

The background of the entire page is a photograph of a person from behind, standing in a gym. They are holding a thick rope, and there is a bright light source behind them, creating a silhouette effect. The gym has a brick wall and a window with a grid pattern.

# **RMPREP**

## **SCHOLAR ATHLETE**

### **HANDBOOK**



Successful Scholar-Athletes are physically, intellectually, and emotionally committed to high-level achievement in both their academic and sport endeavors.

# Welcome Letter

---

Dear Scholar-Athletes,

Welcome to another exciting year of athletics at Rocky Mount Preparatory School! We are thrilled to have you join our dynamic and spirited athletic program. Your decision to become a part of our sports teams is a testament to your dedication, enthusiasm, and desire to excel both on the field and in the classroom.

At Rocky Mount Preparatory School, we believe that participating in sports is a valuable opportunity to develop into well-rounded individuals. Athletics not only enhance your physical abilities but also teach essential life skills such as teamwork, leadership, discipline, and resilience. These experiences will serve you well in all aspects of your life.

Our school is committed to helping you balance your academic, athletic, and personal responsibilities. Here are a few key expectations we have for you as a scholar-athlete:

1. **Academic Excellence:** Your primary responsibility is to your education. Maintain a strong academic record by prioritizing your studies, attending all classes, and seeking help when needed. Remember, your performance in the classroom is just as important as your performance on the field.
2. **Athletic Commitment:** Dedicate yourself fully to your chosen sport. Attend all practices and games, put forth your best effort, and support your teammates. Strive for excellence and sportsmanship in every aspect of your athletic involvement.
3. **Personal Conduct:** Exhibit integrity, respect, and responsibility at all times. Represent Rocky Mount Preparatory School positively both on and off the field. Your actions reflect not only on yourself but also on your team and school community.
4. **Health and Wellness:** Take care of your physical and mental well-being. Maintain a healthy lifestyle through proper nutrition, rest, and hydration. Balance your athletic commitments with personal time to relax and recharge.

We understand the challenges that come with balancing school, sports, and home life. It requires careful planning, time management, and a strong support system. We encourage you to communicate openly with your teachers, coaches, and family to ensure you are managing your responsibilities effectively.

By committing to these expectations, you are setting yourself up for success both as a student and an athlete. We are here to support you every step of the way and are excited to see the growth and achievements you will experience this year.

Thank you for choosing to be a part of our athletic family. We look forward to a fantastic year filled with hard work, camaraderie, and unforgettable moments.

Go Jaguars!

With warm regards,

**Dr. Heather D. Collins (Dr. H.U.G.S.S)**  
**Head of School**  
**Rocky Mount Preparatory School**

# Duties and Expectations for All Athletes

---

## 1. Academic Responsibilities

### 1.1 Maintain Academic Eligibility

- **Academic Performance:** Maintain a minimum GPA as required by school and athletic policies to participate in basketball.
- **Attendance:** Ensure regular attendance in all classes and balance academic workload with basketball commitments.

### 1.2 Time Management

- **Prioritize:** Manage time effectively to ensure that academic responsibilities are met while participating in basketball.
  - **Study Habits:** Develop and maintain strong study habits to succeed academically while balancing sports.
- 

## 2. Athletic Performance

### 2.1 Training and Practice

- **Attendance:** Attend all scheduled practices, workouts, and training sessions. Absences should be communicated in advance to the coach.
- **Effort and Attitude:** Show dedication, effort, and a positive attitude during all basketball-related activities.

### 2.2 Game Participation

- **Preparedness:** Arrive at games fully prepared, both mentally and physically. Warm up properly and focus on the game plan.
  - **Teamwork:** Demonstrate teamwork, sportsmanship, and respect for teammates, coaches, opponents, and officials.
- 

## 3. Personal Conduct

### 3.1 Behavior

- **Integrity:** Exhibit honesty and integrity in all actions, both on and off the court.
- **Respect:** Show respect for all members of the school community, including peers, staff, and visitors.

### 3.2 Representation

- **Ambassador Role:** Represent Rocky Mount Preparatory School positively at all times. As ambassadors of the school, basketball players should uphold its values and standards.

- **Social Media:** Use social media responsibly, refraining from posts that could harm the reputation of the athlete, team, or school.
- 

## 4. Health and Safety

### 4.1 Physical Health

- **Conditioning:** Participate fully in all conditioning programs to maintain peak physical fitness. Follow the coach's guidance on maintaining fitness levels.
- **Injury Prevention:** Follow coaches' and trainers' instructions on injury prevention techniques. Report any injuries to the coach and athletic trainer immediately.

