ROSEVILLE CITY SCHOOL DISTRICT

Middle School Athletic Handbook

Buljan Middle School • Chilton Middle School • Cooley Middle School • Eich Middle School

Welcome to RCSD Middle School Athletics

Participation in middle school athletics provides students with opportunities that extend well beyond competition. Athletics can help students build connections with peers, coaches, their school, and the larger school community while developing teamwork, responsibility, perseverance, sportsmanship, and healthy habits.

Roseville City School District believes that middle school athletics should provide students with meaningful opportunities to belong, grow, develop skills, and experience the benefits of being part of a team.

At the middle school level, athletics are also a learning experience. Students are developing sport-specific skills while learning how to compete appropriately, work toward shared goals, respond to challenges, and demonstrate character in both victory and defeat.

RCSD strives to maintain competitive athletic programs while keeping student growth, connection, skill development, sportsmanship, and character at the center of the experience.

RCSD Middle Schools

The Roseville City School District middle school athletic program serves students at:

- Buljan Middle School
- Chilton Middle School
- Cooley Middle School
- Eich Middle School

RCSD middle schools participate in the Foothill Intermediate School Athletic League (FISAL). League schedules, rules, participating schools, and other information are available through the FISAL website.

Sports Offered and Grade-Level Participation

Athletic offerings may vary by school and season based on league schedules, facilities, coaching availability, and student participation. Families should refer to their school's athletic website for current sports offerings, season dates, tryout information, and schedules.

No-Cut Sports

The following RCSD middle school sports are designated as no-cut sports:

- Cross Country

- Wrestling
- Track and Field

No-cut sports provide students with an opportunity to participate without being eliminated through a competitive team-selection process. Students must still complete all required athletic clearance forms and meet District and league participation requirements.

Sixth-Grade Participation

Sixth-grade students are eligible to participate in Cross Country, Wrestling, and Track and Field, all of which are no-cut sports. Cheer may also be offered to sixth-grade students; however, tryouts and team selection may be required due to roster limitations, facility capacity, safety considerations, or the nature of the activity.

No-cut sports provide sixth-grade students with an opportunity to become involved in the middle school athletic program, develop athletic skills, build relationships with teammates and coaches, and strengthen their connection to the school community.

Sixth-grade participants are subject to the same applicable academic eligibility, behavioral, attendance, athletic clearance, and participation expectations established by Roseville City School District and the league.

Seventh- and Eighth-Grade Sports

In addition to Cross Country, Wrestling, and Track and Field, the following sports are offered specifically to seventh- and eighth-grade students:

- Boys' Flag Football
- Girls' Volleyball
- Boys' Basketball
- Girls' Basketball
- Boys' Volleyball
- Girls' Flag Football
- Cheer

These sports require tryouts and team selection due to roster limitations, facilities, safety considerations, or the nature of the sport.

Being permitted to try out for a team does not guarantee placement on the team or a specific amount of playing time. Students selected for a team must meet all District participation requirements as stated in the RCSD Athletic Handbook.

Specific season dates, tryout information, practice schedules, and competition schedules will be communicated by each middle school and its Athletic Director.

Athletic Directors

- Buljan Middle School - Carl Holmes (cholmes@rcsdk8.org)
- Chilton Middle School - Chris Ferreira (cferreira@rcsdk8.org)
- Cooley Middle School - Michael Saldana (msaldana@rcsdk8.org)
- Eich Middle School - Dave Stephens (dstephens@rcsdk8.org)

Academic Eligibility

RCSD recognizes the important role that school activities can play in helping students feel connected to their school. Whenever possible, students should have access to athletic opportunities while also

understanding that participation carries academic responsibilities. Students and families are encouraged to monitor academic progress throughout the school year and communicate with teachers before academic concerns affect athletic eligibility.

Students must maintain a minimum GPA of 2.0 on a 4.0 scale to be academically eligible to participate.

GPA will be calculated at the end of each grading period (Progress Reports/Trimesters), and all classes, except Teacher Assistant (TA) courses, will be included in the GPA calculation.

Eligibility should be determined before selecting the final team for the applicable athletic season.

Academic Eligibility Appeals

Students who do not meet the academic eligibility standard have access to an appeals process.

Site administrators will provide information regarding the appeals process. Appeals will be reviewed by the site's appeals team, and a specific progress-monitoring plan may be implemented based on the team's recommendation.

Attendance and Participation

Student-athletes are students first. School attendance and participation in the instructional day are important expectations for students participating in athletics.

Students must be in class for at least three periods on the day of a practice, game, meet, or athletic event to participate.

Exceptions related to illness, injury, medical restrictions, school-sponsored activities, or other circumstances may be reviewed by school administration.

Athletic Clearance and Participation Requirements

Before participating in an RCSD athletic program, students and their parent/guardian must complete all required athletic participation and clearance materials.

The RCSD Athletic Participation and Clearance Agreement must be completed for each sport/season in which the student participates.

The Agreement includes:

- Student and parent/guardian information
- Emergency contacts
- Medical information
- Insurance information
- Permission to participate
- Emergency medical treatment authorization
- Transportation/field trip permission, when applicable
- Concussion information and acknowledgment
- Sudden Cardiac Arrest information and acknowledgment
- Student and parent/guardian acknowledgment of athletic expectations

Students may not participate until all required clearance information has been submitted and approved.

