



THE CAVALIER WAY

A TRADITION OF EXCELLENCE

ABERDEEN RONCALLI CAVALIERS

ACTIVITIES HANDBOOK

2026/2027

Driven by the pursuit of competitive excellence and selfless commitment to the jersey, we strive to become champions of F.A.I.T.H., recognizing what it means to give of ourselves for a greater purpose.



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A TRADITION OF EXCELLENCE



MISSION

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★ F.A.I.T.H ★

FULFILL YOUR ROLE ★ ALL-IN EFFORT ★ INTEGRITY ★ TOUGHNESS ★ HONOR THE STANDARD



VISION

To bring Christ's example of servant leadership, integrity, discipline, and a selfless mindset to the field of competition.



OBJECTIVES

1. Develop High-Character Leaders
2. Compete With Relentless Effort
3. Pursue Competitive Excellence
4. Honor the Team Above Self
5. Build Mental and Physical Toughness
6. Strengthen Faith and Purpose
7. Represent Roncalli With Pride (SWEEP THE SHED)
8. Foster Meaningful Relationships
9. Prepare Athletes for Life Beyond Sports
10. Leave the Program Better

DRIVEN BY THE PURSUIT OF COMPETITIVE EXCELLENCE
AND SELFLESS COMMITMENT TO THE JERSEY, WE STRIVE TO BECOME
CHAMPIONS OF F.A.I.T.H., RECOGNIZING WHAT IT MEANS TO
GIVE OF OURSELVES FOR A GREATER PURPOSE.



SDHSAA-Sponsored Activities Offered at Roncalli Middle and High School

Competitive Athletics

Boys Cross Country
Girls Cross Country
Football (Aberdeen Christian Co-ops with us)
Girls Tennis (Aberdeen Christian Co-ops with us)
Boys Soccer (Co-op with Central)
Girls Soccer ((Co-op with Central)
Competition Cheer (Co-op with Central)
Competition Dance (Co-op with Central)
Girls Basketball
Boys Basketball
Volleyball
Boys' Wrestling (Co-op with Central)
Girls' Wrestling (Co-op with Central)
Gymnastics (Co-op with Central)
Boys Tennis (Aberdeen Christian Co-ops with us)
Boys Golf
Girls Golf (Aberdeen Christian Co-ops with us)
Boys Track & Field
Girls Track & Field
Trap Shoot (not a school-sanctioned activity)

Competitive Fine Arts

Band
Drama
Debate (Co-op with Central)
Oral Interpretation

Non-Competitive Activities at Roncalli Middle/High School

Cheerleading
Dance Team
Jazz Band
Journalism and Yearbook
Vocal (MS only)



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Parents and Sportsmanship

1. Your role as a parent is fan, spectator, and, most importantly, a supporter for your child and their teammates. Please be mindful that it is a privilege to attend activities.
2. During practices and games, you are not the coach, advisor, or official. Your most important role is that of a parent.
3. We are the host for visiting teams. Treat them with respect and dignity.
4. Cheer for our team, and not against the opponent.
5. Represent Roncalli and your child with pride.

Advisor/Coach/Participant/Parent Communications

As parents, when your children become involved in activities, you have a right to understand what expectations are placed on them. This begins with clear communication from the coach or advisor of your children's activity. It is best practice to communicate with the coach first when you have concerns and questions. If parents are not satisfied with the response of the coach, they may refer their concerns and questions to the Activity's Director.

We make every effort to hire coaches who make decisions that are best for the team. Please do not ask the coaches to discuss coaching strategy, playing time for your child or other players, or personnel decisions. If playing time is a concern and you believe it should be addressed, the player, parents, coach, and activities director need to all be present for the meeting.

Overnight Travel and Meals

The school will pay for lodging for teams who qualify for a state event or competition. Overnight stays during the regular season are not covered by the school except in rare cases. The activities office makes all lodging arrangements.

Meals are provided to participants on overnight trips for state tournaments only. The school will pay for meals beginning with the second meal. The maximum daily allowance is \$16.00 (breakfast \$3.50, lunch \$5.50, dinner \$7.00) for students.



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Inclement Weather

When school is dismissed early due to inclement weather, no practice or open gyms will be conducted. When the school start time is delayed due to inclement weather, no morning events will be held. When school is canceled due to inclement weather, no practice or open gyms will be held, and competitions will be postponed or canceled.

