

# **GSLS Academy of Fine Arts and Sciences**

## **Athletic Handbook**

**A GUIDE FOR PARENTS, STUDENT ATHLETES, AND COACHES**

**2010 – 2011**

## **Message to Students and Parents:**

The purpose of the Athletic Handbook is to promote a comprehensive understanding of what is required to participate in the GSLS School Athletic Program. Research has indicated that participation in extracurricular activities enhances the academic experience.

Therefore, we encourage all students to participate in extracurricular activities. Through voluntary participation in athletics, the student athlete gives time, energy and loyalty to the athletic program and to GSLS. In addition, the student athlete accepts training, rules, regulations and responsibilities that are unique to GSLS's athletic program.

*\*In addition to the Student Athletic Code Handbook, student athletes are also governed by the discipline code of GSLS Academy of Fine Arts and Sciences.*

## **ATHLETIC DEPARTMENT PHILOSOPHY**

GSLs student athletes are expected to maintain a high standard of academic achievement and behavior. Athletics is only a part of the entire school program. Every student must understand that participation in athletics is only allowed if the student is in good academic standing. Student athletes represent GSLs and are therefore obligated to follow the school rules and regulations. All GSLs athletic programs are designed to develop the whole student athlete.

GSLs will promote participation for as many members of the student body as possible. Due to the number of students that tryout for school sports, there is a policy in place that allows students of GSLs to be given priority over students that try out from other institutions. GSLs reserves the right to limit the number of student athletes so that the program is manageable and effective.

GSLs follows League guidelines for each sport. All student athletes that are part of the team will be given playing time. While it is the goal to allow all students to participate, each sport has different regulations, which may affect the amount of playing time. Therefore, not all athletes will receive the same amount of playing time in games or matches.

The development of the student athlete will focus on four individual growth areas: physical, emotional, social and cognitive. The following list is a growth guide for students, coaches, and parents.

## **GSLs ATHLETIC PROGRAM GOALS**

### **PHYSICAL GROWTH**

1. IMPROVE SKILLS
2. IMPROVE PERSONAL HEALTH AND WELLNESS
3. IMPROVE SELF AWARENESS

### **EMOTIONAL GROWTH**

1. PROMOTE SELF-ESTEEM
2. PROMOTE SELF-CONFIDENCE
3. PROMOTE AN APPROPRIATE UNDERSTANDING OF SUCCESS AND FAILURE
4. PROMOTE CHRISTIAN CHARACTER

### **SOCIAL GROWTH**

1. DEVELOP INTERPERSONAL RELATIONSHIP SKILLS THAT PROMOTE POSITIVE TEAMWORK
2. DEVELOP A SENSE OF RESPONSIBILITY TO A GROUP
3. DEVELOP POSITIVE COMMUNITY AWARENESS

### **COGNITIVE GROWTH**

1. UNDERSTAND THE RULES OF THE ATHLETIC PROGRAM(S) AND THE SPORT
2. UNDERSTAND LEADERSHIP, TEAM ROLE(S), AND RESPONSIBILITY
3. UNDERSTAND AND DEMONSTRATE GOOD SPORTSMANSHIP

## **GSLs ATHLETIC PROGRAMS BY SEASON**

### **FALL**

3<sup>rd</sup> - 7<sup>th</sup> JV Volleyball

3<sup>rd</sup> - 7<sup>th</sup> VAR Volleyball

3<sup>rd</sup> - 7<sup>th</sup> JV GIRLS BASKETBALL

3<sup>rd</sup> - 7<sup>th</sup> VAR GIRLS BASKETBALL

3<sup>rd</sup> - 7<sup>th</sup> JV BOYS SOCCER

3<sup>rd</sup> - 7<sup>th</sup> VAR BOYS SOCCER

### **WINTER**

3<sup>rd</sup>-6<sup>th</sup> JV BOYS BASKETBALL

6<sup>th</sup>-8<sup>th</sup> VAR BOYS BASKETBALL

### **SPRING**

3<sup>rd</sup>-8<sup>th</sup> COED TRACK AND FIELD

3<sup>rd</sup>-8<sup>th</sup> JV GIRLS SOCCER

3<sup>rd</sup>-8<sup>th</sup> VAR GIRLS SOCCER

Student athletes should consider time, interests, academic responsibilities, physical and physiological readiness, and team requirements before committing to a team. GSLs teams are competitive; team selection and amount of playing time cannot be guaranteed.

