



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

## Athletic Handbook

### Our Mission

The mission of Riverstone International School is to inspire courageous journeys of academic and personal exploration that enables 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 a competitive athletic program that mirrors the guiding principles of our school. We value sportsmanship, a positive culture, teamwork, personal responsibility, and individual growth, and we strive to foster international understanding and respect. We strive to offer an athletics department that mirrors the standard that we hold our students to in the classroom, using athletics as a tool to better prepare our students for life outside of Riverstone. Using our guiding principles, we will have athletes that seek understanding of athletics and their respective sports, respect all others they encounter as a member of Riverstone athletics, and be positive role models and give back to our community.

## 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 9-12 Coed Swimming (administered through a co-op with Timberline High School).

## 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 only.
- 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.
- Beginning in the 2018-2019 season, the IDHSAA has implemented a new rule for all F-1 Visa students:
  - F-1 Visa Students will be eligible to play varsity any year they are a student at school, but cannot play past the regular season at any point during their time competing in the IDHSAA.

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 at all times.
- Remain on good academic standing as determined by their grade level team.
  - Players will be required to complete periodic grade checks for coaches and administration to ensure all players are eligible for play under both Riverstone and IDHSAA rules.
  - At Riverstone, athletes will be required to have a 4 or above in all academic classes to be eligible to play. An academic probationary period will be used if an athlete does not meet this standard.
- 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.
- Follow any additional team requirements set forth by the head coach.
- We aim to grow our student-athletes into responsible and respectful adults. If players have a concern within the team or the coach, the player should approach the coach with that concern and discuss it positively and in an appropriate manner within the mission and guiding principles of our school. If a player cannot resolve an issue on his/her own with a coach, a player may then speak with the Athletics Director who then may speak with coaches to discuss a concern.

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 for its replacement.
- Must respect all facilities, equipment, both at Riverstone and elsewhere, at all times.
- 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 games, and let the coach know in advance if any will be missed.
  - Coaches are given the responsibility of holding their team accountable for commitment to the program, their school, and to their teammates. If a player missed practices or games, coaches will decide if game time will be missed as a result. All decisions must be approved with the Athletics Director.
- Be on time and ready when practice starts.
- Be positive! Be a good teammate! Be coachable!
- Listen when a coach or teammate is speaking.
- 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.)
- 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. 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, not the parents, to notify their head coach well in advance of any missed practices.

## 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 to stay and support the varsity team. It is common to have swing players (players who play both JV and Varsity), so players often might be asked to stay so they can play in both games. 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.

- 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.
- Understand that playing time will be different for each level of the athletic program.
- Riverstone athletes will always support their teammates and coaches.
- 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. Other arrangements must be approved by the coach and Athletic Director.

## 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: Riverstone 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:

- Spend 50% of the time or more 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. Coaches are hired for their expertise in their respective sports, their ability to lead student-athletes in a positive manner, and to build a culture of sports excellence here at Rivetstone. We measure that excellence not in wins and losses, but in leading our student-athletes to be better athletes, better students, and better human beings.
- Coaches will hold their players accountable, provide a competitive and positive environment, and push players to be the best student-athletes that they can be.
- 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.
- 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 a specific win/loss percentage during a season or play certain athletes more than others. Coaches are free to coach within their philosophy and style within the mission of the athletics department and supervision of the athletics director.
- 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. As much as players represent us at Riverstone and at away contests, parent behavior and action is just as crucial to supporting the mission and culture of our athletics program.
- Players are encouraged to be responsible and approach coaches if they have any questions or concerns about the team. If a player needs further assistance past this initial meeting, the player can meet with the Athletics Director to discuss the issue. After both of these meetings have taken place, a parent/coach/player/AD meeting can take place if a further meeting is necessary to resolve an issue.
- If parents have a concern not stemming from a player's concern, but on their own, they may contact the Athletic Director to discuss their concerns at any time.
- 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 at any time.
- 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.
- Support the direction and philosophy of the teams' respective coaches.
- 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 Zac Wheeler, Athletic Director, and if need be, the following administrators in the order listed.

Zac Wheeler: 208-954-9926  
 Bob Carignan: 208-473-0056  
 Andy Johnson: 208-284-8664  
 Kathleen Gilton: 208-781-1865

<p><b>Riverstone students may not be left on campus or at games without the supervision of a coach or school staff member.</b></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 Zac Wheeler 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.