



RIVERSTONE
INTERNATIONAL SCHOOL

Athletic Handbook



I will seek understanding.
I will respect myself and others.
I will take action to help my community.

Riverstone International School

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Our Mission

The mission of Riverstone International School is to inspire courageous journeys of academic and personal exploration that enable our students to lead purposeful lives.

Our Guiding Principles

Riverstone students are expected to participate in all phases of school life. While inside and outside of school, students are expected to adhere to our Guiding Principles that are based on the IB Learner Profile:

- I will seek understanding
- I will respect myself and others
- I will take action to help my community

These three principles will help students to develop into and demonstrate the characteristics of the IB learner profile:

- An Inquirer
- Knowledgeable
- A Thinker/Global Thinker
- A Communicator
- Principled
- Open-Minded
- Caring
- A Risk Taker/Courageous
- Balanced
- Reflective

Our Athletic Mission

In line with our school mission, Riverstone strives to offer an athletic program that allows our student athletes to try multiple sports and have a meaningful experience. The environment in which our students develop athletically should be nurturing, mirror the ways that we encourage them to grow in the classroom, and should reflect our guiding principles in action. We value kindness, collaboration, experiential learning, personal responsibility, and individual growth, and we strive to foster international understanding and respect.

Riverstone student athletes are students first and accept their role as ambassadors who represent our school.

Athletic Teams & Eligibility Requirements

Riverstone is a member of the Western Idaho Conference (WIC) 1A Division and offers the following athletic opportunities for students:

- Middle and High School Girls Volleyball (Gr 6-8; 9-12)
- Middle and High School Girls Basketball (Gr 6-8; 9-12)
- Middle and High School Boys Basketball (Gr 6-8; 9-12)

Riverstone also offers the following athletic opportunities outside of the WAC:

- Gr 9-12 Coed Soccer (administered through the Idaho Rush organization)
- Gr 6-12 Orienteering Club

Eligibility Requirements

Students and their families are responsible for completing necessary forms, physicals, and payment of fee prior to the start of each season. Forms may be found on the school website under the Middle and High School Athletic sections.

- Parents need to complete a consent form for their child wishing to participate in a Riverstone sport.
- Gr 9 and Gr 11 students are required to have a physical examination prior to the first practice.
- Please provide payment of fee for each sport prior to the first practice.

For WIC sports (volleyball and basketball):

- A student holding a J-1 Visa will be eligible for one (1) year of Varsity play.
- A Gr 9-11 student holding an F-1 Visa will be eligible to play one (1) year of junior varsity play their first year at Riverstone and Varsity thereafter.
- A Gr 12 student holding an F-1 Visa will be eligible to play Varsity their senior year if they did not participate the previous year.

For Idaho Rush Co-Ed High School Soccer, international students holding a J-1 or F-1 Visa only require a local address in order to participate.

Player Information

Player Expectations

Riverstone athletes are expected to:

- Have a positive attitude towards teammates, coaches, and rivals. A Riverstone athlete will represent the school, its mission, and its guiding principles.
- Remain on good academic standing as determined by their grade level team.
- Attend a full day of school on the day of a game. If a student does not attend school for the full school day, he or she must contact the Athletic Director for game clearance. The Athletic Director will be responsible for receiving approval from the Division Director.
- Represent Riverstone with proper conduct as a fan before and after all games, and dress in keeping with coach's expectations.
- Be respectful of the person providing transportation to the game so that the driver can focus on safely driving the vehicle.
- Play the role of "assistant coach" by aiding the coaches and Athletic Director as needed. This builds program unity.
- Follow any additional team requirements set forth by the head coach.

Additionally, athletes:

- Must respectfully use, maintain, and return school uniforms. If any of these items are damaged or not returned immediately following the end of the season, the player will be held responsible.
- Must respectfully use the facilities and transportation vehicles. Please help keep our facilities, our vehicles, and other facilities clean.
- Must report all injuries to the coach immediately. Athletes with concussions will immediately be placed on the WAC's concussion protocol. (See Appendix A.)

Practice Expectations

Athletes need to:

- Attend all scheduled practices and let their coach know in advance of any practices that will be missed.
- Be on time and ready when practice starts.
- Be positive!
- Listen when a coach or teammate is speaking.
- Give 100% in practices, games, and teammate relationships.
- Work together as a team with a unified goal.

- Inform the coach immediately of an injury and stop before injuring him- or herself further. (If a player has asthma, they are responsible for having an inhaler available at all times.)
- Always compete and strive to get better every day.
- Hold one another accountable at all times and trust in teammates to do their job.

Missed Practice Policy

If an athlete misses practice, he or she will sit out during a game for the time determined by the head coach (not to exceed one half per practice missed). If an athlete continues to miss practice, a meeting will be set up with coaches, parents and the Athletic Director to determine the player's level of commitment to the team. It is the athlete's responsibility to notify the head coach in advance of any missed practices. If in the event that the head coach cannot be reached, athletes will contact Athletic Director, Pete Burton at pburton@riverstoneschool.org.

Game Policy

- A high school athlete (Gr 9-12) must have attended 10 practices before they can participate in their first game regardless of when they joined the team.
- Riverstone athletes will exhibit the highest level of sportsmanship at all times regardless of the official's call or the outcome of a game.
- Junior Varsity players are encouraged – but not required -- to stay and support the Varsity team if their schedule and schoolwork allow. If is not possible for a JV athlete to stay for the Varsity game, they need to inform the coach prior to departing the game.
- Riverstone athletes will hustle to the bench or sideline during time-outs and promptly return to the court or field at the conclusion of the time-out.
- If an athlete is not in the game, they are expected to remain focused on the game. Not everyone will play the same amount of time, but every player is important to the team's success.
- Riverstone athletes will always support their teammates.
- Mistakes will happen. It is how athletes react to those mistakes that demonstrate what type of player they are. Focus on the next play and improving.
- Be coachable! When a coach gives a suggestion, don't immediately dismiss it: work on implementing the suggestion and ask for help or clarification.
- Understand that playing time will be different for each level of the athletic program.
- Athletes will be transported by bus to the athletic event. At the conclusion of the event, the bus will bring the athletes back to Riverstone International School. The bus will not stop at any other location.

