

Riverside Intermediate

Student-Athlete Guidelines



Philosophy

The athletic program at Riverside Intermediate is built on a spirit of friendly competition, sportsmanship, and conduct of the highest level. We realize that athletics is only one portion of the total educational process. We also realize that success is not measured in wins and losses but in the effort to perform to our highest potential, the sacrifice of self for team goals, and the degree of discipline displayed both on and off the court.

Sports Physical

In order to participate in any Riverside Intermediate sporting event, (except for 5th grade intramural volleyball) the student-athlete must have a sports physical on file with the school nurse and athletic director. This form includes information that medically clears the participant and provides proof of insurance.

- ALL student-athletes must have a code of conduct card on file at Riverside Intermediate.
- Intramural activities do not require a physical form on file. (5th grade intramural volleyball)
- You do not need a physical on file to try-out for a sporting event. However, one must be on file in order to compete in practice and/or games, once "cuts" have been made.
- If a participants' physical form and code of conduct are not on file, the athlete will be held out of practice and games, until this information is received by the school.

Behavior/Discipline

If your behavior during school or at a sporting event warrants discipline from an administrator, teacher, or aide, your participation in athletics can be effected in the following ways:

- If a detention is given, you will sit 1 quarter, (basketball) or 1 game, during the course of a match. (volleyball)
- If you receive a ISS/OSS, a 1 game suspension will be administered.

Athletic Practices

Practices at Riverside Intermediate are closed to the public. Please understand that we have a limited amount of time to work with our student-athletes and any distraction in the gymnasium during practice takes away from and influences instruction time.

- Participants are expected to be at every practice and game. If there is an emergency or illness, please contact Riverside Intermediate and/or your respective coach.
- Always be on time for practice/games and make sure someone is available for "pick-up" after every sporting event.
- Wear appropriate, sport-related clothing to practice and games.

Academics

Riverside Intermediate student-athletes are students first and are provided the privilege of participating in extra-curricular athletics.

- It is expected that our participants grades are kept at a "C" average or above. If a students grade falls to an "F," they will be given a two-week grace period to get that grade up. If after the two weeks, the grade still remains "failing," the student will be asked to resign from their athletic responsibilities and devote their time and effort to their studies.
- Grade checks will be conducted at mid-term as well as at the end of each quarter.

Athletic Contests

During games played at Riverside Intermediate, the "A" team will play first, followed by the "B" team contest. Please understand that some host schools deviate from this format. We will do our best to communicate any changes that might occur.

- Students are expected to ride the bus to all away games.
- Students may ride home with a parent, if your parent signs you out after the game.
- Students may be allowed to travel home with a friend if a parental note is delivered, providing permission to ride home with another "agreed upon" adult.
- Students will be asked to stay for both "A" and "B" contests to show support for their teammates.

Sportsmanship

We expect that our student-athletes accept the responsibility and privilege of representing our school by acting in a manner that will create a positive attitude.

- Use appropriate language.
- Exercise self-control at all times.
- Respect the officials' judgment and interpretation of the rules.
- Be a positive role-model.
- Show respect to teammates, coaches, and competitors at all times.

Principle: Jeni Hirschy



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