

# Regents School of Austin



## **ATHLETIC HANDBOOK**

**2010-2011**

Fall 2010

To the Parents and Student-Athletes:

Welcome to the 2010-2011 athletic season at Regents School of Austin. You are now part of the Knights athletic program which began in 1995 with 5<sup>th</sup>-8<sup>th</sup> grade basketball, volleyball and football and has since expanded to 54 teams across 14 different sports in grades 6 through 12.

Athletics, rightly understood as an integral part of education, compliments our greater mission at Regents. Lessons of commitment, teamwork, tenacity and overcoming adversity are advanced on our courts and fields. It is in the midst of "running to win the prize" that our student-athletes experience great life lessons. These lessons go beyond the x's and o's and into the heart of each one as they develop a love for Christ and service to those around them.

Along the way, our programs also provide wonderful opportunities to strengthen the larger community of Regents. Relationships built on the sidelines provide cohesiveness among our parents as they support their children. Your enthusiastic participation is important as we continue to seek to honor God through our athletic program.

This handbook contains the philosophies, policies and guidelines which govern the Regents Athletic Program, as well as some of the more important rules and regulations required by the school and governing leagues. Although it is intended to be comprehensive in nature, there will inevitably be situations that occur that are not outlined in this handbook. Having a common understanding of the rules and regulations that govern athletics will assist in significantly reducing concerns and unforeseen problems.

We ask that you read this handbook thoroughly with your student-athlete(s). The athletic office must have a current, signed Acknowledgement Form (located at the end of the handbook) on file before a student-athlete can participate.

We look forward to another great year in athletics.

Go Knights!!!



Rod Gilbert  
Head of School



Beck Brydon  
Director of Athletics

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# ATHLETIC PROGRAM PROFILE

Mascot - Knights & Lady Knights

Colors - Navy blue & Vegas gold

Leagues - Texas Association of Private and Parochial Schools (TAPPS) for grades 9-12  
Austin Inter Parochial League (AIPL) for grades 6-8

Classification - TAPPS 3A / Division III Football/Soccer/Swimming

Sports - Grades 9-12 Football, volleyball, cheerleading, cross country, basketball, soccer, swimming,  
golf, tennis, baseball, track  
Grades 6-8 Flag football, volleyball, cheerleading, basketball, soccer, golf, tennis, baseball,  
track

## ***STATE CHAMPIONS***

Football - 2006, 2003, 2002, 2001  
Volleyball – 2006

## ***STATE RUNNERS-UP***

Football - 2008  
Volleyball – 2009, 2005, 2001  
Boys Basketball - 2005  
Girls Cross Country - 2007



## ***STATE SEMI-FINALISTS***

Football - 2007  
Volleyball - 2008, 2007, 2000  
Girls Basketball – 2001  
Girls Soccer - 2010

## ***STATE QUARTER-FINALIST***

Football – 2009, 2005, 2004  
Volleyball – 2004, 2003, 2002  
Boys Soccer – 2007  
Girls Soccer – 2008  
Girls Basketball - 2010

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# ATHLETIC PROGRAM

## PURPOSE

The Regents Athletic Department exists to help fulfill the mission of the school:

The mission of Regents School is to provide a classical and Christian education, founded upon and informed by a Christian worldview, that equips students to know, love and practice that which is true, good and beautiful, and challenges them to strive for excellence as they live purposefully and intelligently in the service of God and man.

## PHILOSOPHY

Regents athletics helps to fulfill the mission of the school by teaching the Christian way of competing and the Christian way of life as expressed through our three core values in athletics:

- **Character**

*“But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law.” Gal 5:22-23*

*“Not only so, but we also rejoice in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope.” Rom 5:3-4*

*“Similarly, if anyone competes as an athlete, he does not receive the victor’s crown unless he competes according to the rules.” II Tim 2:5*

*“Be on your guard; stand firm in the faith; be men of courage; be strong.” I Cor 16:13*

- **Commitment**

*“Whatever you do, work at it with all your heart, as working for the Lord, not for men.” Col 3:23*

*“Do you not know that in a race all the runners run, but only one gets the prize? Run in such a way as to get the prize. Everyone who competes in the games goes into strict training. They do it to get a crown that will not last; but we do it to get a crown that will last forever. Therefore I do not run like a man running aimlessly; I do not fight like a man beating the air. No, I beat my body and make it a slave so that after I have preached to others, I myself will not be disqualified for the prize.” I Cor 9:24-27*

*“He who gathers crops in the summer is a wise son, but he who sleeps during harvest is a disgraceful son.” Prov 10:5*

- **Community**

*“As iron sharpens iron, so one man sharpens another.” Prov 27:17*

*“Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves. Each of you should look not only to your own interest, but also to the interests of others.” Phillipians 2:3-4*

*“Dear friends, since God so loved us, we also ought to love one another.” I John 4:11*

The Regents Athletic Department acknowledges the following order of priorities in our school – 1) God, 2) family, 3) academics, and 4) athletics. When this order is followed, it gives student-athletes the opportunity to be balanced spiritually, physically, mentally and emotionally.

