

Athletics' ***Handbook***

Department of Athletics
St. Anne's Episcopal School

Revised 8/22/11

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St. Anne's Philosophy of Athletics

The Department of Athletics of St. Anne's Episcopal School has dedicated itself to the development of the total student-athlete. The varied athletic opportunities encourage all participants to reach their maximum potentials physically, socially, and mentally. The program is designed to work as an important cooperative part of the total school community, rather than as a separate entity.

The philosophy of the program centers on developing physical fitness, athletic skills, self-confidence, pride in effort, self-esteem, and a lifelong sense of fun in physical activity. Players will gain a sense of sportsmanship, commitment, teamwork, and self-sacrifice, while working toward individual and common goals. The athletic program is intended to promote a high level of participation for all middle school students. It is understood that the choice to participate may be at the expense of other non-school activities.

The school recognizes that winning is important, but believes the ultimate value of athletics is the joy of having completed a regimen of athletic training to the best of one's abilities. At St. Anne's Episcopal School, athletics foster this value.

St. Anne's Program Offerings

All St. Anne's middle school students may choose to participate in the interscholastic athletic program. An average of eighteen teams per year compete in five different interscholastic sports.

The athletics program is a separate entity from the physical education and intramural program. Although some of the objectives may be similar, others are different. The athletics program is elective. Practices and games are mostly after the regular school day has ended. Participation in the physical education and intramural program is required and coursework operates under curriculum guidelines.

Participation in St. Anne's athletics is encouraged. Except for a team uniform fee, no costs are involved. All prospective players who meet basic eligibility requirements, register by the deadline, and practice regularly with good effort will be members of the school's teams.

Sixth, Seventh and Eighth Grade Boys' Athletics

Sixth, seventh and eight grade boys may participate in fall soccer, winter basketball, spring track, spring lifetime sports, and spring lacrosse. Players practice five days per

week Monday through Friday, with the exception of school-calendar conflicts. On the average, players participate in eight games, depending upon roster numbers. Larger rosters may result in fewer games. All games are played on weekdays. A track season averages four meets, mostly outside the Denver-metro area. The sixth grade basketball teams will consist of sixth graders exclusively. Their season has been created intentionally with a limited number of games and practice demands, as compared to the seventh and eighth grade program. Sixth graders will practice once per week, generally in the early evening hours. Each participant will play in an average of four games across the season. Practices begin in early November and the season will be completed by the last week of January. The seventh and eighth graders practice daily, play twice as many games, and their season extends until mid-February.

Sixth, Seventh and Eighth Grade Girls' Athletics

Sixth, seventh and eighth grade girls may participate in fall volleyball, winter basketball, spring track, spring lifetime sports, and spring soccer. Players practice five times per week,

Monday through Friday, with the exception of conflicts on the school calendar. On the average, players participate in eight games, depending upon roster numbers. Larger rosters may result in fewer games. All games are played on weekdays. A track season averages four meets, mostly outside the Denver-metro area. The sixth grade basketball teams will consist of sixth graders exclusively. Their season has been created intentionally with a limited number of games and practice demands, as compared to the seventh and eighth grade program. Sixth graders will practice once per week, generally in the early evening hours. Each participant will play in an average of four games across the season. Practices begin in early November and the season will be completed by the last week of January. The seventh and eighth graders practice daily, play twice as many games, and their season extends until mid-February.

Player Registration

St. Anne's highly encourages all middle school students to participate in as many seasons as possible in school athletics. Advanced planning is necessary to ensure a sufficient number of games are scheduled, indicated by preseason registration numbers. These preseason numbers also indicate how many coaches will be hired and how transportation needs will be determined. Registration periods are held immediately before the A.C.I.S. scheduling meetings and begin during these approximate weeks: fall sports - first week of April of previous school year; winter sports - mid-September; and spring sports - first week of January. When the sports registration period is about to begin, announcements will be made to classes, signs will be posted, and notices will be put in FYI. Students will have at least ten days to register before the announced deadline. Students who miss the deadline and still wish to play will be "wait-listed" until

the first day of practice. Depending upon the total number of registrants, late registrants will still be members of a team, but will play in fewer games and may need to provide their own transportation to away games and practices.

Physician's Release and Parental Release to Participate

In order to be eligible to participate in St. Anne's athletics, all participants must have a physician's release and parental release on file with the athletic director before engaging in practice or game play. These releases are included in the summer mailer. Additional forms may be found in the school receptionist's office or in the physical education office.

