

ATHLETICS

FAMILY & STUDENT HANDBOOK



RIVERSTONE INTERNATIONAL SCHOOL

Seasons

Riverstone International School																																							
Otter Athletics 2026 - 2027 seasons																																							
Aug		Sep			Oct			Nov			Dec			Jan			Feb			Mar			Apr			May													
no contact 3-9	Conv occati on 19	Back pack Sept 9- Sept	MS Trips 21-25			Conf. Fall Break Oct 15-19	HS Exchanges Oct 10-20			Than ksgivi ng Nov 23-29				Holiday Break Dec 18 – Jan 3				8th winter trip 21-23			Feb break 12-15				Spring Break Mar 12-28	11G Colle ge Tour Mar		MS Spring Trips 26-30	HS Spring Trips 27-2	May 24 Com menc ment	June 3 last day								
HS Girls Volleyball Aug 10 - State Oct 29-Oct 31							HS Girls Basketball Nov 2 - State Feb 18-21																																
										HS Boys Basketball Nov 13 - State March 4-6																													
															Ski & Snowboard Club MS & HS Jan 9- Feb 27					Ultimate Frisbee MS & HS Feb 15 - May 3?																			
Orienteering																																							
Mountain Biking																																							
		MS Volleyball Aug 17 - Oct 3					MS Girls Basketball Oct 13 - Dec 5								MS Boys Basketball Jan 4 - Feb 26																								
		MS Cross Country Aug 19 - Oct 18																	MS Track & Field Girls & Boys Feb 16 - April 24 ES Flag Rugby Feb 17 - April 25																				
ES Flag Football																																							
ES Running Club																																							
Teams at your local at your local High School or Middle School																																							
HS 6A Cross Country, Football, Golf, Soccer, Swimming - Aug 10 - est Nov 1															HS6A Tennis, Track, Baseball, Softball, LaX Feb 26 - May 20-22																								
															HS Wrestling - Starts Nov 16 (State Feb 26)															3A/2A Golf - Mar 1									
*Practice in the gym							Practice elsewhere																																



Riverstone Teams & Season Schedules

2026-27 season start/end dates for our athletic teams. Click the links to the specifics of each sport and the schedule of games and practices. Sign up with interest at this link.

High School Swimming Girls & Boys JV & Varsity (swimming with your local high school) Gr 9-12

- Season Starts: August 10
 - Season Ends: est November 1
-

High School Girls Volleyball (Gr 9-12)

- Season Starts: August 10
- Season Ends: October 31

Middle School Girls Volleyball (Gr 6-8)

- Season Starts: August 17
- Season Ends: October 3

Middle School Boys and Girls Cross Country (Gr 6-8)

- Season Starts: August 20
- Season Ends: October 3ish

Middle School Girls Basketball (Gr 6-8)

- Season Starts: October 15
- Season Ends: December 5

High School Girls Basketball (Gr 9-12)

- Season Starts: November 2
- Season Ends: February 21

High School Boys Basketball (Gr 9-12)

- Season Starts: November 2
- Season Ends: March 6

Middle School Boys Basketball (Gr 6-8)

- Season Starts: January 4
- Season Ends: Feb 26

MS & HS Ski & Snowboard Race Club (Gr 6-12)

- Season Starts: January 9 est
- Season Ends: February 27 est

Middle School Boys & Girls Track & Field (Gr 6-8)

- Season Starts: February 16
- Season Ends: End of April 24ish

MS & HS Ultimate Frisbee (Gr 6-12)

- Season Starts: February 16
- Season Ends: May 3ish

Talk with us about

- High School & Middle School Mountain Biking
- Orienteering



Introduction to Riverstone Athletics

Our Goal

Riverstone's athletics program is committed to excellence on the playing fields as well as the classroom. We meet student-athletes at their individual skill levels and support their educational needs. We provide a challenging environment for skill development in both team and individual sports. Riverstone Athletics is connected to the whole student: academically, socially, emotionally, and physically through intentional preparation and planning throughout the school day and season. We focus on creating opportunities for all student-athletes to develop skills through individual instruction, peer interaction, and competition. While winning is not an end in itself, we believe that our student-athletes' efforts to be their best will lead them to succeed.

Our goal is that all individuals associated with Riverstone Athletics (coaches, staff, student-athletes, leaders, alumni, and parents) will value character traits developed through athletic participation. We expect all participants to respect themselves and others, demonstrate loyalty, be good teammates who put the team before themselves, handle failure like they handle success, have school pride, have a strong work ethic, be honest, and show up prepared.

Riverstone's Guiding Principles and Values

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



Our Five Pillars

At Riverstone, the Five Pillars provide the basis for everything we do.

- Academic Excellence
- Community and Service
- Leadership by Example
- International Understanding
- Outdoor Education

Using these pillars as guides, we create pathways for our students to explore academically, athletically, and personally. These explorations help students develop a greater understanding of who they are as they seek purpose-filled lives.

Our Athletic Mission

The mission of Riverstone's athletics is to develop student-athletes who model character-based qualities of sportsmanship, integrity, and commitment and who strive for individual improvement. Our family of coaches, faculty, and administrators build mutually respectful relationships with students and each other, upholding high expectations for hard work, dedication, teamwork, and a positive attitude.

Every individual who participates in RIS athletics becomes a member of a team. It is a privilege to be a student-athlete. Along with the privilege of being a student-athlete comes added responsibility. The choices you make as a student-athlete are a reflection, be it positive or negative, on you, your team, our program, and your school. We want your experience as a student-athlete to be a positive one and we will work together as a team to make it so.

We have a developmental program with a competitive heart. We hope to develop well-rounded athletes and a love for team and individual sports at all levels. Athletics is NOT a pillar at RIS... but we will reflect these pillars in our program.

- Academic Excellence - we will learn balance in our studies and our athletic desires.
- Community and Service - we will enjoy our community of players and give back to others in the sport as we can. We will also provide opportunities for service in our athletic programs.
- Leadership by Example - we will be leaders on and off the court setting examples of pride, sportsmanship, and inclusion.



- International Understanding - we will welcome and encourage our international students to play with us and recognize the gift we have to get to know each other.
- Outdoor Education - Not all gyms have walls... and we will apply our understanding of all good qualities of athletics inside and outside when we have the opportunity. Riverstone will continue to build athletics outside the walls.

Athletic Policies

No-cut

Riverstone athletic teams have a no-cut policy (if a student wants to play they may) in order to:

- Enhance self-esteem by allowing students to try something new that may normally not be their specialty.
- Develop role models and leaders by allowing experienced student-athletes to assist student-athletes who have not played the sport before.
- Develop the whole person.

Eligibility

Academic

- A priority of Riverstone International School is your academics and we will support you knowing that you can handle the balance of being a student AND an athlete. You are responsible for your academics and the completion of your assignments and timely communication with your teachers. Please get notes from your classmates if you have missed a class.



Academic Cont.