School Attendance Policy

A student must be in attendance at school for the entire afternoon beginning at noon on the day of a performance or contest to be eligible to participate, unless approved by the principal (such as appointments and funerals). This will also apply to practices. Students are expected to be in attendance the morning following a game or contest, beginning with the first period of the school day.

Activity/Athletics Attendance Policy

Student athletes are expected to be present at all events during their season of competition. Absences due to school-related events, illness, and family matters are considered excused absences. Other absences would be considered “unexcused,” and discipline for an unexcused absence will be left to the discretion of the coach/director of the activity, which may involve, but is not limited to, suspension from competition, sitting out for a portion of a competition, or practice-time disciplinary action.

Attendance for activities outside of the scheduled season are not required, but they are encouraged as they will help the student-athlete reach their full potential. IN-SEASON ACTIVITIES WILL TAKE PRECEDENT OVER SESSIONS FOR ACTIVITIES THAT ARE OUT-OF-SEASON.



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Wednesday/Sunday/Holiday Participation

Middle School and High School activities will end no later than 6:00 p.m. on Wednesdays to accommodate Church-related activities. No contests, practices, or open gyms may be scheduled on Sunday, Thanksgiving, Christmas, or Good Friday. Exceptions may, on rare occasions, be granted by the President after consultation with the Activities Director.

Student-Athletes - Physical Eligibility - Requirements

Student-athletes are required to have a current physical status form on file in the Athletic Office BEFORE being allowed to practice or compete. Physicals last for 3 years. They are offered each spring at Central High School for a nominal fee. You may also choose to have it completed by your healthcare provider.

In the second and third year covered by the initial physical, student-athletes are required to complete an annual physical history form that provides information about possible changes in physical status since the original physical.

Permission and medical consent forms are required each year a student-athlete participates in an activity.

Student-athletes are also required to complete a concussion baseline test (SWAY) at the beginning of each school year or before they begin participation in their activity.

All forms can be found and submitted on the Varsity Bound website.

Advancement of Middle School Athletes to High School Teams

Middle School athletes (7th and 8th-Grade only) may, at the request of their coach, be advanced to a high school team. This process must be initiated by the head coach and approved by the parents and school administration.



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Travel To and From Competitions

The general rule is that we travel to and from all competitions with the teams. We desire for all of our athletes to share the pre- and post-competition experiences with their teammates. We allow parental requests to leave the team to and from competitions when there is a viable reason to do so. A note of written confirmation in the form of an email, messenger app, or other communication must be made to the head coach if a student-athlete is leaving the competition with a parent or guardian.

We do not allow athletes to ride home with anyone other than another adult (age 21 or over) member of their family, except in special situations. Approval for such situations must be made well in advance of the event.

Requirements for Volunteer Drivers

MUST BE DONE BEFORE you drive!

1. Background Check – once every six years, completed on the CMG Connect website, <https://siouxfalls.cmgconnect.org>. All first-time volunteers must complete this before driving.
2. Volunteer Drivers Form – yearly, this form can be accessed at any Roncalli School office, or on the website, <https://aberdeenroncalli.org/athletics>.
3. Safe Environment Online Training Session – yearly, this short training can be accessed at the CMG Connect website. If you are a returning user and do not remember your login information, contact Mrs. Heller, michala.heller@aberdeenroncalli.org, 226-2100.

Dual Participation in Activities

At the request of the parents, a meeting that includes the student, parents, head coaches, and activities director will be held. The purpose of the meeting is to determine if it is best for the



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Attire

We expect students to be dressed modestly. Students must wear conservative dress clothes before and after games/matches/contests/events; no jeans. In some cases, school-issued warm-ups/travel gear would be appropriate. All RHS spirit clothing is acceptable. A general rule of thumb would be: If it is not appropriate for school, it is not acceptable.

Competition attire must meet the requirements of the SDHSAA. For information on what attire is acceptable for your activity, please refer to the SDHSAA website or your coach/advisor.

Practice clothing needs to be appropriate. Clothing must always be modest. No cut-out t-shirts are allowed. This includes both genders. Shorts need to have at least a 4-inch inseam. Undergarments should never be visible. Practice attire may be supplied by the activity, such as practice jerseys, practice shorts, etc.

These guidelines also apply to open gyms, camps, and all other school events. Remember, you are representing Roncalli every time you practice, compete, or travel with the team.

