

# Parent & Student

## Athletic Handbook



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# **I Philosophy and Goals**

## **PHILOSOPHY**

The key to a successful athletic program is Christ-centered, competent leadership. We must have leaders who emphasize the thrill of participation and the challenge of doing one's best. We should be known for our outstanding sportsmanship and should display Christian principles in our play. Our school, players, and spectators must learn that sport is not an activity in which we suspend Christian values but one that is transformed by such values.

Keene Adventist School personnel believe that being a Christian athlete requires commitment and sacrifice. Every student who commits to the athletic program will learn valuable lessons about being a better Christian, and must strive to be dignified, honest, moral, forgiving, understanding, and responsible.

## **KEENE ADVENTIST ATHLETIC GOALS**

### **GLORIFY JESUS CHRIST**

This has to be our ultimate goal. No matter what we accomplish - how many games and championships we win, how many records we set, how many individual honors we attain - if we do not glorify our Savior we are failures and all of our accomplishments are worthless.

### **TREAT PLAYERS AND COACHES WITH DIGNITY AND RESPECT**

Failure to achieve this goal will devastate even the most talented team. Every member of the team and staff deserves to be respected and valued as a member of the team. Any team will always have a diverse group of personalities and individual players will tend to gravitate to people they are most like. The danger in this is that cliques may form and rivalries and jealousies begin to tear the team apart. No matter how different members of a team are they can be bound together by one common cause: THE DESIRE TO SUCCEED! If this desire is strong enough in an individual, he or she will overlook negative feelings about a teammate and value him or her as an important part of the team.

### **OPERATE WITH PRIDE, INTEGRITY AND CLASS**

You should have pride in being a member of the Keene Athletic Program and in KAES.

Team and school pride will bind you together uniting you with a common cause: to bring honor to KAES. This will also result in treating others (teammates, other students, teachers, etc.) with respect and dignity.

Your moral integrity is the most priceless thing you possess. It is being able to say yes to the right things and "no" to the wrong things even when it is not the popular thing to do. Moral integrity is being true to yourself while being honest with your teammates and coaches.

Class involves winning with honor and being gracious in a loss. It is keeping your poise and self-control when the other team is talking trash and taking cheap shots. It is refusing to make excuses or blaming others (refs, teammates, coaches, etc.) for a loss.

### **WORK HARD**

This involves more than just doing what is required. This is an attitude that recognizes every practice, every drill, every lift, every sprint, every film and every meeting as an opportunity to get better. You don't do things right once in a while, you do things right ALL THE TIME. No matter how little or insignificant the task (e.g. being on time, being dressed out, etc.) you make the commitment to do it right and to the best of your ability.

### **NO EXCUSES**

Correction is a vital process for growing skills and transforming individual players into a team. We want to be a program that makes no excuses. Instead of making excuses when corrected a team player will resolve within themselves to accept correction. An athlete who refuses to be corrected is saying there is no room for improvement, and they know better than their coach. Their actions encourage others to resist correction and deny the team the opportunity to improve.

## II - TEAMS

### TRYOUTS

Although we would prefer to allow every athlete to participate in any sport, there are circumstances that may require try-outs and the “selection” of athletes.

Some of the reasons for selection may include:

1. The number of athletes that tryout for a particular sport
2. Limited number of teams (due to league restrictions)
3. Limited number of coaches
4. Limited amount of field or court availability

### GAME SCHEDULES/MAPS/DIRECTIONS

(REVIEW PLEASE)

Maps and directions to games may be viewed online by visiting the Athletics section of the school website, <http://www.kaes4kids.com/>.

1. Click on the Eagles Athletics Tab
2. Click on the desired sport
3. Click on the event listed on the calendar for up to date info on that specific contest.

In the event of late game cancellations (due to weather or other unforeseen circumstances), students will be notified as soon as possible and are encouraged to call their parents. We encourage all parents to check the website prior to every game.

### TRANSPORTATION

Every effort will be made to utilize school provided transportation. Players are encouraged to travel to games as a team. In the event that no / not enough school transportation is available the head coach should make arrangements for “approved” parents to drive. (Approved by KAES as a volunteer and as a driver)

THERE WILL BE NO EXCEPTIONS TO THIS POLICY! Students may only ride home from games with designated approved individuals that have been preauthorized in writing by the Parent / Guardian.

### PLAYING TIME

A. Every athlete will receive coaching instruction during practice, however an athlete’s playing time during games will be decided by the head coach. Efforts will be made to include all players throughout the season, however there will be times when an athlete won’t participate in a game.

B. As a general rule of thumb, in “close” games the players considered by the coach to have higher skill levels will be given the most consideration. For example: In a close game a 6<sup>th</sup> grader might have a higher skill level and get more time than a 5<sup>th</sup> grader, and a 5<sup>th</sup> grader might get more time than a 4<sup>th</sup> grader.