### 4.2 Nutrition and Rest

- **Healthy Habits:** Maintain a healthy diet and ensure adequate rest to support athletic performance.
  - **Hydration:** Stay hydrated before, during, and after practices and games.
- 

## 5. Cleanliness and Maintenance

### 5.1 Locker Rooms

- **Cleanliness:** Keep locker rooms clean and organized. Dispose of trash properly and ensure personal items are stored neatly.
- **Respect for Property:** Treat all school property with care, including lockers, benches, and showers. Report any damages to the coach immediately.

### 5.2 Equipment

- **Maintenance:** Take responsibility for the cleanliness and proper maintenance of all basketball equipment, including uniforms, shoes, and practice gear.
  - **Return:** Ensure all equipment is returned in good condition at the end of each practice or game. Properly store and maintain personal gear.
- 

## 6. Commitment to the Team

### 6.1 Attendance and Punctuality

- **Practice:** Attend all practices on time, ready to participate fully.
- **Games and Events:** Be punctual for all games and team events. Communicate any absences in advance and provide valid reasons.

### 6.2 Team Morale and Spirit

- **Encouragement:** Support and encourage teammates both on and off the court. Foster a positive team environment.
- **Accountability:** Hold yourself and your teammates accountable for upholding team standards and expectations.

## Athlete Commitment Page

---

We, the undersigned, acknowledge that we have read and understood the duties and expectations outlined above. We commit to upholding these standards and contributing positively to the athletic program at Rocky Mount Preparatory School.

### Athlete's Commitment

I, \_\_\_\_\_ (Athlete's Name), agree to fulfill my duties and responsibilities as an athlete at Rocky Mount Preparatory School. I understand that my actions and behavior reflect on the school and its athletic program. I commit to maintaining academic eligibility, demonstrating sportsmanship, and taking responsibility for the cleanliness and maintenance of locker rooms and equipment.

**Athlete's Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

### Parent/Guardian's Commitment

I, \_\_\_\_\_ (Parent/Guardian's Name), have read and discussed the duties and expectations with my child. I support my child's commitment to these responsibilities and will encourage them to uphold the high standards of Rocky Mount Preparatory School.

**Parent/Guardian's Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_

# Baseball Player Evaluation Form

---

## Player Information

- Player's Name: \_\_\_\_\_
  - Position: \_\_\_\_\_
  - Evaluation Period: \_\_\_\_\_
  - Coach's Name: \_\_\_\_\_
  - Date of Evaluation: \_\_\_\_\_
- 

## Evaluation Categories

Rate the player on the following criteria using the scale:

- 1 = Unsatisfactory
- 2 = Needs Improvement
- 3 = Meets Expectations
- 4 = Exceeds Expectations
- 5 = Outstanding
- N/A = Not Applicable

### 1. Batting Skills

Criteria	Rating	Comments
Batting average and consistency		
Power hitting and slugging		
Situational hitting (bunting, hitting to opposite field)		
Plate discipline and pitch selection		

### 2. Fielding Skills

Criteria	Rating	Comments
Fielding technique and mechanics		

Range and quickness

Arm strength and accuracy

Double play and relay execution

### 3. Pitching Skills (for pitchers only)

Criteria	Rating	Comments
Pitching mechanics		
Control and accuracy		
Pitch variety and effectiveness		
Composure and situational pitching		

### 4. Base Running Skills

Criteria	Rating	Comments
Speed and quickness		
Base stealing and lead-offs		
Base running technique and decision-making		

### 5. Game Awareness and Mental Skills

Criteria	Rating	Comments
----------	--------	----------

Understanding of game  
situations

Focus and concentration

Sportsmanship and teamwork

Leadership on and off the field

## **6. Overall Performance and Improvement**

<b>Criteria</b>	<b>Rating</b>	<b>Comments</b>
Overall performance		
Progress and improvement		
Commitment to practice and games		
Coachability and attitude		

---



# Volleyball Player Evaluation Form

---

## Player Information

- Player's Name: \_\_\_\_\_
  - Position: \_\_\_\_\_
  - Evaluation Period: \_\_\_\_\_
  - Coach's Name: \_\_\_\_\_
  - Date of Evaluation: \_\_\_\_\_
- 

## Evaluation Categories

Rate the player on the following criteria using the scale:

- 1 = Unsatisfactory
- 2 = Needs Improvement
- 3 = Meets Expectations
- 4 = Exceeds Expectations
- 5 = Outstanding
- N/A = Not Applicable

### 1. Serving Skills

Criteria	Rating	Comments
Serve accuracy and consistency		
Power and placement		
Variety of serves (float, jump, topspin)		

