents of your athletes including a reminder of the coming week's practices and games
15. Complete the required MHSAA online rules meetings; keep abreast of MHSAA policies regarding the sport, and be familiar with MHSAA eligibility and contest regulations
16. Present a clean and professional image in terms of personal appearance, and be a positive role model in terms of personal habits, language and conduct. Use of tobacco or alcohol within sight of players and spectators is not acceptable
17. Monitor the academic progress of all students in your program through the Athletic Department
18. Consult with the athletic director on setting practice and game schedules
19. Collect a physical examination form from each athlete prior to their participation in a scrimmage or game
20. Include assistant coaches in the design and implementation of all practices and game strategies
21. Arrive before all players for practices and games
22. Ensure that all athletes have been picked up by a responsible adult before leaving the site of the practice or game

23. Treat injuries in an efficient and professional manner. Communicate with a parent of the athlete should an injury occur during practice or game. Fill out an accident report and turn it into the athletic director.
24. Take responsibility for all equipment given to your program
25. Prepare for and attend the end of season awards ceremony; present the awards to your team members

## Selecting a Team Captain

A captain is someone who leads the team both in and out of competition. A captain is someone who is ALWAYS “team first” and puts the good of the team above the good of themselves or their own personal performance. A captain is the team “high fiver”, encouraging each and every member of the team to develop to the best of his/her ability.

A captain must be able to relate to each member of the team and coaching staff. A captain is someone who is looked up to by their teammates, not necessarily because they are the best player, but because of their dedication to the program over the years.

The head coach will select the team captains with the following guidelines:

- Receive input from the teaching staff/athletic department
- Receive input from the other players on the team
- Captain should be an upper class person (typically 11<sup>th</sup> or 12<sup>th</sup> grade)
- Consider the number of years the athlete has played the sport for the school
- Consider the athletes commitment to the program and their natural leadership qualities
- Do their peers respect them? Can they serve as an intermediary between the players and the staff?
- Can you as a coach, work with the Captain to be an extension of the coaching staff?
- A captain should not be selected until the beginning of the season

# NCAA Eligibility

Any student-athlete planning to enroll in college and participate in Division I or Division II sports must be certified by the NCAA Initial Eligibility Clearinghouse. The Clearinghouse will analyze the student-athlete's academic information and determine if NCAA Initial Eligibility requirements have been met.

Complete the NCAA Clearinghouse Initial Eligibility Form on the NCAA Clearinghouse Website: [www.eligibilitycenter.org](http://www.eligibilitycenter.org). There is a fee for submitting this form.

You do not need to complete this form if you are interested in participating in Division III athletics.