## GOALS

Based on our philosophy, our athletic department and team goals are:

- **Excellence** - programs focused on discipleship, that honor God and are well managed and well executed
- **Success** - reaching maximum potential both individually and as a team.

We will emphasize the individual goal of Academic All-State to all of our students in grades 9 through 12. Being a great student and a great athlete is a difficult task, an admirable goal and a worthy accomplishment.

It is our desire that our athletic community – coaches, players and parents – participate in such a way that honors God and conveys a positive witness to those around us. We will be modest in victory and gracious in defeat. Winning on the scoreboard should be one of our goals, but losing can many times present beneficial learning opportunities.

### **CORAM DEO**

The latin phrase *Coram Deo*, conveys the essence of what it means to follow Christ the Lord in the totality of our lives. We are to live “before the face of God, under the authority of God, to the glory of God.” We desire to conform every aspect of Regents to this all-encompassing principle.

### **TEAM LEVEL PHILOSOPHY**

We recognize the normal stages of a child’s development and provide appropriate opportunities in athletics:

Grammar school athletic programs (6<sup>th</sup> grade) encourage participation and experimentation and establish a love for the game. The fundamentals of the game will be strongly emphasized. Try-outs are for the purpose of team placement based on skill and ability. Cuts are highly discouraged but permissible if based on facility or resource issues. Coaches will do their best to provide equal playing time. Grammar athletics will work to develop skills and technique as well as introduce the concept and critical need of “teamwork”. And finally, athletics at this stage provides first time excitement of wearing Regents school colors in sports.

School of Logic athletic programs (7<sup>th</sup>-8<sup>th</sup> grade) strive to further a love for the game, continue to develop fundamental skills, and help athletes begin to understand and execute more advanced level strategies and schemes. Try-outs are for the purpose of team placement based on skill and ability. Cuts are discouraged but permissible if based on facility or resource issues. Playing time is at the discretion of the coach.

School of Rhetoric athletic programs (9<sup>th</sup>-12<sup>th</sup> grades) strive to be the best they can be with a focus on excellence in execution. Players are put in positions to get the most out of their athletic talent, cultivate leadership skills and understand “team-first” responsibility. Each head coach will put the collective efforts of the team ahead of individual achievement and will take knowledge, ability to execute, attitude, conduct and safety into consideration when it comes to playing time. Athletes should not assume that they are guaranteed a spot on a varsity team simply because they participated on the same team in previous years.

Creation and size of teams is determined by many factors including but not limited to the number of participants interested in a sport, facility availability, safety and coaching resources. Whatever we do we want to do it well. Decisions will be made on a season-by-season, team-by-team basis if we cannot provide a healthy experience for all parties involved.

### **MULTIPLE SPORTS AND ACTIVITIES**

We encourage athletes to be well rounded, participating in different activities both athletically and otherwise, especially early in their athletic careers. Different sports challenge athletes in different ways, and the skills developed through the training methods used in one sport will often help the athlete in another sport.

Regarding multiple sport participation, student-athletes may not participate in multiple team sports at the same time. Student-athletes may, however, participate in a lifetime sport (cross country, golf, swimming, tennis) and a team sport at the same time if agreed upon by coaches of both sports. Good, open communication between the student-athlete, his/her parents, and the two coaches involved are tantamount and a priority will be declared in case of scheduling conflicts and agreed upon by the coaches.

Regarding multiple activity participation, student-athletes may participate in a non-athletic department (i.e. fine arts, mock trial, etc.) program and on an athletic team at the same time if leadership from both activities give permission to do so. Leadership from both activities will work closely together to minimize conflict, however, reserve the right to require, on rare occasion, sole commitment to their activity. Where there is dual commitment and schedule conflict, there must be a declared priority and agreements made between student, parents and team or department leadership before the seasons begin as to how the student will divide his/her time between the activities. The decision to participate in multiple sports or multiple activities should ultimately be decided by the parents and student.