C. “Playing up” - Because we do not currently have 1st -4th grade Athletics, 4<sup>th</sup> graders may play up for elementary teams. However 6<sup>th</sup> graders may only play up to JH if we do not have enough players to field a JH team.

### III – COMMUNICATION

#### PARENT / COACH COMMUNICATION

Clear communication between parents and coaches will facilitate a positive athletic experience for our athletes. Listed below are a number of steps to enhance parent/coach communication. It is important also to remember that the first link in the communication network is the one established between coach and student. Encourage your child to exercise the opportunity to speak directly with his/her coach about any topic and preferably before a parent/coach conversation is scheduled.

- A. Communication you should expect from your child's coach:
  - 1. Evaluation of your child's strengths/weaknesses in that sport
  - 2. Recommendations for improvement of sport skills
  - 3. Location and times of all practices (games are posted on the website)
  - 4. Team requirements (i.e., special equipment, fees, off-season conditioning recommendations)
  - 5. Procedures if your child is injured during participation
- B. Communication coaches expect from parents:
  - 1. Concerns that are expressed directly to the coach
  - 2. Specific health concerns or injuries dealing with your child
  - 3. Notification of any practice or game schedule conflicts well in advance
- C. Appropriate issues to discuss with coaches:
  - 1. The mental and physical treatment of your child
  - 2. Ways to help your child improve
  - 3. Concerns about your child's behavior

It is very difficult to accept that your child may not play as much as you, or perhaps they have hoped. Coaches are charged to make judgment decisions based on what they believe is best for all the athletes involved. As you have read in the list above, certain items are open for discussion with your child's coach. Other decision-making must be left in the hands of the coach assigned the responsibility of coaching your child's team.

- D. Issues not appropriate to discuss with coaches:
  - 1. Playing time
  - 2. Individual Position Assignments
  - 3. Team Strategy
  - 4. Play calling
  - 5. Other student-athletes
- E. Procedures to follow when you discuss a concern with a coach:

1. Contact the coach by phone or email to set an appointment
2. Describe your specific areas of concern
3. Limit your discussion to your own child. Do not discuss issues pertaining to other athletes or parents unless they specifically involve your child.

\*\*\* Please do not confront a coach before or after a game or practice. These can be emotional moments. Meetings of this nature are not likely to promote a positive resolution.

\*\*\* Coaches will be instructed not to engage in dialog with a parent until an appropriate appointment time can be set.

F. What can a parent do if the meeting with the coach did not provide a satisfactory resolution?

1. Call and set up an appointment with the athletic director and the coach to discuss the situation
2. At this meeting the next appropriate steps can be determined

## IV – POLICIES

### ACADEMIC REQUIREMENTS

- A. Students who received a quarter grade lower than 70% in any core subject area (English, Math, Religion, Science, and Social Studies) the previous quarter are not eligible to tryout and/or play on a KAES athletic team.
- B. Team members must maintain a 70% or higher in all core subjects (English, Math, Religion, Science, and Social Studies). Weekly failing grade reports for team members will be provided for review by the Athletic Director or homeroom teacher. An eligibility report will be made every week. Anyone with a grade lower than 70% in a core subject will be considered ineligible to play for at least one week, and every week thereafter until such time as all core subjects are restored to 70% or higher.
- C. Any player considered to be ineligible due to grades:
  - 1. May - Attend all team practices.
  - 2. May Not – Participate in games, sit on the player bench, wear the uniform, or travel with the team.

### ATTENDANCE

- A. Team members will be expected to attend school for the full day of a game, and the full day after a game. If a team member is going to be absent on the day of a game they must make prior arrangements with the athletic director to determine eligibility for that game. If prior arrangements have not been made, they will not be allowed to play in that game. Any player in violation of this policy will be considered ineligible for the next game. (The intent is to be sure that students do not use athletics as an excuse for missing school.)
- B. Unexcused absence from scheduled practice or game may result in a suspension for one game following the violation.
- C. Excused absences (illness, family emergencies, school trips, or family vacations that have been cleared through the coach ahead of time) will not result in a game suspension, however parents and athletes need to be aware that coaches reserve the right to start and play the players that give the team the best chance of winning.
- D. Athletes who miss practices and/or games may not be as well prepared to contribute to the team's success as those athletes who are present. Coaches use practices and games to evaluate their players skill level and determine playing time.

### MEDICAL POLICY

- A. All athletes must have a sports physical each year. A signed copy must be on file with the office. (Must use the approved CSAF Form)

- B. All athletes must have a release for treatment form signed by their parent on file in the school office. (This should be done at registration)
- C. Any injury which requires medical attention must be reported within 24 hours to the head coach and the athletic director. The athletic director will file a Student Accident Report for insurance purposes.
- A. Keene Adventist Elementary carries a secondary insurance policy that covers expenses that are not covered by parents' personal insurance policy.
- D. An athlete that has had medical treatment due to an injury cannot participate again until the date indicated by the student's doctor.
- E. Required athletic forms may be downloaded from the KAES Athletics Website under the "forms" section. Forms may also be picked up at the KAES administration office.