Student-Athlete Conduct

Participation in RCSD athletics is a privilege and carries responsibilities. Student-athletes represent themselves, their families, their teams, their schools, and the Roseville City School District.

Student-athletes are expected to:

- Treat teammates, opponents, coaches, officials, spectators, school staff, and facilities with respect.
- Demonstrate good sportsmanship during practices and competitions.
- Accept officials' decisions and coaching decisions appropriately.
- Avoid profanity, trash-talking, taunting, intimidation, or other unsportsmanlike behavior.
- Follow school and District behavior expectations.
- Refrain from bullying, hazing, harassment, and cyberbullying.
- Demonstrate appropriate behavior when representing their school at home and away events.
- Use social media responsibly and avoid posts or online behavior that targets teammates, opponents, coaches, officials, staff, or schools.

Behavior that significantly impacts the safety or welfare of the school or athletic community may affect a student's continued participation.

Administrative Authority

The school principal, in consultation with the coach and Athletic Director, has final site-level authority regarding student eligibility and participation in athletics. Decisions will be based on applicable District, school, and league requirements, as well as considerations related to attendance, behavior, and safety.

Administrative authority does not include an appeal process for team selection, playing time, or other coaching decisions.

Sportsmanship

RCSD expects athletes, coaches, parents/guardians, and spectators to contribute to a positive athletic environment.

Student-Athletes

Student-athletes should compete with effort and integrity, respect opponents and officials, support teammates, follow coaching direction, and demonstrate appropriate behavior regardless of the outcome of a competition.

Coaches

Coaches are expected to model sportsmanship, prioritize student safety and development, treat athletes fairly and respectfully, teach the rules and skills of their sport, and represent RCSD professionally.

Parents, Guardians, and Spectators

Parents, guardians, and spectators play an important role in creating a positive experience for students.

- Encourage student-athletes positively.
- Treat coaches, officials, athletes, and other spectators respectfully.
- Refrain from arguing with or criticizing officials during competitions.
- Avoid negative, derogatory, or inappropriate comments from the sidelines.
- Model appropriate responses to both winning and losing.

Athletic events are educational activities, and adult behavior should support a safe and positive environment for students.

Parent/Guardian and Coach Communication

RCSD encourages open, respectful, and timely communication among student-athletes, families, coaches, Athletic Directors, and school administration. When concerns arise, the goal is to address and resolve them at the level closest to the situation whenever possible.

Student-Athlete Communication

Whenever appropriate, student-athletes should first speak directly with their coach about questions or concerns. Learning to communicate respectfully, ask questions, and advocate for themselves is an important part of the middle school athletic experience.

Parent/Guardian Communication

Parents/guardians are encouraged to support their student in communicating directly with the coach when appropriate. If a parent/guardian needs to contact a coach, the conversation should take place no sooner than 24 hours after a practice or competition. Coaches are expected to respond to parent/guardian communication within 24 hours.

Resolving Concerns

When a concern cannot be resolved through the student-athlete and coach, the following communication steps should be used:

1. Step 1: Student-athlete communicates directly with the coach.
2. Step 2: Parent/guardian contacts the coach if the concern remains unresolved or additional discussion is needed.
3. Step 3: Parent/guardian contacts the school Athletic Director if the concern is not resolved after communicating with the coach.
4. Step 4: Parent/guardian contacts school administration if additional assistance is needed after working with the Athletic Director.

Concerns involving student safety, harassment, discrimination, bullying, or other serious matters may be brought directly to the Athletic Director or school administration.

Appropriate Topics for Discussion

Families are encouraged to communicate about concerns related to their student's safety, well-being, treatment, understanding of team expectations, and opportunities for growth. Decisions regarding playing time, team strategy, play calling, or the participation of other student-athletes are coaching decisions and are generally not appropriate topics for parent/guardian conferences.

Team Commitment

Students who accept a position on an athletic team make a commitment to their teammates and coaches.

Athletes are expected to attend practices, competitions, and team activities unless excused by the coach. Students should notify their coach of absences as soon as possible.

Coaches may establish reasonable team expectations regarding attendance, punctuality, practice, preparation, and team responsibilities.

Athletic Donations

Individual schools/sports may request voluntary athletic donations to help support costs associated with middle school athletic programs.

Donations are voluntary and are not a condition of participation.

Information regarding suggested donations and how athletic funds are used will be communicated by individual schools or athletic programs.

Safety and Injuries

The health and safety of student-athletes are priorities of the RCSD athletic program.

Students should immediately report injuries, concussion symptoms, or other health concerns to a coach or an appropriate school employee.

A student suspected of sustaining a concussion or other significant injury will be removed from participation and must meet applicable return-to-play requirements before resuming athletic activity.

Parents/guardians are responsible for notifying the school of medical conditions, medications, allergies, or other health information that may affect safe athletic participation.

Athletic Director and School Information

Each RCSD middle school maintains school-specific athletic information in the office, through school communication, and on school websites, including:

- Athletic Director contact information
- Sports offered
- Season timelines
- Tryout information
- Practice schedules
- Game and meet schedules
- Athletic forms
- Donation information
- FISAL schedules and league information

Families should consult their school's athletic webpage for the most current information.