## GENERAL POLICIES

### **SPORTSMANSHIP**

During home contests, we serve as hosts to the visiting team, its students and spectators. They are our guests, and they should be treated accordingly. At away contests, we are expected to act as invited guests. We will treat the home school's personnel and facilities with care and respect.

As participants and spectators, we want to cheer for our team, not against the opponent, being modest in victory and gracious in defeat. Additionally, we will regard the rules of the game as an agreement, the spirit and letter of which we should not break. Players play the game, coaches coach the game... no official has ever "lost" a game for a team. Much like we do not readily credit an official for a win, we will not blame an official for a loss. Officials will be treated with respect and we will accept absolutely and without quarrel the final decision of any official.

Any member of the Regents community who is a participant or spectator at an event, who uses profanity, engages in inappropriate behaviors such as fighting or similar misconduct will be dismissed from the event and is subject to disciplinary action by the school.

### **SCHEDULING**

The athletic department does its best to schedule games and practices well in advance of the season. Because we cannot control league changes or changes made by an opponent when we travel to their home court/field, changes to schedules will inevitably occur. Additionally, since a majority of our coaches are part-time, there will most likely be a few changes throughout the season due to their work schedules. In the AIPL league (6<sup>th</sup>-8<sup>th</sup> grade sports), schedules are not created until the season starts.

### **TRANSPORTATION AND TRAVEL**

All athletes must travel in designated vehicles to and from practices and games. The following exceptions will be considered on a case-by-case basis, and require a signed parental waiver, for student-athletes who:

1. Drive themselves, by themselves,
2. Drive themselves and no more than one other student-athlete who is not a sibling to the driver (this exception requires parental approval from both sets of parents of the student-athletes), or
3. Ride with an adult that is not the student-athlete's parent.

### **SEVERE/INCLEMENT WEATHER**

Any changes to published schedules due to bad weather will be updated on our hotline (899-9563 x1) and on our website as soon as an affirmative decision can be made. If lightening is present during an outdoor event, all parties must be moved indoors. The event can only be resumed if 30 minutes have passed since the last visual evidence of lightening. For outdoor practices, heat and humidity are closely monitored. Where possible, practices will be scheduled in the coolest times of the day. Practices will not be held outside in a heat index of 110 or above.

### **FUNDRAISING**

Regents Athletics raises funds annually through the boosters golf tournament, athletic facility rentals, concessions and gate at games, and from individual gifts. Requests for funds are to meet two specific objectives. The first is to provide financial assistance to those athletes who cannot afford the fees required for team sports. The second objective is to provide enhancements to our team sports programs such as new uniforms, equipment, technology and supplies. These enhancements can often generate unexpected needs that extend beyond our operating budget.

### **SUBSTANCE ABUSE**

The school vigorously opposes student use, possession, or distribution of tobacco or alcohol in any form, on campus or off campus. Violation subjects a student-athlete to disciplinary action deemed appropriate

by the coaching staff and administration. Penalties could include multiple-day suspension, permanent removal from the team, or expulsion from school. Students are not permitted to use, possess, purchase or distribute illegal drugs, including athletic performance enhancement drugs. Violation subjects the person(s) involved to disciplinary action and may lead to the involvement of local law enforcement. Athletic performance enhancing drugs are detrimental to the health of the student and are never an acceptable alternative to hard work.

### **GAMBLING**

Gambling is not tolerated. Violation subjects the person(s) involved to disciplinary action.

### **HAZING**

Hazing is defined as subjecting someone to an indignity, fright, abuse or threat and is not tolerated. Violation subjects the person(s) to disciplinary action.

### **LOST AND FOUND**

Coaches require athletes to be good stewards of all personal articles, equipment and facilities. Should an item be lost or misplaced, it may turn up in one of the two lost and found areas – one, just inside the main doors of the gym, and a second, underneath the east stairwell in the Academic Center building.

## REQUISITES FOR PARTICIPATION

Each Regents student-athlete desiring to participate in Regents athletics must have the following completed and signed documents on file in the athletic office before the first day of participation in any given sport:

- Acknowledgement of Athletic Handbook
- Physical Examination
- Code of Conduct
- Contact & Release
- TAPPS Acknowledgement of Rules (for 9<sup>th</sup>-12<sup>th</sup> grade student-athletes)

If all forms have not been turned in before the first scheduled day of participation, the student-athlete cannot not join the team. All of the aforementioned documents can be found on the Regents website or in hard copy form in the athletics office.