### 2. Passing Skills

Criteria	Rating	Comments
Forearm passing technique		
Accuracy and control		

Reaction time and positioning

### 3. Setting Skills (for setters only)

Criteria	Rating	Comments
Hand positioning and technique		
Accuracy and consistency		
Decision-making and leadership		

### 4. Attacking Skills

Criteria	Rating	Comments
Approach and footwork		
Timing and jumping ability		
Power and accuracy		

### 5. Blocking Skills

Criteria	Rating	Comments
Timing and positioning		
Technique and footwork		
Communication with teammates		

### 6. Defensive Skills

Criteria	Rating	Comments
Digging technique		
Reaction time and positioning		
Coverage and support		

## 7. Game Awareness and Mental Skills

Criteria	Rating	Comments
Understanding of game strategies		
Focus and concentration		
Sportsmanship and teamwork		
Leadership on and off the court		

## 8. Overall Performance and Improvement

Criteria	Rating	Comments
Overall performance		
Progress and improvement		
Commitment to practice and games		
Coachability and attitude		

# Track and Field Athlete Evaluation Form

---

## Athlete Information

- Athlete's Name: \_\_\_\_\_
  - Event(s): \_\_\_\_\_
  - Evaluation Period: \_\_\_\_\_
  - Coach's Name: \_\_\_\_\_
  - Date of Evaluation: \_\_\_\_\_
- 

## Evaluation Categories

Rate the athlete on the following criteria using the scale:

- 1 = Unsatisfactory
- 2 = Needs Improvement
- 3 = Meets Expectations
- 4 = Exceeds Expectations
- 5 = Outstanding
- N/A = Not Applicable

### 1. Running Events

Criteria	Rating	Comments
Sprint technique and form		
Endurance and stamina		
Speed and acceleration		
Pacing and race strategy		

### 2. Jumping Events

Criteria	Rating	Comments
Approach and takeoff technique		

Jump height and distance

Body control and landing

Consistency and performance under pressure

### 3. Throwing Events

Criteria	Rating	Comments
Grip and release technique		
Power and distance		
Body mechanics and form		
Consistency and accuracy		

### 4. Relay Events (for relay participants only)

Criteria	Rating	Comments
Baton handoff technique		
Team coordination and communication		
Speed and transitions		

### 5. Game Awareness and Mental Skills

Criteria	Rating	Comments
----------	--------	----------

Understanding of event  
strategies

Focus and concentration

Sportsmanship and teamwork

Leadership on and off the track

## **6. Overall Performance and Improvement**

<b>Criteria</b>	<b>Rating</b>	<b>Comments</b>
Overall performance		
Progress and improvement		
Commitment to practice and meets		
Coachability and attitude		

---

# Cheerleading Athlete Evaluation Form

---

## Athlete Information

- Athlete's Name: \_\_\_\_\_
  - Position: \_\_\_\_\_
  - Evaluation Period: \_\_\_\_\_
  - Coach's Name: \_\_\_\_\_
  - Date of Evaluation: \_\_\_\_\_
- 

## Evaluation Categories

Rate the athlete on the following criteria using the scale:

- 1 = Unsatisfactory
- 2 = Needs Improvement
- 3 = Meets Expectations
- 4 = Exceeds Expectations
- 5 = Outstanding
- N/A = Not Applicable

### 1. Stunting Skills

Criteria	Rating	Comments
Base stability and strength (for bases)		
Flyer technique and balance (for flyers)		
Timing and coordination		
Safety and communication		

### 2. Tumbling Skills

Criteria	Rating	Comments
Technique and form		

Difficulty level and execution

Landing and recovery

### 3. Jumping Skills

Criteria	Rating	Comments
Height and power		
Technique and form		
Synchronization with team		

### 4. Dance and Cheer Routines

Criteria	Rating	Comments
Rhythm and timing		
Precision and sharpness		
Energy and enthusiasm		
Memorization of routines		

### 5. Flexibility and Conditioning

Criteria	Rating	Comments
Flexibility and range of motion		



Physical conditioning and  
endurance

Strength and agility

6. Game Awareness and Mental Skills

Criteria	Rating	Comments
Understanding of routines and formations		
Focus and concentration		
Sportsmanship and teamwork		
Leadership on and off the field		

7. Overall Performance and Improvement

Criteria	Rating	Comments
Overall performance		
Progress and improvement		
Commitment to practice and events		
Coachability and attitude		

---

# Football Player Evaluation Form

---

## Player Information

- Player's Name: \_\_\_\_\_
  - Position: \_\_\_\_\_
  - Evaluation Period: \_\_\_\_\_
  - Coach's Name: \_\_\_\_\_
  - Date of Evaluation: \_\_\_\_\_
- 

