

# **ATHLETIC HANDBOOK**

## **ACDS Patriots Sports Teams**

### **Fall:**

Co-ed JV Soccer (grades 5 – 8)

Co-ed Golf (grades 5 – 8)

Co-ed Cross-Country (grades 4 – 8)

Girls' Volleyball (grades 6 – 8)

### **Winter:**

Girls' JV and Varsity Basketball (grades 5 – 8)

Boys' JV and Varsity Basketball (grades 5 – 8)

### **Spring:**

Girls' and Boys' Lacrosse (grades 5 – 8)

Co-ed Track and Field (grades 5 – 8)

Co-ed Tennis (grades 7 – 8)

*All teams consist of student-athletes between grades 5 and 8, unless noted above. There are no cuts; however, it is up to the discretion of the coaches and the Athletic Director as to who plays on what teams.*

## **Athletic Philosophy**

The purpose of the athletic program at Aylett Country Day School (ACDS) is to develop healthy lifestyles and recreational skills. ACDS believes in comprehensive physical activity for all students. The athletic program seeks to promote mental, emotional, and social health in addition to the physical development necessary for an active life. ACDS has designed its athletic program to provide an environment in which each student is given the opportunity to become an intellectually and physically stronger person by offering a variety of athletic opportunities for differing levels of ability. ACDS encourages each student to explore all aspects of human experience in order to become a more complete person. ACDS has dedicated its athletic program to the development of the whole person and to teach commitment, self-discipline, self-sacrifice, teamwork, sportsmanship, cooperation, loyalty, and pride in self and school community.

## **Statement of Purpose**

The success of Aylett Country Day School's athletic program is measured by the overall development of the student/athlete, not wins or losses. The goals of the ACDS athletic program are to provide students the following learning opportunities to grow and develop:

1. To develop characteristics important for all aspects of life, including positive attitude, self-control, cooperation, pride, commitment, perseverance, loyalty, teamwork, courage, trust, honesty, and respect for self and others.
2. To exemplify good sportsmanship as a means for learning good citizenship.
3. To experience team unity.
4. To experience both winning and losing and the valuable lessons that are taught by both.
5. To experience both self-worth and develop self-confidence.

6. To develop special skills appropriate for each sport and the student's physical ability.
7. To develop worthy use of leisure time in later life, either as a participant or spectator.
8. To develop leadership skills.
9. To learn the value of teamwork and to understand the importance of dedication, hard work, and sacrifice on behalf of the team.

### **Sportsmanship**

ACDS is committed to sportsmanship and providing a healthy environment for competition. As players, coaches, and parents, ACDS strives to observe the following ideals:

1. Always exhibit good sportsmanship.
2. Treat all opponents, coaches, and spectators with respect.
3. Accept all decisions of contest officials.
4. Cheer for your team and not against the opponent.
5. Emphasize the success of the team versus the success of the individual.
6. Win with character; lose with dignity.

### **Eligibility**

Participation in all interscholastic sports will be determined using the following guidelines:

1. Each student must maintain a "C" average overall in order to participate.
2. At the discretion of a coach, teacher, or administrator, a student may be withheld from participating in one or more athletic events due to academic and/or disciplinary problems.
3. When parental permission is granted for a student to play in games away from school, it should be understood that the parent must share the responsibility of transporting team members when called upon.
4. Parents and students are expected to display and promote good sportsmanship.
5. If a student is to participate in an athletic activity, he or she must be in attendance at school that day no fewer than four (4) hours.
6. Each student must have a physical and the Athletic Participation Form needs to be completed and returned to school prior to the first game. If the form has not been received, the student will not be allowed to play.

### **Student Athlete Responsibility**

1. Be on time for practices and games. Notify the coach 24 hours in advance if an appointment will interfere with a practice or game. Unexcused absences from practices may result in reduced playing time in games.
2. Accept judgment calls of officials without question or demonstration of displeasure.
3. Support teammates and coaches; do not cheer against the opponent.
4. Win with humility and lose with dignity and grace. Congratulate opposing players and coaches after the contest.
5. Keep grades at or above eligibility standard.
6. Take appropriate care of school uniforms and equipment; return clean uniforms promptly.
7. Listen to and receive corrective instruction from the coach.

8. Respect the property and facilities of opponents. Leave locker rooms and bench areas clean and orderly after games.

### **Coaches' Responsibility**

1. Motivate our athletes to excel in the classroom as well as on the playing field.
2. Lead and motivate students to bring out the best in themselves.
3. Serve as positive role models for their players.
4. Promote good sportsmanship by showing respect when dealing with officials, discussing judgment calls with restraint, avoiding blaming officials for losses, and holding players accountable for unsportsmanlike behavior.
5. Refrain from publicly berating players for mistakes.
6. Provide a safe practice environment.
7. Report any conflicts or problems to the Athletic Director.
8. Know the Aylett Country Day School Athletic Philosophy.
9. Be a good communicator to his/her team and parents. Discuss with a player and his or her parents any measures that limit the opportunity for the athlete to participate. Inform families of locations and times of all practices and contests.
10. Review the Athletic Handbook at first practice.