In addition to the above required documentation, a student-athlete must not have any outstanding athletic fee payments or outstanding uniform/equipment items. **IMPORTANT** – No student-athlete will be allowed to go to their next sport if either fees or uniforms have not been turned in.

# STUDENT-ATHLETES

## CODE OF CONDUCT

Being a Regents athlete is a student's choice and thereby a privilege. Student-athletes shall conduct themselves in a way that brings positive recognition to God, Regents School, their team, their sport and themselves. A Regents student-athlete reflects the mission and identity of the school, no matter where he/she is. Student-athletes are expected to behave at all times with consideration for others in thoughts, word, and deed and student-athletes must abide by the school's stated rules and any others stipulated by athletic department staff members.

## AGE/GRADE ELIGIBILITY

For participation in AIPL, students entering the 6<sup>th</sup> grade must be 12 years old or younger, and students entering 7<sup>th</sup> or 8<sup>th</sup> grade must be 14 years old or younger on September 1<sup>st</sup> of the current school year.

For participation in TAPPS, students must be less than 19 years old on September 1<sup>st</sup> preceding the TAPPS contest. Eighth grade students are not eligible to participate on or against varsity teams.

## ACADEMIC REQUIREMENTS

A 6<sup>th</sup>-12<sup>th</sup> grade student who receives failing grades in two subject matters at the end of an eligibility period will be ineligible for the following eligibility period. A student may regain eligibility at the end of any eligibility period if he receives no more than one failing grade.

A student who misses school due to athletic competition is responsible for keeping up with his or her schoolwork. Any work that is due during a period that the student will miss should be turned in before the class period. Any tests that the student will miss should be taken ahead of time if possible. Otherwise, the student is responsible for working out an arrangement with the teacher ahead of time for making up the test. Under no circumstances should a student fail to talk with a teacher whose class he or she will miss at least a day ahead of time.

## PARTICIPATION

Participating in athletics is a privilege and is contingent on the following:

- 1) *Clearance from Previous Sport* – Student-athletes must be cleared from their prior sport before they can begin competing in a new sport. This includes, but is not limited to, being current on athletic fees, uniform and/or equipment was in good condition and checked in, post-season forms completed, etc.
- 2) *In good academic and moral standing* - Student-athletes may not participate in practices or games if they have failed to achieve the minimum academic requirement or are suspended from school.
- 3) *Practice and Game attendance* – Student-athletes must attend at least 3 consecutive academic periods the day of a practice or game in order to play. The only exception to this rule is if the absence is caused due to a school event (field trip, college visit, etc.). Parents and student-athletes need to recognize that absences from practices will hinder skill development and physical conditioning as well as jeopardize team unity. Time missed from a sport team practice will influence an athlete's performance and often his/her position with the team. When a personal or social event conflicts with a practice or game, we expect students to honor their commitment to the athletic program and their teammates. When a family event causes the student-athlete to be absent from a practice, the situation should be communicated to the coach at the earliest possible moment, preferably at the beginning of the season and not the same day of the conflict (this does not include family emergencies which are unpredictable and managed differently).

## TRYOUTS

Tryouts allow coaches to place like-skilled players together which aids in each player's development. Tryouts can be one day to five days, depending on the sport and grade level. If a student misses tryouts, he/she will be placed on the lower level team. Coaches reserve the right to pull players up from lower

level teams at any time. Sixth grade student-athletes can use the first day of tryouts to see if they want to play the sport. If the sixth grader shows up for the second day of tryouts, it is assumed that he/she is committing to play that season.

Important – a roster spot on any one team in a previous year does not guarantee the same spot on the same team in the current year. For example, a junior basketball player who earned a varsity spot last year as a sophomore is not guaranteed to make the varsity basketball roster in his junior year.

### **TIME COMMITMENTS**

Grammar sports (6<sup>th</sup> grade) - three day a week commitment with two practices and one game or two games and one practice. Practice length for all sports is 1 hour 30 minutes. No team related events will be held on Sundays. Practices and/or games may be held on Saturdays depending on league scheduling. No teams will have mandatory practices over school holidays.

School of Logic sports (7<sup>th</sup>-8<sup>th</sup> grades) – four day a week commitment with two practices and two games or three practices and one game. Practice length for all sports will not exceed 1 hour 45 minutes. No team related events will be held on Sundays. Practices and/or games may be held on Saturdays depending on league scheduling. No teams will have mandatory practices over school holidays with one exception - if a game is scheduled on the day immediately following a Monday holiday, practice can be held on Monday evening. Playing a game after several days off can become a safety/health issue for the kids. No games will be played during finals week.

