

# THE ATHLETIC PROGRAM

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The athletic program is an important part of the overall school experience, providing significant learning experiences for the participant outside the classroom setting. Development of character and self-esteem is the underlying goal of all programs offered at RHSM. In addition, we are committed to providing a competitive program which emphasizes skills training, discipline, respect for self and others, and responsibility.

The opportunity to experience the concepts of teamwork and personal sacrifice, and to learn what it means to face defeat as well as victory, is inherent to involvement in athletics. Each of these experiences can teach skills which can be invaluable for the participants throughout their lifetimes. Our aim is to create these lessons in a competitive atmosphere with a focus on the personal growth of each player.

Successful participation in athletics requires student athletes to work together to achieve a common goal, an experience which the athletic department believes can lead to a positive feeling of accomplishment and to memories which can last a lifetime.

In the Middle School, we do not have tryouts or cut players based on their ability. We do ask each player to demonstrate responsibility and commitment. The school continually looks for additional programs for athletes who want to pursue their development beyond the Wasatch Athletic Conference (WAC) program currently offered.

Athletes at the Upper School level must demonstrate a clear and sincere commitment to their chosen team or individual sports, rather than becoming involved merely to meet the physical education requirement at the school. Every effort will be made to accommodate all motivated and committed students who sign up for participation in a particular sport; however, if the quality or safety of instruction will have to be sacrificed in order to carry all students, a cut may be necessary. It is our goal to continue to make participation on each team available to all those who truly desire the experience.

RHSM's Upper School is classified as a 2A Division school of Region 14 of the Utah High School Activities Association. Swimming and soccer compete at the 3A level as 2A does not offer these sports. The Middle School teams compete in the Wasatch Athletic Conference (with the exception of girls' soccer, boys' baseball, and girls' softball.)

## SPORTS OFFERED

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### Fall

- Women's Volleyball
- Men's and Women's Cross Country
- Women's Tennis
- Men's and Women's Swimming
- Women's Soccer
- Coed Golf
- Middle School Girls' Volleyball
- Middle School Boys' Soccer

### Winter

- Men's Basketball
- Women's Basketball
- Men's and Women's Swimming
- Middle School Boys' Basketball
- Middle School Girls' Basketball
- Coed Bowling

### Spring

- Men's Soccer
- Track and Field
- Men's Tennis
- Women's Softball
- Men's Baseball
- Middle School Girls' Soccer
- Middle School Boys' Baseball
- Middle School Girls' Softball
- Middle School Boys' and Girls' Cross Country

### Colors

Green and White

### Mascot

Winged Lion

*Athletics*