

## 10 Things Every Parent Should Know about High School Sports

1. Your athlete must turn in an annual physical, proof of insurance and completed athletic packet so that they can get a "ticket to play". They must have this to even try out for a team. A physical must be current within one year and be valid through the entire season, including tryouts. If your athlete cannot attend our school sponsored physical, **be aware of the deadline for your student's sport.** School insurance may be purchased if you do not have medical insurance.
2. Teams can practice every day except Sundays. They also practice and play during school vacations and holidays. Fall practice may start as early as the second week of August. **High school coaches do not let athletes miss games or practices for club sport activities.**
3. All teams need to raise money to survive. Every team does at least one fundraiser and hopefully you can support it. Getting involved in support of your athletic team is encouraged, welcomed and needed at the high school level.
4. Our **rbhs.org** website is a wealth of information. Click on the athletics page for sports forms, schedules, and other information.
5. Just because it rains doesn't mean practice is cancelled. Have your student check the athletic office window for announcements or check with their coach. **Please do not call the office - have your athlete call you.**
6. Position and playing time is a coaches decision and at their discretion.
7. Students and parents need to understand the importance of grades. Many coaches have a higher academic requirement than the minimum 2.0 grade point average that CIF requires.
8. Athletes want you to **be a positive spectator** in the stands. We expect **coaches, officials, referees and umpires to be treated with respect** by our parents and athletes.
9. The athletic department encourages and believes in athletes being involved in more than one sport.
10. On practice and contest days you are expected to be in school. If a student comes late to school because of illness or goes home ill, they are too sick to play that day. An athlete must attend at last 2 or 3 classes of the school day depending on the number of classes currently being taken (2 out of 2 classes, 2 out of 3 classes, 3 out of 4 classes) unless an exception has been granted by the Director of Athletics prior to the absence.