School of Rhetoric sports (9<sup>th</sup>-12<sup>th</sup> grades) – five to six day a week commitment. Practice length for all sports will not exceed 2 hours per day, in addition to the one-hour athletic period. No team related events will be held on Sundays. Practices and/or games may be held on Saturdays and across some school holidays depending on the sport and season. No games will be played during mid-year exam week or final exam week, and no practices or games of any kind will be held during the first week of the Christmas holidays or on Good Friday.

- Football (Fall) – State playoffs occur the Saturday immediately before and the Saturday immediately following Thanksgiving Day. If the football team is in the playoffs during this time, practices will be held daily, including the morning or late evening of Thanksgiving Day.
- Basketball and Soccer (Winter) – Practices may be held during the first three days of Thanksgiving week. District games may start the first week of December. With no games being played the week of finals or the first week of the Christmas holidays, practices and/or games may be held the second week of the Christmas holidays to prepare teams for district competition.
- Baseball (Spring) – District games start the week before spring break. Since 9<sup>th</sup>-11<sup>th</sup> grade field trips are taken the week before spring break, practices and/or games may be held over the week of spring break to prepare teams for district competition.

### **DEPARTURE FROM TEAM**

There are three types of departure from a team. Please note no athletic fee refunds will be given for any departure.

- a) Leaving a team – season ending injury, poor health status, family emergency or academic performance all may lead to permissible departure from the team only after being discussed between parents, the head coach and/or Director of Athletics. A student-athlete may still be eligible for a varsity letter in this circumstance, and he/she will still be eligible for his/her next season sport.
- b) Quitting a team – regardless of reason, any player quitting a sport after he has started the sport will not be eligible to participate in the next sport of his choice. Ninth through twelfth graders will not earn a letter in that sport. The only exception to this rule is if the student-athlete and head coach have clearly communicated up front that a quit might be in play. As an example, if

the Head Coach has agreed to let a student-athlete try a sport out for a week to see if he would like to play it and the student-athlete then quits within the agreed upon time, that would not render him ineligible for the next season's sport.

- c) Being dismissed from a team – regardless of reason, any player who is dismissed from a team for conduct, rules infractions or disciplinary reasons will not earn a letter in the sport (for a 9<sup>th</sup>-12<sup>th</sup> grader) or be eligible to play in the following season sport.

### **INJURIES**

The athletic trainer is responsible for the treatment and rehabilitation of injured athletes. The trainer should be notified in the event of any injury requiring treatment. Injured athletes must be seen by a certified athletic trainer or doctor for evaluation before being released for participation, and no treatment and/or rehabilitation program will be discontinued until authorized by the head athletic trainer.

Injured athletes, regardless of grade, are still required to attend practice unless treating and/or rehabilitating an injury, or as approved by the Head Coach. Athletes missing a practice or a game for training must first get permission from their coach. It is the player's responsibility to communicate with the coach.

### **STEWARDSHIP**

All student-athletes are expected to be good stewards of all equipment, facilities and uniforms entrusted to them. Locker rooms, weight room and training room are expected to be clean and orderly at all times. Student-athletes should use assigned lockers to store their uniform, equipment and personal items. Personal items should be stored in locked lockers at all times.

### **ATHLETIC UNIFORM AND DRESS CODE**

Student-athletes are issued team uniforms and are expected to take great care of the uniforms. If a student-athlete is missing a uniform or uniform-piece the day of a game, another uniform will not be issued, no exceptions. If a uniform is lost and cannot be found, another uniform will be issued out (if available) once the lost uniform has been paid for in full. Damaged uniform pieces will need to be replaced at the expense of the student-athlete. The replacement cost of each uniform piece (top, or bottom) is \$75. The replacement cost for a uniform top and bottom would \$150.

Students in 6<sup>th</sup>-8<sup>th</sup> grade are not permitted to wear sport team uniforms to school. Students in 9<sup>th</sup>-12<sup>th</sup> grade are permitted to wear a team uniform or team-issued t-shirt/sweatshirt to classes no more than one day a week as determined by the Head Coach and administration.

Each coach will determine team dress code when traveling to an away game. All practice gear at all times should be Regents athletic apparel, or as appointed by the Head Coach.