Should a student become injured, it should be noted that a full release in written form would again be necessary to reenter athletics, physical education, and intramurals. Please note, casts and "hard" splints of any kind are not allowed in these activities for the safety of the other participants.

Division of Teams

Any student who would like to participate in St. Anne's athletics will be a team member. There is a "no-cut" policy. It is understood that once on a team, each student will make a team commitment as outlined in this handbook and as detailed by his or her coach.

A goal of St. Anne's is to be competitive. Yet, the choice to have two competitive teams will always override the choice of having one highly competitive team and one that is consistently outplayed by its competition. A competitive team is not one that wins consistently, but one that has a respectable showing and improves with practice and diligence. The preference would be to always have sufficient numbers to create teams that are purely grade-level based. However, as we are smaller than most of the schools against which we play, sometime mixing grades is necessary to field teams. The following are the St. Anne's policies on team division.

Soccer

Traditionally, St. Anne's creates two soccer teams in each season of play. The "gold" team will consist of all the eighth graders who registered to play, as well as enough seventh graders to complete a roster, if necessary. The "blue" team will consist of the remaining seventh graders, as well as all sixth graders. In some cases, players may "swing" on both squads if numbers are insufficient; but, no player may play in more than a full game, combining minutes played in both contests of a doubleheader.

Boys' Lacrosse

In the last two years, St. Anne's has formed two lacrosse teams in each season of play. In order to field sufficient numbers for both games, the coaches create a "swing" squad of players, who play a fair amount in one game of a double header, and are substitute "extras" in the other game. The "gold" team will consist of all the eighth graders who registered to play, as well as enough seventh grade "swing players" to complete a roster. The "blue" team will consist of all sixth and seventh graders. In determining players for the swing team, coaches will consider factors such as experience, size, and skill, weighing safety in the decision, as lacrosse is a contact sport. A swing player may play in no more than the equivalent of one full game, when adding minutes from both games together. Additionally, if a player starts one game, he may not start the second.

Volleyball and Basketball

On volleyball and basketball teams, one or two teams per grade level may be formed, depending upon the number of students who register. Should more than one team in a particular grade be formed, the teams will be divided according to the middle school's "A" and "B" groupings. Many times St. Anne's forms one large single team in a sport. In these situations the coach utilizes rotating rosters when only a percentage of team players suit up for each game. For instance, on a team of fifteen basketball players, only ten play in each game. The decision to have one or two teams is made by the head coach of that sport. Rosters are determined according to the coaches' discretion and are published by that coach before the first game of the season. If for some reason a grade level has insufficient numbers to form a team, grades will be mixed and team division will be based on a series of skill tests and scrimmage play.

Track

In track, events are divided by grade level and students will compete by this determination.

Schedules

Information regarding specific games will be found on the master schedules for each season. Schedules are posted on the sports bulletin boards located in the middle of the long hallway on the first floor of the middle school building. Extra schedules may be found in hanging baskets adjacent to these boards approximately three weeks before a season begins. Head coaches will maintain these boards with schedules, directions, updates, and rosters listing which players will suit-up for which games if they utilize a rotating roster. A list of directions and addresses to away venues may be found online

on the St. Anne's home page (www.st-annes.org). Changes to the master schedule may be found in the weekly FYI, which may also be found on the St. Anne's web site.

Transportation

St. Anne's provides transportation for its players to and from most away games and practices. St. Anne's owns three thirteen-passenger minibuses and a twenty-eight-passenger bus. Occasionally, for game times beginning in early evening hours or due to other unusual circumstances, players may be requested to meet their coach at the away school. In these limited cases transportation will not be provided. Travel on school vehicles is not required by the school. Parents and players always have the option of making other arrangements for reasons including, but not limited to weather, type of vehicle, distance of trip, anticipated traffic, and assignment of drivers.

Attendance Policy

One major objective of athletic participation is to instill the idea of commitment in players. St. Anne's has developed an attendance policy with this objective in mind. Students are allowed no more than three unexcused absences during each of the fall and spring seasons. During the winter basketball season, five unexcused absences are the limit for seventh and eighth graders; the number remains at three for sixth grade practices. Upon the next unexcused absence, the player may be asked to leave the team. Unexcused absences include lessons in another pursuit, training sessions and games with other teams, and other missed practices when a player attended school that day, but failed to attend practice that afternoon. Doctor's appointments and tutoring are examples of excused absences. Students and parents with questions or concerns regarding multiple planned absences are highly encouraged to contact each sport's head coach before the season begins to determine if a sufficient commitment can be made.