- We expect every student-athlete to attend all classes and perform all assignments unless sick or traveling with the team or other emergencies arise and conduct himself/herself in ways that are consistent with acceptable classroom performance. When illness or emergencies arise the student-athlete is expected to communicate with the appropriate people, i.e. teachers, coaches, trainers, etc. The team's travel schedule is shared with all parties at the beginning of the season, it is important that you plan ahead for missing classes or assignments that will be due.
- To be academically eligible for athletics at Riverstone, student-athletes must be in good academic standing as determined by the Division Director in consultation with teachers and Athletic Director.
 - To be clear, not being in "good academic standing" is probably showing a pattern of late or incomplete work. These trends will be monitored in the academic team meeting and we will be in communication with the student and family hopefully before it becomes a bigger issue. Academics first.
- Grade checks will be done routinely during and at the end of the semester. If a student is found to not be in good academic standing, the student may be placed on academic probation which may include mandatory study hall, directly working with teachers, benching during games, or suspension from practice for a defined period of time.

Practice Attendance

- Per IHSAA, 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.
- Athletes who miss practice will sit out during a game for the time determined by the coach.
- If a player 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 coach in advance of any missed practices.
- If a player misses class due to illness, they will not be allowed to practice or play that day.



Behavior

- Riverstone also expects behavioral eligibility. If need be, the directors hold the right to limit participation to the extent necessary until the situation is resolved. [MS/HS Code of Conduct](#)

International Student Eligibility Requirements

If you are an international student PLEASE speak with the AD so we can fill out proper forms.

For WIC sports (volleyball, basketball, swimming):

- A student holding a J-1 Visa will be eligible for one (1) year of varsity play including district/state.
- A student holding an F-1 Visa will be eligible to play one (1) year of junior varsity then play their first year at Riverstone and Varsity thereafter. If we are not able to field a JV team they may play variety for the season, but not districts or state.

It is mandatory per IHSA that [this form](#) be completed and returned to the [Athletic Director](#)

Playing Time

Understand that playing time will be different for each level of each individual team.

- For Western Idaho Conference (WIC) sports (volleyball and basketball): High School Junior Varsity and Varsity teams are competitive level programs with playing time determined by the coach based on the player's academic standing, practice attendance, attitude, and overall skills.
- For RIS Club sports: Riverstone coaches will strive for equitable playing time. However, being a co-ed team, and typically larger in team size, this may not always be possible.
- For Riverstone, practice will be for inclusivity and development - in a game, we will play to win unless it is apparent we will not.
- Middle School teams have separate rules focused on development, but will generally be played as listed above.



Varsity Selection

- As necessary, coaches will conduct tryouts at the beginning of the season to select Varsity and JV teams.
- Players selected to play on Riverstone's Varsity team will be based on an individual's skill, commitment, effort, attitude, and attendance determined by the coaching staff.

Lettering Requirements

The head coach will recommend to the Athletic Director who will receive a varsity letter. In order to earn a varsity letter in a varsity sport (Gr 9-12), the participant must:

- Remain in good academic standing as approved by the Division Director.
- Not have more than two unexcused absences from school.
- Miss no more than three practices and no more than two games. Injured players are exempt (but they should be attending practices and games to support the team).
- Spend 50% of the time or more on the varsity team.
 - In a case of a club team where there is not a JV and a Varsity team, a letter may be earned based on an individual's skill, effort, attitude, attendance, and commitment (three seasons with the team or two years for volleyball/basketball) determined by the coaching staff.
- Arguments can be made for an exceptional player as determined by a unanimous vote of leadership. These requirements will be explained and communicated at the parent/player meetings at the beginning of each season.

Communication

It is important that you monitor and respond timely, appropriately, and of course respectfully, to communications as they come in. Communication is very much a key to success, sports are a great place to practice this.

- All coaches, student-athletes, and the Athletic Director will use WhatsApp as their means of communication. The Athletic Director will set up the groups and you will be invited to join. Teams will be grouped together. Parents may participate in a separate group. If you need assistance please contact the Athletic Director.
- Emails will be sent for messages with larger than text size information.



- Coaches will not text with students nor allow students to “friend” them on social media nor meet with students in social situations.
- Use of the parent's email addresses for group messages should be carefully considered and kept to a minimum. Please ask the AD if you have questions about appropriateness. Students' email addresses will not be shared.
- Parent Square - join us for more information
 - [Athletics Information](#) for information, easy registration, health forms, and signups.
 - [Athletics Corner](#) for upcoming events and fun recaps.

If you have a challenge with something that arises and need to speak with someone, the proper channels for discussion are outlined in the [Rolls, Responsibilities, and Expectations](#) section as it applies to you. Please know the door is open and we can only assist if you have a discussion with us.

Transportation

- Athletes will be transported by bus or other school vehicle to all WIC athletic events. Transportation is not provided to club sports or swimming meets, but may be a possibility. Coaches are not authorized to transport student-athletes in their personal vehicles.
- 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. Boarding students will be returned to the dorm.
- If parents wish to take their athlete home after an away game, they must notify both the Athletic Director and coach in advance that they will be taking responsibility for the athlete after the game. This helps us to account for all student-athletes.

Administering Medications

- Student-athletes may not self-administer any medication.
- Coaches may only administer medicines and medications after parents have filled out and submitted the “[Permission for Administering Medications](#)” form. Please use the form if necessary.



Injuries and/or Concussion Protocol

- Athletes will report all injuries to the coach immediately.
- If a player is suspected of having a concussion, the following steps will be taken by the coach:
 - The athlete will be removed from play.
 - The athlete will be evaluated by an appropriate healthcare professional. They will not try to judge the seriousness of an injury themselves.
 - Athletes suspected of having a concussion will immediately be placed on the WIC's concussion protocol (please see form in appendix).
 - The athlete's parents or guardians will be informed about the known or possible concussion and give them the fact sheet on concussions.
 - The coach will submit an incident report within 24 hours to the Athletic Director. The Athletic Director will submit an incident report to the Division Director.
 - The athlete will be allowed to return to play only with written permission and signed documentation from an appropriate healthcare professional.
- Additional resources

"If you suspect your athlete may have sustained a concussion, please contact the St. Luke's Sports Medicine Concussion Clinic at 208-381-2665 to discuss next steps in care.

Additional concussion information can be found on their website at www.stlukesonline.org/concussion."

Air Quality

Unfortunately, smoke and poor air quality occasionally impact our outdoor sports programs. The air quality changes seemingly by the hour, so in order to create a consistent, predictable response, we will follow these protocols moving forward for outdoor activities both meets and practices:

- We will monitor air quality throughout each day, and make a determination at 1:00. If the air quality index (AQI) is 150 (RED- Unhealthy) or higher at that time, we will cancel practice and postpone/cancel participation in meets.
- If we need to cancel, we will notify the team and parents as appropriate. Most likely via WhatsApp.
- The choice to cancel is based entirely on the health and well-being of our student-athletes. If at any time the AQI is below 150 but you feel that it is in your child's best interest not to participate in a practice or meet due to air quality, we understand, just be sure to let us know.



