

## **REAL LIFE CHRISTIAN ACADEMY ATHLETICS:**

*Welcome to the Real Life Christian Academy Athletic Family! In this handbook, we have included some important information for our student-athletes and their families. Please read through it thoroughly with your student-athlete and feel free to ask questions if needed. At Real Life, athletics is an important and vital part of the total educational program. The athletic program along with the academic program both serve the same purposes-to build character and to give each student qualities that will equip him or her for a productive life. Real Life believes in the scholar-athlete, the person who places academics first, but who participates in athletics as a valuable and necessary part of the learning experience in school.*

*Real Life seeks to encourage as much participation as possible at each level of interscholastic competition. In middle school athletics, 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 Junior Varsity (JV) 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 on and off the court / field of play at any level, is to honor God by our action and words.*

*Real Life Christian Academy is a member of the SSAC (Sunshine State Athletic Conference)*

*Academic Eligibility:*

- \* Students in grades 6<sup>th</sup>-8<sup>th</sup> must have a 2.0 GPA at the conclusion of each semester.*
- \* A student entering the 9<sup>th</sup> grade shall be eligible during the first semester of the 9<sup>th</sup> grade year provided that it is the student's first entry into ninth grade.*
- A student in grades 9-12 must have a cumulative high school GPA of 2.0 or above on a 4.0 unweighted scale in all courses as required by the Florida Statutes at the conclusion of each semester to be eligible during the following semester.*

*"Exceptions" may be made for 10<sup>th</sup> graders who do not have a cumulative GPA of 2.0 at the conclusion of their 9<sup>th</sup> grade year or at the conclusion of the first semester of the 10<sup>th</sup> grade year "provided" the following requirements are fulfilled:*

- They have a 2.0 GPA in all courses taken during the semester of ineligibility.*
- They sign an academic performance contract; and*
- They sit out the semester of ineligibility.*

*Real Life Christian Academy Eligibility:*

- Real Life reserves the right to impose higher academic and discipline standards than those aforementioned in the Academic Eligibility section. Students on academic or discipline probation may be restricted by the school from participating in athletics:*

*Limit of Eligibility:*

- Each student shall have four consecutive calendar years of eligibility from the date he/she first enrolls in the ninth grade.*
- Four years from the date he/she enrolls in ninth grade, he/she will become ineligible for further interscholastic competition.*
- Students may participate in interscholastic athletic one year as an eighth grader, one year as a seventh grader and one year as sixth graders.*

*AGE:*

- A student may participate in interscholastic athletic competition reaching the age of 19 years, 9 months, so far as age is concerned. Effective 2014-2015, students entering ninth grade who reach the age of 19 on or after Sept.1<sup>st</sup>, may participate in athletics for that school year as long as the limit of eligibility has not been exceeded.*
- A middle school student may participate in interscholastic athletic competition until reaching the age of 15 years, 9 months, so far as age of 15 on or after Sept.1<sup>st</sup>, may participate in athletics for that school year as long as the limit of eligibility has not been exceeded.*

#### ATTENDANCE REQUIREMENTS:

*A student will be eligible at the first school in which he/she attends class each school year or at the school in which he/she participate in an athletic practice prior to the beginning of the school year. The student will be eligible at the school as long as he/she remains enrolled and meets all other eligibility requirements. Please see information on transfer students regarding change of school. Students must attend the last four periods of the school day (not including lunch) in order to be eligible to attend and participate in any practices or games that day.*

#### HOMESCHOOL STUDENTS:

*Real Life Christian Academy allows home education students to participate in athletics under the follow provisions:*

- *Middle and High school grades only (includes athletics for middle school, JV and Varsity sports)*
- *The formal registration/application, with appropriate fee, is submitted to Travis Webster, Home School Director of the co-op.*
- *The student meets applicable guidelines necessary for admission to RLCA.*
- *The athletic fee for each sport the student is participating in is paid.*
- *Meet the provisions of the SSAC, including all athletic paperwork.*

*PLEASE NOTE: If a student is registered with Home Life Academy, they are NOT eligible to play with RLCA due to SSAC regulations.*

