

THE
WORLD'S
BEST
SUSSEX
—

2009-2010 ATHLETIC HANDBOOK



UPPER SCHOOL

STUDENT-ATHLETE HANDBOOK

2009-2010

Philosophy of Athletics

The educational and athletic philosophies are one and the same: “In Pursuit of Excellence” applies to endeavors in the classroom and in athletic competition.

Athletic Policies

- A) Participation in athletics at The Meadows School is a privilege extended to every student who is eligible under the regulations set by the School and NIAA. With every privilege comes responsibility.
- B) Participation in athletics teaches students fair play through sportsmanship, citizenship, and teamwork.
- C) Participation in athletics rewards hard work and dedication.
- D) Participation in athletics provides fitness benefits to be enjoyed for a lifetime.

A) Participation in athletics at The Meadows School is a privilege extended to every student who is eligible under the regulations set by the School and the NIAA.

Policy A.1 - Eligibility

Please review the “Eligibility” section for Upper School in the *2009-2010 Student/Parent Handbook and Directory* for School policy.

Policy A.2 - School Attendance

If a student is absent (***unexcused***) any part of the day, ***he /she will not be allowed to participate in any athletic activities that day.*** The difference between tardy and absent will be defined as follows:

Tardy – Missing the beginning of class a maximum of twenty minutes because of an unexcused occurrence.

Absence – Missing more than the first twenty minutes of class, or leaving class before dismissed by the teacher.

Policy A.3 - Drugs and Alcohol

“The Meadows School promotes and maintains a drug/alcohol free environment and will tolerate nothing less. Students found to be in violation of this policy, or who in any manner brings discredit to the School, will be subject to immediate suspension or expulsion.” This policy of The Board of Trustees applies to all student-athletes. Athletes who violate this policy at School or at a School-related activity are subject to immediate suspension or expulsion. Please review the “Conduct” and “Conduct Guidelines” sections under “General School Information” in the *2009-2010 Student/Parent Handbook and Directory*.

Policy A.4 -Team Rules

The head coach of any TMS sport may set additional rules of acceptable conduct for athletes. The head coach of any sport reserves the right to dismiss any athlete from the squad the coach feels is having a negative influence on the team or is not abiding by the rules and regulations set forth for that sport. Please review the “Athletic and Special Events” section for Upper School in the *2009-2010 Student/Parent Handbook and Directory*.

B) Participation in athletics teaches students fair play through sportsmanship, citizenship, and teamwork.

Policy B.1 – Sportsmanship

1. Show respect to opponents at all times.
2. Respect contest officials as impartial decision-makers and contest managers.
3. Shake hands after contests. Wish competitors “good luck.”
4. Accept victory and defeat with self-control and dignity.

Policy B.2 – Citizenship

1. Respect cultural and ethnic differences.
2. Understand the rules of the game. Moreover understand the rules are designed to keep contests safe while preventing a team from gaining an advantage.
3. Accept responsibility of the leadership privilege that is afforded to athletes and competitors.

Policy B.3 – Teamwork - Expectations

1. Game and Practice Attendance

- a. Every athlete must complete 10 practices prior to his/ her first competition. (NCAA regulation)
- b. Attendance at all practices is mandatory unless the coach gives permission.
- c. More than two unexcused absences may result in consequences established by the team and at the coach's discretion.
- d. Loyalty to the School, team, and coaches is paramount.

2. Dress and Equipment

- a. Each player will be responsible for all athletic equipment checked out and must return items in good condition and on time. Missing equipment will be charged to the responsible player's School account at replacement cost. Please turn uniforms in to your coach on the Monday after the season has ended.
- b. Athletes should wash their uniforms and practice gear before each game, practice, and at the end of the season.

3. Use of Facilities

- a. Gym use is by approval of the coach/ Athletic Director.
- b. No cleats are allowed in the gym at anytime.
- c. No signs are to be put upon the walls, doors, bleachers, or equipment unless approved by the Athletic Director.
- d. Misuse of gym equipment (including, i.e., swinging on backboards, hanging on rims) will not be tolerated.
- e. Use of gym must have adult supervision.

4. Skill Development

- a. Work hard to improve skills and understanding of the game.
- b. Give the coach undivided attention.
- c. Hustle—move quickly to get into position to start a new drill.
- d. Take preventive measures to decrease the possibility of injury:
 - Remove all jewelry before practice or games and keep in safe or locked space. (The School does not assume responsibility for belongings of the students.)
 - Have injuries taped by athletic trainer (in a timely fashion).

C) Participation in athletics rewards hard work and dedication

Policy C.1 – Team Selection

1. Selection criteria and team expectations will be given to the student-athlete prior to the tryout.

Policy C.2 – Promotion

1. Athletes wishing to play in college must complete the NCAA Clearinghouse in the fall of their senior year.
2. The Athletic Director will provide an Athletic Profile sheet outlining student-athlete's School data upon request by the student or college.
3. Communicating athletic information directly to colleges is the responsibility of the team coach when asked
4. The athlete and parent are responsible for contacting colleges and for arranging college visits with the coaching staff.

Policy C.3 – Awards

1. Varsity letters will be awarded in all sports based upon criteria.
2. Awards/letters will be handed out at an All Sports Banquet at the end of the year.
3. Awards given are:

Team Awards: Awards will be given to three individual members of each team sport.

MVP, Most Improved Player, Coaches Award

Three Sport Athletes: Awards will be given to all three sport athletes.

Athlete of the Year: This is awarded to the best male and
Female athlete of the year. Must play at least two sports.

D) Participation in athletics provides health and fitness benefits to be enjoyed for a lifetime.

Policy D.1 – Physical Exams

Every freshman, junior, or new student athlete must have a physical exam prior to starting practice in a sport (NIAA physical form must be used). This form can be located on the School or NIAA.COM websites.

Policy D.2 – Benefits of Athletics

- Athletics teach good dietary and rest habits.
- Athletics provide the opportunity to relieve stress.
- Athletics teach self-expression, self-discipline, and self-confidence.
- Athletics provide students with the understanding of rules, techniques, and strategies for various games for enjoyment that will last a lifetime.
- Athletics provide opportunities to exercise leadership skills and cooperation.

Travel Policy

The Meadows School will travel out of the Las Vegas area to compete in games, matches, and tournaments. Whenever travel occurs, the following procedures will be utilized to ensure safe travel for the teams:

Policy T.1 – Behavior

Behavior and Conduct

- **Represent** yourself, your family, and your School with pride and dignity.
- **Respect** instructions from coaches and supervisors (i.e., departure times, curfews).
- **Respond** to adversity with patience and maturity.
 - Attend trips prepared for “down time” (bring homework, books, etc.).
 - Never leave the team.
 - Do not respond to or provoke childish challenges.

Consequences for Inappropriate Behavior

- The Administration has the right to cancel future travel or revoke teams or individual’s ability to play.

Policy T.2 – Transportation

1. While traveling to and from contests, *athletes must ride in School vehicles or with designated parent drivers unless the coach issues special permission.* To be considered for special permission, these two criteria must be met: 1) a note signed by the athlete’s parent/guardian granting permission for the athlete to use alternative transportation, and 2) a phone conversation between the coach and a parent validating the conditions of the note.
2. Under no circumstances are students to drive other students:
 - A. *Without the permission of the team coach or the Athletic Director*
 - b. *Without the signed, written permission of the driver’s parents/guardians **and that of the rider’s parents/guardians.***