Athletic Teams, Affiliations, & Technicalities

Riverstone is a member of the Western Idaho Conference (WIC) 1A Division and is bound to the rules provided by [Idaho High School Athletics Association](#) for this conference. At this time we are able to offer 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)
- Middle School Boys and Girls Cross Country (Gr 6-8)
- Middle School Boys and Girls Track and Field (Gr 6-8)

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

- [Bogus Basin Dotty Clark Ski Competitions](#)
- High School Swimming Girls and Boys (administered through a co-op with Timberline High School) (Gr 9-12) (Students also swim with Boise Swim Club, Streamliners, the West YMCA and the Downtown Y.)
- High School Co-ed Ultimate Frisbee with BUSY
- [Otter Spirit Team](#)

There are many other athletic opportunities we would like to provide and as we are able we will scale in more. While we are a very engaged and diverse community, we are also a small school with limited resources of dollars, students, and coaching support. There is a bigger picture of why and it includes not necessarily who, but when is the right time, and that is all wrapped up with a look at sustainability. If you are interested in other activities, let's talk and see what we can make work. We have good avenues to help you connect with climbing, HS cross country, cycling, fencing, football, golf, kayaking, lacrosse, mountain biking, tennis, HS track, soccer, and more.



Athletic Teams, Affiliations, & Technicalities Cont.

For students wishing to participate in activities at other schools, we recommend that they stay until class ends at 3:05 and then go to practice. We may allow an earlier departure, at the parents' discretion, with the clear understanding that any missed work/content is the responsibility of the student. This decision will be evaluated and approved on a per-student basis after they have spoken with the school director and impacted teachers.

Sport Seasons & Practice Expectations

Seasons have been established for sports and specific activities sponsored by the IHSAA. A season will commence with the first allowed day of practice and will end with the completion of the state championship in that sport or other date established by the IHSAA Board of Directors.

Attendance is expected at practice, open gym time is flexible but encouraged for development.

Communication with your coach for missed practices and games is imperative.

In Season

Published practices and games start at the beginning of the listed seasons and attendance is expected. At the coach's discretion, practices could be scheduled during school holiday break periods such as:

Summer Break (August) for swimming and volleyball teams

Thanksgiving, Christmas, Martin Luther King Jr Day, and Presidents Day Weekend break periods for boys and girls basketball teams

Spring Break for soccer teams

Practices may include:

Intrasquad scrimmages

Teaching team concepts as well as individual techniques and skill through the use of drill, "chalk talks", films

If classes are canceled due to inclement weather (e.g. a snow day), practices will also be canceled



Athletic Teams, Affiliations, & Technicalities Cont.

Pre and Post Season

Students may participate in pre/postseason activities (e.g. open gyms) during non-school time provided the following conditions are met:

- Attendance is limited to non-school time.
- Participation is strictly voluntary and is open to all high school students.
- All fees and expenses are provided by the student or their parents. No school funds, booster club funds (except those raised by the student and their parents for that specific activity/event) or other such funds can be used for entry fees, equipment, uniforms or transportation.

No Contact Moratorium

Member schools are prohibited from hosting athletic camps involving students from IHSAA member schools during the month of August. We will also recognize a no-contact week the first week of August and a 3-day period over the winter holiday break.

Four-Sport Season

Athletes are restricted to one season in each sport.



Registration Requirements

Prior to the first practice students and their families will need to complete the following items and turn in the forms to the Athletic Director. Forms and links may be found [here](#) on ParentSquare. If the forms don't work for you, double-check that you have "joined" the group.

1. Show interest and intent:

Please fill out the following [interest form](#) so we can communicate with you.

2. Payment of fees:

Athletic fees may be paid using the Detail Sheets Links for each sport or links on ParentSquare. Registration and fee payment for sports such as swimming, ultimate, and skiing/snowboarding will be invoiced separately. If you have any questions or need assistance please contact the AD.



3. Physical Exam and consent form documentation:

Please plan ahead for each year.

- Gr 6, 7, and 8 [consent form](#)
- Gr 9 and Gr 11 students must have a physical examination by a licensed physician, physician's assistant, or nurse completed and dated after May 1, 2024, and return this form [physical examination](#).
- Gr 10 and Gr 12 to complete an [Interim Questionnaire](#)

Additional expenses may include items you would keep or supply yourselves such as volleyball shorts and knee pads, shin guards, shoes, game socks, swim equipment, game day shirts or travel wear.



Athletic Director

Expectations

The Athletic Director will abide by the handbook policies outlined above, as well as the Expectations of Us All, and:

- Coordinate Riverstone's athletic program in collaboration with the Division Directors and coaches to determine programmatic needs on an annual basis, as well as prior to each season to ensure consistency of program.
- Supervise athletic funds, prepare and administer a detailed operating budget for the athletic program and submit it to the Division Director.
- Order all equipment and maintain a current inventory of all athletic equipment.
- Ensure officials are scheduled and paid for all athletic contests.
- Recruit and interview coaches making employment recommendations for hire to the Head of School.
- Supervise and evaluate all coaches.
- Advise and ensure all coaches conform with Riverstone Board, IHSA, league policies and regulations, and with state and federal laws. Attend league and district meetings. Ensure all coaches have successfully completed required in-service programs.
- Schedule all athletic contests, issue contracts for the contest, and maintain the proper and necessary records.
- Arrange transportation for all away athletic contests.
- Supervise athletic contests and act as the host to officials and visiting schools.
- Oversee the supervision of contest employees and volunteers who work the athletic contest.
- Provide adequate team and crowd control at all contests in which Riverstone participates and assure that participants and fans conduct themselves in a proper and sportsmanlike manner.
- Supervise the preparation of and verify all student-athlete athletic eligibility lists.
- Provide leadership for, and serve as, liaison to Riverstone's athletic booster group and coordinate, with the coaches, the support group for specific athletic programs.
- Ensure first-aid kits are stocked.



Coach Expectations

Coaches will abide by the handbook policies outlined above, as well as the Expectations of Us All, and:

- Report directly to the Athletic Director. Coaches are hired for their expertise in their respective sports as well as their ability to lead student-athletes in a positive manner and to build a culture of sports excellence here at Riverstone. 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 and individuals representing coaches will submit to a background check.
- Maintain requirements for Idaho Coaches
 - Certified Teacher or Completed NFHS Fundamentals of Coaching or ASEP Coaching Principles
 - CPR/1st Aid Certification
 - St. Luke's Concussion Course (even-numbered years)
 - NFHS Sudden Cardiac Arrest Course (even-numbered years)
 - NFHS Student Mental Health and Suicide Prevention (even-numbered years)
- Attend all required WIC, IHSA or Idaho Rush meetings throughout the season including the all-conference coaches meeting.
- Adhere to injury and concussion protocols, including reporting them to the AD immediately.
- Double-check that their first-aid kit is stocked and with travel gear.
- Working with 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.
- Work with the AD to hold a parent/player meeting at the beginning of the season to share information about the school's coaching philosophy, general expectations, goals, and playing time requirements using this handbook as a guideline.
- Communicate schedules, changes, travel arrangements, and weekly information as needed.
- Provide weekly updates to the Athletic Director for the school newsletter during their team's season if requested.



Coach Expectations Cont.

