




SOTA AFTER-SCHOOL SPORTS PARENT AND ATHLETE INFORMATION

TOPICS

Code of Conduct
Sportsmanship
Athletic Eligibility
NCAA Eligibility
Transportation
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WHAT DO I NEED TO PLAY SPORTS AT SOTA?


- Have at least a 2.0 GPA with no Fs
 - Have an updated physical within one calendar year
 - Complete all paperwork – documents can be obtained from the PE staff, the nurse or the Athletic Office
 - Set up a requalification appointment with the nurse
 - Once you have been cleared by the nurse, turn in the release form to your coach
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PARTICIPATING IN ATHLETICS IS BOTH AN HONOR AND RESPONSIBILITY

- Student athletes are expected to refrain from the use of all tobacco products.
- Student athletes are expected to refrain from consuming, possessing, or transporting alcoholic beverages.
- Student athletes are expected not to use, possess, or provide illegal drugs and over-the-counter drugs not prescribed to them; this includes performance enhancing drugs.

SPORTSMANSHIP

- Keep cheering positive! There should be no profanity or use of degrading language or gestures.
 - Avoid actions which offend opposing teams or individual players.
 - Show appreciation of good play by both teams.
 - Treat all opposing teams in a way in which you would expect to be treated.
 - Learn the rules of the game in order to become a better-informed player or spectator.
 - Win with class and lose with class. Congratulate opponents after a game!
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ACADEMIC ELIGIBILITY

RCSD Eligibility Criteria

The RCSD uses the official school Report Card as the basis for determining continued eligibility. Students on probation are eligible to participate with one “F.” They must attend academic tutoring two (2) times per week for three (3) weeks. Students that are ineligible with two or more “Fs” cannot participate in any games but are eligible for practices. They must attend tutoring two (2) per week for three (3) weeks.

1. Maintain a “C” average -2.0 GPA - in all subject areas.
2. Maintain a 93% daily in-class attendance.
3. Demonstrates good school and community citizenship.

NCAA ELIGIBILITY CLEARINGHOUSE

What is it ?

Student athletes who wish to participate in inter-collegiate sports at the Division I or II levels must meet the standards of the NCAA.

What are the requirements?

Students must maintain a 2.0 GPA in 16-core courses approved by the NCAA, and score at a minimum level on the SAT.



NCAA ELIGIBILITY CLEARINGHOUSE

How do I prepare?

- Freshmen and sophomores need to focus on establishing a strong GPA in the core subject areas: English, Social Studies, Math, and Science.
- Juniors need to make an appointment to review their GPA to date and focus on areas of improvement.
- Submit official transcripts to NCAA.
- Seniors need to submit NCAA Initial-Eligibility Clearinghouse Form early in the fall to have clearance approved.
- Call Mr. Murphy at 585-242-7682 ext. 1791; he is the NCAA Clearinghouse representative for SOTA.


TRANSPORTATION

- Student athletes are not allowed to drive to contests. In an extreme situation, special arrangements may be made by having a Private Auto Form signed by the principal, parent, and coach.
- Students may ride home with parents if prior written authorization is obtained from the coach.
- Students may ride home with another parent if it meets with the approval of the coach, and the student has obtained prior written permission from their parent.
- Students must conform to the bus procedures and regulations of the Rochester City School District's Transportation Department.
- RCSD Activity Passes may be used for RTS service after 7:00 PM.

TRANSFER POLICY

- ▶ The student is eligible with a corresponding change of parental address.
- ▶ Without a corresponding change of address documentation - the student is ineligible for one-year in the sport that they participated in at the previous school.
- ▶ Appeals – Hardship Waivers may be obtained for academics, health and safety, financial, and college level classes.

FUNDRAISING

- Please see Mr. Michelsen, SOTA Athletic Director for details regarding SOTA athletic fundraising efforts.
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rSchool Today

ATHLETIC SCHEDULING PROGRAM

- **RCACATHLETICS.COM**: provides updates on game schedules, access to communicate with coaches, and SOTA's Athletic Department.
- **CONTACT COACHES** – Lists E-Mail Addresses and the Sports they Coach
- **7-DAY SCHEDULE** – Access to SOTA Weekly Athletic Contests
- **INDIVIDUAL TEAM SCHEDULES** – Click and View Individual or Group Team Schedules
- **NOTIFY ME!** – A Notification Program about Upcoming Games and Schedule Changes.

rSchool Today OPERATION INSTRUCTIONS

- Click the **Notify Me! Link** in the top right corner
- Select the teams for which you want to receive notifications
- Select the time frame for reminders regarding activities and schedule changes
- Enter first, last name, email address, password, cell number, and mobile provider
- Save settings

DATES TO REMEMBER

SOTA Annual Sports Banquet

June 15, 2020 - 5:00 PM

Allen Main Stage Theatre

Special Events to Remember: Team Photos – TBA

RCACATHLETICS.COM - OR - SOTAROCHESTER.ORG

For up to date game schedules and cancellations for all SOTA events.

WHERE IS THE GAME?

On your Google Play App... Search Activity Scheduler