



RIVERDALE KINGSBRIDGE ACADEMY SPORTS

PSAL SPORTS for Students in Grades 9 - 12

FALL SPORTS

- Boys & Girls Cross Country
- Boys & Girls Soccer
- Girls Volleyball

WINTER SPORTS

- Boys & Girls Basketball
- Coed Wrestling
- * Cheerleading is an RKA club sport

SPRING SPORTS

- Boys & Girls Track & Field
- Boys Baseball
- Girls Softball
- Coed Golf

COLLEGIATE ACCOMPLISHMENTS

- 6 Division 1 Athletes
- 7 Division 2 Athletes
- 22 Division 3 Athletes

in the last eight years

TEAM ACCOMPLISHMENTS

2010 - Baseball: City Champions

2016 & 2017 - Volleyball: City Champions



WINTER SPORTS (November 1 - March 15)

Boys Basketball: Coach Benack - CBenack@schools.nyc.gov
Google Classroom CODE: **PTVSYEV**Girls Basketball: Coach Cushing - WCushing@schools.nyc.gov

Google Classroom CODE: **HZ563MB**Coed Wrestling: Coach Lepetit - MLepetit@schools.nyc.gov

Google Classroom CODE: **LEGUX2M**

Coed Cheerleading: Coach Purdy - SPurdy@schools.nyc.gov Google Classroom CODE: **BZP3LNA**

ACADEMIC & CONDUCT REQUIREMENTS

- To Establish Eligibility
 - June Report Card (MP3 <u>not</u> Final Term)
 - Pass 5 Classes <u>and</u> Physical Education
 - At Least 90% Attendance (No more than 3 absences)
 - At Least 65% GPA
 - Transcript (Grades 10 12)
 - Earn at 10 credits from the past two terms





ACADEMIC & CONDUCT REQUIREMENTS (cont)

- To Maintain Eligibility
 - October Report Card (MP 1)
 - At Least 90% Attendance (No more than 3 absences)
- Conduct (applicable for the entire school year)
 - No more than 5 class cuts in any marking period
 - No more than 2 Principal's suspensions
 - No more than 1 Superintendent's suspension

Academic Eligibility requirements are set by NYCDOE and PSAL not RKA

For info, please visit PSAL's website



Tryout Period

- Boys Basketball: October November +
- Girls Basketball: October November +
- Coed Wrestling: October December *
- Coed Cheerleading: October November +
 - + = exact dates TBD by coach
 - * = open enrollment, students can join at any time during the tryout period

HOW DIFFICULT IS IT TO MAKE THE TEAM?

RKA strives to offer a wide range of athletic offerings. Due to the popularity of some sports and the number of students trying out, a few of our teams are very competitive.

Level of Tryout Competition (Low, Moderate, High)

Boys Basketball: Very High

Girls Basketball: Moderate

Wrestling: Low (everyone makes the team)

Cheerleading: Very High

(High = more than 50 students trying out for 8 - 10 spots)

REQUIRED FORMS



- PSAL PARENTAL CONSENT FORM
- PSAL MEDICAL FORM (must use this form; substitutes not accepted)
 - Completed once per 12 months
 - Can be used for for multiple seasons
- RKA ATHLETIC POLICY

- * SEE MR. EDMOND IN ROOM B24 FOR PAPERWORK
- * ALL FORMS MUST BE TURNED IN AS A PACKET

DO NOT SEPARATE FORMS





PSAL MEDICAL FORM (PAGE 3)

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- RECOMMENDATIONS FOR PARTICIPATION IN PHYSICAL EDUCATION & SPORTS PAGE
 - SUBSTITUTE FORMS NOT ALLOWED BY PSAL
 - MUST BE STAMPED, SIGNED AND DATED BY DOCTOR

		student's health care This page must be submitted to	coach or athletic director before PS	
Last Name	First Name	OSI		Grade
School/Campus/ATSDBN				
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☐ NOT CLEARED		Duration:		
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	SPORTS WITHOUT RESTRI	CTION WITH RECOMM	ENDATIONS FOR FURTHER	R
EVALUATION OR TR	EATMENT FOR:			
CLEARED WITH RES	TRICTIONS/ADAPTATIONS	ACCOMMODATIONS	Duration:	
□ NO CONTACT SPORTS		CONTACT SPORTS:	□ NO NON-CONTACT SPO	RTS: includ
includes basketball, comp	petitive includes base	ball, cross-country sking, potball, handball, high jump.	archery, badminton, bowling	g, cricket,
cheerleading, diving, field football (tackle), gymnasti	cs, ice hockey, ice skating, p	ootball, nandball, nigh jump, ole vault, skiing, softball,	discus, double dutch, golf, j walking, rifle, shot-put, swir	nming, tabl
lacrosse, rugby, soccer, s	tunt, wrestling volleyball		tennis, tennis, track & field	
OTHER RESTRICTIO	NS			
ACCOMMODATIONS	ROTECTIVE EQUIPMENT			
	Sports/Safety Googles M	edical/Prosthetic Devine □	Pacemaker Insulin Pumn/	Insulin Ser
		rotective Ear Gear	□ Other	
PERTINENT MEDICAL	HISTORY			
□ ALLERGIES				□ No
MEDICATIONS				
■ Has prescribed pre-exe	rcise medication			
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PSAL INDIVIDUAL ACCESS PROGRAM



PSAL will provide all students the opportunity to tryout for a sport offered at another school if that sport is not available at their home school.

- Individual Access begins 4 weeks before the start of a season
- Tryouts do not guarantee participation

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- PSAL will determine where individual students will tryout
- Students must meet academic eligibility requirements
 <u>before</u> they can tryout
- Paperwork will be submitted to PSAL for tryout determination (RKA makes no decisions about tryouts)

Question?

- Please direct any sport-specific questions to the respective coaches.
- Students will receive information about tryouts, meetings, and practices in their Google Classroom

Contact Information