- End practices promptly as scheduled and will not require athletes to stay after practice or have optional activities before or after practice.
 - Stay at the school until all students have departed with a ride home.
 - Coaches will ride the bus and bring a roster to check attendance.
 - Track and monitor players' practice and attendance.
 - Issue and collect uniforms as well as instruct players how to respectfully take care of their uniforms and equipment, returning the uniforms before the end-of-season gathering.
 - Teach proper techniques and 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.
 - Report any injuries to the AD immediately.
 - 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.
 - Additionally, if they ever need any sort of equipment they will coordinate that with the AD and not the parents or boosters.
 - They may be requested to drive a van to and from the games.
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Student-Athlete Expectations

Student-athletes will abide by the handbook policies outlined above, as well as the Expectations of Us All, and:



Student-Athlete Expectations Cont. ---

- Remain in good academic standing as determined by their RIS academic advisor team. This includes submitting to periodic grade checks.
- 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.
 - Punctuality demonstrates respect and courtesy to the teachers and classmates. Students under review for excessive absences or tardiness may no longer attend practices nor participate in games.
- Report all injuries to the coach immediately. Athletes with concussions will immediately be placed on the WIC's concussion protocol (please see appendix C).
 - If possible, injured players are expected to be at games and practice. You are still considered to be part of the team.
- Follow any additional team requirements set forth by the head coach.
- Advocate respectfully for themselves with the coach if they have a concern. Riverstone student-athletes will discuss concerns positively and in an appropriate manner within the mission and guiding principles of our school. If a player needs further assistance past this initial meeting, the player can meet with the Athletic Director to discuss the issue. After both of these meetings have taken place, a parent/coach/player/Athletic Director meeting can take place if a further meeting is necessary to resolve an issue. Discussions with the Head of School is the final step.
- Respectfully use, maintain, and return 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 their replacement.
- Assist prior to games and after games as needed. This includes setting up/putting away the tables and chairs, as well as ensuring the gym foyer is presentable for guests.
- Junior Varsity players are encouraged to stay and support the varsity team. It is common to have swing players (players who both play junior varsity and varsity), so players often might be asked to stay so they can play in both games. If it is not possible for a JV athlete to stay for the varsity game, they need to inform the coach prior to departing the game.
- Be a good teammate! Be coachable!



Student-Athlete Expectations Cont. ---

- Come to practice on time - prepared with water and dressed ready to work.
- Be positive!
- Listen when a coach or teammate is speaking.
- Work together as a team with a unified goal.
- Hold one another accountable at all times and trust in teammates to do their job.

Parents, Spectators, and Other Involved Persons ---

will abide by the handbook policies outlined above, as well as the Expectations of Us All, and:

- 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.
- If there is a concern not stemming from a player's concern, but their own, they may contact the Athletic Director to discuss their concerns at any time if, after a discussion with the AD, the final step is to address the Head of School.
- To be clear, if a player is not acting as an Otter, the path to resolving the issue is in this order: to the player's parent, then the Coach, the AD, then the director of the MS/HS, and the final step if all else is exhausted it to go to the Head of School
- Coaches and players are the only ones allowed on the court. All others should remain in the stands and not leave the stands to communicate with a player or a coach at any time.
- If applicable,
- Arrive on time to pick up their athlete after practices or games or have made previous arrangements for pick up.



Parents, Spectators, and Other Involved Persons Cont.

- Notify the Athletic Director and coach ahead of time if you will be picking your athlete up after an away game.

Refrain from giving instructions to players during practices or games. Riverstone's athletic practices are open for parents and faculty in an observation capacity only. No criticism or commentary is allowed unless student-athletes are being harmed or maltreated. However, parents should check with their children, particularly older children, and ask them if it is okay to visit the practice. Kids do need space to practice and grow, especially in their teenage years.

After-Hours Emergency Numbers & Procedures

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 the following administrators in the order listed:

Kim Liebich, Athletic Director: 208-484-1560

John Gasparini, Head of School: 208-258-0726

Riverstone students may not be left on campus or at games without the supervision of a coach or school staff member. We have established the following policy to ensure that students are safe and parents are given opportunities to inform the school of delays. We will follow the below-listed procedures for any student not picked up at the end of practice or a game.	
Away games	When departing, coaches will facilitate students contacting their parents with an estimated time of arrival at Kennedy Gymnasium.
10 minutes after practice/game	Coach to call parents to confirm pick-up in Gym Foyer and estimated arrival time.
15 minutes after practice/game	Inform the administrators listed above if parents have not responded or arrived.
20 minutes after practice/game	Call the child's emergency contact if parents have not arrived or responded.
1 hour after practice/game	If neither the child's emergency contact nor her/his parents have responded or arrived, the Athletic Director or the Middle and High School Directors will assist.
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.





Idaho High Schools Activities Association INJURY REPORT FORM



ATHLETE NAME: _____ Date: _____ Time: _____ am/pm

PARENT NAME: _____ PARENT PHONE: _____

SCHOOL: _____ GRADE: _____ EVENT: _____

GENDER: M F INJURY: _____

BODY PART INJURED:

- | | | | | |
|--------------------------------------|--|-----------------------------------|-------------------------------------|--------------------------------------|
| ☐ HEAD | ☐ SHOULDER | ☐ CHEST | ☐ PELVIS | ☐ TIBIA |
| ☐ SCALP | ☐ UPPER ARM | ☐ STERNUM | ☐ HIP | ☐ FIBULA |
| ☐ FACE | ☐ ELBOW | ☐ RIBS | ☐ HIP FLEXOR | ☐ CALF |
| ☐ NOSE | ☐ FOREARM | ☐ BACK | ☐ GLUTEAL | ☐ ACHILLES |
| ☐ EYE | ☐ WRIST | ☐ LUMBAR | ☐ FEMUR | ☐ ANKLE |
| ☐ EAR | ☐ HAND | ☐ ABDOMEN | ☐ QUADRICEP | ☐ FOOT |
| ☐ JAW | ☐ FINGER # _____ | ☐ GENTALIA | ☐ HAMSTRING | ☐ ARCH |
| ☐ MOUTH | ☐ THUMB | | ☐ GROIN | ☐ HEEL |
| ☐ TOOTH | ☐ BACK | | ☐ KNEE | ☐ BIG TOE |
| ☐ NECK | ☐ ACHILLES TENDON | | ☐ PATELLA | ☐ TOE # _____ |
| ☐ OTHER _____ | | | | |

AREA AFFECTED:

- | | |
|-----------------------------------|------------------------------------|
| ☐ LEFT | ☐ RIGHT |
| ☐ MEDIAL | ☐ LATERAL |
| ☐ ANTERIOR | ☐ POSTERIOR |
| ☐ N / A | |

OBSERVATION:

- | | | | |
|--------------------------------------|-------------------------------------|---|--------------------------------------|
| ☐ BLEEDING | ☐ ECCHYMOSIS | ☐ PALE | ☐ RED |
| ☐ DEFORMITY | ☐ EFFUSION | ☐ PT TENDER | ☐ SWEATING |
| ☐ DIZZINESS | ☐ NAUSEA | ☐ PUPIL CONSTRICTION | ☐ UNCONSCIOUS |
| ☐ DRY | ☐ NUMBNESS | ☐ PUPIL DILATION | ☐ VOMITING |
| ☐ OTHER _____ | | | |

ENVIRONMENTAL ILLNESS:

- | | | | |
|--------------------------------------|---------------------------------------|--|--------------------------------------|
| ☐ HEAT CRAMPS | ☐ HEAT SYNCOPE | ☐ HEAT EXHAUSTION | ☐ HEAT STROKE |
|--------------------------------------|---------------------------------------|--|--------------------------------------|

SEVERITY OF INJURY:

- | | | | |
|-------------------------------|-----------------------------------|---------------------------------|--------------------------------|
| ☐ MILD | ☐ MODERATE | ☐ SEVERE | ☐ N / A |
|-------------------------------|-----------------------------------|---------------------------------|--------------------------------|