Playing Time

St. Anne's does not have a policy requiring coaches to play all students equally in games. Instead it is understood that all students who attend practice regularly and follow team rules will play at least the time equivalent of a full quarter in basketball, half a game in volleyball matches, and ten minutes in soccer and lacrosse games. It should be understood that whenever a player misses practice, his or her game playing time might be substantially reduced and possibly eliminated. This may include cases of excused practices, if the player missed newly introduced plays or team strategies.

Communication with Coaches

If a concern should arise regarding athletics, players should be encouraged to talk to their coaches directly. If this does not solve the problem, parents should contact the coach directly. The best time to confer with a coach is either after practice or in a scheduled meeting. The worst time is during a game, during practice, or immediately before practice as other responsibilities takes precedence.

If the problem cannot be resolved, a meeting may be scheduled between the parent(s), coach and athletic director. The player may be asked to attend part of this meeting.

Academic Eligibility

Athletics is considered an important part of the school experience. Time management is a skill to be learned; it allows academics and sports to be undertaken simultaneously. If problems arise, student-athletes must understand that diligence to homework and good effort in the classroom take precedence over sports participation.

St. Anne's athletics no longer has a formal athletic eligibility/academic contract system. Instead, as a normal course of academic review, the middle school head will determine if any student is in need of additional academic help. Arranged "extra-help" sessions may be held during the school day, before school, or after school. If a student misses practice time or games due to "missing homework assignments" or other issues of effort rather than ability, such time might be counted as "unexcused," after a "sharing of information" between the coach and the classroom teacher(s).

School Absence on Day of a Game

In order to be eligible to participate in a game, a student must have attended a full day of school. One exception to this is a high school visitation. Such an absence should be approved by the coach at least a day before the absence. Students who are ill or injured and take time to recover at home during the school day will be ineligible to play in that day's game.

Player Code of Conduct

Students are expected to follow the behavioral guidelines set forth in The St. Anne's Middle School Student Handbook and The St. Anne's Family Handbook. It should be understood that such behavior continues to fall under the auspices of St. Anne's discipline procedures. Additionally, students may be suspended or permanently excluded from athletic participation and/or travel on school vehicles. Special

consideration needs to be given to the following aspects of behavior specific to the sporting environment.

1. Players should remember that they are representatives of St. Anne's Episcopal School and should always portray examples of good sportsmanship and citizenship.
2. Game officials, opposing coaches, and opposing players should be able to perform as best as they can with consideration and respect from others. It should be remembered that few players play mistake-free games, and that human error will occasionally extend to officials.

Uniforms

Sixth and Seventh Grade

A uniform consisting of a tee-shirt and shorts must be purchased during the first season of participation. Family accounts will be billed. This uniform will be used for volleyball, basketball, track, and soccer. Lacrosse players will need to purchase an additional jersey.

Lost tee-shirts and shorts will be replaced with stock kept on campus. Family accounts will be billed accordingly. More than one replacement will incur an additional \$10.00 fee to cover the costs of reprinting and stock replacement.

Eighth Grade

Eighth grader teams will wear custom jerseys in all sports except track. Any seventh grader who plays on a "gold" team will also be issued a custom jersey. The shorts will be in the same style used in previous grades. These jerseys will incur a "jersey fee" payable via the family's school account. Certain jerseys will become the property of the player, while others will be collected at the end of the season. Coaches will clarify which ones need to be returned. (Those not returned will be charged a replacement fee: actual replacement cost minus uniform fee.)

Middle school students have agreed that with this eighth grade privilege of custom uniforms comes the responsibility of care. Replacing a jersey may require sitting out a few games or weeks until that new jersey can be printed and shipped from the factory. Each coach will be supplied two extra jerseys to be used as he or she chooses.

Borrowing Jerseys

All students are expected to be responsible for bringing their uniforms on game days. New uniforms may not be borrowed. Sharing the uniforms of friends or siblings may lead to the duplication of numbers on the field or create mistakes on the coach's game roster. Depending on the rules of the sport, these errors will result in charged time-outs, awarding of points, or game ineligibility of the illegally numbered player.

Bathroom Storage

Care should be taken by all students to neatly place uniforms, bags, and practice attire on the shelves or under the countertops in the gymnasium bathrooms. It is highly recommended that each player bring a small athletic bag to store such items. Items of exceptional value should be locked in the student's hallway locker. Overnight storage is prohibited, as space is extremely limited. Items left overnight will be removed and put in unsecured storage for a short time. Unclaimed remains items will be donated to charity.

Practice Arrival and Dismissal

The athletic department appreciates all efforts by parents in reinforcing good safety practices by reminding their sons and daughters of "where to be, when." Practical policies are in place for arrivals and end-of-practice dismissals.