## V – PLAYER EXPECTATIONS

### GENERAL EXPECTATIONS

The conduct of KAES athletes should always demonstrate integrity and sportsmanship. In every situation, our athletes must remember that they are representing Jesus Christ as well as Keene Adventist Elementary School.

- A. Any misconduct by a student athlete that is determined by the head coach and school administration to be detrimental to the athletic program or school will result in counseling by the head coach, athletic director and a school administrator with possible suspension.
- B. Any team member suspended from school will also be suspended from the athletic team until such time as the coach, athletic director, and the principal can meet to decide if the student will be reinstated to the team as an appropriate representative of the school
- C. Use of any illegal drug, alcohol or tobacco will result in a 30-day suspension from all practices and games.

### GAME EXPECTATIONS

- A. A NEVER question an official about a call, whether you are participating in or observing a game.
- B. Any display of unsportsmanlike conduct toward an official or opponent or the use of profanity during a practice or contest will result in counseling by the head coach and possible suspension. An ejection from an athletic contest will result in a one game suspension.
- C. When cheering for a KAES team, only cheer FOR the Eagles. There is NEVER any reason to cheer against the other team. Athletes at KAES should never be involved in taunting, (talking trash) or any other negative behavior to an opponent. Never laugh at or ridicule another school or athlete from another team. Always treat the visiting school as guests before, during and after the games. Play hard and play to win, but with an attitude of Christian sportsmanship.
- D. Noisemakers are prohibited at athletic contests held in gymnasiums. Body paint and like decoration shall not be permitted by players or spectators.
- E. Athletes at KAES should never start or contribute in any way to a fight on or off the field or court. No player should ever leave the bench during a fight.
- F. Never abuse or misuse the facilities of another school. Remember, you are a guest.

## VI – PARENT EXPECTATIONS

### PARENTS:

#### BE SUPPORTIVE OF COACHES

In front of your child, be supportive and positive of the coaches' decisions. If you have a problem with what the coach is doing, it is best to talk privately with the coach at the appropriate designated time. (See the Parent / Coach Communication section)

#### TEACH RESPECT FOR AUTHORITY

There will be times when you disagree with a coach or official but always remember they are trying their best and are trying to be fair. Show good sportsmanship by being positive.

#### SUPPORT AND MODELING

1. **LET THE COACH DO THE COACHING BUT YOU CAN DO SOME OF THE TEACHING:**  
When your child is on the field or court, let the coach do the coaching. Shouting out instruction or criticism may hinder the overall experience of the student-athlete. You can teach sportsmanship and how to deal with success or failure. Develop their character and teach life skills that athletics and activities bring to the forefront.
2. **MODEL GOOD SPORTSMANSHIP AT GAMES:** When cheering for a KAES team, only cheer FOR the Eagles. There is NEVER any reason to cheer against or "taunt" the other team. Never question or "boo" an official about a call. Negative comments and gestures of displeasure toward the coach, visiting team, or officials, only undermine the efforts of all involved. Always treat the visiting school as guests before, during and after the games. Cheer for the Eagles to play hard and play to win, but with an attitude of Christian sportsmanship.

Parents displaying poor sportsmanship may be asked to leave the gym or field and may be asked not to attend future games as well. In extreme cases a parent may be asked to withdraw their child from the team.

### SPORTSMANSHIP DO'S AND DON'TS

#### You are encouraged to:

Cheer for our team

Talk about your child

Coach your child at home

#### Please resist the urge to:

Boo or distract the other team

Talk about someone else's child negatively

Coach your child during the game

**You are encouraged to:**

Think about the referee's performance

Thank anyone you can

Offer to help

**Please resist the urge to:**

Tell the ref about his performance

Complain

Expect Coach and others to do it all.

1. **HELP YOUR CHILDREN LEARN THROUGH FAILURE** – The way your child handles failure can help them face the certain disappointment life will throw them in the future. The worst time for you as a parent to give advice is immediately after a disappointment. Encourage and support them, but allow your child to cope in their own way.
2. **LISTEN TO YOUR CHILD** – Always support and listen to your child, but remember to stay rational until you have investigated the situation.
3. **BE MINDFUL THAT YOU ARE A ROLE MODEL** – Take a good honest look at your attitude, actions and reactions in the athletic arena. These actions are a big cue to your child and to the others around you.
4. **SHOW UNCONDITIONAL LOVE** – The most important thing...show your child you love them, win or lose.