## **RULES AND REGULATIONS – SECTION I**

### **A. Absences and Tardies**

- If the student athlete has 3 or more unexcused tardies during the season, the student athlete will not practice or play in the game on the day of the 3<sup>RD</sup> tardy.
  - If the student athlete sits out of physical education class due to injury or illness, the student athlete will not practice or play in the game that day.
  - Student athletes must attend 5 or more periods of the day in order to participate in a practice or a game.
  - On the third unexcused absence from a practice and/or a game, the student athlete will be dismissed from the team.
- Unexcused Absences: The student athlete is in school and does not go to practice or leaves practice early without a parent notice or teacher pass.
  - Excused Absences: The student athlete is out of school ill, experiences a family emergency or needs to meet with a teacher. Please provide proper documentation to the coach.

### **B. Behavior**

- Fighting, taunting or otherwise provoking conflict with opponents or spectators will be subject to disciplinary action.
- Failure to comply with school rules and individual classroom rules is subject to disciplinary action by the classroom teacher, building administrator, coach, or all of those mentioned.

## **C. UNIFORMS**

- Uniforms should ONLY be worn for games.
- It is the responsibility of the student athlete to return all school issued uniforms to the appropriate coach within one week of the completion of the season.
- Uniforms will only be accepted by team coaches.
- Any lost, stolen, damaged, or non-returned uniforms are the financial responsibility of the student-athlete.
- Student athletes are restricted from participation in extra-curricular activities until the uniform is returned or reimbursement made.

## **D. Physical Examinations**

- A student athlete (if required) must have a current physical on file prior to competing in any athletic tryout, practice, and/or contest. No exceptions will be made.

## **E. Academic Eligibility**

- Student athletes must maintain 70% or higher in all classes.
- If a student athlete falls below a 70% in a class, he / she is provided with a two-week period to bring the grade up. If the student athlete fails to bring the grade up within this time period, the student athlete will become ineligible to play and practice. If the grade remains below a 70% following the first two weeks of ineligibility, the student-athlete will be dismissed from the athletic program.

## **F. Dress Code**

- Proper practice attire is required. This includes athletic clothing, shoes, and socks.
- No jewelry or gum during practice or games.
- Game Day: The student-athlete will wear their school uniform all day.

## **RULES AND REGULATIONS – SECTION II**

Communication between parents, student athletes, and coaches is essential. Parents and student athletes have a right to understand what expectations are being placed upon them. Communication should be mutually respectful in order to foster a positive, supportive relationship between parents, student athletes, and coaches. It is the goal of the parent and coach relationship to promote cohesiveness of team through positive support of the student athlete and teammates.

### **A. Communication Parents Should Expect from the Athlete's Coach**

- Expectations the coach has for all players on the team
- Locations and times of practices and contests
- Team requirements

### **B. Communication Coaches Expect from Athletes**

- Notification of any schedule conflicts at least 24 hours in advance
- Questions and/or concerns about athletic program rules and/or expectations not addressed in the Athletic Policy Handbook
- Receipt of a signed Athletic Handbook form

### **C. Appropriate Items for Parents to Discuss with Coaches**

- Ways to help the student athlete improve
- Concerns about student-athlete's physical or emotional well-being
- Concerns about the student-athlete's behavior and academic eligibility
- Positive comments regarding team

#### **D. Issues Not Appropriate for Parents to Discuss with Coaches**

- Team strategy
- Other student athletes

#### **E. Conferences with Coaching Staff**

- Please call and schedule an appointment if a meeting with the coach is desired.
- If the coach cannot be reached, please call an athletic director or building administrator.
- Please do not attempt to confront a coach before or after a contest or practice. These can be emotional times for parents, athletes, and coaches. Meetings of this nature seldom promote positive resolutions. Please refrain from talking to your child or anyone else on the team if a game has started. Never take your child away from the team during time-outs or quarter and half time breaks.

## **ACKNOWLEDGEMENT OF RECEIPT**

We, the student athlete and parent(s) / guardian(s), have read and understand the information provided in this document. We, the student athlete and parent(s) / guardian(s), understand that this handbook is meant to provide a framework for athletic policy at GSLS and is not all encompassing. Situations that may arise outside the parameters of the Student Athletic Code Handbook will be handled on an individual basis.

By participating in athletic programs at GSLS, we, the student athlete and parent(s) / guardian(s), agree to adhere to the rules of the school, the team, and the athletic department. Failure to read and understand this document does not excuse violations of the school, the team, or the athletic department policies.

Please return this form to the school office.

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Print Student Name

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Student Signature

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Parent Signature

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Date