Cell Phones - Sports - Locker Rooms

We expect our students to be responsible in the use of cell phones and technology. When rules or restrictions are set forth by the coaches and advisors regarding cell phone use, students would be expected to abide by the rules. Inappropriate use of cell phones is a violation of the code of conduct policy.



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Weight Room Policy

- The weight room is available to all Roncalli students in grades 6 through 12.
- Students **are not** allowed to use the weight room unless it is supervised by properly trained and approved school staff. Off-staff parents and older siblings are not authorized supervisors.
- The supervisor should know the equipment, its proper use, and care.
- Safe procedures must be followed, and proper technique should be utilized at all times.
- Proper clothing and footwear must be worn.
- No “horseplay”, foul language, or inappropriate music. If it has to be bleeped, it shouldn’t be played.

Gym Policy

An adult supervisor must be present for student-athletes to use the Roncalli High School Gym. Outside of scheduled competitions, the gym is only available to Roncalli student-athletes. It is not to be used by students from other schools.

The gym and any equipment that is used must be used properly. Any damage done to the gym or the equipment will result in disciplinary action and payment for property damages.



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Academic Eligibility Policy

*This policy is in effect for all school activities: athletics, fine arts, and all other student extracurricular activities.

The academic policy is designed to enhance student-athlete engagement in the classroom, promote accountability, and encourage them to gain the full benefits of the school's Catholic education.

1. The eligibility report will be released on Tuesdays at 10:00 am.
2. Any student whose current grade is a 'D' or 'F' will appear on this report.
3. Eligibility will run from Wednesday to Tuesday (eligibility will reset at the start of the school day on Wednesdays).
4. There will be **no grace or probation weeks**.
5. Any student receiving 2 'F' grades is ineligible for the following eligibility period.
 - a. A student can remain eligible with one 'F' **AS LONG AS** the student attends Cavalier Enhancement Session on Wednesday. If a student who is receiving 1 'F' does not attend, they become ineligible until the release of the next eligibility report. Then the process repeats if they still have 1 'F' at the release of the next Elig report.
6. To better support their transition, the eligibility policy will **not** apply to 6th-grade students for the first quarter.
 - a. Attendance at Cavalier Enhancement for 6th graders is up to parents' discretion during the first quarter. Full eligibility policy & expectations for attendance to Cavalier Enhancement apply to 6th graders at the start of the 2nd quarter.

Eligibility status will be shared with the student-athlete and parents via email and will be updated on Varsity Bound.



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Consequences for Training Rule Violations

<u># of Regular Season Contests</u>	<u>1st Offense Contests Missed</u>	<u>2nd Offense Contests Missed</u>	<u>3rd Offense Contests Missed</u>	<u>4th Offense Contests Missed</u>
<u>1-9</u>	1	4	Ineligible for 1 calendar year	Ineligible for the remainder of high school activities
<u>10-15</u>	2	6	Ineligible for 1 calendar year	Ineligible for the remainder of high school activities
<u>16-20</u>	3	8	Ineligible for 1 calendar year	Ineligible for the remainder of high school activities

Note 1: Violations are cumulative and begin at the time a student begins participating in an SDHSAA-sanctioned activity. They do not reset every year.

Note 2: Penalties are applied to post-season competitions if the consequence rolls past the end of the regular season.

Note 3: If the penalty is not fully served during the current season, the penalty will carry over to the next season the student participates in.

Note 4: Penalties will follow a student who transfers from Roncalli to another school or transfers to Roncalli from another school.

Note 5: Co-op activities will follow our training rule policy.

Note 6: The penalties above include all contests per night. Example: An athlete who may be on more than one roster/team will be suspended from all games on that night. This will be considered one (1) night of suspension.

Note 7: Sitting out of a JV and Varsity game/match on the same night would NOT be considered as two events.



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Practices:

A student who is suspended from competition is required to attend all practice sessions during the suspension.

A student who attends a chemical dependency program or treatment program (inpatient) will be required to attend ten practice sessions before becoming eligible for competition. The suspension will begin when the student becomes eligible for competition.

Student Conduct:

Any student involved in unacceptable conduct such as, but not limited to, school suspension, vandalism, any illegal activity, etc. shall be penalized as determined by the activities' director and administration.

Any student involved in unacceptable conduct or breaking any rules (as determined by the coaches or advisor and Activities Director) on any school sponsored trip shall be penalized as determined by the activities' director and administration.

Appeals

The student and/or his or her parents have the right to appeal the decision to the superintendent within 48 hours. The student will be ineligible during the appeal process.



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