### **LETTERING POLICY**

Varsity Letters are earned for significant contributions to a varsity team (not sub-varsity) either in playing time or servant-leadership. Being on a varsity roster does not mean that a varsity letter will be earned. Student-athletes in grades 9-12 can earn a varsity letter in a sport under these qualifications:

- 1) Playing/Participation Time – varies by sport as agreed upon by the Varsity Head Coach and Athletic Director. These requirements will be communicated to athletes and their parents at the beginning of each sport season.

OR

- 2) Servant-Leadership – for those team members who do not meet the minimum playing time requirement, they may qualify for a varsity letter under servant-leadership by demonstrating commitment, positive attitude, and enthusiasm and serving the team in a significant way throughout the season, as decided by the Head Coach.

AND

- 3) Completion of season – a team member must complete the season on the team’s roster. If a player quits a team or is dismissed from a team, he or she will not qualify for a varsity letter. If an injury or season-ending injury impacts the minimum playing/participation time qualification, then it is up to the discretion of the Varsity Head Coach and Athletic Director to determine whether or not the playing/participation time qualification would have been met based on to-date contribution at the time of the injury.

Letter jackets may not be purchased prior to a student-athlete earning his/her first varsity letter, regardless of season in which they earned it. The athletic department keeps on-file a list of student-athletes that qualify for varsity letters and it will notify student-athletes and their parents within one week of the end of the sport season in which he/she participates who has qualified for a varsity letter.

### **WEIGHT ROOM POLICIES**

Athletes are not permitted in the weight room without proper supervision. Appropriate athletic attire (t-shirt, shorts and athletic shoes) must be worn at all times. No athlete should lift alone and all lifts should be accompanied by a spotter. Focus is critical so no horseplay, socializing or laziness will be tolerated. When finished, all weights must be racked and areas cleaned.

### **TRAINING ROOM POLICIES**

The training room is a co-educational sports medicine injury prevention and care room. No student-athlete is allowed in the training room unless under direct supervision of the head athletic trainer or head sport coach. Coaches and athletes may use the training room to get ice but should ask the trainer for the use of other materials and equipment. Athletes needing assistance prior to game have priority over other athletes who are not preparing for a game that same day.

### **STRENGTH AND SPEED TRAINING**

We cannot have successful athletic programs without a strong commitment to strength and speed training. High school student-athletes are expected to work hard on improving strength and speed throughout the school year, whether they are in or out of season. Program Directors (Varsity Head Coaches) will, in accordance with league rules, provide both voluntary and/or mandatory opportunities to student-athletes to train in the weight room, gym, and on the fields throughout the year.

### **OUT-OF-SEASON EXPECTATIONS**

During the school year, student-athletes are expected to give the in-season sport in which they are participating first priority, and are not expected to train for another school sport during that time period. Any organized training for another sport during the season in which an athlete is participating (such as an open facility or league) should be cleared with the current in-season head coach. Regardless of in-season versus out-of-season status, an emphasis will be placed on strength and speed training, both of which will be required of all 9<sup>th</sup>-12<sup>th</sup> grade student-athletes throughout the school year.

During the summer, all 9<sup>th</sup>-12<sup>th</sup> grade athletes are expected to work on and develop their athletic abilities. Understanding that family and personal time take first priority during the summer, there are various opportunities (at school and outside of school) for student-athletes to train when they can. If a student-athlete is in town and not committed to a family activity, it is assumed that he/she will be engage in some sort of personal strength and speed development program.

## PARENTS

Without a doubt, parents are the most influential models for young athletes. From a parent's conduct to the place sports plays in the family order of life priorities, parents make the biggest impact on a young person's athletic experience. Not only are parents influential, they are critical to the success of our athletic programs. The athletic department needs parents to come alongside all sport's teams to serve in one or more of a variety of volunteer positions throughout the year. Team moms, travel coordinators, drivers, overnight chaperones, statisticians, videographers, concessions, admissions, field/gym preparation or close down are just a few of the opportunities that provide much needed help and good community time between parents. Serving the athletic department also sets a good example for our student-athletes.

The guidelines that follow are an attempt to provide a foundation for our joint effort to guide your sons and daughters through the challenging yet wonderful experience of high school sports.

### **PRESENCE AT GAMES, PRACTICES OR TRYOUTS**

The coach's classroom is the court or field, usually with undefined walls, making it easy for parents to naturally move close to the action. Parents should be interested, supportive observers from a distance. The coach needs room to be able to instruct and the player to perform without distraction from the stands. Distraction only yields poor results. Cheer them on, yes! Coach or yell at them, no!