#### TRANSFER STUDENTS:

*Transfer students will be eligible at the school in which he/she enrolls as long as that enrollment is completed prior to the published start of a sports season and they are otherwise eligible at their former school. A student may also be eligible for the current sports season if they have completed a full and complete move, had a necessary relocation of residence of another individual or a move to a new residence as a result of marriage. All transfer students are eligible for participation in the next sporting season once six days of attendance has passed.*

#### REQUIRED FORMS:

*All required forms are located on the [rlcademy.com](http://rlcademy.com) website on the athletic page.*

- *EL2 (physical form)*
- *EL3 (consent form)*
- *GA4*

- *Copy of Birth Certificate*
- *nfhslearn.com courses required*

*(Concussion Course for Students / Heat Illness Prevention / Sudden Cardiac Arrest)*

*In addition to the aforementioned, Homeschool students must also provide the following:*

- *EL7 (registration form for homeschool education students) NOTORIZED*
- *EL7V (Verification of student registration with public school district home education office) Form must be signed by your school district home education coordinator.*
- *EL9 (Home education student academic progress report)*
- *Submit progress reports to Athletic Director quarterly.*

*Signatures on all documents must be obtained and verified by the Athletic Director before participation of any kind. It is STRONGLY RECOMMENDED that you do NOT wait until the first day of tryouts to obtain signatures because your student will miss an undetermined amount of days which could result in loss of participation due to not having the required documentation turned in on time. It is best to have all documentation turned in at least one week before the first day of tryouts. ONLY AT THIS TIME, will they be eligible to participate.*

#### **CONDUCT:**

##### *Student Conduct...*

*As members of athletic teams, students are high-profile representatives of Real Life Christian Academy. Students are expected to act in an appropriate manner. The follow behavior is inappropriate and will not be tolerated.*

- *Fighting*
- *Profanity*
- *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 conduct 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 FHSAA and RLCA, 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 2 weeks.*

*Students who exhibit any of the above behaviors may be suspended from athletic competition for a period of time as per SSAC regulations or RLCA administration. Additionally, the student may face school disciplinary action.*

*SPECTATOR CONDUCT: A spectator should....*

- *Demonstrate good sportsmanship*
- *Respect, cooperate, and respond enthusiastically to cheerleaders*
- *Censor fellow spectators who display negative behavior*
- *Respect the property of the school and the authority of school officials*
- *Never heckle, jeer or distract members of the opposing teams*
- *Never criticize the athletes or coaches for the loss of a contest*
- *Accept the decision of the officials*

*Students who participate in non-school competition (i.e., club teams, recreational teams, travel teams, etc...) are strongly encouraged to make the Real Life team for which they participate, the number one priority. Commitments to non-school competition teams should be arranged in advance with their Real Life Coach.*

*USE OF ATHLETIC FACILITIES:*

- *The sport is season has priority for use of facilities*
- *Students are not permitted to use any facility without direct supervision and permission of the Head Coach or other Real Life Faculty member.*
- *Facilities are for use by Real Life students, faculty, administration, and coaches only. Due to the high use of facilities by RLCA teams, facilities generally will not be used for rental purposed to outside groups. This must go through the Athletic Director.*

*OFF SEASON PARTICIPATION:*

*During the off season, high school coaches, prospective coaches, or any individual involved in any respect may not be involved with a non-school team in a sport unless the team meets the following requirements and is approved by the athletic administration of the school.*

*SSAC:*

- *Team must be affiliated with an outside agency promoting athletic participation opportunities.*

- *Participation must include competition in the published scheduled events of the outside agency.*
- *Student-Athletes and coaches, where applicable, are not permitted to wear any portion of a school's athletic uniform.*
- *All fee's or assessment for participation must be documented.*
- *Participation shall be voluntary and shall not be required, either directly or indirectly, for membership on an interscholastic team.*

**OPEN GYM PROGRAM / OFF SEASON CONDITIONING:**

*Coaches may open the gym and other athletic facilities for recreational activities or conditioning to ALL students (NOT ONLY RLCA STUDENTS) without being in violation of SSAC Bylaws under the following guidelines:*