## Evaluation Categories

Rate the player on the following criteria using the scale:

- 1 = Unsatisfactory
- 2 = Needs Improvement
- 3 = Meets Expectations
- 4 = Exceeds Expectations
- 5 = Outstanding
- N/A = Not Applicable

### 1. Offensive Skills (for offensive players)

Criteria	Rating	Comments
Passing accuracy and decision-making (QB)		
Route running and catching (WR/TE)		
Ball handling and vision (RB)		
Blocking technique and effectiveness (OL)		

### 2. Defensive Skills (for defensive players)

Criteria	Rating	Comments
Tackling technique and effectiveness		

Coverage skills (DB/LB)

Pass rush and run stopping (DL)

Defensive awareness and  
positioning

### 3. Special Teams Skills

Criteria	Rating	Comments
Kicking accuracy and power (K/P)		
Return skills and decision-making		
Coverage and tackling on special teams		

### 4. Physical Conditioning and Fitness

Criteria	Rating	Comments
Strength and power		
Speed and agility		
Endurance and stamina		

### 5. Game Awareness and Mental Skills

Criteria	Rating	Comments
Understanding of playbook and strategies		

Focus and concentration

Sportsmanship and teamwork

Leadership on and off the field

## 6. Overall Performance and Improvement

Criteria	Rating	Comments
Overall performance		
Progress and improvement		
Commitment to practice and games		
Coachability and attitude		

---

## Basketball Player Evaluation Form

---

### Player Information

- **Player's Name:** \_\_\_\_\_
  - **Position:** \_\_\_\_\_
  - **Evaluation Period:** \_\_\_\_\_
  - **Coach's Name:** \_\_\_\_\_
  - **Date of Evaluation:** \_\_\_\_\_
- 

### Evaluation Categories

Rate the player on the following criteria using the scale:

- **1 = Unsatisfactory**
- **2 = Needs Improvement**
- **3 = Meets Expectations**

- **4 = Exceeds Expectations**
- **5 = Outstanding**
- **N/A = Not Applicable**

### 1. Offensive Skills

Criteria	Rating	Comments
Shooting accuracy and consistency		
Ball handling and dribbling		
Passing and assist ability		
Offensive positioning and movement		

### 2. Defensive Skills

Criteria	Rating	Comments
On-ball defense		
Help defense and rotations		
Rebounding (defensive and offensive)		
Defensive awareness and positioning		

### 3. Physical Conditioning and Fitness

Criteria	Rating	Comments
Strength and power		
Speed and agility		

Endurance and  
stamina

#### 4. Game Awareness and Mental Skills

Criteria	Rating	Comments
Understanding of plays and strategies		
Focus and concentration		
Sportsmanship and teamwork		
Leadership on and off the court		

#### 5. Overall Performance and Improvement

Criteria	Rating	Comments
Overall performance		
Progress and improvement		
Commitment to practice and games		
Coachability and attitude		

---

### Softball Player Evaluation Form

---

#### Player Information

- **Player's Name:** \_\_\_\_\_

- **Position:** \_\_\_\_\_
  - **Evaluation Period:** \_\_\_\_\_
  - **Coach's Name:** \_\_\_\_\_
  - **Date of Evaluation:** \_\_\_\_\_
- 

## Evaluation Categories

Rate the player on the following criteria using the scale:

- **1 = Unsatisfactory**
- **2 = Needs Improvement**
- **3 = Meets Expectations**
- **4 = Exceeds Expectations**
- **5 = Outstanding**
- **N/A = Not Applicable**

### 1. Batting Skills

Criteria	Rating	Comments
Batting average and consistency		
Power hitting and slugging		
Situational hitting (bunting, hitting to opposite field)		
Plate discipline and pitch selection		

### 2. Fielding Skills

Criteria	Rating	Comments
Fielding technique and mechanics		
Range and quickness		
Arm strength and accuracy		

Double play and relay execution

### 3. Pitching Skills (for pitchers only)

Criteria	Rating	Comments
Pitching mechanics		
Control and accuracy		
Pitch variety and effectiveness		
Composure and situational pitching		

### 4. Base Running Skills

Criteria	Rating	Comments
Speed and quickness		
Base stealing and lead-offs		
Base running technique and decision-making		

### 5. Game Awareness and Mental Skills

Criteria	Rating	Comments
Understanding of game situations		
Focus and concentration		



Sportsmanship and teamwork

Leadership on and off the field

## 6. Overall Performance and Improvement

Criteria	Rating	Comments
Overall performance		
Progress and improvement		
Commitment to practice and games		
Coachability and attitude		