It is important to student-athletes that, if possible, parents are present at games, both home and away. A parent's attendance tells the child that he/she cares and that they want to share in the joys and frustrations which are a part of competition. It also gives parents an opportunity to develop a bond with their child and other parents, and to observe the progress made throughout the season.

Practices and tryouts, which are considered valuable instructional and evaluation time, are closed to all non-team or program personnel, unless previously approved by the Head Coach. Invited guests are expected to refrain from disrupting tryout or practice sessions, and from interacting with players and/or coaches.

### **PERSPECTIVE – WHY KIDS PLAY THE GAME**

Most young people participate in sports for the following reasons: to have fun, to develop that natural desire to play, to make new friends or be with their friends, to be part of a team, and to compete. "To win" or "to be a champion" is often not at the top of the list. Athletes must hear from parents and coaches that it is the process of competing that counts. Too much emphasis on winning and losing puts the value of sports out of context.

### **COACH AS LEADER**

Each coach is prayerfully and thoughtfully considered, recruited, interviewed and hired and therefore has the authority over our children in each given sport. Parents and student-athletes must trust that coaches try to make the best decisions for the team as well as the individuals that make up the team. Coaches are with the team on a daily basis in practice and in competition, evaluating character and performance, and therefore will make judgment decisions based on what they feel is in the best interest of the team. Playing time, players' positions, and strategy should be left to the discretion of the coach. Parents should help their child understand that being a team member means accepting the coach's decisions even when he or she does not agree with them.

It is also important to remember that neither coaches nor parents are infallible evaluators of talent, nor are either perfect play-callers. A team does not function well with non-coaches trying to coach. Parents should not place a child in a tough spot of having to decide who they are going to listen to, their coach, or their parent. Yielding to authority is a biblical lesson that our children will learn from for years to come.

## **COMMUNICATION – INTERNAL**

Direct communication between the coach and players is very important, and is usually the best way for any questions to be answered or conflicts to be worked through. Inevitably, there will be times when a meeting between a parent and coach is warranted. Please call or e-mail the coach to arrange a convenient time for a phone conversation or meeting. Try to exercise the 24-hour rule – wait 24 hours before placing that call or sending that email. Too often our emotions get the best of us. And remember, before or after practices or games is never an appropriate time to approach a coach. Coaches will be happy to meet with you, but it may be a few days before a convenient time can be arranged.

A meeting with the coach is an opportunity to exchange information and respectfully discuss any concerns or questions that you may have. Hopefully the meeting will promote better understanding and communication, but the meeting should not be viewed as an opportunity to convince the coach that your child should be playing more, playing a different position, or that the coach should be employing a different strategy. After the meeting, just as before the meeting, your support of the team and the coach is expected. If there is a significant issue that you believe requires additional discussion, then the Director of Athletics, coach and parent can meet together to resolve the issue.

If issues cannot be resolved after meeting with the Director of Athletics, then a meeting involving the Upper School Head, along with the Director of Athletics, coach and parent should take place. Any unresolved or escalated issues should then be taken to the Head of School.

## **COMMUNICATION – EXTERNAL**

All press releases must be approved by the Athletic Director or his/her appointed contact person within the athletic department (calling in box scores to the local newspaper is not considered a press release and should be the responsibility of the Head Coach or his/her appointed contact person). Please do not damage the relationship our school has with media outlets by harassing them for lack of press coverage of our athletic events.

Parents should never contact opposing schools, officials or the TAPPS office to voice complaints over athletic contests, opposing players, coaches or fans, or officials. All concerns and/or opinions should be communicated directly with Regents' Director of Athletics.

## **FINANCIAL EXPECTATIONS**

Expenses for athletic programs fall into two categories – hard costs and soft costs. Hard costs include the athletic fee for the sport and any additional equipment, garments or shoes that the student-athlete may want in order to participate. For some larger team sports, travel costs may be a hard expense as well. Athletic fees are due within two weeks after receiving an invoice from accounting.

Soft costs are non-mandatory costs and include things like post-game meals, end-of-season coach's gifts, yard-signs, post-game celebrations and possible overnight travel.

## COACHES

Successful athletic programs start with quality coaches. We believe coaches are one of the most significant components to the athletic program and therefore seek to hire Christian role models who are committed to fulfilling the mission of the school, desire to disciple our student-athletes and serve their families, and who are knowledgeable in their sport.

School athletics are an integral part of each student's overall education and development and coaches shall assist each student-athlete toward developing his or her full potential. Mentoring, development, care and safety of our student-athletes are the most important responsibilities of our coaches.