Idaho High Schools Activities Association INJURY REPORT FORM



ATHLETE NAME: _____ Date: _____ Time: _____ am/pm

PARENT NAME: _____ PARENT PHONE: _____

SCHOOL: _____ GRADE: _____ EVENT: _____

GENDER: M F INJURY: _____

BODY PART INJURED:

- | | | | | |
|--------------------------------------|--|-----------------------------------|-------------------------------------|--------------------------------------|
| ☐ HEAD | ☐ SHOULDER | ☐ CHEST | ☐ PELVIS | ☐ TIBIA |
| ☐ SCALP | ☐ UPPER ARM | ☐ STERNUM | ☐ HIP | ☐ FIBULA |
| ☐ FACE | ☐ ELBOW | ☐ RIBS | ☐ HIP FLEXOR | ☐ CALF |
| ☐ NOSE | ☐ FOREARM | ☐ BACK | ☐ GLUTEAL | ☐ ACHILLES |
| ☐ EYE | ☐ WRIST | ☐ LUMBAR | ☐ FEMUR | ☐ ANKLE |
| ☐ EAR | ☐ HAND | ☐ ABDOMEN | ☐ QUADRICEP | ☐ FOOT |
| ☐ JAW | ☐ FINGER # _____ | ☐ GENTALIA | ☐ HAMSTRING | ☐ ARCH |
| ☐ MOUTH | ☐ THUMB | | ☐ GROIN | ☐ HEEL |
| ☐ TOOTH | ☐ BACK | | ☐ KNEE | ☐ BIG TOE |
| ☐ NECK | ☐ ACHILLES TENDON | | ☐ PATELLA | ☐ TOE # _____ |
| ☐ OTHER _____ | | | | |

AREA AFFECTED:

- | | |
|-----------------------------------|------------------------------------|
| ☐ LEFT | ☐ RIGHT |
| ☐ MEDIAL | ☐ LATERAL |
| ☐ ANTERIOR | ☐ POSTERIOR |
| ☐ N / A | |

OBSERVATION:

- | | | | |
|--------------------------------------|-------------------------------------|---|--------------------------------------|
| ☐ BLEEDING | ☐ ECCHYMOSIS | ☐ PALE | ☐ RED |
| ☐ DEFORMITY | ☐ EFFUSION | ☐ PT TENDER | ☐ SWEATING |
| ☐ DIZZINESS | ☐ NAUSEA | ☐ PUPIL CONSTRICTION | ☐ UNCONSCIOUS |
| ☐ DRY | ☐ NUMBNESS | ☐ PUPIL DILATION | ☐ VOMITING |
| ☐ OTHER _____ | | | |

ENVIRONMENTAL ILLNESS:

- | | | | |
|--------------------------------------|---------------------------------------|--|--------------------------------------|
| ☐ HEAT CRAMPS | ☐ HEAT SYNCOPE | ☐ HEAT EXHAUSTION | ☐ HEAT STROKE |
|--------------------------------------|---------------------------------------|--|--------------------------------------|

SEVERITY OF INJURY:

- | | | | |
|-------------------------------|-----------------------------------|---------------------------------|--------------------------------|
| ☐ MILD | ☐ MODERATE | ☐ SEVERE | ☐ N / A |
|-------------------------------|-----------------------------------|---------------------------------|--------------------------------|

Concussions!

Resources in Idaho

- [Scroll down at this link for good stuff!](#)

Idaho Concussion Management

- [Idaho Concussion Management Plan: Youth Sports](#)
- [Parent Consent Form](#)
- [Return to Participation Medical Release form](#)

Idaho Concussion Law

- [Idaho Code 33-1625: Youth Athletes – Concussion and Head Injury Guidelines and Requirements](#)

Riverstone High Level Policy

1. If at any time it is suspected an athlete has sustained a concussion during practice or game play, the youth athlete shall be immediately removed from play and not be allowed to return to sport the same day. Once removed an athlete shall not be allowed to return to sport until authorized to return by a qualified health care professional.
 - a. The athlete may not drive home on their own
2. We will monitor, assess for Emergency, and have an assessment with a proper provider
3. Communications
 - a. The AD will be alerted and will notify the School Director.
 - b. Parents will be notified and walked through next steps
4. Return to Learn steps initiated
5. Return to Play steps initiated
 - a. An injured athlete should only be allowed to start the following return to sport strategy once the athlete is successfully tolerating their normal cognitive workload at school.
6. If symptoms re-emerge with this level of exertion, then return to previous stage. If the student remains symptom free for 24 hours after this level of exertion then proceed to the next stage with physician clearance.

The athlete should not Return to Sport unless they have resumed all normally scheduled academic activities without restrictions or the need for accommodations prior to receiving authorization to Return to Sport by a qualified healthcare professional as defined in subsection (6) of section 33-1625, Idaho code.



CRT6™



Concussion Recognition Tool

To Help Identify Concussion in Children, Adolescents and Adults

What is the Concussion Recognition Tool?

A concussion is a brain injury. The Concussion Recognition Tool 6 (CRT6) is to be used by non-medically trained individuals for the identification and immediate management of suspected concussion. It is not designed to diagnose concussion.

Recognise and Remove

Red Flags: CALL AN AMBULANCE

If **ANY** of the following signs are observed or complaints are reported after an impact to the head or body the athlete should be immediately removed from play/game/activity and transported for urgent medical care by a healthcare professional (HCP):

- Neck pain or tenderness
- Seizure, 'fits', or convulsion
- Loss of vision or double vision
- Loss of consciousness
- Increased confusion or deteriorating conscious state (becoming less responsive, drowsy)
- Weakness or numbness/tingling in more than one arm or leg
- Repeated Vomiting
- Severe or increasing headache
- Increasingly restless, agitated or combative
- Visible deformity of the skull

Remember

- In all cases, the basic principles of first aid should be followed: assess danger at the scene, check airway, breathing, circulation; look for reduced awareness of surroundings or slowness or difficulty answering questions.
- Do not attempt to move the athlete (other than required for airway support) unless trained to do so.
- Do not remove helmet (if present) or other equipment.
- Assume a possible spinal cord injury in all cases of head injury.
- Athletes with known physical or developmental disabilities should have a lower threshold for removal from play.

This tool may be freely copied in its current form for distribution to individuals, teams, groups, and organizations. Any alteration (including translations and digital re-formatting), re-branding, or sale for commercial gain is not permissible without the expressed written consent of BMJ.

If there are no Red Flags, identification of possible concussion should proceed as follows:

Concussion should be suspected after an impact to the head or body when the athlete seems different than usual. Such changes include the presence of **any one or more** of the following: visible clues of concussion, signs and symptoms (such as headache or unsteadiness), impaired brain function (e.g. confusion), or unusual behaviour.