In accordance with St. Anne's policies, students who remain on campus at the end of the day must be under direct supervision of St. Anne's staff members. Students will have until 3:20 to 1) leave campus, 2) report to their coach, 3) be enrolled in Extended Day, 4) attend a study hall, or 5) meet with a teacher for a scheduled lesson or session. Middle school students may also attend a home game if their classmates are playing, (e.g.: seventh graders may watch seventh grade games). Students should never wait for a ride outdoors without staff supervision, particularly during the darker winter hours

Students are not permitted to walk or be driven to neighborhood businesses and then immediately return. Students will not be permitted to attend study halls if they arrive later than 3:20.

After practices and games, players will have fifteen minutes to depart campus. If this time period passes and it is prior to 5:30, students who remain are to report to Extended Day.

In the case of practices and games that begin later than 4:45 P.M., students may leave campus and return in early evening. However, they may not return to campus until ten

minutes before their scheduled practice time or a time otherwise predetermined by their coach.

Ending the Season

Athletic Award Ceremonies

Within three weeks of the end of each athletic season, an athletic awards assembly will be held to honor the efforts of our athletes and coaches. Each team will be briefly presented by its coach(es) and its efforts recognized. A coach may award trophies to up to four eighth graders who have contributed exceptionally to their team's experience. In the spring ceremony, all sixth, seventh and eighth graders who have fully participated in fall, winter, and spring athletics will be honored as "three-sport award" athletes.

Team Celebrations

End-of-the-season celebrations are at the discretion of the coach. Depending on the timing of the last game, some coaches may choose to have a low-key celebration on campus after their last game. Others may choose to simply thank their players for their efforts privately during their last practice or publicly in the season-ending athletic awards ceremony. Please be considerate of the coaches' time, as many coach multiple seasons. The few days between seasons may be one of only a few afternoons or evenings in an entire year that they are free to spend time after school with their families and outside-of-work pursuits.

Coaches' Gifts

In honoring the economic differences within our families, parents are not to request or collect money from other parents for a group gift. Any "token of appreciation" should be done on an individual basis and is encouraged to be given privately.

A.C.I.S. MIDDLE SCHOOL ATHLETIC ASSOCIATION

Statement of Purpose

Middle school interscholastic athletics are an essential element of the education of students because they foster the development of character, life skills, sportsmanship, and teamwork. In addition, our athletic programs strive to develop a positive self-image and encourage physical activity as a part of a healthy lifestyle. Educational athletics serve as a source of school pride and maintain a positive relationship between schools

and communities. While schools recognize the pride in winning, it does not supersede the educational goals of middle school athletics.

Common Practices

Schools participating in the A.C.I.S. Middle School Athletic Association agree to these common practices. Participating schools will:

- encourage participation by all students.
- group student-athletes, whenever possible, by grade level rather than ability-based teams.
- provide each team member playing time, providing school requirements for athletic participation are met.
- focus on teamwork, sportsmanship, and the acquisition of individual knowledge and skills. There will be no Association season standings, awards, or culminating events.
- schedule 6 to 12 contests per team per season.

Expectations for Participants

Association schools expect each student-athlete to:

- attend all practices and games
- commit to skill improvement and individual contribution toward team goals.
- display respect for his/her teammates, coaches, opponents, and officials.
- demonstrate a positive attitude and good sportsmanship.
- represent him/herself, team, and school in a positive manner.
- maintain good academic standing in accordance with school policy.

Expectations for Parents and Spectators

Association schools expect parents and spectators to:

- display respect for players, coaches, opponents, officials, and guests.
- enjoy the thrill of competition and be supportive of your team without being negative toward others.
- appreciate the efforts of your child and his/her team regardless of the contest outcome.
- support the coach and get to know her/him.
- encourage your child to fulfill her/his commitment and solve his/her own problems appropriately.
- praise generously; criticize sparingly.

Schools are in agreement that while winning is a goal of athletics, the ultimate objective of middle school athletic competition is to encourage all participants to reach his/her maximum potential (physically, socially, and emotionally) within a context of common purpose and collective achievement.

Participating A.C.I.S. schools (maximum limit of 10 schools): Alexander Dawson, Colorado Academy, Graland Country Day, Kent Denver School, St. Anne's Episcopal School, St. Mary's Academy, Stanley British Primary.

Other schools endorsing ACIS Athletic Philosophy: Denver Christian Highlands Ranch, Denver Christian VanDellen, Faith Christian Middle School