### CODE OF CONDUCT

Because the behavior of a team can reflect the coach's own manner, attitudes, temperament and approach to athletics, coaches shall conduct themselves in a way, both on and off the court, that brings positive recognition to God, Regents School, their team, their sport and themselves. Instruction and correction, while demanding and critical, should be positive. Coaches should never embarrass or demean student-athletes. The same high standards of preparation, organization, dedication, hard work, self-discipline, sacrifice and Godly behavior that coaches expect of players should be the same that is expected of coaches. Coaches shall model good sportsmanship and respectful attitudes toward officials and opposing teams in victory and defeat.

All coaches are expected to know the rules of the game and the rules/policies of the leagues in which we participate – TAPPS and/or AIPL.

### TIME COMMITMENTS

Coaches are expected to attend all scheduled events (practices and games). Coaches should arrive to practices and games early enough to set up equipment and the facility, and to greet their team. Coaches should not leave the facility of a game or event until all student-athletes have left the premises, or have made prior arrangements with parents.

Coaches shall abide the practice time requirements outlined on page 12 of this handbook. Clarification on some nomenclature and definitions:

- "Walk Throughs" are considered practices
- "Service Projects" are not considered practices or games and can be conducted on a limited basis outside of the maximum number of events a student-athlete can attend on a weekly basis
- "Optional Practices" means no team drills or team building activities will be conducted. Coaches must reinforce that these types of practices are not mandatory and no penalties will be levied to individuals who cannot make the optional practices.

### TRAINING

All new coaches will go through "Regents Coaching 101", a guidebook covering the essential elements of our school, our school's culture, and how to be a successful coach at Regents. All coaches will be provided with opportunities for growth via clinics, workshops, seminars, and coaching books and videos.

### COMMUNICATION

Coaches must communicate with student-athletes and parents on a regular basis. Coaches must communicate to parents at the start of the season the expected commitment to the team and the anticipated practice and game schedule, and the communication must be in writing. Weekly communication from the Head Coach to parents is also a minimum requirement.

### PROGRAM DEVELOPMENT

Varsity Head Coaches are the Program Directors for their respective sport. Program Directors, in partnership with the Director of Athletics, oversee all teams and all levels in their sport. This provides a

firm foundation for program development. The coach will strive to motivate and assist athletes, both in-season and out-of-season, to achieve their full potential as players.

## TAPPS

Regents participates in the Texas Association of Private and Parochial (TAPPS) for grades 9 through 12 in the sports of football, volleyball, cross country, boys and girls basketball, boys and girls soccer, baseball, track, swimming, golf and tennis. TAPPS, which just celebrated its 30<sup>th</sup> year, is one of the largest state associations of private schools in the nation with over 250 member schools that compete in five classifications.

The purpose of TAPPS is to organize, stimulate, encourage and promote the academic, athletic and fine arts programs in an effort to foster a spirit of fair play, good fellowship, true sportsmanship and wholesome competition for the 38,000 boys and girls in its member schools.

Parents must provide the school signed consent each year to allow their son/daughter to participate in any TAPPS event. This consent is provided on the "Acknowledgement of Rules" form given to each family during the school's registration process.

Parents may film or videotape any game in which their son/daughter participates, but the film/videotape may not be viewed by the athlete or coaches until the game is over. Parents may not film or videotape any contest in which their son/daughter is not participating.

No member of the Regents community should engage in the inducement of non-Regents students for the sole purpose of athletic participation. Inducement includes but is not limited to providing or arranging the payment of tuition, lodging, transportation, payments of cash or promise of a college scholarship.

School coaches may not transport, register or instruct students in grades 9-12 from their school in baseball, basketball, football, soccer, softball or volleyball, except during the TAPPS season, or approved athletic period from August 1 until TAPPS activities end in the spring, usually mid-May. School coaches may not give any instruction or schedule any practice for an individual or a team during the off-season except during the one in-school day athletic period in baseball, basketball, football, soccer, softball and volleyball.

## 2010-2011 PARENT & STUDENT ACKNOWLEDGEMENT

I have received, read and understand the Athletic Handbook for the 2010-2011 school year and I agree to abide by its rules and guidelines.

Please PRINT Name:

\_\_\_\_\_  
Student-Athlete

\_\_\_\_\_  
Grade

Please SIGN:

\_\_\_\_\_  
Student-Athlete

\_\_\_\_\_  
Date

\_\_\_\_\_  
Parent

\_\_\_\_\_  
Date

\_\_\_\_\_  
Spouse

\_\_\_\_\_  
Date