CRT6™

Developed by: The Concussion in Sport Group (CISG)

Supported by:





1: Visible Clues of Suspected Concussion

Visible clues that suggest concussion include:

- Loss of consciousness or responsiveness
- Lying motionless on the playing surface
- Falling unprotected to the playing surface
- Disorientation or confusion, staring or limited responsiveness, or an inability to respond appropriately to questions
- Dazed, blank, or vacant look
- Seizure, fits, or convulsions
- Slow to get up after a direct or indirect hit to the head
- Unsteady on feet / balance problems or falling over / poor coordination / wobbly
- Facial injury

2: Symptoms of Suspected Concussion

Physical Symptoms	Changes in Emotions
Headache	More emotional
"Pressure in head"	More Irritable
Balance problems	Sadness
Nausea or vomiting	Nervous or anxious
Drowsiness	
Dizziness	
Blurred vision	
More sensitive to light	
More sensitive to noise	
Fatigue or low energy	
"Don't feel right"	
Neck Pain	

Remember, symptoms may develop over minutes or hours following a head injury.

3: Awareness

(Modify each question appropriately for each sport and age of athlete)

Failure to answer any of these questions correctly may suggest a concussion:

"Where are we today?"

"What event were you doing?"

"Who scored last in this game?"

"What team did you play last week/game?"

"Did your team win the last game?"

Any athlete with a suspected concussion should be - IMMEDIATELY REMOVED FROM PRACTICE OR PLAY and should NOT RETURN TO ANY ACTIVITY WITH RISK OF HEAD CONTACT, FALL OR COLLISION, including SPORT ACTIVITY until ASSESSED MEDICALLY, even if the symptoms resolve.

Athletes with suspected concussion should **NOT**:

- Be left alone initially (at least for the first 3 hours). Worsening of symptoms should lead to immediate medical attention.
- Be sent home by themselves. They need to be with a responsible adult.
- Drink alcohol, use recreational drugs or drugs not prescribed by their HCP
- Drive a motor vehicle until cleared to do so by a healthcare professional

A FACT SHEET FOR High School Parents



This sheet has information to help protect your teens from concussion or other serious brain injury.

What Is a Concussion?

A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

How Can I Help Keep My Teens Safe?

Sports are a great way for teens to stay healthy and can help them do well in school. To help lower your teens' chances of getting a concussion or other serious brain injury, you should:

- Help create a culture of safety for the team.
 - Work with their coach to teach ways to lower the chances of getting a concussion.
 - Emphasize the importance of reporting concussions and taking time to recover from one.
 - Ensure that they follow their coach's rules for safety and the rules of the sport.
 - Tell your teens that you expect them to practice good sportsmanship at all times.
- When appropriate for the sport or activity, teach your teens that they must wear a helmet to lower the chances of the most serious types of brain or head injury. There is no "concussion-proof" helmet. Even with a helmet, it is important for teens to avoid hits to the head.

Talk with your teens about concussion. Tell them to report their concussion symptoms to you and their coach right away. Some teens think concussions aren't serious or worry that if they report a concussion they will lose their position on the team or look weak. Remind them that *it's better to miss one game than the whole season.*

How Can I Spot a Possible Concussion?

Teens who show or report one or more of the signs and symptoms listed below—or simply say they just “don't feel right” after a bump, blow, or jolt to the head or body—may have a concussion or other serious brain injury.

Signs Observed by Parents

- Appears dazed or stunned
- Forgets an instruction, is confused about an assignment or position, or is unsure of the game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events *prior to or after* a hit or fall

Symptoms Reported by Teens

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness, or double or blurry vision
- Bothered by light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Confusion, or concentration or memory problems
- Just not “feeling right,” or “feeling down”

**GOOD TEAMMATES KNOW:
IT'S BETTER TO MISS ONE GAME THAN THE WHOLE SEASON.**



cdc.gov/HEADSUP

CONCUSSIONS AFFECT EACH TEEN DIFFERENTLY.

While most teens with a concussion feel better within a couple of weeks, some will have symptoms for months or longer. Talk with your teens' healthcare provider if their concussion symptoms do not go away or if they get worse after they return to their regular activities.



Plan ahead. What do you want your teen to know about concussion?

What Are Some More Serious Danger Signs to Look Out For?

In rare cases, a dangerous collection of blood (hematoma) may form on the brain after a bump, blow, or jolt to the head or body and can squeeze the brain against the skull. Call 9-1-1, or take your teen to the emergency department right away if, after a bump, blow, or jolt to the head or body, he or she has one or more of these danger signs:

- One pupil larger than the other
- Drowsiness or inability to wake up
- A headache that gets worse and does not go away
- Slurred speech, weakness, numbness, or decreased coordination
- Repeated vomiting or nausea, convulsions or seizures (shaking or twitching)
- Unusual behavior, increased confusion, restlessness, or agitation
- Loss of consciousness (passed out/knocked out). Even a brief loss of consciousness should be taken seriously

Teens who continue to play while having concussion symptoms or who return to play too soon—while the brain is still healing—have a greater chance of getting another concussion. A repeat concussion that occurs while the brain is still healing from the first injury can be very serious, and can affect a teen for a lifetime. It can even be fatal.



What Should I Do If My Teen Has a Possible Concussion?

As a parent, if you think your teen may have a concussion, you should:

1. Remove your teen from play.
2. Keep your teen out of play the day of the injury. Your teen should be seen by a healthcare provider and only return to play with permission from a healthcare provider who is experienced in evaluating for concussion.
3. Ask your teen's healthcare provider for written instructions on helping your teen return to school. You can give the instructions to your teen's school nurse and teacher(s) and return-to-play instructions to the coach and/or athletic trainer.

Do not try to judge the severity of the injury yourself. Only a healthcare provider should assess a teen for a possible concussion. You may not know how serious the concussion is at first, and some symptoms may not show up for hours or days. A teen's return to school and sports should be a gradual process that is carefully managed and monitored by a healthcare provider.

Revised January 2019

Provided by the St. Luke's Sports Medicine Concussion Clinic:
(208) 381-2665

To learn more,
go to cdc.gov/HEADSUP



CDC HEADSUP





PARENT/GUARDIAN & ATHLETE CONCUSSION INFORMATION ACKNOWLEDGEMENT

I, _____, by signing below, hereby acknowledge that **Riverstone International School** has provided me with the necessary and appropriate education on concussion as mandated under subsection 33-1625, Idaho Code. The education included appropriate guidelines that identified the signs and symptoms of concussion and head injury and described the nature and risk of concussion and head injury in accordance with standards of the Centers for Disease Control and Prevention.

I acknowledge that in addition to receiving the education designated in the above paragraph, that I understand the nature of concussion, the signs and symptoms of concussion, and the risks of allowing a student athlete to continue to play after sustaining a concussion.

Student Name (Please Print)

Student Signature

Date (mm/dd/yyyy)

Parent/Guardian Name (Please Print)

Parent/Guardian Signature

Date (mm/dd/yyyy)

Updated: April 2026

RETURN TO SPORT MEDICAL RELEASE



If an athlete sustains a concussion during athletic participation, or sustains an injury and exhibits the signs, symptoms, or behaviors consistent with a concussion, the athlete must be immediately removed from all athletic participation. The athlete may only return to physical activity if/when the athlete is evaluated by a licensed health care provider trained in the evaluation and management of concussions and receives the following written clearance to return to sport.

The following athlete has been evaluated and diagnosed with a concussion by a medical professional trained in the evaluation of concussions. The following steps must be completed under the supervision of a medical professional (MD, DO, PA, Advanced Practice Nurse) who **IS TRAINED IN THE EVALUATION AND MANAGEMENT OF CONCUSSIONS (as outlined in Idaho Code § 33-1625)**. This form must be signed by the above referenced medical professional and returned to the school's **Athletic Director** before the athlete may return to sport participation.