### **Parent Responsibilities**

1. Be a good model of sportsmanship.
2. Make every effort to attend your child's games.
3. Cheer for all players on the team.
4. Respect the officials and coaches.
5. Instruct their children to respect the authority of the coach.
6. Be responsible to get their children to and from practice.
7. Encourage their child's positive contribution to the team.
8. Direct their child to discuss problems or concerns with the coach before involving the parent in the situation. When parents feel that it is necessary to discuss their concerns with the coach, they should wait 24 hours before setting up a time to meet. Never confront a coach before or after a practice or game. If satisfactory resolution is not reached, the parent should set up an appointment with the Athletic Director and subsequently the Head of School, if necessary. In each case, discussion of the player's improvement and contributions to the team should be emphasized.
9. Exercise discernment and self-control in offering advice to their sons or daughters. Never go to the bench during games to talk to your child. This area is designated for players only.
10. Be positive and supportive when teams win or lose.
11. Look for opportunities to work with your child on the skills of the game.
12. Review the Athletic Handbook with your child.

### **Participation**

ACDS fields sports teams that compete against schools in and outside of the Independent School Athletic Conference (I.S.A.C.) that share ACDS's philosophy and approach to athletics. All students in grades 5 – 8 are encouraged to participate. Students in grades 7 and 8 who participate will play on the varsity team. Fifth and sixth graders will play on the J.V. team. However, students in grade 6 may play on varsity, and students in grade 7

may play on the JV team, depending on the skill level of the athlete and the needs of the team.

With regard to playing time in games, our JV players, as long as they attend practices and give good effort, should be rewarded with game action, though not necessarily the same amount. On varsity teams, the same philosophy holds true, somewhat; however, playing time is not guaranteed. Students on varsity teams need to begin to learn that the amount of effort they put into something (quite often away from the team practices) will translate into what they get out of it. In this way, students start to understand that as they get older, they will have to earn things, and these things won't just be given to them. This is often a difficult lesson for students (and parents, too), but one that is very important, one that we as a school need to teach our students as we prepare them to leave Aylett.

### **Athletic Facilities**

ACDS has one gymnasium that houses our physical education classes and our athletic teams. There is bleacher space for about 150 spectators for games and as many as 300 + for non-sporting events. The gym area includes both male and female dressing areas. Ancillary areas are located just outside the main gym entrance from the middle school hall. Concessions are available from the cafeteria at most home contests. Outdoor facilities include a soccer field and ample area for track and field events. There is a pavilion and space for many non-athletic events such as the Fall Fair.

### **Uniforms and Equipment**

All uniforms and equipment are property of ACDS and need to be kept in the best working order as possible. Uniforms will be handed out at the beginning of a season, before the first contest, and will be collected immediately following the end of the season. It is the responsibility of all athletes to make sure they have their *uniform prior to departure for away games* and that they are on hand for all home games. Calls home requesting a parent to bring a uniform to a game location will not be permitted once the team has left school. If a student does not have a uniform, he/she is still expected to attend the game and help as needed, while being an encouragement to his or her team mates. If a uniform is lost or stolen, there will be a \$50.00 reimbursement fee payable to ACDS in order to replace the uniform.

Equipment is not cheap, and what we have is well used and needs to serve the needs of many students; therefore, we ask that you take good care of all balls and other equipment issued by ACDS.

### **Injuries**

Unfortunately, injuries are common parts of sports. We ask that you take preventative measures to avoid injury by listening to your coaches, eating and hydrating properly, stretching, and resting properly. *In the case of injury either in a game, at practice, or at home, please report it to your coach.*

Be sure to let your coaches know of any physical problems you may have, such as allergies or ailments that require special attention. Conditioning is your responsibility prior to the start of the season. Prepare yourself so that you can stand the stress that practice will put upon you. Begin easily and work up to a higher level of conditioning so you will be ready for the start of the season.

## Transportation

When buses are available with CDL drivers, they will be used to transport student-athletes. Currently we often must rely on parental assistance to transport students to and from games. The average away game will consist of 20 to 40 athletes, which means roughly six to 12 vehicles per away contest. Please consider the need and sign-up on days, as needed. The school needs a copy of your driver's license and current car insurance information on file.

## Awards

Student-athletes will be recognized with an end of season awards presentation. These presentations may vary as to time of day depending on the season and sport. Please look for details as they become available during the season.

## Coaches

Coaches are in high demand at ACDS. Both male and female coaches are needed. If you have any insight into a specific sport and would be willing to work with young people, please contact the Ayron Pitts or Jim Rice for more information at 443-3214.

## Schedules

Athletic schedules are made annually and are designed around the Independent School Athletic Conference (ISAC) rules. The ISAC is currently made up of four schools, which schedule to play each other twice, (home and away), during a season. In order to have more games, ACDS will go outside of the conference to play other independent schools or public schools.

## Competition

Winning and losing is part of life. At the middle school level, we will focus on implementing a game plan for success. If success means your child learns a new sport and its rules, or if success means your child is more physically fit and confident, then we are doing what we should as coaches and instructors. There is no need to pressure kids into thinking that if they are not successful at any time during the course of a game, they are not good players. We play as a team. We rely on one another as teammates, and we need to be selfless, not selfish. We want to encourage our kids to play in high school, if they desire to do so.

## Cell Phone Use During Athletic Events

Student-athletes may not use cell phones during a game or while watching other games prior to or after their contest. **They are to remain in the student's backpack or gym bag at all times.**