- *The facility is open to all students who are bona fide students at RLCA for participation. Opening facilities for a select group of students to practice individual skills for a specific sport is a violation of this policy.*
- *Coaches may not provide coaching or instruction in the skills and techniques in any sport by any school personnel. Coaches may not involve the use of sport specific equipment (i.e. starting blocks, hurdles, rebounders, ball machines, bats, balls, rackets, etc.) Their presence may be in a supervisory capacity only.*
- *Participation is voluntary and is not required directly or indirectly for membership on a team.*
- *No sport specific tasks, skills, or drills may be taught to or assigned to students to perform during open gym activities.*
- *Open gym activities for a specific sport will conclude a minimum of two weeks prior to the first SSAC permissible day of practice for that sport.*
- *Student-athletes may not participate in open gym programs if they are currently a member of an athletic team that is "in season."*
- *The student must have ALL athletic paperwork turned in.*

**PRACTICE TIMES AND SCHEDULES:**

*Athletic practices can begin as early as 3:15pm and all practices must be completed by 9:00pm. Practices should not exceed 2 hours for varsity and 1-1/2 hours for all other levels.*

- *On non-school days, practices may not exceed 3 hours in length and contain no more than 90 min. of intense exercise. Conditioning shall be considered practice.*
- *During the first 7 days of practice, no two-a-day practices are permitted and practices should not exceed 18 hours total for the week. Student-athletes may not*

- participate in more than 6 consecutive days of practice. Conditioning is considered practice.*
- *No Sunday meetings of players or practices are permitted.*
  - *Wednesday activities must be done by 5:00pm and cannot be mandatory for Varsity level teams.*

#### **GAME SCHEDULES:**

*To access athletic game schedules, please go to the school website (rlcademy.com) and click on athletics. All game schedules will be loaded on the athletic page. All schedules are SUBJECT TO CHANGE. Please visit the website often. Game updates, scores, stats will also be put on the website after games. If you have any questions, please contact the Athletic Director.*

#### **ATTENDANCE FOR STUDENT-ATHLETES AND STUDENT SPECTATORS:**

- *Students must in “regular attendance” in order to engage in practice, participate in a contest, or attend a contest as a spectator.*
- *Students may still attend or participate in practices or games if they miss due to an excused absence such as a school trip, doctor appointment (with official documentation), etc. Decisions regarding the validity of an excused absence are made by the Athletic Director if eligibility is a concern.*
- *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.*
- *If the student should arrive past 8:30am for any reason other than the aforementioned, he/she will be ineligible to compete, practice or attend any athletic competition or practice on that given day.*
- *Student-athletes are expected to be at all practices and games unless absent from school.*
- *Student-athletes may be dismissed from a team due to excessive absences, excessive tardiness, or after a pre-set limit by an individual 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. Cancellation decisions for away games are made by the opponent’s Athletic Director. Updates will be posted on the schedule link of the web page. Please don’t call the school before 2pm for updates. Every effort will be made to play*

*games as long as the weather does not jeopardize the safety of athletes, coaches and spectators.*

#### **TRANSPORTATION:**

- *Only athletes and coaches are permitted to use school transportation.*
- *When the school cannot provide transportation, parents will be notified at least three days in advance to help with the transportation of athletes. Parents must be on a student's "PICK UP LIST" in the academy office, in order to transport other students.*
- *Students must travel to all athletic contest 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. They may "NOT" ride home with another student driver.*
- *Students will call from the van with appropriate return times to RLCA. Please assist coaches and be on time to pick your child up. 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 dismissals for games. Students are required to follow these guidelines:*

- *Provide information put out by coaches to parents for proper communications*
- *Obtain all work and assignments for classes to be missed at least one day prior to early dismissal.*
- *Turn in all work normally due for all classes prior to departure.*
- *Make-up any missed test or quiz the next available make-up test day. Students must not put these off any further and missed practice time may result in order to fulfill academic responsibilities.*
- *Student-athletes 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 or both.*

#### **ATHLETIC FEE'S:**

- *Athletics are very expensive. There is an athletic fee that must be paid for each sport that you participate in.*
- *Elementary sports-\$140.00*
- *Middle School-\$175.00*
- *JV-\$200.00*
- *Varsity-\$225.00*