Athlete Name: _____ DOB: ____/____/____

Injury Date: ____/____/____ School: _____ Sport(s): _____ Level (Varsity, JV, Club, etc.): _____

Sideline evaluation completed: Yes ☐ No ☐ Evaluation completed by: _____

In accordance with the Centers for Disease Control and Prevention (CDC), the Return to Sport Strategy begins with Return to Learn (successfully tolerating school-resumption of full cognitive workload without accommodations), and there is a six-step process gradually returning the athlete to normal activities. If more than mild exacerbation of symptoms (i.e., more than 2 points on a 0–10 scale) occurs during Steps 1–3, the athlete should stop and attempt to exercise the next day.

RETURN TO SPORT STRATEGY:

1	Symptom-limited activity	Daily activities that do not exacerbate symptoms (e.g., walking).
2	Aerobic exercise 2A: Light (up to approx. 55% max HR), then 2B: Moderate (up to approx. 70% max HR)	Stationary cycling or walking at slow to medium pace. May start light resistance training that does not result in more than mild and brief exacerbation* of concussion symptoms.
3	Individual sport-specific exercise	Sport-specific training away from the team environment (e.g., running, change of direction and/or individual training drills away from the team environment). No activities at risk of head impact.
Following authorization by your physician, Steps 4–6 should begin after the resolution of any signs and symptoms related to the current concussion, including during and after physical exertion. Athletes experiencing concussion-related signs/symptoms during Steps 4–6 should return to Step 3 to establish full resolution of symptoms with exertion before engaging in at-risk activities.		
4	Non-contact training drills	Exercise to high intensity including more challenging training drills (e.g., passing drills, multiplayer training), can integrate into a team environment.
5	Full contact practice	Following medical clearance, participate in normal training activities.
If symptoms re-emerge with this level of exertion, then return to Step 3 to establish full resolution of symptoms with exertion before engaging in at-risk activities. If the student remains symptom free for 24 hours after this level of exertion, then proceed to the next stage with MEDICAL CLEARANCE.		
6	Return to sport	Normal game play.

*Mild and brief exacerbation of symptoms is defined as an increase of no more than 2 points on a 0–10 point scale (with 0 representing no symptoms and 10 the worst symptoms imaginable) for less than an hour when compared with the symptoms reported prior to cognitive activity or physical exertion.

I (MD/DO/PA/Advanced Practice Nurse/Athletic Trainer) certify that I meet the provider requirements outlined in Idaho Code § 33-1625 and have evaluated the athlete below and have determined to clear the athlete to the Return to Sport Strategy, to include full contact drills and training. IF ASYMPTOMATIC, the athlete may return to competition 24-hours after STEP 5 is completed.

Name: _____ Signature: _____

Phone: _____ Fax: _____ Today's Date: _____

I attest that my child has successfully completed the full Return to Sport Strategy as outlined above and has been cleared to return to participation by a medical professional **trained in concussion management**. I understand that sports are inherently dangerous and realize that concussions are an injury that can occur. I also understand that this process/protocol is in place to protect my child, that any deviation from this process/protocol is under my volition, and I take full responsibility for any and all consequences of that decision.

Parent/Guardian name: _____ Athlete name: _____

Parent/Guardian Signature: _____ Athlete Signature: _____

Parent's Phone: _____ Today's Date: _____

Updated Nov 2024

Acknowledgment of Understanding

To be returned to the Athletic Director no later than the first day of practice.

I have read Riverstone's Athletic Handbook. I understand that this program is growing and changing every day and any substantive changes made to this manual will be communicated with me by the athletic director. The core of what I am signing is the understanding of the intent to build a program to support student-athletes respecting the pillars of academics, leadership by example, international understanding, outdoor education, and community and service. I will do my part to support this mission by abiding by these policies and meeting the expectations described in this handbook.

All parties will sign to state their understanding of their role in this program. Students and Parents may sign the form together. Coaches and Assistants will sign a form for themselves. You may also sign electronically at this [link](#).

Student Participant

Name _____ Signature _____ Date _____

Parent Participant/s

Name _____ Signature _____ Date _____

Name _____ Signature _____ Date _____

Coach/Assistant

Name _____ Signature _____ Date _____





PERMISSION FOR ADMINISTERING MEDICATION AT SCHOOL

PRESCRIPTION medications require written instructions from a physician **and** written permission from the parent or guardian.

NON-PRESCRIPTION medications require only written permission from the parent or guardian.

Students may not self-administer prescription medicines for pain, psychiatric medicines, or medications used in the treatment of learning disorders.

Physician Instructions: This requirement is met by bringing the medicine to school in **the original pharmacy container labeled with the child's name, dosage, and frequency to be given.**

Written Parental Instructions: This requirement is met by providing the following information:

Child's Name _____ Birthdate _____

Name of Medicine _____ Frequency _____

Pharmacy Name _____ Prescription Number _____

Physician's Name _____ Physician's Phone _____

Medical condition for which this treatment is given _____

Dates to be administered _____

Time to be administered _____

Parent/Guardian signature _____ Date _____

OFFICE USE ONLY

DOSAGE LOG

Date	Time	Notes

Staff signature _____ Initials _____ Staff signature _____ Initials _____

Staff signature _____ Initials _____ Staff signature _____ Initials _____

Meet the Leaders

Athletic Director - Kim Liebich - Athletics@RiverstoneSchool.org 208-484-1560

AD Liebich has been a volunteer and parent at Riverstone since 2006 and loves a good challenge and a startup. Putting an inclusive program back together after Covid is an exciting endeavor. "Just happy to help" Please reach out if you would like to jump in, life's a team sport.

AAD - Assistant AD, would you like to be this person?

HS Volleyball

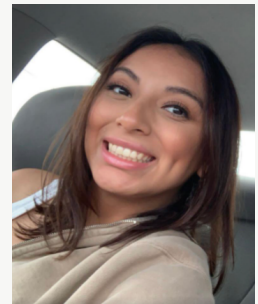


HS Volleyball Head Coach - Mary McClure (Coach Mary)

Coach Mary played college volleyball as a setter through the Division III college level at Centre College in Danville, KY (Class of 2010). Her passion for the game has remained strong as she has played, reffed, and coached in the years since graduating. She has coached club volleyball for six seasons in the Treasure Valley, and is excited to be assisting at the high school level.

Assistant and JV Coach - Isabel Gaytan (Coach Isabel)

Coach Isabel grew up around volleyball, started playing at 8 years old, and played at Meridian High School as a 4-year varsity athlete and captain her senior year. She played competitive club volleyball in the Treasure Valley on top-level teams for Ignite Volleyball Club and Club Idaho (18u Premier). She graduated from Boise State University with a degree in criminal justice. This will be her first year coaching and she wants to continue her passion for the game and is excited to work with these athletes to see them grow not only in their volleyball skills but as individuals and teammates.





MS Volleyball Coach - Talia Garreffa

Coach Talia played volleyball all throughout middle school and high school, in both a club and school setting. She also played for a short time in college. She is excited for the opportunity to get back into the sport through coaching. She is focused on building a strong community as a team, practicing and building upon foundational skills, and creating a love for the sport. This will be her first year coaching and she could not be more thrilled!