Playing Time

For WIC sports (volleyball and basketball): Middle School, and High School Junior Varsity and Varsity teams are competitive level programs with playing time determined by the coach based on the player's attitude, practice attendance, and overall skills.

For Idaho Rush Soccer: Rivestone coaches do their best to meet the intent of the playing time guidelines of the Idaho Rush organization, striving for equitable playing time. However, being a co-ed team, and typically larger in team size, this may not be possible.

Injuries and/or Concussion Protocol

- Athletes must report all injuries to the coach immediately. Athletes with suspicion of a concussion will immediately be placed on the WIC's concussion protocol.
- If a player is suspected of having a concussion, the following steps should be taken by the coach:
 - Remove the athlete from play.
 - Ensure the athlete is evaluated by an appropriate health care professional. Do not try to judge the seriousness of an injury yourself.
 - Inform the athlete's parents or guardians about the known or possible concussion and give them the fact sheet on concussions.
 - Allow the athlete to return to play only with written permission from an appropriate health care professional.

Lettering Requirements

In order to letter in a varsity sport (Gr 9 - 12), the participant must:

- Play 50% of the time on the varsity team.
- Remain in good academic standing as approved by the Division Director.
- Regularly attend school, practices, and games.

Lettering decisions are made by the head coach. Guidance may be provided by the Athletic Director.

Coaches Information

Coach Responsibilities

- Coaches are hired by and report directly to the Athletic Director.
- Are expected to have a positive attitude towards players, assistant coaches, parents and rivals. A Riverstone coach is expected to represent the school and its mission.
- Will maintain a CPR and First-Aid Certification, remain current on rules, and complete required coaching clinics, trainings, or webinars.
- Adhere to injury and concussion protocols.
- Under the direction of the Athletic Director, schedule games and practices prior to the season. These schedules will be made available to parents and players no later than the parents' meeting at the start of the season.
- As of December 1, 2016, practices will not be held on weekends, major holidays (Thanksgiving, Christmas, New Years Eve, or New Years Day), or weekends associated with Presidents' Day or Martin Luther King, Jr. Day. The occasion may arise when a tournament is played on weekends or breaks. Idaho Rush typically hosts their games on Saturdays.
- Will promptly end practices as scheduled and will not require athletes to stay after practice or have optional activities before or after practice.
- Will not be pressured or required to produce an undefeated season or play certain athletes.
- Are encouraged to rotate all players into the games in order to provide playing time.
- Coaches will teach proper technique and will try to make the environment as safe as possible. However, there are inherent dangers in all sports; minor injuries occur regularly and major injuries may occur.
- Provide weekly updates for the school newsletter during their team's season.
- See section on student pickup. Coaches must stay at the school until all students are picked up by their parent(s).

Parent Information

Parents' Expectations

Parents are expected to:

- Be supportive of everyone in the athletic program and work as a team with all coaches and the Athletic Director.
- Speak with coaches first to discuss a concern; please speak positively and respectfully.
- Schedule a meeting if there are further concerns beyond the initial meeting with a coach. A meeting can be scheduled with the coach, the parent, and the player. The Athletic Director will be notified of all meetings and be involved at his or her discretion.
- Display the highest level of sportsmanship to coaches, players, opposing teams, and officials.
- Refrain from giving instructions to players during practices or games. Parents should remain in the stands and not leave the stands to communicate with a player or a coach.
- Wait until a team and their coaches have reflected on their performance and recovery before asking to speak with the coach about strategy or game playing time. Contact the coach before practice the next day and schedule a meeting if needed.
- If you wish to take your athlete home after an away game, please notify the Athletic Director in advance by email, in addition to the head coach, that you will be taking responsibility for the athlete after the game so that we can account for players.
- Support and encourage their athlete.
- Arrive on time to pick up their athlete after practices or games or have made previous arrangements for pick up.

Riverstone International School After Hours Emergency Numbers & Procedures (Athletic Practices & Games)

The following are procedures to ensure that students are safe and in the care of designated adults following practices and games.

In the event there is a student emergency or issue, please contact Pete Burton, Athletic Director, and if need be, the following administrators in the order listed.

Pete Burton: 208-602-6355
 Bob Carignan: 208-473-0056
 Andy Johnson: 208-284-8664
 Kathleen Gilton: 208-781-1865
 Kevin Richmond: 208-473-0038
 Rachel Pusch: 208-473-0037

<p>Riverstone students may not be left on campus or at games without the supervision of a coach or school staff member.</p> <p>We have established the following policy to ensure that students are safe and parents given opportunities to inform the school of delays. Follow the below listed procedures for any student not picked up at the end of practice or a game.</p>	
When departing from away games	Coaches will facilitate students contacting their parents with an estimated time of arrival at Kennedy Gymnasium
10 minutes after practice/game	Coach to call parent to confirm pick-up in Gym Foyer and estimated arrival time.
15 minutes after practice/game	Call Pete Burton or above listed administrators if contact with parent has not been made.
20 minutes after practice/game	Call emergency contact if contact with parent has not been made.
1 hour after practice/game	Bob Carignan will call Child Protection Services if no parent or emergency contact has been made. CPS # 208-334-0808
Liability	Under no circumstances can a staff member or coach take a student home, nor can a staff member or coach bring a student to their home.