- *Football-\$250*
- *Cheerleading-\$225.00 plus uniform*

**UNIFORMS:**

*The team uniforms belong to the athletic department. Coaches hand them out at the beginning of each season after tryouts and after athletic fees have been paid. They must be returned within ONE WEEK from the last game played. Please turn them in to your COACH. Parents will be billed \$75.00 per piece, not turned in at the end of the season. Many teams like to purchase team bags, sneakers, hoodies, etc. Any team packages must go through your Head Coach. The Athletic Director is the only one who is approved to place an order. No orders will be placed until payment has been made in full for items and athletic fee's are current.*

*In HIS Service,*

*Coach Lawson-Athletic Director*

*RLCA COACHING STAFF: 2021-2022*

*Debi Lawson-Athletic Director*

*Josh Norton-Assistant Athletic Director*

*Cassandra Schreiber-Varsity Volleyball Coach / Beach Vball Coach*

*Megan Gullede-JV Volleyball Coach*

*Sydney Ward-MS Volleyball Coach / Asst.Varsity Girls Bball Coach*

*Josh Norton- Varsity Soccer*

*Jeff Carney-Asst.Varsity Soccer Coach / MS Soccer Coach*

*Ron Lawson- Varsity Golf*

*David Rivette- Head Varsity Football Coach*

*Josh Norton- Asst.Varsity Football Coach*

*Bob DeCouto-Asst. Varsity Football Coach*

*Clarence Bell-Head Varsity Girls Basketball Coach*

*Clarence Bell-Head Varsity Boys Basketball Coach*

*Lauren Podguski-MS Girls Basketball Coach*

*Mark Sateo: MS Boys Basketball Coach*

*Fawn Norton-Head Cheerleading Coach*

*Lisa Garcia- Asst. Cheerleading Coach*

*Mike Koronka- Head Varsity Baseball Coach*

*Mike Boyack-Asst.Varsity Baseball Coach*

*Rich Martell-Asst.Varsity Baseball Coach*

*Bob Fiquette-Asst.Varsity Baseball Coach*

*Peggy Alex-Head Varsity Softball Coach*

*ATHLETIC FIELD LOCATIONS: (all home games)*

*Volleyball & Basketball (1501 Steve's Road, Clermont) On campus*

*Baseball (Bishop Field, 950 East Ave. Clermont)*

*Soccer (1501 Steve's Road, Clermont)*

*Softball (Legends Field, 2350 Legends Way, Clermont)*

*Varsity Football (1501 Steve's Road, Clermont)*

*MS Flag Football (Palatlahaka Park, 1250 12<sup>th</sup> Street, Clermont)*

*Varsity Golf (Green Valley Country Club, 14601 Green Valley Blvd., Clermont)*

*SPONSORSHIPS AVAILABLE:*

*\$100.00: 1 Raptor admission to ALL home athletic games for all sports for the year. Includes a Raptor spirit shirt and name listed in our game programs.*

*\$300.00: (A) 2 Raptor admissions to ALL home athletic games for all sports for the year. Includes 2 Raptor polo shirts, sponsor name advertised once a game on our new digital scorer's table at every home game (volleyball & basketball) and names listed in our game programs.*

*\$300.00: (B) Sponsor a team!! Will provide a gatorade cooler, cups, towels, and cold Gatorade for one team all season. Includes 2 Raptor spirit shirts.*

*\$500.00: (A) Sponsor a team!! Same as above, but will also include your business name on the back of the team of your choice practice shirts.*

*\$500.00: 3' x 5' Full color vinyl banner with your logo hung in the gym for one year and 3 advertisements on our new digital scorer's table at every home game (volleyball & basketball) Business name listed in our game programs. Also includes 2 Raptor spirit shirts.*

*\$1000.00: 4' x 8' Full color vinyl banner with your logo hung in the gym for one year and 7 advertisements on our new digital scorer's table at every home game (volleyball & basketball) Business name listed in our game programs for all sports. Includes 2 Raptor polo shirts.*