MS Cross Country Coach - Trevor Lindsay

Coach Lindsay, our RIS 5th grade teacher - a lifelong running enthusiast, ran cross country in high school and now enjoys training for and running in longer distance events (half and full marathon).



HS Girls Basketball Head Coach - Scott Baer

Coach Baer, has a long history of coaching girl's basketball in the Southern Idaho region, specifically with the local AAU programs, and travel teams. Girl's basketball is certainly a passion. His goal is players EXCITED to practice, improve skills and schemes, and compete! All while being with supportive teammates, who will be enduring friends!

MS Girls Basketball Coach - Nicole Hall

She's now in her eighth year coaching the RIS middle school girls team, with 2020 being a gap year. She played basketball in college at Simpson University and played two years on a Semi-Pro team in Philadelphia and was assistant coach for the women's basketball team at a small college there.



She has run many basketball camps in a variety of organizations both here in the states, and overseas. Currently, she is a Realtor, an Adventure Mentor for Wild Hearts Idaho - a local nonprofit teaching leadership skills to teen girls through outdoor adventures, and a co-owner of Humankind Adventure. She loves to work out and play sports. New development - She learned to play flag football this year!



HS Boy Varsity Boys Basketball Head Coach Chauncey

Mallory grew up in Boise and graduated in 2015 from Timberline High School. Played basketball at Idaho State University and continued his basketball career by becoming a Basketball Trainer and Head of Player Development and Training at HSB Academy from 2020-2025. "I am grateful and excited for the opportunity to not only coach these young men on the court but also teach them what it means to be GREAT MEN in our community!".

HS - Ski & Snowboard Race Club -

MS - Ski & Snowboard Race Club -

HS Coach - Ultimate Frisbee - John Scripps and skills assistant Andrea Kuenzli

John Scripps, DP English teacher turned College Counselor and longtime ultimate player. Started playing as a sophomore in high school and soon graduated to playing with college teams in the Bay Area. He joined the US Junior National Team as a senior in high school and competed in the World Championships in Sweden. He went on to play for Whitman College. Look out world, here we come!





Andrea Kuenzli, school counselor.

Was introduced to Ultimate in high school, and went on to play competitively in college and club where her team, The Mental Toss Flycoons placed 3rd at the World Ultimate Club Championships in Prague. She continued to play after college and has most recently placed on the local Mixed Ultimate team, Lochsa.

MS Coach - Track and Field - Claire Haener

Coach Claire was born and raised in Boise. She studied Human Resources Management at the University of Idaho and was a member of the Alpha Phi sorority. Claire is an avid plant collector who loves to garden. As a chicken and duck mom, you will find her spending her free time either in her backyard or out in nature.



RIS Spirit Team, Cheer & Dance - Head Coach Emily Iannucci

Coach Emily was born and raised on the island of Kauai, Hawaii. In 2014, she first moved to Idaho to attend college at Idaho State University. Growing up Emily was on a dance team and had the opportunity to perform/compete in and out of the US including at Disney World, Las Vegas, Italy, and Spain. She's new to Riverstone International School but is excited to pump up school pride with the Otter Spirit Team! Find her at the front desk for MS and HS as she coordinates our activities programming!



How To: Sportsmanship

Sports fan yellow cards will be handed to fans who are not being their best selves. Two times and you're out. Enough said. Thanks so much for being awesome.



WhatsApp

Hello Otter teams and parents - we use WhatsApp as our communication system. You will find two links to two different group chats set up here. Your coach would like for your communications to go through these threads. We will post links for registrations, rosters, schedules, and such on this app as well.

If you haven't used WhatsApp it has several features that work well for our teams. You may use your phone with Android or Apple as well as your desktop or tablet. There are several videos out on the web explaining how to use it. Mostly it will help us communicate as a group and allow us to share information in one spot instead of searching emails. Multiple parents for a family, may opt in (or out) to the parent chat, but we ask that all players communicate w/ their team and coach here at the player link. You will need to download the app and then click on the appropriate link from the Team Detail Sheet.

School Calendar

Subscribing to the individual sports calendar on the [Riverstone school calendar](#) is the best way to stay up to date with schedules and possible changes. We will do our best to inform you of changes, but they do happen. If you need a tech assist with the calendar please contact us.



Team meals thoughts

This can be daunting, it's okay to feel like that.

This is written up for Middle School and High School. The timings and needs are a little different. Please note a couple of things:

- We are happy to have suggestions or ideas for what you have seen work
 - try to keep the waste low when you can
 - If you are not able to provide a meal because of timing or such, oftentimes there is someone else that can bring items if you are willing to chip in to help pay.
-

Middle School

Games are generally right after school and they've usually just had lunch. The best thing to do is pack them a good lunch with a couple of extra snacks and then the "team meal" provided is an after-game snack to tide them over before dinner.

What:

They like sports drinks and a combination of other items: string cheese, granola bars, yogurt, fruit.

What:

Usually we have it set up by the end of the first game and then that team may get a snack.

High School

In our minds team meals are an opportunity to be together as a team, share a bite to eat (not a big plate), and get our heads in the game. This "meal" isn't the old-school pasta carb load. Think light meal. Honestly, the kids should be eating well through the whole day and this is a balanced bit of food to get them through the game. They can have a larger "dinner" afterward if needed.

The best is a bit of homemade sandwich and some fruit. Sandwiches, baked chips, granola bar, string cheese, fruit.



More thoughts and ideas Pre-Game Meal

- Tin roof tacos
- Jimmy Johns
- Subway - (Apple ST by Albertsons)
- Zeppoles - soup and sandwich, yum and warm (Apple by Blue Cow)
- Chipotle (Apple and Broadway)
- Chick-fil-a

When:

HS generally has a game meal around 2 hours before if at home. Please deliver to the foyer 15 minutes before the bus is scheduled to depart (times vary)

- Away games, they can eat on the bus and it's nice to have a little something for the ride home. Packing them up in paper bags that they can grab and take with them is helpful.
- Home games we will have a space set up for them, either a room or the foyer.

Food Truck

Happy to have other options

Tony's Tamales - (208) 850-7468 Eric



Be part of our team with an

Otter Athletic Sponsorship



Your contribution supports our 1A D1 Middle & High School Teams:

- MS & HS Volleyball
- HS Swimming
- MS & HS Basketball
- MS & HS Ski & Snowboard
- HS Coed Soccer
- MS Track & Field
- MS Cross Country
- Summer Camps

...and more to come!



Gold-Level Sponsor

(\$1,000+)

- Horizontal logo on 3'x4' sign in Kennedy Gym with year-long exposure at 40+ sporting events, assemblies, and awards & graduation ceremonies.
- Logo on our webpage (~4,600 hits per month)
- Logo on athletic rosters
- Exposure in school newsletter

Silver-Level Sponsor

(\$500 - \$999)

- Vertical logo on 3'x2' sign in Kennedy Gym with year-long exposure at 40+ sporting events, as well as assemblies, and awards & graduation ceremonies.
- Company name on athletic roster

New "Otter Den" Sponsor

(\$150+) meant for fans without logos

- Name on an otter head in Kennedy Gym
- A donation of \$200+ includes a home game season pass for the sport of your choice



To inquire and help us fill the Otter Den with fun please contact Kim Liebich, Athletic Director, at Athletics@RiverstoneSchool.org



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